

Talking with Children about Coronavirus 19

1. **Keep things in perspective.** Take a deep breath and remind yourself that the number of confirmed infections in the U.S. is still low. The news coverage can increase a sense of threat. In reality, we all need to focus on slowing the spread of the virus by practicing healthy habits daily.
2. **Get the facts.** Be curious and find a credible source you can trust. The U.S. Centers for Disease Control and Prevention (CDC) has information regarding COVID19 (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>). You may also find useful information at the Ohio Department of Health (<https://odh.ohio.gov/wps/portal/gov/odh/about-us/local-health-departments/resources>)
3. **Talk with your children.** Discuss the news coverage of the coronavirus with honest and age-appropriate information. Follow these steps- find out what kids know or have questions about, tell the truth, reassure and talk about safety and working together. Keep routines as normal as possible and spend time together. Remember that children will observe your behaviors and emotions for cues on how to manage their own feelings during this time.
4. **Stay connected.** Maintain social networks to keep a sense of normality and to relieve stress. Share useful information with others, offer support to and accept support from others. If remaining at home, stay connected by phone and internet.
5. **Seek additional help.** Anyone who feels an overwhelming nervousness, a lingering sadness, or other prolonged stress reactions that are interfering with normal daily activities should consult with a trained and experienced mental health professional. Your child's pediatric healthcare team can also help with finding resources for your child or your family.

<https://www.apa.org/helpcenter/pandemics>

How can I help protect myself and my family?

People can help protect themselves from respiratory illness with everyday preventive actions.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water **for at least 20 seconds**. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>