



WHAT SHOULD I TELL MY CHILD ABOUT CORONAVIRUS?

It is important that families talk with children regularly about the COVID-19 outbreak in order to provide appropriate information, answer questions, and help process worries.

KEY POINTS CAN INCLUDE:

- Coronavirus/COVID-19 is a sickness, similar to the flu but **much less common than flu; most people who get it do not become very sick.**
- **Children and teens who get the virus generally have only mild to moderate symptoms** and recover without any need for medical care from a doctor's office or hospital.
- Coronavirus/COVID-19 can spread easily from person to person, so **schools are closed to prevent a lot of people from getting sick all at once.** So far, very few people in the U.S. have it.
- We don't yet know when schools will re-open, but when they do, teachers will help students adjust. **Students all around the world are out of school right now, so you are not alone, and you will not be behind other students.**
- **Our family is taking steps that will help keep you safe** like hand washing and social distancing.
- **It is normal and okay to have different feelings** at once - excited to be out of school, sad not to see teachers or friends, disappointed that events are cancelled, worried about what will happen next, bored at home, concerned about relatives - but I will help you manage your feelings.
- Even if I have to be gone for work or for other important reasons, I am going to make sure you are cared for; **I'm not going to leave you.**

FOR MORE INFORMATION ON HOW TO TALK WITH YOUR CHILD, SEE THESE RESOURCES:

- [Talking to Children About COVID-19: A Parent Resource](#)
(available in 7 languages)
- [10 Tips For Talking About COVID-19 With Your Kids](#)
- [Coronavirus: How to talk to your Child](#)
(English/Spanish, & audio read out)
- [Talking to Kids About the Coronavirus](#)
(English/Spanish, and with video)
- [Key Facts about Coronavirus](#) (CDC)

HTSD & COMMUNITY RESOURCES

- [HTSD MENTAL HEALTH WEBSITE](#)
- [HAMILTON CARES \(609\) 476-6138](#)
- [NJ MENTAL HEALTH CARES:](#)
1-866-202-HELP
- [ATLANTICARE BEHAVIORAL HEALTH](#)
(609) 646-9159
- [ATLANTIC COUNTY MENTAL HEALTH ASSOCIATION](#)