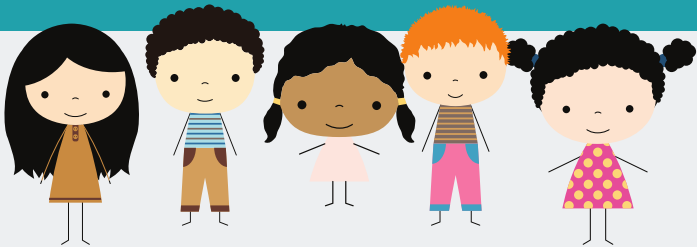


I-CARE for Kids:

A parent's guide to prevention and early
COVID treatment for children



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Did You Know?

Your child has probably already had COVID. According to the CDC, by October 2022, more than 95% of children had COVID antibodies!



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When your child has COVID...

Do

feed them
healthy
foods



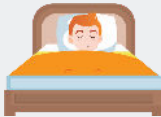
Do

wash
hands
regularly



Do

play
outside in
nature



Do

make
sure they
sleep well



Don't

panic!



Do

expose
them to
pets
and dirt



Don't

make
them
wear a
mask



Don't

isolate unless
acutely ill



You can also help support your child's immune system by...

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Giving foods containing quercetin, such as...



onion (red and yellow contain the most!)



apple (eat it unpeeled - apple juice doesn't count!)



cherry tomatoes



kale



blueberries



broccoli

Giving zinc WITH food



Zinc supplements can make children feel nauseous if given on an empty stomach.

And you can make it fun, too!



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Turn gargling and nose sprays into a game!



- 1. Have a gargle contest to see who "wins" (Hint: When enough time has passed, you can spit out and "lose")**
- 2. Practice "sniffing" together before doing a nasal rinse. Reward for compliance!**
- 3. (Some kids think it's interesting how a rinse can go in one nostril and out the other)**
- 4. Give choices (e.g., do you want to gargle before or after we read a book?)**

**Our full I-CARE for Kids
Protocol is available now:**

<https://geni.us/ICARE-For-KIDS>



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