Limit Social Interactions: The key to slowing the spread of COVID-19 is to limit contact as much as possible. If you have play dates, keep the groups small. Encourage older children to hang out in a small group and to meet outside rather than inside. It’s easier to keep and maintain space between others in outdoor settings, like parks.

Practice Social Distancing: If you have small meetups, consider hanging out with another family or friend who is also taking extra measures to put distance between themselves and others (social distancing).

Clean Hands Often: Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water for at least 20 seconds. This is especially important if you have been in a public place.

Revise Travel Plans: If you do decide to travel, be sure to take steps to help prevent getting and spreading COVID-19 and other respiratory diseases during travel.