

Coronavirus

What Kids Want To Know

I have heard about this, but what is it?

COVID-19 is the short name for a new virus. A virus is a very tiny germ that can multiply in a living being and cause someone to become sick.

Am I going to get sick?

There is no way of knowing if you will get sick. There are not a lot of kids getting COVID-19. If a kid does get sick, they usually have mild symptoms.

Why is this virus different from other viruses?

COVID-19 is a new virus. We have seen other types of Coronavirus, but not this one. Viruses can change and make new viruses. When new viruses are made, we don't know a whole lot about them. It takes time to learn about the new ones and to figure out how to get treat and get rid of them.

How do I know if I am sick?

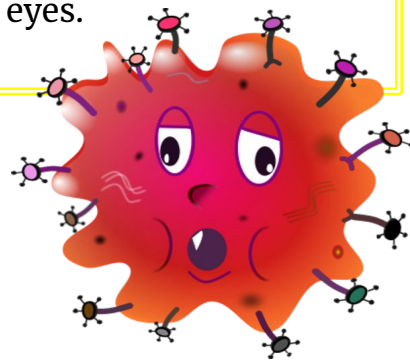
Only a doctor can tell you for sure. You can get a fever, cough, or have a hard time breathing. There are lots of things this time of year that can make you sick like allergies or the flu. Just because you may get sick DOES NOT mean you have COVID-19.

What can I do to try to keep from getting sick?

The best thing you can do is wash your hands with soap and water. Not a quick wash, but a longer one. Sing your ABC's. Make sure you are washing your hands before eating! You can also cover your mouth when you cough and sneeze into your elbow. Try not to touch your face. Germs like to get in your body through your mouth, nose, and eyes. Stay home if you are sick!

What happens if I get COVID-19?

For most people, being sick with COVID-19 is like being sick with the flu. From what has been seen so far, kids are not getting very sick. You may have to stay home from school for a few days and see a doctor. You may have to take medicine if you run a fever and may have to drink lots of fluids to keep from getting dehydrated. You will just have to rest and let your body fight off the virus. That is what our bodies are made to do!



For more information...

www.cdc.gov
www.health.mo.gov

Parents, What you can do to help...

- Remain Calm. Reassure your child. Remember that children react to both what you say and how you say it.
- Make yourself available to listen and talk.
- Avoid language that might blame or lead to a stigma. Viruses can make anyone ill, regardless of race or ethnicity.
- Pay attention to what children are watching on TV, seeing online, or hearing on the radio. Too much information can lead to anxiety.
- Provide information that is honest and truthful.
- Teach children everyday actions that can reduce the spread of germs.

- *Discuss new actions that are being taken at school to help protect them
- *Teach them to wash hands for at least 20 seconds
- *Remind them to sneeze into a tissue or their elbow
- *Remind students to shower regularly
- *Wash children's bedding regularly
- *Disinfect surfaces at home regularly

