



What can I tell my child about coronavirus, school closures, and what we can all do about it?

Coronavirus or COVID-19 is a virus (germ) that spreads from people to other people. This virus can make you, your family, or your friends sick. Some people may only get mildly ill but others can become very sick and need to be hospitalized. Sadly, some people may die from this virus. The virus is not just in the U.S., but spreading around the world. Schools are closed so that we can slow the spread of this disease. People that are older or who have other medical conditions (heart disease, lung disease, diabetes, or people with immune disorders) are more at risk. Children seem to not get as sick from this virus, but they may carry it or pass it to others without even knowing it.



What can I do to help?

We all have the power to help ourselves, our families, our communities and the world. It will take all of us working together to slow the spread of this disease. Slowing the spread will help healthcare workers to do their jobs and take care of those people that get sick. It also gives scientists an opportunity to learn more about the virus and come up with plans to take care of us all. Here is what we can all do to help:

Practice good hygiene so you don't get sick and so you don't spread your germs to anyone else.



Wash your hands

https://www.youtube.com/watch?time_continue=71&v=3PmVJQUcm4E&feature=emb_logo

Cover your cough and sneeze

Get good quality sleep

Eat healthy food

Boost your immune system to fight any disease

Practice Social Distancing by reducing close contacts to help slow the spread of the virus. A well-known Infectious disease physician, Professor Graham Medley from the London School of Hygiene explained it this way:

“Most people have a fear of acquiring the virus. I think that a good way of doing it is to imagine that you do have the virus and change your behaviour so that you're not transmitting it. Don't think about changing your behaviour so you won't get it. Think about changing your behaviour so you don't give it to somebody else.”

Social Distancing explained: “Why Outbreaks like Coronavirus Spread Exponentially, and How to Flatten the Curve”
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

