



Keeping Children Healthy and Safe

FAQs for the Pandemic - Part 1

Pandemic Preparedness for Kids.

Teach and reinforce preventive actions



Wash your hands



Cover that cough



Don't spit indiscriminately



Wear a mask



Keep physical distance from others



Avoid crowds and crowded places

For older children who need to go out of house for contact classes or competitive exams, and when schools or colleges reopen, is there any prophylaxis or preventive measures?

COVID Appropriate Behaviour works for adults, school children and college students alike! Common sense rules to be followed in daily life.



Is there any medication for children as a preventive measure?

Do not self-prescribe any medication in any form. A regular, healthy and balanced diet, with enough and appropriate physical exercise, is very important for children to maintain health and stay safe.

There is no requirement to give children any additional multivitamins, iron or zinc.

A balanced diet will provide all of this.



Should children be doing steam inhalation on a regular basis?

Steam inhalation can be harmful to anyone if done improperly or too often. It is not advisable for children to be taking any form of steam inhalation unless specifically, medically advised, and it should be done only under parental supervision.

