



CHILDREN'S PROGRESSIVE UNLOCKDOWN

As the unlockdown date approaches, many boys and girls are going to be allowed to go out. We want to send these simple prevention and safety recommendations to parents and main caregivers:

- **Handwashing** is still an effective and necessary measure to prevent infection and virus spread. **Wash your hands as often as possible with soap and water** using the technique that is already widely known.
- It is advisable to take wet wipes and **hydroalcoholic solution whenever** you cannot wash your hands with soap and water.
- It's not mandatory to use a face mask but, it is indeed **highly recommended**. You must take into account age and particular situation. When using a mask, you must follow these instructions: **Surgical masks** must **ONLY** be used **ONCE** (dispose after use), must be adapted to fit children's faces. Kids must avoid touching their mask or any part on their faces (eyes, nose and mouth).
- Masks can also be homemade, preferably with **double-layer cotton fabric**. After use, these masks should be washed at 60 °C or immersed in bleach water at a 1:50 dilution for 30 minutes. Then wash with soap and rinse thoroughly.
- When putting on the masks, it must be done correctly and **under an adult's supervision**: wash your hands just before putting on the mask, cover nose, mouth and chin at all times and make sure it's well adjusted. **DO NOT TOUCH it once it is on**.
- When **taking off the mask**, we need to tell children how to do it correctly: wash hands before removing it, avoid touching the mask itself (hold by the bands, ties or loops), remove from back to front and wash your hands after disposing the mask in a covered rubbish container.
- Before leaving your home, **check your body temperature**. If kids have **fever, cough, body pain or have breathing difficulties, they MUST stay at home**.
- Teach children **to avoid touching walls, railings and escalator handrails** when leaving their homes.
- Before going out, if you have to go up or down in a building, **use the stairs instead**. Lifts are not usually ventilated and buttons are touched by many people.
- When going for a walk, **do it outdoors, avoiding closed, crowded and recreational areas. DO NOT USE playgrounds or common areas in your neighbourhood**.





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- We must avoid taking minors to places with a lot of people such as supermarkets, shops, pharmacies, etc.
- Children, who do not live in the same home, should avoid contact with other children or share objects.
- To prevent the risk of infection, kids must avoid taking food, toys, bags or devices with them.
- It is highly recommended using long sleeve T-shirts as a preventive measure.
- When you get home, **leave your shoes in a place designated as a dirty area** (at the entrance), and it is recommended to shower and change clothes. Wash clothes at a **high temperature washing cycle**.
- Children **MUST NOT touch objects, surfaces nor their faces**.
- Remind kids to **keep a 2 metres safe distance with other people**.
- **Minors with chronic respiratory pathologies, a weak immune system or with multiple pathologies should consult their reference medical team** and follow the instructions recommended (use of highly protective masks, gloves ...).
- All types of **mobility support devices** (walker, wheelchair, trolley...) **must be cleaned to avoid contamination**, as in many cases, these are usually used inside the house.
- **Explain kids what the new scenery they are going to see is like:** people wearing masks, gloves, plastic visors or protective suits, as this might cause a high emotional impact. Psychological support is very important for everyone.

It is important to emphasize that going outside is optional for minors; it's up to each family whether to go out or not. Take into consideration that doing so with fear can be harmful for everyone since this fear is transmitted to our children.

Let's give ourselves the time we need and value our options.

Let's be responsible whenever we go out by following the above mentioned preventive measures.

