

Remind them to wash their hands.

Teaching your children how to wash their hands properly with soap and water is a really simple, yet effective way, to help keep them safe.



Lead by example

Children learn from the adults around them and you can reinforce basic measures that can help to protect your children. By making a habit of regularly washing your own hands, avoiding people who are coughing and sneezing, and throwing away tissues after using them, your children will be more likely to practice what you teach them.



6 TIPS FOR PROTECTING YOUR CHILDREN FROM COVID 19

All information from the COVID symptom study Follow this [link](#) to find out more.

As schools and nurseries in the UK gradually open up their doors again from June 1st, one question that many parents are asking is: “what can I do to keep my children free from infection?”



[COVID symptom study](#)

Test their smell

A new loss of taste and smell (anosmia), has now been added to the UK’s official list of COVID-19 symptoms.

Results from the COVID Symptom Study, suggest that losing your sense of smell or taste may be a stronger predictor of coronavirus infection than fever.

Keeping track of any changes to your child’s sense of smell may be a good way to identify coronavirus infection early. Mealtimes are a great time to test this out. You could encourage food exploration by asking them what they can smell, taste, and see on their plate.

Make sure to also keep an eye out for other common COVID-19 symptoms including fever and a new, continuous cough. If you see any sign of illness consistent with coronavirus infection, make sure to contact your healthcare provider and follow NHS guidance by keeping your child at home and away from others.

Track their symptoms

As children return to school, we encourage parents to take just 1 minute each day to log their health status in the [COVID Symptom Study app](#). You can also add other members of your family to the app and report if they have symptoms. This data will help the scientists better understand how the virus might affect kids and inform public health authorities how and where the virus might be spreading as schools reopen.

Download the COVID Symptom Study app by following this [link](#)



[COVID symptom study](#)



Encourage outdoor play where possible

Returning to school will be challenging for many children after spending weeks without interaction with their peers. Even more so if they aren't allowed to play with one another.

Lockdown and social distancing measures have played an important role in curbing the spread of COVID-19. However, a number of [child mental health experts](#) are urging that the social and emotional wellbeing of children is prioritised in decisions made around the reopening of schools.

Play teaches children how to regulate their emotions, form a sense of identity, and develop important social skills. Outdoor play and learning, which we know have a number of mental and physical health benefits, should be encouraged where schools have the facilities.

Encouraging outdoor play, either in pairs or within small 'social bubbles', may help reduce the risk of COVID-19 infection.

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Listen to them.

Your child may be feeling worried or concerned about the things that they see, hear, or read regarding coronavirus. As they return to school, they will be exposed to information and opinions shared by their peers and teachers. As a parent or caregiver, it's important to reassure them that you are there to listen to them when they feel scared or unsure about the things that they're hearing. You don't need to have all the answers, but just knowing that it is safe to talk to you about their concerns can help them feel calm.

If you aren't quite sure where to start, check out these resources:

[Talking to your child about coronavirus \(Young Minds\)](#)

[Talking to your children about the coronavirus pandemic \(Mental Health Foundation\)](#)