

How to talk to children / youth about the Coronavirus?

Remain calm

Children will react to both what you say and how you say it. Make yourself available to listen and to talk. Let them know that adults at home and school are taking care of their health and safety.

Maintain a normal routine

The best thing families can do is maintain a regular routine and practice safe hygiene. It is also important to stay connected to friends and family even if that means via FaceTime, Skype or other virtual technology.

Pay attention to what children see or hear on television, radio or online

Consider reducing the amount of screen time focused on the coronavirus. Too much information on one topic can lead to fear, worry, and anxiety.



What to do if I feel scared or nervous about the Coronavirus?

Take deep breaths!

It's normal to be nervous about something that sounds scary, but don't worry, adults who love you and care for you, know what to do to keep you safe.

Ask questions!

Whenever you want to know something, ask adults like your caregiver, your teacher, school nurse or counselor.

Keep active!

Take a walk, play a game with your friends, sing a song, draw a picture, listen to music and dance!



What to do if I feel scared or nervous about the Coronavirus?

Take deep breaths!

It's normal to be nervous when you hear words like epidemic and outbreak, but stay calm and take deep breaths. There are health experts all over the world working together to keep people safe. It's okay to ask questions and talk to a trusted adult about your concerns.

Fact Check

There's a lot of information flooding the web about the coronavirus which can be very confusing. Try to limit your searches to sites such as LA County Public Health or the LA County Office of Education which will provide reputable information.

Maintain Your Routine and Focus on Staying Healthy

Let the experts do their job and handle this situation. The best thing you can do is maintain your routine, practice safe hygiene and stay connected to friends and family.

