What we know about
Young people and COVID-19

THE LATEST ON COVID-19 GLOBAL SITUATION & TRANSMISSION
Overview

• Current global situation for COVID-19
• COVID-19 transmission & disease severity in young people
• Guidance on managing risk (including use of masks)
• Issues affecting young people
  ➢ Mental health
  ➢ Sexual and reproductive health
  ➢ Education disruption
• How to protect yourself and others
• WHO guidance on COVID-19: VIDEO RESOURCES
### Current global situation
As of 23 August 2020; (10H CEST)

- **> 23 million cases**
  - 5 countries with highest cumulative number of cases
    - United States of America
    - Brazil
    - India
    - Russian Federation
    - South Africa

- **> 800,000 deaths**
  - 5 countries with highest cumulative number of deaths
    - United States of America
    - Brazil
    - Mexico
    - India
    - The United Kingdom
COVID-19 cases reported in the last 7 days
Per 1 million population

(FROM 17 AUGUST 2020, 10:00AM TO 23 AUGUST 2020, 10:00AM CEST)
COVID-19 deaths reported in the last 7 days
Per 1 million population

(FROM 17 AUGUST 2020, 10:00AM TO 23 AUGUST 2020, 10:00AM CEST)
Current global situation
(cases reported to WHO as of 23 August 2020, 10:00 CEST)
COVID-19 transmission and disease severity in young people

- Children and adolescents can be infected and spread COVID-19.
- COVID-19 is reported much less frequently in children than in adults.
- The burden of severe disease is in adults however, children can develop serious illness.
- Studies to date show minimal spread among children under ten years.
- Infection occurs more often in teenagers than in younger children.
- **Children and adults should follow the same guidance on self isolation** if there is a risk they have been exposed or are showing symptoms.
COVID-19: managing risk for young people

Certain situations and activities are known to increase the risk of COVID-19 transmission.

Avoid the Three Cs

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:

1. **Crowded places** with many people nearby.
2. **Close-contact settings** especially where people have close-range conversations.
3. **Confined and enclosed spaces** with poor ventilation.

The risk is higher in places where these factors overlap.
Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.
WHO & UNICEF advice on masks and children in the context of COVID-19

Advice on the use of masks for children:

• 5 years and younger should not be required to wear masks

• 6 to 11 years old, the use of mask should be based on:
  ➢ Whether there is widespread transmission in the area
  ➢ Ability of the child to safely and appropriately use a mask
  ➢ Access to clean and replacement masks
  ➢ Adequate adult supervision
  ➢ Potential impact on learning and psychosocial development
  ➢ Specific settings and interactions with high risk individuals, such as those with underlying health conditions

• 12 years and older should wear a mask under the same conditions as adults
Mental health & young people in the time of COVID-19

How can young people look after their mental health and manage anxiety during COVID-19?

• Think about and acknowledge your feelings
• Keep a daily routine as much as possible
• Do something active everyday
• Do not use smoking, eating, alcohol or drugs to deal with your emotions
• Stay connected with friends and family
• Talk to a health worker or counsellor if you are struggling with your feelings

USEFUL RESOURCES
#HealthyAtHome
Looking after our mental health
#CopingWithCOVID
A webinar series on young people and mental health
Voices of youth campaign
COVID-19 and your mental health
Sexual health & young people in the time of COVID-19

Is it safe to have sex at this time?

• There is no evidence to suggest that COVID-19 is transmitted through semen or vaginal fluids

• Having sex means that two people are close together – if one person has COVID-19 then the other person may be at risk

• Having sex with someone you are living with does not carry a risk if you are both following standard measures to protect yourselves from COVID-19

• Always use condoms and contraception to avoid STIs and unintended pregnancy

USEFUL RESOURCES

Q&A
Contraception / Family planning and COVID-19

UNFPA technical brief
Adolescents and Young People & COVID-19
Education disruption in the time of COVID-19

How can young people manage the disruption to learning and education due to school closures?

• Many schools offer online learning opportunities

• Where there are no online programmes offered by your school, look for other reliable learning resources such as the distance learning solutions recommended by UNESCO

• These resources include options for offline functionality and mobile phone usage as well as resources to provide psychosocial support

• Where internet connectivity is an issue, many governments and organizations are broadcasting education programmes on TV and radio channels

USEFUL RESOURCES

UNESCO

Distance learning solutions recommended by UNESCO
Questions & Answers relevant to young people

• **Q&A: Adolescents, youth and COVID-19**
  Questions and answers for young people developed by the World Health Organization, UNESCO, UNFPA and UNICEF

• **Q&A: Schools and COVID-19**
  Questions such as whether children are at lower risk, incubation period in children, and recommended prevention & control measures in schools

• **Q&A: Be active during COVID-19**
  Questions about how to stay safe while exercising and how to stay active at home
How to protect ourselves and others
9 important COVID-19 prevention measures

01 Stay home and self-isolate if you feel unwell, even with mild symptoms

02 Clean hands frequently with soap & water for 40 seconds or with alcohol-based hand rub

03 Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze

04 Avoid touching your eyes, nose and mouth

05 Maintain a minimum physical distance of at least 1 metre from others

06 Stay away from crowds and avoid poorly ventilated indoor spaces

07 Use a fabric mask where physical distancing of at least 1 metre is not possible

08 Use a medical / surgical mask if you may be at higher risk (age, medical conditions)

09 Regularly clean & disinfect frequently touched surfaces
WHO guidance on COVID-19

VIDEO RESOURCES

Masks

Medical and fabric masks: who wears what when?

How to wear a fabric mask safely

How to wear a fabric mask

How to wear a medical mask

Transmission

How to break the chains of transmission

Protecting ourselves

How to protect yourself against COVID-19

Seven steps to prevent the spread of the virus