

TIPS FOR TALKING TO KIDS ABOUT COVID-19



This is a stressful time for many adults as they try to adjust to new ways of navigating daily life, and it may also be stressful to children. Children may express their anxieties about the situation in different ways. Here are some tips for talking to kids about coronavirus (COVID-19):



- Remain calm and reassuring.
- Make yourself available to listen & talk.
- Avoid language that might blame others and lead to stigma.
- Pay attention to what children see or hear on television, radio, or online. Try to limit how often the news is on in the background.
- Provide information that is honest and accurate.
- Teach children everyday actions to reduce the spread of germs.

Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety.
- Not everyone will get COVID-19.
- It is important that all treat each other with respect and not jump to conclusions about who may or may not have COVID-19



Tell them there are ways for them to stay healthy and avoid spreading the disease including:

- Cover your cough or sneeze into your elbow or a tissue, throw tissue in the trash
- Avoid touching your eyes, nose, and mouth
- Wash hands often with soap and water (20 seconds)
- If you don't have soap, use hand sanitizer (60–95% alcohol based)
- Clean surfaces and frequently touched items with disinfectant

