

It is true that children are among the groups least affected by the novel coronavirus, but their protection in Cuba dates back more than 60 years.

Just to give a few examples, in our country children are protected against 13 ailments, some of which are claiming lives in Latin America and Africa. Among them Poliomyelitis, Tuberculosis, Diphtheria, Tetanus, Pertussis, Measles, Hepatitis, among others.

But today, with a guaranteed health care system for children, it is up to adult people at home to appeal to creativity. Already in the social networks you can see several ways to make it happen, from a special meal to a recognition for their good behavior in this difficult stage.

Any action for a different day at home is welcome. For the moment, it is worth remembering that all children have the right to health, education and protection, and it is our duty to provide them with access to them.

Children's rights are based on four fundamental principles:

**Non-discrimination:** all children share the same rights; this means all children, in any case, at all time and without exception. It does not matter race, religion, background or parents' ideas. No child should be treated unfairly under any circumstances.

**Children's top interests:** any decision, law, or policy that may affect children must take into account what is best for them. No child should be treated unfairly under any circumstances.

**The best interests of the child:** any decision, law, or policy that may affect children must take into account what is best for them. When adults make decisions they need to think about how they might affect children.

**The right to life, survival and development:** All children have the right to live, develop and reach their full potential in life. This includes having the right to such things as adequate food and shelter, clean water, education, health care, play and rest, cultural activities and information about their rights.

**Participation:** Children have the right to be consulted on situations that affect them and have their views taken into account. This does not mean that children can rule over their parents or tell them what to do. Participation should increase with age and is important for children and young people to reach maturity.