

## **Phase Two Guidance** **Guidance for Families with Children on Social Distancing**

DC Health recommends that parents help their children play and exercise in a way that helps prevent the spread of COVID-19 in our community. In Phase Two, playgrounds can reopen with safeguards and physical distancing recommendations in place. The following measures should be implemented to help reduce the risk of COVID-19 transmission amongst families and the community.

### **Stop the Spread of COVID-19**

- Stay at home if you or your children are feeling unwell.
- Practice social distancing. Keep 6 feet of distance between you and other people who are not in your household.
- Outdoor activities are preferred over indoor; however, it is important to understand that interacting **with more people in any setting raises your risk**, so it is important to follow social distancing and cloth face covering recommendations.
- You must wear a mask or cloth face covering when around other people in a public space. A mask or cloth face covering is not a substitute for physical distancing.
- If you are unable to wear a cloth face covering, maintain 6 feet of distance between you and others.
  - Children two and under are not required to wear a mask.
- Wash your hands with soap and water frequently or use a hand sanitizer that contains at least 60% alcohol and is store-bought (do not make your own).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If visiting a playground or with members of another household (playdates):
  - Meet outdoors whenever possible,
  - Make sure no one has been sick or around someone who was sick in the last two weeks,
  - Maintain 6 feet from people from other households as much as possible,
  - Wear a cloth face covering,
  - Encourage guests to bring their own food,
  - Avoid sharing food, utensils, and other items,
  - Wash hands or use an alcohol-based hand sanitizer frequently and at the end of the visit,
  - Wash hands or use an alcohol-based hand sanitizer before and after using playground equipment, and
  - Keep a list of those with whom you interacted.
- Clean and disinfect frequently touched objects and surfaces at least daily. Make sure you clean visible dirt with soap and water before you disinfect. For more information, [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)

### **Things to Talk About with Your Children**

- Explain social distancing (keeping 6 feet of distance between themselves and others whenever possible).

- Talk about the importance of hand washing. Use soap and water for 20 seconds after leaving the house or using the bathroom, and before eating or touching their faces.
- Talk about coughing or sneezing into a tissue or your elbow and avoiding touching your face, eyes, mouth and nose.
- Encourage children to ask questions and express their concerns. Remember that your child may have different reactions to stress. Be patient and understanding.
- Prevent stigma by using facts and reminding your child to be considerate of other children who may be getting bullied or teased. Remind them that the virus doesn't follow geographical boundaries, ethnicities, age, ability, or gender.
- Continue to host virtual playdates with your kids' friends if they are unable to maintain social distancing.

### **Avoid the Following Situations**

- Playdates where any member is having symptoms of being sick.
- Playdates where close contacts occur and social distancing can't be maintained.
- Large crowds and gatherings of more than 50 people in any setting.

The guidelines above will continue to be updated. Please visit [coronavirus.dc.gov](https://coronavirus.dc.gov) regularly for the most current information.