

# TALKING TO KIDS ABOUT COVID-19

Looking for information to give to  
Parents?

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Parents are needing information on the Coronavirus and how to talk their children about it. Here is a great resource from Well-being Safety Assessments, LLC.

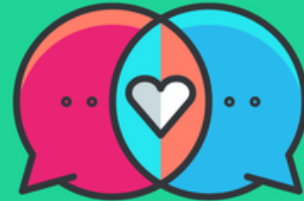


# What do I tell my kids about the Coronavirus?

The importance of good communication

## Talking to Children and Teens is Necessary

Whether you realize it or not, your children and teenagers are taking in **a lot** of information about this new virus. Unlike adults, they do not have the ability to sift through the information and determine what is correct and what is incorrect to develop an appropriate course of action. They are relying on you to do this for them.



## The top 5 things to discuss with your kids about COVID-19

**1**

### What is it?

Kids can clearly see this situation is making adults worry and because of this it can be very scary to them. A parent should adjust the amount and type of information they give to their child based on the child's age level.

**2**

### Reassure them:

The fear of the unknown can be greater than the known. Let kids know that yes, this is a problem right now but there are many adults working together to make everyone safe.

**3**

### Follow the Guidelines:

COVID-19 is spread through contact with someone who is infected. Remind your child to wash their hands properly on a regular basis and not to touch their face or mouth area. If they cough due it in the crook of their arm.

**4**

### Monitor Media Information:

Our televisions, radios and social media feeds are being inundated with information about this virus. Hearing other talk repeatedly about this scary topic can be overwhelming for kids. Adult supervision is **necessary**.

**5**

### Leave the Lines of Communication OPEN:

Due to the situation, parents should check in on their kids often. Let them know you are available if they have any new questions or just want to talk about this topic. And remember they are looking to you to be a role model during this challenging time.

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## 10 FACTS about the Coronavirus Disease

**10** FACTS *about the* Coronavirus Disease  
and how to be better prepared at your school

The Coronavirus is being discussed every time you turn on the radio or the television. Getting the right information and knowing the FACTS will help all of us care for our students and our school system.

**1**

The Coronaviruses are a large family of viruses causing illness ranging from the common cold to more severe diseases. The COVID-19 is caused by a novel coronavirus; meaning it is a new strain that has not been previously identified.

**2**

The Coronavirus is a respiratory disease that is mainly spread person to person. When someone with the virus coughs or sneezes, the virus is spread.

**3**

**4**

**5**

3

At this time, children are NOT as affected by COVID-19 as adults are. Kids typically have a better immune system to fight against the disease. However, children with pre-existing illnesses may be more vulnerable.



4

To reduce the spread of the virus, a variety of approaches are recommended.

Knowing what to do in case of an outbreak in your areas is the key to protecting your family.



5

It is important to keep your child at home if they are feeling sick.

**AND**

Taking your child to see a doctor to rule out the COVID-19. It will prevent the uneasiness of not knowing and will also start treatment if necessary. Addressing the problem early is the key to a quick recovery.



6

What can parents do at home to prevent the spread of the Coronavirus?



Hold a family discussion about the virus to ease any uncertainties.

- \*Explain how it is contracted
- \*Protective steps to prevent it
- \*Recommend kids to tell you when they start feeling bad

**WASH THOSE HANDS REGULARLY**

Reminding your child to wash their hands for 20 seconds with soap and water or use hand sanitizer with 60% alcohol



**KEEP KIDS HOME WHEN THEY ARE ILL**

Staying home is very important to contain the spread of viruses.

Even if your family is quarantined, realize this will only be temporary.



7

What can schools do to prevent the spread of the Coronavirus?



Practice Preventive Behaviors. Regularly washing hands for 20 seconds with soap and water (sing the ABC song) or use alcohol-based hand sanitizer that contains at least 60% alcohol.

Send students home who are feeling ill.

A child who is sick, regardless of the cause should not be in contact with other students if not feeling well.

Remind students to cover their mouth and nose with a tissue or with the bend/crook of their arm when coughing or sneezing.



Avoiding close contact. Students love their friends and their teachers however hugging, touching, shaking hands, high-fives and whispering should be kept to a minimum.



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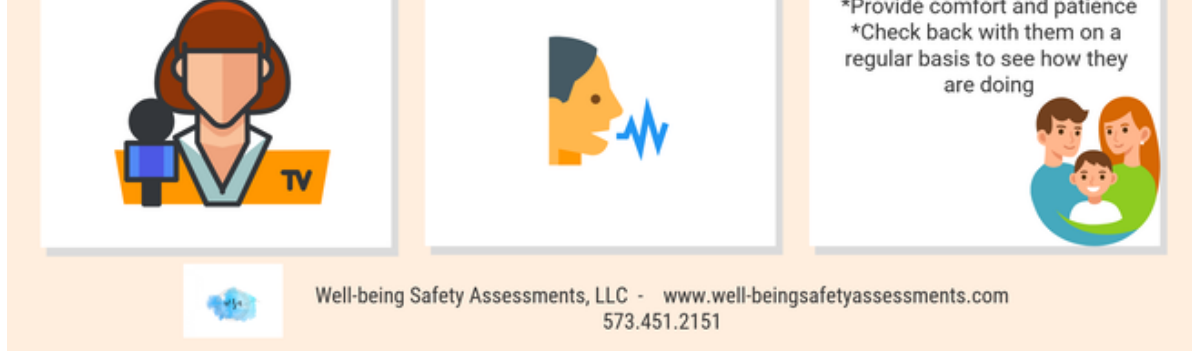
Keep updated about what is happening in your community. Turn to credible media outlets, local public health authorities and updates from public health websites (ie.CDC)

9

Minimize exposure to media outlets or social media that promote fear or panic. Be particularly aware of/limit how much media coverage your child is exposed to about an outbreak.

10

Focus on supporting children during this time  
\*Talk to them about their feelings and validate them  
\*Help them express their feelings by drawing and other activities



If your school is still in session, here is a great resource for educational staff.

PDF Version ([https://www.well-beingsafetyassessments.com/so/37N3Zs3rU/c?w=W\\_9WbMQkiHPxBbHNEG5n36GjMgBo\\_zBCZUaFFOV ECeA.eyJ1ljoiaHR0cHM6Ly9tZWVpYS53aXguY29tL3VnZC9hMjliMTNfNGVIZjI5MzczZGQwNDc3ZThmMDRIoGNmMml2MjgzNmUucGRmliwicil6ljg4ZTkxNmRiLTViMmQtNGZiMy04ZjM3LTg2YWQ2ZTE0ZjBmOSlsm0iOiJtYWVsX2xwliwiYyI6ljgxOGE0NWQ4LWU2YjMtNDhINi1iZjgzLTlZOTk0OWUxZjI0OCJ9](https://www.well-beingsafetyassessments.com/so/37N3Zs3rU/c?w=W_9WbMQkiHPxBbHNEG5n36GjMgBo_zBCZUaFFOV ECeA.eyJ1ljoiaHR0cHM6Ly9tZWVpYS53aXguY29tL3VnZC9hMjliMTNfNGVIZjI5MzczZGQwNDc3ZThmMDRIoGNmMml2MjgzNmUucGRmliwicil6ljg4ZTkxNmRiLTViMmQtNGZiMy04ZjM3LTg2YWQ2ZTE0ZjBmOSlsm0iOiJtYWVsX2xwliwiYyI6ljgxOGE0NWQ4LWU2YjMtNDhINi1iZjgzLTlZOTk0OWUxZjI0OCJ9))

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[DVkOC1INmlzLTQ4ZTYtYmY4My0yMzk5NDIIMWYyNDgifQ\)](https://www.well-beingsafetyassessments.com/so/37N3Zs3rU/c?w=sASYDKQTDJQ0Ui0IgliYvla7YqAYunUkMewEho3h818.eyJ1IjoiaG)

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