

# CORONAVIRUS DISEASE (COVID-19) DON'T PANIC, PREPARE

## FAQS FROM CHILDREN

**Before you start**, ask what your child knows so far in case you need to clarify anything, and find out what questions your child has. Below are four common questions your child might ask and suggested responses.

**QUESTION #1: WHAT IS THE NEW CORONAVIRUS?** The new coronavirus is a kind of germ that can make people feel sick. Remember how the flu made (you/your classmate/anyone your child knows) feel? It can be a lot like getting the flu. Some people feel just a little bit sick. Some people get a fever and a cough. Sometimes, the cough can make it hard to breathe easily.

**QUESTION #2: HOW DO YOU CATCH THIS CORONAVIRUS?** The virus spreads like the flu, or a cold or cough. If a person who has the coronavirus sneezes or coughs, germs that are inside the body come outside of the body. That's because sneezes and coughs can send tiny drops carrying germs into the air.

A healthy person would need to touch those germs that came out of the sneezes and coughs, and then touch their mouth, eyes, or inside their nose.

**QUESTION #3: WHY ARE SOME PEOPLE WEARING MASKS? SHOULD I WEAR A MASK?** Masks are for people who are sick to wear so that they don't share germs. The masks also are for medical staff, like doctors and nurses, to wear so they can help people who have the virus. You do not need to wear a mask.

**QUESTION #4: CAN YOU DIE FROM THE NEW CORONAVIRUS?** Most people who have caught the virus have not died, just like with the flu. Doctors are working really hard to keep an eye on anyone who is feeling sick. They want to make sure everyone gets the help they need and to keep the virus from spreading.

What is important is to not let worries about the virus boss you around. If you're practicing healthy behaviors like sneezing into your elbow and washing your hands after you go to the bathroom, then you're showing the virus and the worries who is boss instead!

## HOW TO STAY HEALTHY

Kids and grownups should avoid going out in public or engaging with other families and children. Also, make sure you practice these healthy behaviors:



**Sneeze or cough into tissues** (and throw them away) or **sneeze or cough into your elbow**. This helps keep germs from traveling and making other people sick.



**Wash your hands with soap and water** at the same times you usually do, like when you first come into your house, after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, **remember to count slowly to 20**.

Parents can help by singing the ABCs or "Happy Birthday" with their children the number of times it takes for 20 seconds to pass. This helps children remember to wash for a sufficient amount of time.



Try to **keep your hands out of your mouth, eyes, and nose**.