



Talking to Children About COVID-19

Remain calm and reassuring

- Children will react to and follow your verbal and nonverbal reactions.

Suggested Points to Emphasize When Talking to Children

- Adults at home and health officials are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. Health officials are being especially careful to make sure as few people as possible get sick.
- Share what children can do to stay healthy and avoid spreading the disease.

Make yourself available

- Children may need extra attention and may want to talk about their fears and questions. Tell them you love them and give them plenty of affection.

Be honest and accurate

- Without factual information, children often imagine situations far worse than reality.

Monitor television viewing and social media

- Limit television viewing or access to information on the Internet and through social media.

Maintain a normal routine to the extent possible

- Keep to a regular schedule, as this can be reassuring and promotes physical health.

Know the symptoms of COVID-19

Review and model basic hygiene and healthy lifestyle practices for protection

- Providing guidance on what they can do to prevent infection gives them a greater sense of control and reduces their anxiety.

You know your children best. Let their questions be your guide as to how much information to provide. However, do not avoid giving them the information that health experts identify as critical to ensuring your children's health.

For more information on how to help prevent the spread of COVID-19, [click here.](#)

The public is encouraged to go to the Orange County Health care Agency's dedicated website at www.ocalthinfo.com/novelcoronavirus for the latest updates.

