

## Talking to Kids About the New Coronavirus

### What is Coronavirus?

Coronavirus is a new virus which causes an illness called COVID-19.

### What are some signs that I might have the virus?

Dry cough, fever, some problems breathing.

Most adults who have had the virus have had mild cases. So far, there have been few cases in kids, but they have been mild also (mild means not very strong). Older people and those who already have health problems are more likely to get sicker.

### What happens if I get sick with the virus?

Your parent or guardian can immediately call your doctor and get help.

If you are worried or confused, you can ask someone that you trust.

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

- Wash your hands a lot with soap and water for at least 20 seconds and especially before eating, after using the restroom, or being in public places. *Make it fun! Sing happy birthday or the alphabet song while you wash.*
- Sneeze and cough into your elbow to prevent germs from spreading to the air or your hands.
- Do Not Touch Your Face. This is how germs can get into your body. Don't put your hands in mouth, rub your eyes, or rub your

nose with your hands (even if it's itchy!). Use a clean tissue if you've got an itch that must be itched.

**Remember, anybody can get this virus.**

It does not matter where you or your family come from.

**Lots of adults are working to help keep you and our community safe right now. Teachers, doctors, your family, and many more are on the job!**

*\*FUN FACT\**

*“Corona” means crown in Latin.*

*When COVID-19 is seen under a microscope,  
the virus looks like a crown with spikes.*

## **PARENTS, GUARDIANS, AND CAREGIVERS**

**Monitor family members for symptoms of COVID-19 including dry cough, fever, and respiratory problems.**

If anyone in the family has been exposed to COVID-19 or are showing symptoms, call your physician immediately.

**Montgomery County Public Schools are currently closed until April 24, 2020.**

Keep an eye out for communications from MCPS as they will send updates when available.

Free meals are available to school aged children at many MCPS sites even when schools are closed.

### **Kids and adults alike may be anxious about the outbreak of COVID-19**

Reassure children that doctors and others are working hard to keep everyone safe.

Arm them with information. Teach them how to wash hands properly and sneeze/cough into their sleeves.

Remember that kids don't always say "I'm anxious". Sometimes they will seem cranky, clingy, distracted, or have trouble sleeping. Give lots of reassurance.

Limit how much media coverage of COVID-19 they are exposed to. It can be overwhelming.

Be a good role model and take steps to keep yourself healthy!