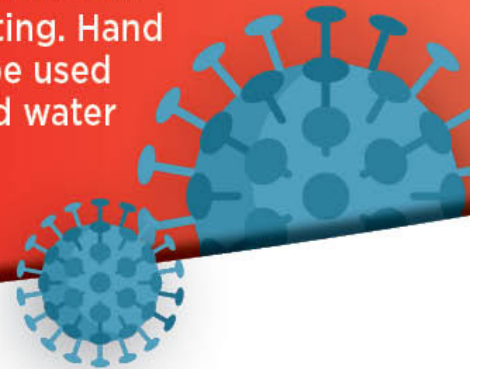


Talking to **KIDS** about COVID-19.



- **Remain calm and reassuring.**
Children react to both what you say and how you say it.
- **Make yourself available to listen and to talk.**
Make time to talk, and let them know they can come to you with questions.
- **Pay attention to what they see or hear on TV or online.**
Consider reducing screen time focused on COVID-19. Too much information can lead to anxiety.
- **Provide information that is honest and accurate.**
Give children truthful and accurate information appropriate for their ages and developmental level.
- **Remind kids to stay away from anyone who is coughing, sneezing or sick.**
Remind them to cough or sneeze into a tissue, or their elbow, then throw the tissue into the trash.
- **Teach them to wash their hands with soap and water for at least 20 seconds.**
Especially after blowing their nose, coughing or sneezing, going to the bathroom and before eating. Hand sanitizer can be used when soap and water isn't nearby.



Hospital Sisters
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