

**From the Madison Junior School Nurse  
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It is no wonder so many of us are feeling stressed and anxious with the constant barrage of COVID-19 in our media everywhere. It is important to remember our children may be experiencing similar feelings of worry about family members and friends. The CDC and the National Child Traumatic Stress Network suggest discussing with your children the current outbreak of COVID-19 with an emphasis on protective measures taken by your family, local community, nation, and global community. The following information from Kidshealth.org, NCTSN.org and the CDC.org has created guidance to help adults have conversations with children about the Coronavirus. Click on the Blue Links below. Please reach out to me if I can be of any assistance to you or your child during our time away from school through email at [skordinskym@madisonnjps.org](mailto:skordinskym@madisonnjps.org).

**Resources:**

[Share the Facts](#)

[Spanish version](#)

[Talking with Children](#)

[How to talk to your child about the Coronavirus](#)

[What to do if your child is sick](#)

[What to do if sick](#)

[Spanish version](#)

[CoronaVirus and you](#)

[Spanish version](#)

[COVID-19 vs. Allergies vs. Flu](#)

**Mythbusters: World Health Organization facts to dispel rumors :**

**Fact #1**

Warm climate transmission

**Fact #6**

UV lights

**Fact #11**

Eating garlic

**Fact #2**

Cold climate transmission

**Fact #7**

Thermal scanners

**Fact #12**

Affected populations

**Fact #3**

Taking hot baths

**Fact #8**

Alcohol/Chlorine

**Fact #13**

Use of antibiotics

**Fact #4**

Mosquito transmission

**Fact #9**

Pneumonia vaccine

**Fact #14**

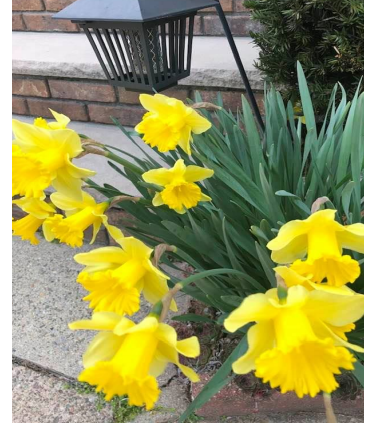
Specific medications

**Fact #5**

Bathroom hand dryers

**Fact #10**

Nasal saline rinse



**In the midst of everything Spring has Sprung, and the Human Spirit is Resilient.  
Most of all I wish you and your family well. Stay Healthy!**