



# Children, young people and COVID-19

OFFICIAL

## Information for parents, guardians, carers and young people

**Children and young people are far more likely to catch or spread the COVID-19 Delta variant than previous variants of COVID.**

Children and young people (0-19 years) make up [22% of COVID-19 cases](https://coronavirus.vic.gov.au/victorian-coronavirus-covid-19-data) (coronavirus.vic.gov.au/victorian-coronavirus-covid-19-data) in Victoria in 2021.

Children with COVID-19 are likely to experience mild symptoms or no symptoms, and are highly unlikely to become severely unwell or need to go to hospital.

While statistics show that COVID-19 is still not a serious illness in children, they can transmit the virus to others, putting older family members at possible risk.

Children under 12 can't be vaccinated against COVID-19 yet. That's why it's very important for parents, older siblings and educators to get vaccinated to help keep children safe.

Young people older than 12 are very social and highly mobile, and [supporting them to get vaccinated](#) helps slow the spread of COVID-19.

As a parent, guardian or carer, you can do your bit to keep children healthy: stay home if you have symptoms, however mild, get tested as quickly as possible, isolate, wear a mask and get vaccinated.

## Symptoms and treatment

Children and young people with COVID-19 are likely to experience mild symptoms or none at all, but they can still transmit the virus to others.

Fever and cough are the most common symptoms of COVID in children and young people.

If your child has a fever or cough, no matter how mild, you should seek advice and get them tested.

For advice, call the 24-hour Coronavirus Hotline 1800 675 398 or contact your doctor.

## Getting a COVID-19 test

Testing is free for everyone in Victoria.

You can take your child to get tested at [any COVID-19 testing site](https://coronavirus.vic.gov.au/where-get-tested-covid-19) (coronavirus.vic.gov.au/where-get-tested-covid-19).

After your child has been tested, go straight home and wait for the results. Do not go to work or go out shopping with your child after their test.

You will be contacted by phone or SMS to tell you the results of your child's COVID-19 test, regardless of whether it is positive or negative.

If you are worried you will lose pay while you wait for results, you may be eligible for a [\\$450 Coronavirus \(COVID-19\) Test Isolation Payment](#).

For more information about testing results and isolation requirements, visit [Getting your results](#)

## Getting vaccinated for COVID-19

Free and safe COVID-19 vaccines are available for everyone aged 12 and over. Young people who turn 12 during the COVID-19 vaccine rollout can get vaccinated.

You can book an appointment with your doctor, at some pharmacies, or online at [book your vaccine appointment](#) ([coronavirus.vic.gov.au/book-your-vaccine-appointment](https://coronavirus.vic.gov.au/book-your-vaccine-appointment))

Learn about [COVID-19 vaccines for children and teenagers](#) ([coronavirus.vic.gov.au/vaccination-information-children-and-teenagers](https://coronavirus.vic.gov.au/vaccination-information-children-and-teenagers))

The more people who get vaccinated, the greater the protection for the whole Victorian community.

## Wearing face masks

When teachers, staff, and students consistently and correctly wear masks, they help protect themselves and others from COVID.

Children aged 12 years and over who are attending secondary school must wear a face mask indoors and outdoors, unless they are eating, drinking, or exercising or a lawful exception applies.

Children in grades 3-6 are required to wear a mask indoors when at school, where practicable.

Children with a disability aren't required to wear a mask if it is not suitable for them.

Children under the age of two should never wear a face mask, as they are at risk of suffocation or strangulation.

Find a mask that is made for children to ensure it fits properly. Masks for children are sold by a range of retailers and businesses.

Check that your child's mask fits snugly over their nose and mouth and under their chin, and make sure there aren't gaps at the sides of the mask.

For ideas on how to discuss mask wearing and concerns or questions children have about masks, [visit Face masks and COVID-19: supporting children 0-12 years](#) ([raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children](https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children))

## Talking to your child about COVID-19

Parents and carers should take the opportunity to talk to children about COVID-19.

To access resources to have a safe and reassuring conversation with your child, visit [talking to your child about COVID-19](#) ([coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19](https://coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19))

## School and COVID-19

The Department of Education and Training has information about changes to education settings at all level during COVID-19 in Victoria, visit: [Education - information for parents, students and educators](#)

## Mental health resources

Navigating changing routines and interactions with family, friends and school can cause children and young people anxiety and stress. For information and support, visit [Mental health resources for children and young people](#) and [Supporting your child's mental health](#)

For more information about children, young people and COVID-19 visit [Murdoch Children's Research Institute Frequently Asked COVID-19 Questions](#)

For any questions

**Coronavirus Hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [Public Health](#) <public.health@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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ISBN [978-1-76096-406-1](#) (online/PDF/Word) or 978-1-76096-405-4 (print)

Available at [Translated information about COVID-19](#)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>.