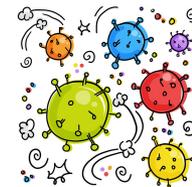
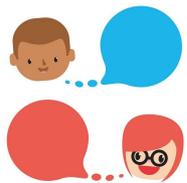


How to Talk to Kids About Covid-19



1

The coronavirus has created a lot of worry in our society. Remember that children react to what we say, and how we say it. Choose your words carefully.



Remain
Calm

2

Let children know you are here to talk, and that they are safe and cared for. What they are feeling is normal. Help them to be part of their own care and safety, as appropriate.



Reassure
Them

3

Pay attention to where children are getting their information. Monitor social media and screen time when possible.



Monitor
their
input

4

Give children age-appropriate information that is truthful. Answer their questions honestly and seek resources, if needed.



Give
information

5

Show children how to reduce the spread of all germs by hand washing, covering coughs and sneezes, and not touching their face as much as possible.



Stay
Healthy