TALKING TO TEENS ABOUT THE NOVEL CORONA VIRUS & ANSWERING THEIR QUESTIONS

WHAT CAUSED THIS NEW CORONAVIRUS?

• It is believed that COVID-19 started at a live animal market in China and was passed from animals to humans

WHY NOW?

• There has been other widespread coronaviruses in the past that spread from animals to humans, it is known as severe acute respiratory syndrome (SARS) which had an outbreak in 2002
• Scientists, government officials, and doctors are working hard to contain this virus
• We have access to a lot of information and can see how many people and countries this virus is affecting

CAN YOU DIE FROM COVID-19?

• It is unlikely, most people (95-99%) recover from it
• It has been observed that healthy teens typically get mild or minimal symptoms

ADDITIONAL SUPPORTIVE TIPS FOR TEENS

• Show a calm demeanor since teens will turn to parents to gauge how worried they should be
• Ensure them that everyone is doing their part to combat the virus
• Show them that you can practice healthy behaviors and still do what is important to you
• Engage them in their own research on COVID-19 and infectious disease topics
• Demonstrate transparency about adjusted plans and explain the decisions with rationale that they understand

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