

**COVID 19: GUIDANCE ON SELF PROTECTION IN CHILDREN**

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**INTRODUCTION**

A novel coronavirus, also known as COVID-19, was reported at the end of 2019 as the cause of a cluster of pneumonia cases that had infected many people in Wuhan, a city in the Hubei province of China, suspected to be the origins of such a new viral infection.<sup>[1]</sup> COVID-19 quickly spread that caused an outbreak in China which is now a public health crisis. While preventive safety precautions and rotations were enforced, the outbreak spread and then became pandemic.<sup>[2]</sup> Kids, elderly people and individuals of any age with underlying psychological medical problems can be at elevated risk from COVID-19 for extreme disease.<sup>[3]</sup> Children and young adults can know simple, age-appropriate knowledge on COVID-19, along with its causes, risks, how it is spread and just how signal can be stopped. Keep updated about COVID-19 across esteemed outlets including such UNICEF, WHO and advisories from the national health ministry. Virus exposure in the school / childcare environment, as well as at home and in the neighbourhood, is exacerbated because children are usually less consistent with good infection control and breathing grooming procedures, socialize with other educators / kids in a manner that is likely to enhance spread and may shed their infection up to times as large as adults.<sup>[4]</sup>

Child - care settings will apply to both authorized and unpermitted help of primary that provide education for children for children from infants to pre-school age, as well as providing school-age childcare before and after school. Child care programmes, such as large houses, centre-based care, and schools, are located in a variety of settings.

Presently, the diseases usually with COVID-19 are analogous to so many familiar respiratory diseases which may circulate thru all the schools / early childhood settings. Young kids with sore throat and/or respiratory infectious symptoms sit at home from student / caregiving.<sup>5</sup> The continuous application of proper respiratory etiquette and hand grooming to insure that the room is frequently and professionally washed. It is advised to wash hands with basic soap and water as childcare the mechanical activity is successful in eliminating clear dirt and microbes. In cases where personal hygiene drains are not accessible, supervised use of hand sanitizers based on alcohol (ABHS) contains approximately 60 per cent alcohol may even be deemed. Alcohol-based hand sanitizers may not be efficient in eradication of respiratory viruses when hands are visibly soiled. Handwashing knowledge is available. If personal hygiene equipment are combined with ABHS, guarded dispensers need to be placed in supervised areas. In school / childcare settings, the respiratory etiquette includes covering the mouth and nose with a tissue or

flexed elbow while coughing or sneezing, and properly dispose of used skin cells in a plastic-lined evaporating dish, preceded by infection control.<sup>6</sup> For those without symptoms, masks are generally not recommended to protect themselves from respiratory ailments, which include COVID-19. Young kids who have respiratory issues should sit at home from school / childcare facilities. Surgical masks are not used in school / childcare environments, because these are not situations where people are usually qualified to wear them, so there is a possible risk of contamination through inappropriate usage so removal of masks. Masks can be irritating especially in children, and can lead to higher face and eyes touch. High-touch items and surfaces (e.g. pencil sharpeners, water fountain knobs and push buttons, door knobs, faucet handles, toys, communication items and school bus handrails) should be regularly cleaned and disinfected in schools and childcare centres according to the university's standard thorough operation, disinfection and waste carrying procedures. The parents should provide their children with a significant source of support and reassurance. This will be crucial for the school / childcare centre to keep parents / caregivers informed about what the school is doing to safeguard their children, including how they forbid the spread of respiratory infections and what parents can do it at home (e.g., establishing hand hygiene but also respiratory manners, environmental washing and greater encouragement). A new disease like COVID-19 may

cause fear and make it challenging for kids to comprehend, particularly when someone in their community or families is hurt or they see or hear disturbing radio, web or TV messages. It's natural for kids to feel anxious or stressed and have queries. Conversation should reflect the students / children and their families' diverse linguistic, literate, and cultural characteristics and needs. For colleges / childcare programs, monitoring for discrimination and/or bullying around COVID-19 will be important, especially for those who may have been exposed to the virus and are self-isolating at home, or self-monitoring for diagnoses. Student / child - care services will make an attempt to explain misconceptions and stick to policies on non - discriminatory / bullying.

### **GUIDING THE CHILD PATIENTS ABOUT SELF-PROTECTION FROM COVID-19.**

#### **1. Commence open queries and listen**

Initiate by urging your child to address the problem. Figure out how much they previously learn about it and seek the path. Whether they are super young but have not heard of the outbreak before, you may not need to bring up the subject – just take the opportunity to remind them of proper hygiene without bringing in new concerns. Make sure that you're in a safe environment and let your child speak freely. Sketch, tales, or other activities can help open up a debate. Most pertinently, do not curtail their concerns, or bypass them. Make sure to understand their fears, and tell them that it is normal to be anxious of such issues. Demonstrate that by giving them your full attention you are listening and make sure they understand that they can talk to you and everyone's teachers whenever they choose

#### **2. Be trustworthy**

Describe the facts in a manner that is kid friendly. Children are entitled to honest knowledge on what is happening in the community, but parents are often responsible for keeping them secure from distress. If you can't answer their questions, don't guess. Use it as an opportunity to explore the answers.

#### **3. Show them how to safeguard themselves and their friends**

Another of the ways of keeping students safe from herpes virus and some other conditions is plainly to inspire regular rinsing of hands. It should not be a scary discussion. To keep learning enjoyable, sing about with The Wiggles or watch the move. You should even teach kids how to cover their elbow with a cough or a sneeze, clarify why it's better not to come too close to someone with such signs, and remind them to alert you whether they start feeling like they're getting temperature, cough, or have trouble breathing.

#### **4. Offer reassurance**

If we encounter loads of disturbing pictures on television or online, often it may seem like the problem is everywhere around us. Young kids may not make a

distinction between-screen images or their own subjective reality, and may think they're in immediate danger. People could really help your kids handle the stress by offering them opportunities to play and relax, if possible. Keep as often as possible daily routines and schedules particularly when they go to work or help build new ones in a new setting.

#### **5. Check if they are having or spreading stigma**

The coronavirus epidemic has produced multiple cases of ethnic profiling across the world, and it's crucial to verify whether your kids don't suffer or react to harassment. Understand which coronavirus has little to do with what something feels like, where it is from or what dialect it uses. They will feel confident asking a person that they know whether they've been called names or harassed at school. Remind kids that they both want to be protected in kindergarten. Bullying is still unfair and any one of us will do our best to encourage love and help one another.

#### **6. Look for the helpers**

Understanding that people are supporting each other through actions of kindness and compassion is essential for kids.

#### **7. Take care of yourself**

When you're dealing too, you'll be able to support your children more. Kids are going to pick up on their own reaction to the news, and it lets them realize that you're confident and in charge.

#### **8. Close conversations with responsibility**

It's crucial to realize we don't leave kids in a state of pain. Seek to gauge their degree of discomfort when the talk finishes up by studying their body language and that they are utilizing their normal tone of voice and monitoring their movement. Remind your kids they should have other interesting talks with you anytime. Reassure people that you love, listen and are accessible anytime they feel worried.

#### **Preventive Measures**

The control and prevention of COVID-19 are very crucial issues for control. Then the collaborative efforts of the general populace and the government are greatly needed. Cleaning of the region is the standard advice for mitigating the infection. Most essential thing is to avoid sneezing through crowded locations and coughing. Hand wiping during sneezing and coughing is necessary with the soap and sanitizer, mouth and nose covering with mask. Washing food extensively before cooking can aid in this regard. The basic, housekeeping disinfectants will destroy the surface virus. The virus outbreak may be controlled by regular surface cleaning with the disinfectants. It is also best to prevent contact with anyone; to presume respiratory issues, signs such as sneezing, coughing, difficulties with breathing etc. When anyone has fever and severe cold-like symptoms it is always best to remain at work. Often, it is safer not to go to college, jobs and public areas, than to use public

transport (aircraft, rail, tram, bus, taxi, etc.). Other relevant recommendations may involve preventing flying, and gathering at a different venue. Warm water after each and every hour can be useful to drink. In this regard, plenty of lukewarm water will support. Governments will include facilities at public places for decontaminating the paws. Throughout the COVID-19 era, it was noticed how this disease spreads among those that do not take it seriously and do not obey WHO and county council instructions. It is therefore immediately recommended and demanded that all parties would strictly obey the prevention steps, administration and alanine, or the condition may well be the worse.

### Age Wise Self Protection

Young people should understand a simple, age-appropriate COVID 19 facts, including signs, problem, dissemination, and preventive measures.

#### Pre-School

The young children are far more likely to feel involved with their teachers and peers and develop social connections. Looking to invest in their abilities to control their attitudes and focus, while getting cognitive and intellectual payoffs on the other side is possible<sup>[7,8]</sup>

- Emphasis on healthy habits such as lip shielding, elbow sneezing and regular hand washing.
- Singing songs while wash hands will develop a practise of hand washing and reward them frequently it will develop a positive behaviour in children.
- Make use of videos, posters or puppets so as to demonstrate the symptoms of COVID 19

#### Primary School

The children within this age group are capable of listening with the interest to explanation and are normally very responsive to the verbal directions. Made sure the mother or teachers respond to the needs of the children and address their questions correctly, and do not confuse them with far too much details. Emphasize that children can do a lot to keep themselves safe by the following ways:-

- Discuss the notion of distancing culture.
- Concentrate on positive medical practices, such as cough shielding and elbow sneezes and washing clothes.
- Allow kids recognize the basic principle of disease management and prevention through short films, posters and photos.
- Motivate the children and demonstrate the importance of hand hygiene.

#### Lower Secondary School

The children of this age group accept the community experience and group activities. The child develops the ability to see another's point of view. The parents or teachers should listen to the child's concerns and answer their question. Remind the child that they can be a role model for their family and the society.<sup>[3]</sup>

- Emphasize that the child can do a lot of thing to keep themselves safe,
- Social distancing
- Wearing of face mask
- Washing hand frequently
- Allow students to accept the simple rule of disease control and prevention thru all the films, posters, and photographs.  
Inspire them to share their emotions and to communicate them.

#### Upper Secondary School

The offspring of this age are independent of their parents and closer with peer groups and learn more about the outside world and begin to develop a sense of concern and social responsibility.<sup>[7]</sup>

#### Incorporate relevant health education such as

- Disease transmission
- Prominence of vaccination

Research work concentrating on pandemic past and the development of public health and protection strategies. Critical thinking, good communicators and engaged people will be inspired through media teachings. Students may render public service announcements of their own via social media, radio or local TV programming.

#### Helping The Kids With Autism

Adjusting to a new schedule during COVID 19 pandemic is traumatic for all, but particularly for kids with disabilities who have struggled with transition. Kids with autism require more help to grasp what's going on around them. It is important that parents or health care professionals should talk to the child in simple, easy language, clear, direct and honest about COVID 19.<sup>[8]</sup> Explain the child they will stay home and parents should put hold on any activities or family trip. Help the child by giving the important rules.

- Hand wash regularly. Because hands need to be washed for at least 20 seconds, help the chid realize the duration of the time frame. We use grandfather clocks, water timers, tallying, chanting or reciting a verse of the appropriate duration for this purpose.
- Seek not to cross the head, nose and lips.
- Personal distancing practice
- In public buildings carry a facial shield or hair cover.

Autistic children feel angry, bothered or petrified may have more repetition behaviour, tantrums and other challenging behaviour while doing the new routine.<sup>[8]</sup> Parents and health care professional calm the child by

- Talking with them
- Writing and drawing
- Voicing emotions or acting them out.
- Children those are non-verbal by consuming alternative communication devices like videos, posters and comics.

### Helping The Kid With Asthma

Children and adolescents don't get COVID 19 more frequently than children with no asthma. But folks with mild to moderate asthma may experience more severe symptoms if they become infectious.<sup>[8]</sup> So as to avoid infection and to be safe following steps is to be followed

- Staying home and avoiding gatherings at public places.
- Washing hand well and often
- Try not to touch eyes and mouth
- Take asthma medication on time
- Avoid or minimize the use of nebulizers, instead try to teach them how to use inhalers.

### Caring For Children With Special Care

During the coronavirus pandemic, children with special health care needs still need routine care. Care services have a significant part to play in caring for many children with special medical needs. Talk to them about child's home care facilities. The easiest approach to achieve this is to stay careful and obey the Centre for Disease Control and Prevention recommendations.<sup>[3,8]</sup>

This includes important step to avoid infection such as

- Live at home, separated from everyone.
- Wash your hands frequently.

### CONCLUSION

The COVID-19 disease outbreak had already upended kid's health and their families as health systems buckle, closing borders, and shutting down shops and businesses. As a parents and universal healthcare provider, you want to do whatever you can to protect youth. The pandemic of coronavirus disease (COVID-19) has created fresh problems for families around the planet. Health care professionals have a duty to navigate this health emergency by offering guests with accurate While the coronavirus has advanced, it too has confusion-fostering ignorance and fear, accurate awareness of how to maintain the population healthy.

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