SHOULD YOU PROVIDE CHILDCARE DURING THE COVID-19 OUTBREAK?

Children with confirmed COVID-19 have generally shown very mild (or no) symptoms. So during this outbreak, children should be considered carriers.

Healthcare workers are at a higher risk of exposure than most people.

So think about the following points before you offer childcare services - especially to healthcare worker families - during the COVID-19 outbreak.

1. **PROTECT YOURSELF**
   You should be low-risk for developing severe symptoms from COVID-19. (Your risk is higher if you are age 50+, have a heart condition, lung condition, diabetes, or are immunocompromised).

2. **PROTECT YOUR HOME**
   Everyone in your household should be low-risk for developing severe symptoms from COVID-19, too.

3. **PROTECT YOUR COMMUNITY**
   You should commit to self-quarantining yourself in your home when you’re not providing childcare, for the duration of the outbreak.

All medical statements here are from the CDC website. 3/26/20