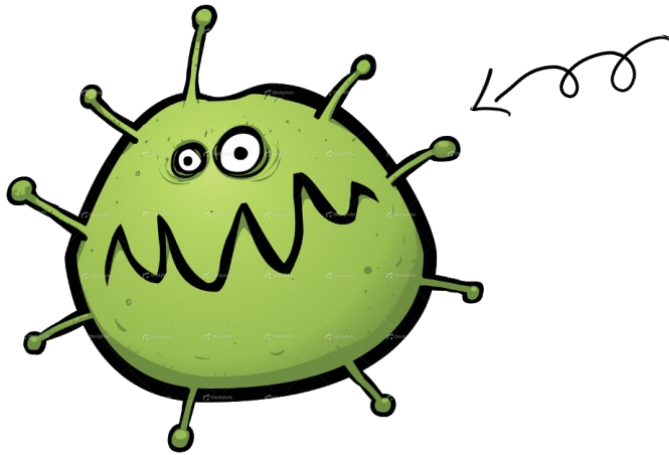


CORONAVIRUS: COVID-19

Super Facts for Super Kids



What is Coronavirus?

- Nick name — Covid-19
- It can make people sick like a cold or the flu
- This virus is contagious which means it spreads easily between people

Do I have Coronavirus?

- A nurse or doctor will tickle the back of your nose with a long Q-tip called a swab
- Some kids say it feels weird but its really quick
- Then your swab is sent to a lab where doctors look for germs and viruses with a microscope
- It takes about a day until we know if you have coronavirus



What if I have coronavirus?

- Like a cold or the flu, most kids get better in 5 to 10 days
- You may have a fever or feel tired and achy
- You may have a cough or your chest might feel tight like someone is hugging you real tight

What can I do to stay healthy?

- Germs don't like soap! Wash your hands with soap and water after you play, before you eat, after you use the bathroom
- Sneeze and cough into a tissue and then wash your hands
- Stay home with your family
- Stay away from people that are feeling sick
- Keep playing!

Grown Ups Q & A

Q: Should I talk to my child about coronavirus?

A: If your child is asking questions or seems scared, answer questions calmly and honestly. Find out what your child already knows and take their lead.

Q: How do I offer my child comfort?

A: Focus on the positives and the things you can do to help in the fight against Covid-19. Point out the helpers (healthcare workers, specialists, etc) that are working to stop Covid-19. Give your child space to share their fears. Let them know it's okay to feel scared.

Q: How else can I help my child?

A: Give your child specific things to do to help them feel in control (washing their hands, getting extra sleep). Try to keep their routine as normal as possible.



What if I feel scared or confused?

- Talk to a grown up. Tell them what you are feeling
- Ask questions if you are wondering about something. Grown ups might not have every answer but they can help
- Find a fun activity or your favorite toy
- Get some exercise if you can (jumping jacks, touch your toes, run outside)
- Think of a place that makes you happy. Imagine how it looks, smells and feels. Let your mind stay there for a while



Helpful Resources

[Kidshealth.org](https://kidshealth.org)

[Childmindinstitute.org](https://childmindinstitute.org)

Breathe, Think, Do
Sesame Street App

Calm App