



## PEDSI GLOBAL HEALTH

Global Health & Medical Educational Programs in USA and Abroad

American Heart Association Intl Training Center for BLS & PALS in Bangladesh  
American Academy Of Pediatrics - Advanced Pediatric Life Support Course



### **PARENTS GUIDE TO TALKING TO CHILDREN ABOUT COVID-19 (CORONAVIRUS)**

#### **WHAT IS COVID-19?**

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally and now in the USA. We do know that it is contagious and is expected to spread widely here in the United States.

Concern over this new virus can make children and families anxious. It is very important to remember that children look to adults for guidance on how to react to stressful events. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

#### **KNOW THE SYMPTOMS OF COVID-19**

COVID-19 can look different in different people. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. These symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure.

#### **WHAT CAN I DO SO THAT I DON'T GET COVID-19?**

You can practice healthy habits at home, school & play to help protect against the spread of COVID-19:

- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Get children into a handwashing habit especially after blowing their nose, coughing, or sneezing; going to the bathroom and before eating or preparing food.
- Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.
- Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
- Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. With your child you can sing “Twinkle, Twinkle Little Star” or “Happy Birthday” song slowly takes about 20 seconds.

- If you don't have soap and water, have an adult help you use a special hand cleaner. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.
- Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
- Do not share food or drinks.
- Practice giving elbow bumps instead of handshakes. Fewer germs are spread this way.
- If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.

### **TALKING TO CHILDREN ABOUT COVID-19**

There's a lot of news coverage about the outbreak of COVID-19 and it can be overwhelming for parents and frightening to kids. The American Academy of Pediatrics encourages parents and others who work closely with children to filter information and talk about it in a way that their child can understand. These tips can help:

#### **Keep Explanations Age Appropriate:**

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.
- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

#### **Remain calm and reassuring:**

- Children will react to and follow your verbal and nonverbal reactions and will pick up cues from the conversations you have with them and with others.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.

- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

**Be honest and accurate:**

- In the absence of factual information, children often imagine situations far worse than reality.
- Children can be told this disease is thought to be spread between people who are in close contact with one another- when an infected person coughs or sneezes.
- It can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.

**Maintain a normal routine to the extent possible:**

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.
- Engage your child in games or other interesting activities.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

**Be a good role model:**

- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.
- When you show empathy and support to those who are ill, your children will too.

**Watch for signs of anxiety:**

- Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be more clingy, have trouble sleeping, or seem distracted.
- Monitor their media by keeping young children away from frightening images they may see on TV, social media, computers, etc. For older children, talk about what they are hearing on the news and correct any misinformation or rumors you may hear.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.

**Make yourself available to listen and to talk:**

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- Tell them you love them and give them plenty of affection.

**Suggested Points to Emphasize When Talking to Children**

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease.
- There are things you can do to stay health and avoid spreading the disease:
  - o Avoid close contact with people who are sick.
  - o Stay home when you are sick.
  - o Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
  - o Avoid touching your eyes, nose, and mouth.
  - o Wash hands often with soap and water (20 seconds).
  - o If you don't have soap, use hand sanitizer (60–95% alcohol based).
  - o Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

**Are there any resources for me if I have additional questions on COVID-19?****CDC:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>

**World Health Organization:**

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

**National Association of School Psychologist:**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

**New York Times article:**

<https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>

## WORLD HEALTH ORGANIZATION COVID-19 INFORMATION (BANGLA)

### করোনা ভাইরাস সংক্রমণের ঝুঁকি কমাতে যা করতে হবে:

বারবার প্রয়োজনমতো সাবান ও পানি দিয়ে হাত ধুয়ে ফেগুন বা অ্যালকোহল যুক্ত হ্যান্ডরাব দিয়ে হাত পরিষ্কার করুন।

সর্দি-কাশির সময় টিস্যু পেপার দিয়ে নাক-মুখ ঢেকে ফেগুন। টিস্যু পেপার না থাকলে অন্তত: কনুই ভাজ করে নাক-মুখ ঢেকে ফেগুন। ব্যবহারের পরপর টিস্যু পেপার দ্রুত বিনে ফেগুন ও হাত ধুয়ে ফেগুন।

সর্দি-কাশি ও জ্বরে আক্রান্ত ব্যক্তির কাছে যাওয়া থেকে বিরত থাকুন।

মাংশ ও ডিম পর্যাপ্ত তাপমাত্রায় রান্না করুন।

গৃহপালিত বা অন্য কোন প্রাণীর সংস্পর্শ পরিহার করুন।



### নিজেকে ও অন্যদের নিরাপদ রাখুন আপনার হাত ধুয়ে ফেগুন

- ▶ সর্দি-কাশির পরে
- ▶ আক্রান্ত ব্যক্তির সংস্পর্শে যাওয়ার বা তাঁকে বহন করার পরে
- ▶ খাবার তৈরির আগে, তৈরি করার সময় ও পরে
- ▶ খাবার আগে
- ▶ টয়লেট ব্যবহারের পরে
- ▶ হাত ময়লা দেখা গেলে
- ▶ পশু বা পশুর বর্জ্য নিয়ে কাজ করার পরে



### ভ্রমণের সময় স্বাস্থ্য সুরক্ষা করুন

যদি জ্বর ও কাশি থাকে, তবে ভ্রমণে বিরত থাকুন।

যদি আপনার জ্বর, কাশি এবং শ্বাস-প্রশ্বাসে কষ্ট থাকে তাহলে জরুরি ভিত্তিতে স্বাস্থ্যসেবা গ্রহণ করুন এবং স্বাস্থ্য কর্মীকে আপনার ভ্রমণ বৃত্তান্ত জানান।



### ভ্রমণের সময় স্বাস্থ্য সুরক্ষা করুন

ভ্রমণের সময় অসুস্থ বোধ করলে স্বাস্থ্যসেবার সাহায্যের জন্য ভ্রমণ কর্মীকে জানান।

জরুরি স্বাস্থ্যসেবার জন্য স্বাস্থ্যসেবা প্রদানকারীকে আপনার ভ্রমণ বৃত্তান্ত জানান।



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