

Parent Resources: COVID-19

When you have questions about your child's health, you want answers you can trust. Nemours Children's Health System is here with those answers — and so much more. For decades, Nemours has been home to some of the top doctors and specialists in their fields. Now, we're here to bring that caring and comprehensive expertise to you. Count on us for up-to-date insights on important topics in kids' health.

You'll find clear, reliable and relatable answers to the questions you already have, and maybe some you didn't even know you had yet. It's part of our commitment to giving you what you need to help your family thrive.

- **Coronavirus and the COVID-19 Outbreak:** Coronavirus is a common respiratory virus, with symptoms similar to a common cold, that affects most people at some point during their lives. In 2019, a new strain of coronavirus, called [COVID-19](#), or 2019 Novel Coronavirus, began in the city of Wuhan, China. For travel information, signs and symptoms and prevention information, please visit [here](#).
- **Coronavirus (COVID-19): How YOU Can Stop the Spread:** Practicing social distancing means keeping a distance of at least 6 feet (2 meters) from other people. [Here's why](#) it's so important in the fight against coronavirus ([COVID-19](#)).
- **Coronavirus (COVID-19) Pregnancy FAQs:** There are many things we don't yet know about coronavirus ([COVID-19](#)), but we're learning more each day. Here are some answers to questions about coronavirus and [pregnancy](#).
- **Give Kids Facts & Listen to Their Fears:** You can find a good source of facts [here](#).
- **Is it Safe to Breastfeed if I Have Coronavirus (COVID-19)?** Coronavirus has not been found in breast milk. But if you have [COVID-19](#), you could spread the virus to your infant through tiny droplets that spread when you talk, cough, or sneeze, [read more about it here](#).
- **During the COVID-19 Pandemic: What to Do if Your Child Is Sick:** Concern about coronavirus ([COVID-19](#)) is high, but the risk for serious illness to children seems to be low. So far, most reported cases of coronavirus have been in adults. Kids who do get it seem to have milder infections than adults or older people. Find out what to do if your child gets a fever or cough [here](#).

- **Hand Washing: Why It's So Important:** It's a message worth repeating — hand washing is by far the best way to keep kids from getting sick and prevent the spread of germs. [Here's how](#) to scrub those germs away.
- **How to Take Your Child's Temperature:** All kids get a fever from time to time. A fever itself usually causes no harm and can actually be a good thing — it's often a sign that the body is fighting an infection. But a high fever sometimes is a sign of a problem that needs your doctor's attention. [Here's how](#) to take your child's temperature, safely and accurately.
- **Coronavirus (COVID-19): Your Questions Answered:** Experts are still learning about the coronavirus ([COVID-19](#)). With new information coming out every day, it can feel overwhelming at times. [Here are answers](#) to some questions you may have.
- **Coronavirus (COVID-19) Social Distancing With Children:** Coronavirus ([COVID-19](#)) is spreading through communities in many countries now. [Here's why](#) the best way to fight this spread is for everyone to practice social distancing and stay home.
- **Keeping Your Kids Busy During Social Distancing:** The [COVID-19](#) (novel coronavirus) pandemic has changed Americans' daily lives due to cancellations and closures just as many parents and kids prepared for spring break. Schools and other organizations are now closed for at least two weeks in an effort to reduce the spread of the virus. Kids are thrilled, but parents are... well, not. [Here are some things](#) parents can do with kids while avoiding crowds, and coronavirus, and keeping some level of sanity.
- **Coronavirus (COVID-19): How to Prepare Your Family:** People are being asked to stay home to help limit the number of people getting sick from coronavirus [COVID-19](#). People who get the virus will need to stay away from others for at least 2 weeks or until their doctor says they are better. As more people become sick and stores and businesses close, it may take longer to find supplies that you'll need. Here are some [tips](#) on getting ready during this uncertain time.
- **What to Tell Your Kids About Coronavirus (COVID-19):** It's natural to feel anxious when hearing the news about [COVID-19](#). Be aware of how you are talking about the virus and manage your own reactions. You want your kids to hear reliable information, and you want them to hear it from you. Find some great information about how to talk to your kids and what to discuss [here](#)..

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About Nemours Children's Health System

Nemours is an internationally recognized children's health system that owns and operates the Nemours/Alfred I. duPont Hospital for Children in Wilmington, Del., and Nemours Children's Hospital in Orlando, Fla., along with outpatient facilities in five states, delivering pediatric primary, specialty and urgent care. Nemours also powers the world's most-visited website for information on the health of children and teens, KidsHealth.org and offers on-demand, online video patient visits through Nemours CareConnect.

Established as The Nemours Foundation through the legacy and philanthropy of Alfred I. duPont, Nemours provides pediatric clinical care, research, education, advocacy, and prevention programs to families in the communities it serves.