

# 10 FACTS ABOUT THE CORONAVIRUS DISEASE

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The Coronavirus are a large family of viruses causing illness ranging from the common cold to more severe diseases.

The COVID-19 is caused by a novel coronavirus; meaning it is a new strain that has not been previously identified.

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The Coronavirus is a respiratory disease that is mainly spread person to person. When someone with the virus coughs or sneezes, the virus is spread.



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At this time, children are NOT as affected by COVID-19 as adults are. Kids typically have a better immune system to fight against the disease.

However, children with preexisting illnesses may be more vulnerable.



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To reduce the spread of the virus, a variety of approaches are recommended.

Knowing what to do in case of an outbreak in your areas is the key to protecting your family.



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It is important to keep your child at home if they are feeling sick.

**AND**

Taking your child to see a doctor to rule out the COVID-19. It will prevent the uneasiness of not knowing and will also start treatment if necessary. Addressing the problem early is the key to a quick recovery.

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## What can parents do at home to prevent the spread of the Coronavirus?

**Hold a family discussion about the virus to ease any uncertainties.**

- Explain how it is contracted
- Protective steps to prevent it
- Recommend kids to tell you when they start feeling bad

**Wash those hands regularly.**

Remind your child to wash their hands for 20 seconds with soap and water or use hand sanitizer with 60% alcohol.



**Keep kids home when they are ill.**

Staying home is very important to contain the spread of the virus.

Even if your family is quarantined, realize this will only be temporary.

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## What can schools do to prevent the spread of the Coronavirus?

**Practice preventative behaviors.**

Regularly washing hands for 20 seconds with soap and water (sing the ABC song) or use hand sanitizer with 60% alcohol.

**Send students home who are feeling ill.**

A child who is sick, regardless of the cause, should not be in contact with other students if not feeling well.

**Cover coughs and sneezes.**

Remind students to cover their mouth and nose with a tissue or with the bend/crook of their arm when coughing or sneezing.



**Avoid close contact.**

Students love their friends and their teachers. However, hugging, touching, shaking hands, high-fives, and whispering should be kept to a minimum.

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Keep updated about what is happening in your community. Turn to credible media outlets, local public health authorities, and updates from public health websites (ie. CDC).



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Minimize exposure to media outlets or social media that promote fear or panic. Be particularly aware of/limit how much media coverage your child is exposed to about an outbreak.



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Focus on supporting children during this time.

- Talk to them about their feelings and validate them
- Help them express their feelings by drawing and other activities
- Provide comfort and patience
- Check back with them on a regular basis to see how they are doing.