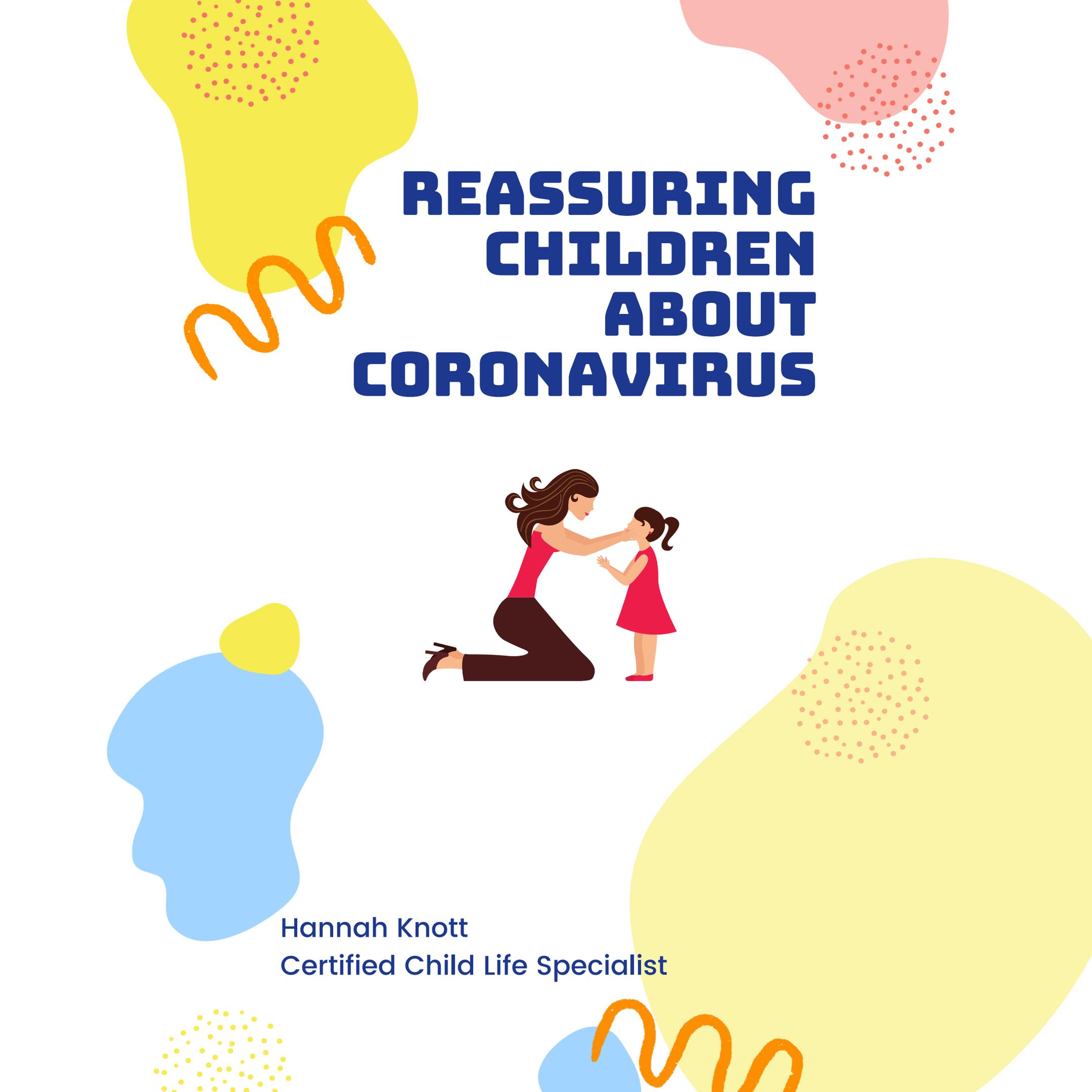


# REASSURING CHILDREN ABOUT CORONAVIRUS



Hannah Knott  
Certified Child Life Specialist

# *What Does My Child Need to Know?*

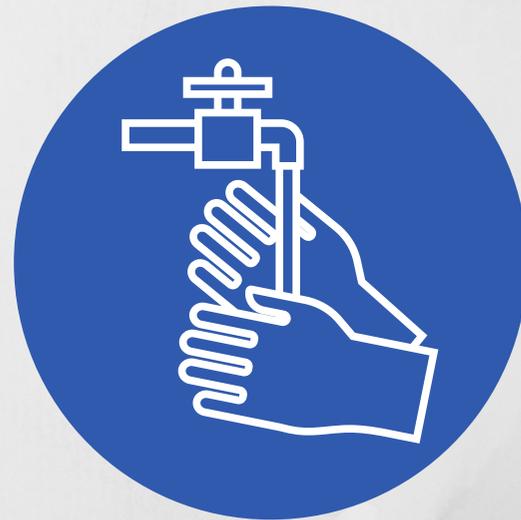
Unsure how to explain coronavirus to your child? Children may have lots of fears, worries, and questions at this time. Below are some examples of what you can say to reassure them, from a Certified Child Life Specialist.

## *How Do I Stay Healthy?*

We can protect ourselves by washing our hands with soap and water after we go to the bathroom, after we eat, or come in from outside, and before we eat, too. Sing the "Happy Birthday" song twice while you wash your hands to make sure it's long enough. If you have a cough, cover your cough. We want to protect everyone else from germs, too.

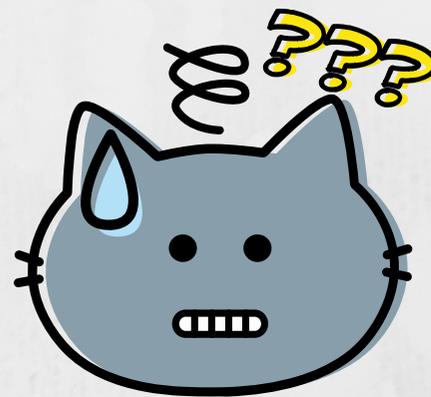
## *What Are Germs? What's a Virus? Should I Be Scared?*

Germs are either unhealthy (like coronavirus) or healthy (like the bacteria in yogurt). Not good or bad, nice or mean. They are alive the way plants are alive. They don't have thoughts or feelings like people do.



## Will I Get Sick?

Most kids don't get sick from coronavirus. When people do get sick, they usually have a cough and a fever and might feel tired.



## What Can I Do to Feel Better?

If you do get sick from coronavirus, you need to rest, drink water, and maybe take medicine if you have a fever.

## Why Can't I Go to School?

School closed to help people stay healthy, because it's easier to spread germs when a lot of people are in the same place together. Coronavirus won't be around forever. Eventually, people will stop getting sick from it, and it will be okay to go back to school.



**FOR A LIST OF MORE DETAILED EXPLANATIONS, CONTACT HANNAH KNOTT AT PROFESSORKNOTTCCLS@GMAIL.COM**