

Talking to Your Kids about the Coronavirus

FACT SHEET

The best way to protect your family is to stay informed:

- ◆ Centers for Disease Control (CDC)
<https://www.cdc.gov/coronavirus/2019-nCoV/>
- ◆ American Red Cross
<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>
- ◆ Texas Department of State Health Services
<https://www.dshs.state.tx.us/>

Strategies to stay calm

It is normal to be concerned about catching an infectious disease and this can increase feelings of stress. Here are some ways to manage stress and concern

- ◆ Stay up-to-date about developments related to the Coronavirus outbreak by using a reliable and accurate source of health-related information such as CDC, Red Cross, State Health Department
- ◆ Stick to your usual routine
- ◆ Focus on positive aspects of your life and things you can control
- ◆ Seek social support from family, friends and maintain social connections
- ◆ Use relaxation techniques for stress reduction
- ◆ If you or a family member is feeling overwhelmed, seek support from your doctor or religious leader

If your child is experiencing heightened levels of fear around the issue, such as nightmares or excessive worrying, seek additional help:

- DISD Psychological and Social Services Department (972) 925-8050
- Youth and Family Centers (972) 502-4190
- Your child's school counselor

- ◆ Limit the spread of germs and prevent infection
- ◆ Avoid close contact with people who are sick
- ◆ Stay home when you are sick
- ◆ Cover your mouth and nose when coughing or sneezing
- ◆ Wash your hands often with soap and water for at least 20 seconds

Ways to Involve Your children in Family Health Care

- ◆ Ask your children what they have heard about the Coronavirus
- ◆ Provide age appropriate information to help them understand and clarify any misinformation
- ◆ Encourage your children to share their concerns
- ◆ Parent's behaviors have an effect on children. Keep conversations calm and focused on facts. Emphasize efforts that are being taken to contain the disease
- ◆ Model health-promoting behaviors for your children, such as hand washing and covering their mouth when coughing
- ◆ Talk about what each family member can do to help others outside of the immediate family
- ◆ Address any misunderstanding children may have that could result in stigmatizing people with connections to China where the Coronavirus outbreak began