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 Vaccine
- 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:

Rocky Mountain Tribal Leaders Council
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