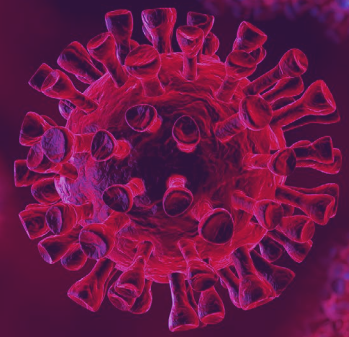


A healthy RESPONSE:

CORONAVIRUS & YOUR COMPANY



 COVID-19 INFORMATION

How to Talk to Kids About Coronavirus

The COVID-19 pandemic can be overwhelming for parents and concerning to kids. Follow these tips for talking about it in a way children will understand:

- Remind kids that doctors and health care workers are learning as much as they can about the virus and are doing what they can to keep everyone safe.
- Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope.
- Reinforce with kids the importance of washing their hands often, coughing into their elbow and getting enough sleep.
- Inform kids of COVID-19 symptoms including fever, cough and shortness of breath.
- Strive to reduce panic.
- Limit your child's exposure to media coverage of the event. Keep young children away from frightening images they may see on TV, social media, computers, etc.
- If you have older kids, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.
- Set a good example by showing empathy and support to those who are ill.
- Help your child to have a sense of structure upon returning to school.

