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
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. 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 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.

Discussion Questions
- What is COVID-19?
- What can I do to not get sick from COVID-19?
- What happens when you get sick with COVID-19?

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.

Healthychildren.org
CDC.gov