



WOMEN & CHILDREN'S HEALTH CONCERNING COVID-19

Newborns to 12 years (1)

- Make sure vaccines and well visits are up to date
- Disinfect commonly touched and used areas
 - Bedding, diaper changing tables, toys, etc
- Children older than 2 years should be wearing masks in public places
- Maintain distancing
- Maintain hand hygiene
- Be aware of Multisystem Inflammatory Syndrome (MIS)
 - Signs/Symptoms:
 - Fever lasting longer than 24 hours
 - Vomiting, diarrhea, stomach discomfort
 - Fast heartbeat, rapid heartbeat, tired
 - Redness/ swelling tongue, lips, eyes, hands, feet
 - Rash, headache, dizziness, enlarged lymph nodes
- Many children have mild symptoms/ no symptoms with COVID-19
- Vaccination in children has not been studied and not approved to be given in those less than 16/18 years old

Teens (2)

- Make sure vaccines and well visits are up to date
- Disinfect commonly touched and used areas
- Maintain physical distance when in public
- Wear face masks in public settings
- Follow appropriate school protocols
- Check on mental health as many teens undergo changes mentally and physically
- Vaccinate those 16/18 years:
 - 16 y/o and above can get the Pfizer
 - 18 y/o and above can get the Pfizer, Moderna, or J & J

Young Adults/ Adults (3,4)

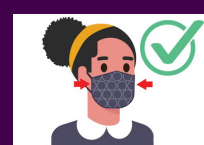
- Make sure vaccines and well visits are up to date
- Disinfect commonly touched and used areas
- Maintain physical distance when in public
- Wear face masks in public settings
- Make sure mental help is offered and given
- Follow proper work protocols
- Get the COVID Vaccinate
- Those above 50 are at greater risk for contracting COVID
- Those that are caregivers/ working tend to be more stressed, which may decrease your immunity

Things to watch out for

- If you have been vaccinated, let your doctor know
 - Especially before a mammogram. any scans, and tests as the vaccination can cause slight inflammation of lymph nodes that can mimic cancer/tumors (5)
- The vaccine has not been tested on pregnant or breastfeeding women with limited studies in animals that proved no risks (6)
 - The benefits of the vaccine, however, outweigh the risks of contracting COVID
 - There are current ongoing trials on women who became pregnant shortly after receiving the vaccine

Things you can do

- Try to eat healthy and exercise
- Practice meditation
- Make time for spiritual healing practices
- Get plenty of rest
- Seek support when needed
- Get vaccinated
- Follow COVID Protocols



SOURCE:

1. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405>
2. <https://www.health.harvard.edu/blog/covid-19-and-the-heart-what-have-we-learned-2021010621603>
3. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/caring-for-children.html>
4. <https://www.cdc.gov/women/caregivers-covid-19/index.html>
5. <https://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/schedule-mammogram-after-covid-19-vaccine/faq-20508266>
6. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

