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Older Adults Caring for Children during COVID-19 Pandemic

If considering having a grandparent or older adult watch children while they are out of school please keep in mind older adults and individuals with health conditions are at an increased risk for [COVID-19](#).

Practice these guidelines –

- Cough or sneeze into their sleeved arm or cover their nose and mouth with a tissue. Throw away the tissue after they use it and wash hands.
- Avoid touching their eyes, nose and mouth.
- Wash hands frequently and for at least 20 seconds with soap and water, especially after they cough or sneeze; and alcohol-based hand rub can be used if soap and water are not nearby, but handwashing is always the best defense.
- Avoid sharing cups and eating utensils with others.
- Clean and disinfect frequently touched objects and surfaces like doorknobs, tables and handrails. Regular cleaning and sanitizing products can be used.

Activities to do with your kids:

- Cooking to practice reading and math
- Board Games
- Start a new book series
- Arts and crafts – check out Pinterest for ideas www.pinterest.com
- TED Education - https://www.youtube.com/channel/UCsooa4yRKGN_zEE8iknghZA
- Card games - <https://bicyclecards.com/rules/>
- Puzzle
- Educational Podcasts
- Help a neighbor

Ensure the mental and emotional wellbeing of students and family. Here are some resources that could be helpful.

- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)
- [WHO Infographic Helping Children Cope](#)
- [National Association of School Psychologists Helping Kids Cope](#)
- Mental Health and Coping from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Colorado Crisis Services: Call 1-844-493-TALK (8255) or Text to Talk 38255

Get the most up-to-date and accurate information at:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



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- CDPHE: <https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>
- CO HELP 303-389-1687 or 1-877-462-2911