



COVID-19 UPDATE: TALKING WITH KIDS ABOUT COVID-19

Use these tips when talking to children about COVID-19 and ways they can avoid getting and spreading the disease.

- 1** Remain calm and reassuring. Remember, children react to both what you say and how you say it.
- 2** Make yourself available to talk and listen. Make time to talk. Be sure kids know they can come to you when they have questions.
- 3** Avoid language that might blame others or lead to stigma. Remember, viruses can make anyone sick, regardless of race or ethnicity.
- 4** Pay attention to what kids hear or see on television or online. Consider reducing the amount of screen time.
- 5** Provide honest and accurate information. Give children information that's truthful and appropriate for their age and developmental level.
- 6** Teach children everyday actions like sneezing into their elbow and making handwashing a habit to reduce the spread of germs.

Get Updates: [NAESP.org/COVID19](https://naesp.org/COVID19)

Source: Centers for Disease Control and Prevention, [CDC.gov/COVID19](https://www.cdc.gov/COVID19), March 2020

