

Talking to Kids About the New Coronavirus



- Speak to them in a way they understand so they are not overwhelmed or frightened
- Give simple reassurances so they know they are being kept safe
- Reinforce control- remind them how they can be helpful by practicing sanitary habits
- Model safe practices, empathy for those that are ill, and avoid using stereotypes
- Observe media exposure and eliminate images that are frightening
- Watch for anxious behavior such as being irritable, clingy, or distracted
- Make time to talk, listen, and be open to questions and concerns
- Provide accurate and honest information- share facts that are age and developmentally appropriate



Discussion Questions



What is COVID-19?

- It is short for "coronavirus disease 2019" and is a new sickness that doctors and scientists are still learning about
- This virus has made some people sick, however most will be ok, especially kids

What can I do to not get sick from COVID-19?

- Make sure to wash hands before eating and after using the restroom
- Sing a song like "happy birthday" two times while washing hands, and follow the steps: lather- scrub- rinse- dry
- If soap and water are not available have an adult help with using hand sanitizer
- Keep your hands away from your mouth, eyes, and nose to keep germs out of your body
- Sneeze or cough into your arm or a tissue, and immediately throw it away
- Help clean things with adults such as surfaces, door knobs, tv remotes, and toys

What happens when you get sick with COVID-19?

- It can look different for some people, some look like they have the flu while others get a little bit sick, or not at all
- Doctors see that kids do not get very sick, but adults can get more sick, and most of them get better
- If you become ill it does not mean you have COVID-19, it could be different kinds of germs and adults will help you get better

