Protecting your unvaccinated children from COVID-19

COVID-19 vaccines are now widely available, but unfortunately, the rates of infection are still rising in many parts of the country. The highly contagious Delta variant is largely to blame. If you have children under 12, who are not yet eligible for the COVID-19 vaccine, how can you protect them?

To protect unvaccinated children, it helps to be extra careful about their interactions with other people. Also, since children may not fully understand the risk to their health and well-being, it's important to guide them. Here are things you can do to help lower the risk of COVID-19 to your unvaccinated children:

If you have children 2 years and older, have them wear a mask when they're in public.

Standard masks may not fit children, so make sure to find COVID-19 masks that best fit your kids.

Have outdoor playdates if they help your children cope with stress. Try to limit indoor playdates and large crowds, and remind your kids to stay six feet apart from others as much as possible.

Remind children to wash their hands often and thoroughly with soap and water, and avoid touching their eyes, nose, and mouth.

Try to clean and disinfect your home as best as you can, especially high-touch items like doorknobs and TV remotes.

Keep their well visits and regular vaccines on schedule.

Until the COVID-19 vaccine is available for children under 12, the safety tips above are among the best ways to protect your children and control the spread of COVID-19. If you believe your child might have COVID-19, you can confirm through testing. Then, call the doctor right away so your child can receive care early and be more likely to recover quickly.