Parent Information Sheet

Coronavirus has been an extensive topic of media coverage. Many resources are available through the **CDC** about disease prevention. The purpose of this sheet is to answer questions you may have about the impact of the pandemic on you and your family.
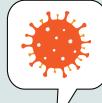
How do I reduce the impact of coronavirus on my family?

1. Plan a new family routine for home-learning and activities during school and work closures. Explore your local library website for digital resources you may check-out online.

2. Develop a daily chore schedule that includes cleaning high use surfaces and objects, including tables, countertops, light switches, doorknobs, and cabinet handles.

3. Limit exposure to media and the news. While it is important to check-in and get the facts, the media can sometimes create a sense of immediate threat that can raise arousal and fear.

4. Continue having family dinners together where you can maintain an open communication channel.

My child is sick, and I am worried they might have coronavirus. What do I do?

1. **Remain calm**. Experts are still learning about coronavirus, but it seems like coronavirus is less severe in children than in adults or older people. Remember all the other times you have successfully cared for your child when they were sick.

2. **Assess** – what symptoms is your child displaying? Does your child have a high fever, dry cough, and shortness of breath? Do you know someone who has coronavirus?

3. **Act** – High fever or shortness of breath means it's probably time to head to the hospital. Place a protective mask on your child as soon as possible and call in advance, if possible. With mild fever, runny nose or sore throat, you should call a healthcare professional first.

4. **Manage expectations** – Your child is unlikely to be tested unless they have a history of direct contact with someone who has tested positive for the virus, a history of travel to affected areas, or is sick enough to be hospitalized.

How do I start a conversation with my child about Coronavirus?

1. First, identify how you are feeling. Take a deep breath. How you discuss corona-virus will influence your child's reaction.

2. Start the conversation by asking your child what they know about coronavirus. If they possess limit-ed or inaccurate knowledge, read the comic zine and teacher's guide together.

3. Inquire about your child's feelings and acknowledge ("I can tell that you are feeling a little scared. Everyone is talking about this illness because it is new, which is a little scary.")

4. Provide facts and reassurance, if necessary ("Very few kids have gotten the coronavirus." "Usually coronavirus in kids is mild." "We are here to support you." "We are doing everything we can to make sure we are safe.")

5. Reinforce what is in your child's control ("You are doing a great job singing ABCs when you wash your hands." "Let's keep talking!")

Can I still take my child to public places?

It depends. If you live in an area where the virus is spreading, it is better to stick close to home and avoid large groups of people. The virus is estimated to survive on metal, glass and plastic surfaces for anywhere from 2 hours to nine days. It's not a bad idea to wipe down seats, tables with antimicrobial wipes before your children play. Encourage your kids to wash their hands when they come inside.

I don't feel prepared. What do I need to do?

1. Pandemics are rare, and there is uncertainty about what will happen. Sometimes this uncertainty can cause us to watch too much news or stockpile supplies. We believe that if we over-prepare for something then we can control it. This is a mental trap that can make the brain go into overdrive; we must instead embrace the uncertainty.

2. Instead, try to focus on what is in your control. In addition to safety measures for CDC recommendations on infectious disease prevention, you can prioritize your health and boost your immune system by carving-out time for sleep, healthy meal preparation, and exercise. Remember to engage in positive activities.