

# Keeping Children Healthy During the COVID-19 Pandemic



During the COVID-19 pandemic, it is important that infants, toddlers, preschoolers, and teens continue to receive well-child care and vaccinations to ensure children and communities do not suffer from or experience outbreaks of vaccine-preventable diseases.

Most doctors and clinics are taking extra steps to ensure children and their guardians are protected from COVID-19 by scheduling well visits and sick visits during different parts of the day. Doctors and clinics also keep sick patients separated from others by placing them in different areas of the clinic from children and parents who are there for well-child visits and vaccinations.

## Parents can also keep themselves and children in their care safe by:

- Wearing face cloth coverings or masks (unless breathing difficulties or child is under age 2).
- Washing hands frequently.
- Not touching any surfaces except as necessary.

If available, parents should take disinfecting wipes when visiting a doctor's office or other necessary places to clean frequently touched surfaces, including personal items such as phones.

There are resources for families who are uninsured or have recently lost health insurance.

The West Virginia Vaccines for Children program provides free vaccines for uninsured or underinsured children. Visit [oepe.wv.gov/immunizations](https://www.wv.gov/immunizations) to learn more.



Call and visit your pediatrician, family physician, community health center or county health department. Love and protect your child – get them immunized today!

## Child and Adolescent Immunization Schedule, Birth to 18 Years:

[www.cdc.gov/vaccines/schedules/](https://www.cdc.gov/vaccines/schedules/)