

# COVID-19: Keeping Safe and Preventing Spread for Parents with Unvaccinated Children

The COVID-19 virus continues to spread. Children who are not yet eligible for vaccination or who are not up to date with the recommended COVID-19 vaccines are at a higher risk of getting infected and sick.

Here are some steps you & your family can take to keep safe and not spread COVID-19.



- **Get vaccinated.** It is the best way to protect yourself from getting and spreading COVID-19 to loved ones. Encourage friends, family, and anyone who is around your children to [stay up to date](#) with their COVID-19 vaccines. Don't be afraid to ask about other peoples' vaccination status if your child is going on a playdate or to a birthday gathering.
- **Wear masks.** Masks are a powerful tool to protect people at risk of COVID-19. If your child is age 2 or older, have them wear a mask that fits and filters well when they are indoors with people they do not live with. The mask should fit snugly over their nose and mouth and be made of at least 3 layers of tightly woven material, including a layer made of synthetic non-woven fabric. For more info see [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks).

- **Choose outdoor spaces** for social, fitness, and recreational activities if possible. This is especially important if people will be eating and drinking when masks can't be worn. If you need to be indoors, have everyone wear masks.
- **Improve air flow.** Avoid indoor spaces with poor air flow as much as possible. Open windows and doors, use a fan, or even better, go outside.
- **Socialize with the same set of friends and relatives.** Try to avoid mixing indoors with many different families with unvaccinated kids.

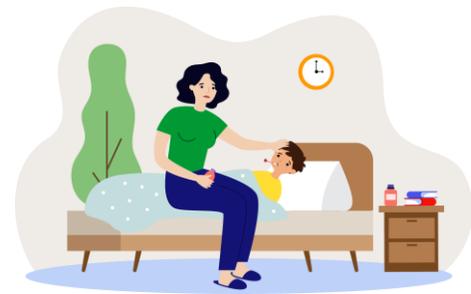


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- **Try to avoid crowded indoor places.** Being in crowds puts you and your household at higher risk. If possible, leave your kids at home when you need to run an errand in a crowded place. Wear more protective masks. Help your kids keep their distance. Limit how long you are there.
- **Be flexible.** Be willing to change your family's plans or leave if you find yourself in a place where COVID-19 can spread more easily. For example, at a crowded indoor gathering with a lot of people who are not wearing masks.
- **Emphasize good hand washing.** Remind kids to not eat or touch their face with unwashed hands.

- **Delay travel until everyone in your family is up to date with their COVID-19 vaccines.** If your unvaccinated kids travel outside of California, they should get tested both before and after the trip. It is recommended that they stay home and quarantine for a full **5 days** after travel.
- **Keep your kids home when sick.** Sick kids should stay home and away from others. Do not send them to school or daycare. If they have symptoms of COVID-19, talk to a doctor and get a test for COVID-19.



**Reduce YOUR OWN risk, even if you are up to date with your COVID-19 vaccines.** While you are well protected from getting very sick from COVID-19, it is possible for you to get and spread the virus to your unvaccinated children. Continue taking extra precautions until everyone in your house is fully vaccinated and has received their booster, if eligible. Learn more at [ph.lacounty.gov/reducerisk](http://ph.lacounty.gov/reducerisk).