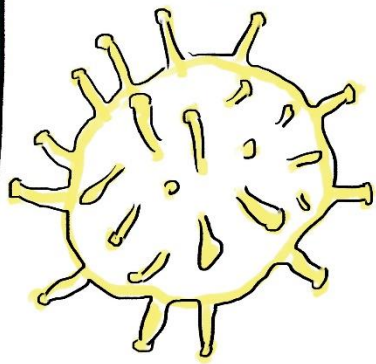
It's a word you might have heard at school or online or on T.V.

This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

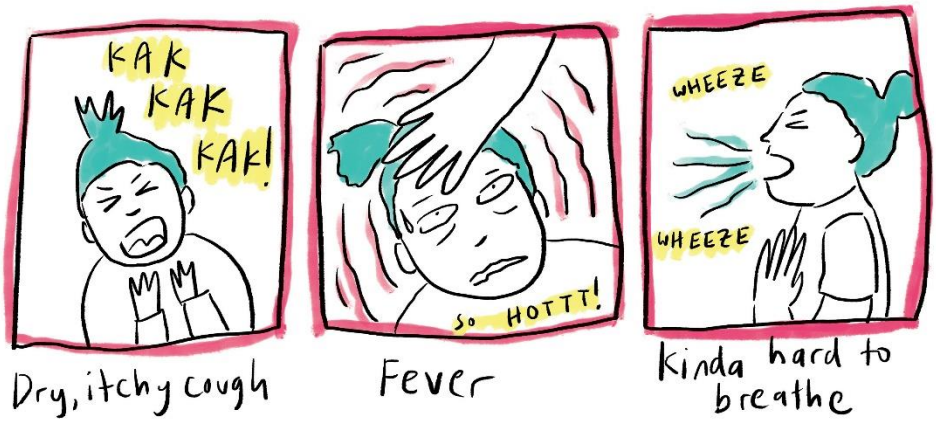
In some parts of the world it has made lots of people sick.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

A lot of the symptoms are similar to the flu (which you might have had before!)



Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.

People who are much older or who already have health problems are more likely to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.

In the U.S. we don't have a lot of coronavirus cases. Medical people are tracking the disease very carefully and are trying to make sure it doesn't spread.

If there's anything you might be confused or worried about, don't be afraid to ask someone you TRUST.

There are some things you can do to protect yourself, family and friends from getting sick.

(1) WASH YOUR HANDS OFTEN

- ☆ USE SOAP AND WATER
- ☆ WASH FOR AT LEAST 20 SECONDS. IF IT HELPS, SING THE ABC'S WHILE YOU DO IT— THAT'S ABOUT 20 SECONDS.
- ☆ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).

☆ TRY TO GET INTO ALL THE NOOKS + CRANNIES!

(2) SNEEZE INTO YOUR ELBOWS

- CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.
- IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.

(3) AVOID TOUCHING YOUR FACE

- DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.
- THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.

It's very important to remember that this kind of virus can affect

ANYBODY.

It doesn't matter where you come from or what country your parents are from.

Just because someone looks different or talks differently doesn't mean that they are at a higher risk of getting the coronavirus or spreading it.

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.

But seriously, though...

PLEASE wash your hands!!!

How to talk to your child about COVID-19

Be aware of your own anxieties (as children can pick up on these)

Communicate from a place of calm – choose a safe plan and time to chat

Ask what they know/have heard about COVID-19

Ask how they are feeling and validate their feelings

Invite questions

Reassure and let them know about what is being done to help/protect people

Give simple and honest information, but also keep it as positive as possible

Use this as an opportunity to learn together, e.g. you could watch a video or read a book on how our immune system works

Give them things they can do, e.g. hygiene practices like hand washing, coughing etiquette, etc.

@ParentlineQLDNT