

COVID-19: Keeping Safe and Preventing Spread for Parents with Children Under 12

The COVID-19 virus continues to spread, especially to people who are not fully vaccinated. Children under age 12 who are too young to be vaccinated continue to be at risk of getting infected. To learn more about keeping safe in school, see [COVID-19 Prevention at TK-12 Schools](#). Here are some steps you and your family can take to keep safe and not spread COVID-19.



- **Get vaccinated.** It is the best way to protect yourself and anyone who is unvaccinated in your home. Don't be afraid to ask about other peoples' vaccination status if your child is going on a playdate or to a birthday gathering. Encourage friends, family, and anyone who is around your children to get a COVID-19 vaccine.
- **Wear masks.** Masks are one of the most powerful tools to protect yourself and your unvaccinated family members. This is especially true when you or your children are indoors or in a crowded outdoor space. Make sure everyone's mask fits snugly over their noses and mouths and is made of at least two layers of material.



- **Choose outdoor spaces** for social, fitness, and recreational activities. Have everyone wear masks if they need to move indoors. If a social event or activity involves eating or drinking, do these activities outdoors. Eating and drinking with others is riskier because of the need to remove face masks while eating.
- **Improve air flow.** Avoid indoor spaces with poor air flow as much as possible. Open windows and doors, use a fan, or even better, go outside.
- **Socialize with the same set of friends and relatives.** Try to avoid mixing with many different families with unvaccinated kids.

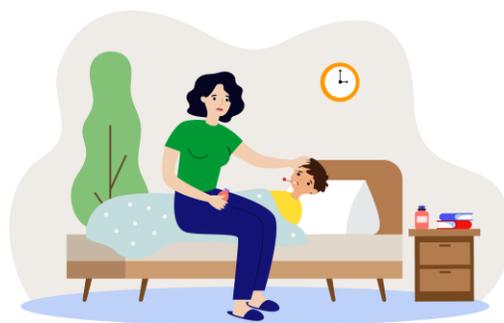


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- **Try to avoid crowded places.** Being in crowds, especially indoors, puts you and your household at a higher risk. If possible, leave your kids at home when you need to run an errand in a crowded indoor place. Wear more protective masks. Help your kids keep their distance. Limit how long you are there.
- **Be flexible.** Be willing to change your family's plans or leave if you find yourself in a place where COVID-19 can spread more easily. For example, at a post-game crowded gathering with a lot of people who are not wearing masks.
- **Emphasize good hand washing.** Remind kids to not eat or touch their face with unwashed hands.

- **Delay travel until everyone in your family is fully vaccinated.** If your unvaccinated kids travel outside of California, they should complete quarantine. Quarantine should be completed before playing with unvaccinated friends or returning to school.
- **Keep your kids home when sick.** Sick kids should stay home and away from others. Do not send them to school or daycare. If they have symptoms of COVID-19, talk to a doctor and get a test for COVID-19.



Reduce YOUR OWN risk, even if you are fully vaccinated. While you are well protected from getting very sick from COVID-19, it is possible for you to get and spread the virus to your unvaccinated children. Continue taking extra precautions until everyone in your house is fully vaccinated. Learn more at ph.lacounty.gov/reducerisk.