Now is the time to protect your children!

Regardless of whether your child’s school is opening to in-person classes this fall, there are steps you can take now to keep your child healthy. FCAAP and your child’s pediatrician are here to help you navigate this uncertain time!

- **Routine well child visits** with your child’s pediatrician are important! All children should see their pediatrician at least once per year. Call your child’s pediatrician today to confirm your child is on track with checkups and vaccinations.

- **Vaccines** protect children and adults from vaccine preventable diseases. Vaccination rates have fallen during the past several months in connection with stay-at-home orders related to the COVID-19 pandemic. This decrease in community vaccination rates increases the risk of an outbreak of preventable diseases. Call your child’s pediatrician today to ensure your child is up to date on all vaccines.

- **Physical activity** is important, even during a pandemic! Many children are spending more time inside due to the closure of in-person learning and stay-at-home orders. Kids need time for play and physical activity. Find tips on age-appropriate activities that can be done safely at fcaap.org/parents/covid-19/.

- Kids over two years of age should **wear a mask** when they are outside the home and unable to be physically distanced from others. Encourage your kids to practice mask use at home to help them get used to wearing a mask correctly and ensure they are comfortable using a mask when in public. Learn more about when children should wear a mask and how to help your children get comfortable using a mask at fcaap.org/parents/covid-19/.

- **Regular hand washing** is a great way to prevent a lot of diseases. Encourage everyone in your household to wash their hands regularly with soap and water!

For more resources, visit fcaap.org/parents/covid-19/ and talk to your child’s pediatrician!