

#StopTheSpread

Talking to your kids about the

# Coronavirus

Sources:

[www.who.int](http://www.who.int)

[www.cdc.gov](http://www.cdc.gov)



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Don't be afraid to  
talk about the  
coronavirus.

Most children would have heard about  
the virus or seen people wearing  
masks. This is your opportunity to  
keep them informed and set the tone.

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Be developmentally  
appropriate.

Try answering their questions  
instead of volunteering too  
much information as this  
might be overwhelming.

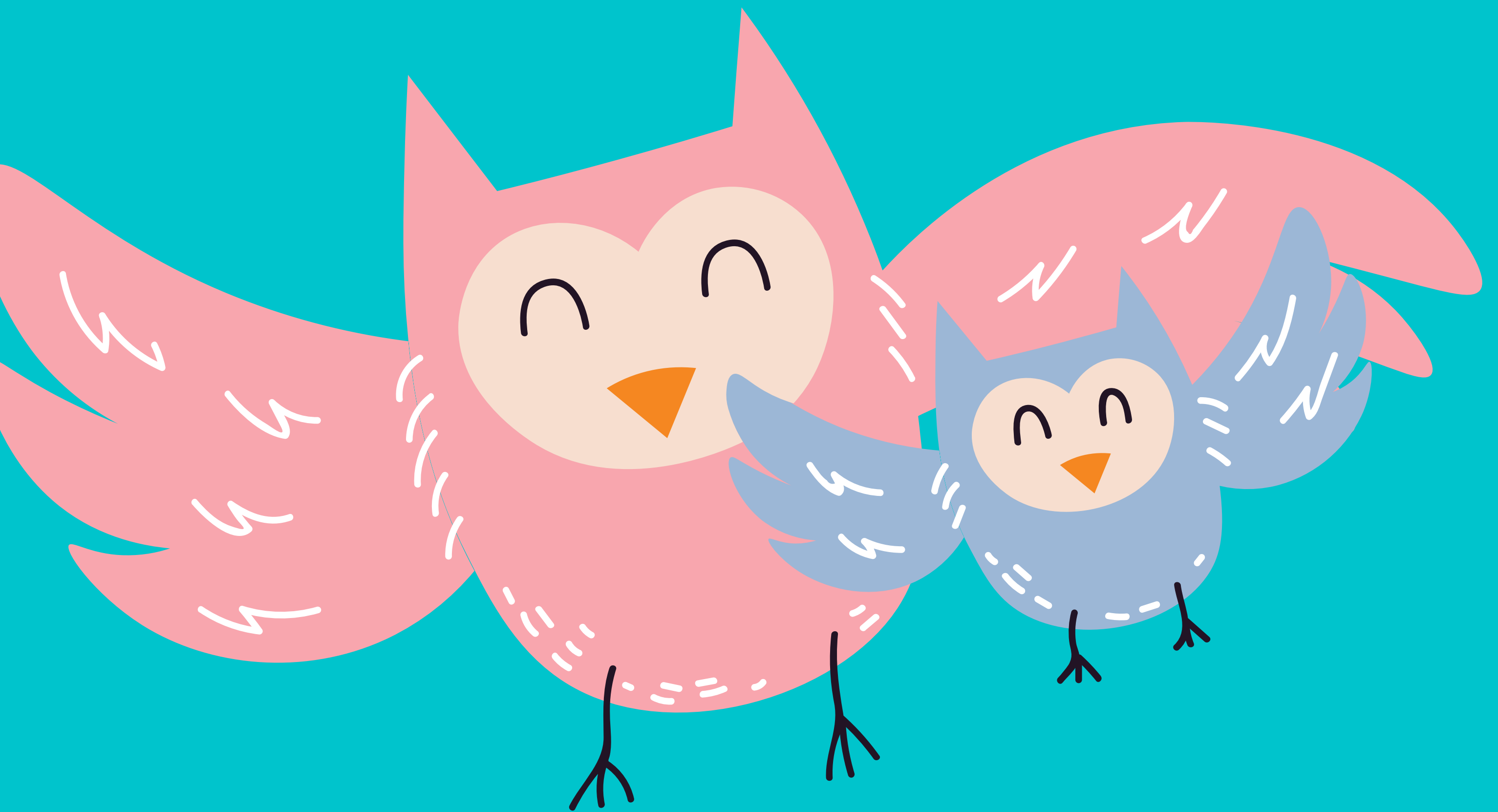


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Let them talk about  
their worries.

Be open and invite them to  
discuss what they may have  
heard and how they feel.



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Focus on what they  
can do to keep safe.

Help your kids feel empowered  
by teaching them what they  
can do to keep safe. Show  
them how to wash their hands  
or how to sneeze properly.



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## Stick to routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

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## Manage your own anxiety.

When you notice yourself feeling  
anxious, take time to calm down  
before trying to have a conversation  
or answering your child's questions.



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