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.