



# COVID-19 and Kids

Our understanding of COVID-19 and children continues to emerge.  
**This is what we know.**

**CO** = corona  
**VI** = virus  
**D** = disease  
**19** = 2019

Children can get and spread COVID-19

COVID-19 rarely causes severe illness in children and very rarely causes death

Children who have COVID-19 usually have mild symptoms, similar to a cold. Some have no symptoms

Common symptoms include tiredness, a headache, cough, fever or sore throat

Children who have symptoms should be tested for COVID-19

People may become infected by touching surfaces contaminated with the virus then touching their eyes, nose or mouth

The virus is spread through the air in tiny droplets from an infected person's nose or mouth when they cough, sneeze, speak or breathe

Some COVID-19 variants spread more quickly than previous variants

Children - like adults - can protect themselves and others from the virus by washing their hands, covering their mouth/nose when coughing and staying home if unwell

Masks are effective at reducing the spread of COVID-19

The social isolation, lockdowns, school closures, and family financial hardship associated with the pandemic affects children's health and wellbeing

Children experiencing disadvantage or who have pre-existing health conditions are at greater risk of severe disease

Free and safe vaccines are available in Australia for everyone aged 5 years and over

**References:**  
 MCRI Frequently asked COVID-19 questions  
 MCRI Research Briefs: COVID-19 vaccination/Child and Adolescent Health  
 Coronavirus (COVID-19) Victoria. Vaccine information for children and teenagers  
 Coronavirus (COVID-19) Vic Dept of Health and Human Services  
 Australian Technical Advisory Group on Immunisation (ATAGI)  
 WHO Coronavirus disease (COVID-19) pandemic