



## TIPS FOR OLDER ADULTS IN HOUSEHOLDS WITH CHILDREN RETURNING TO SCHOOL AND DAYCARE

[Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

**In Michigan, 88 percent of COVID-19 deaths are in adults age 60 and over. This guidance is for older adults living in households with children in school or daycare facilities to minimize risk of COVID-19 transmission.**

Talk to children about how to prevent getting sick while at school or daycare:

- a. Wash hands with soap and water for at least 20 seconds frequently throughout the day, including before and after eating, interacting with others and after using the restroom. When washing hands is not possible, use hand sanitizer containing at least 60 percent alcohol.
- b. Keep physical distance (at least six feet) from other children.
- c. Wear a face covering.
- d. Avoid sharing items such as pencils, water bottles, cell phones and utensils.

Have children wash their hands with soap and water for 20 seconds as soon as they arrive home from school or daycare.

Children over the age of two who live in a household with someone at higher risk of severe illness, such as older adults, should consider wearing a cloth face covering at school and daycare, even if not otherwise required. Cloth face coverings must be washed daily. Disposable masks should only be worn once, then thrown in the trash. Wash immediately after touching or removing face coverings.

Try to limit the number of items taken from home to school or daycare. Leave items taken to school or daycare, including shoes, bookbags and coats, in a designated space such as a garage or utility room, to avoid bringing items into shared living spaces. If that is not possible, clean these items according to manufacturer's instructions and store them in a designated bin or box.

Children should change their clothes when they get home from school or daycare. If possible, put these items in the laundry to be washed as soon as they get home.

Clean shared spaces daily, including doorknobs, light switches, handles, toilets, sinks, faucets, desks and phones.

Limit your child's interactions with others outside of the home, including play dates. Ensure play dates take place outdoors whenever possible or in well-ventilated spaces. Utilize cloth face coverings and social distancing when possible.

Avoid visitors (individuals who do not reside in the household) as much as possible and follow physical distancing measures if hosting a visitor. All visitors should wear a face covering, as should household members who are able to tolerate it. Consider asking visitors to stay home if not able to tolerate a face covering. All visitors should wash hands with soap and water, or use a 60 percent alcohol-based sanitizer, upon entering the home.

Have a family plan in case an individual in the home is exposed to COVID-19. Provide a separate bedroom and bathroom for the person who is sick or exposed to coronavirus, if possible. If that's not possible, try to separate them from other household members as much possible. Follow CDC guidelines on steps to take if it is necessary to share a bedroom or bathroom with an infected or exposed individual.

Ensure all adults and children living in the home get their flu shots and are current on immunizations.

Ensure all adults and children living in the home maintain regular medical and dental visits, and seek medical and dental attention in the event of an emergency.