

Talking to Children About COVID-19

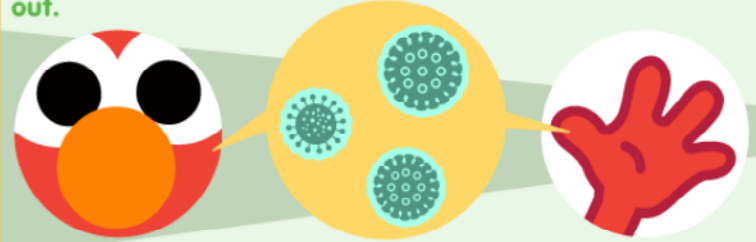


Young children may feel confused and scared about COVID-19.

You can give them simple information to keep them safe and to help them feel safe.



Explain that COVID-19 is a virus—or type of germ. Viruses are too small for us to see. They can be in our bodies, on our hands, in coughs and sneezes, or the air we breathe out.



A virus can make anyone sick. They can also be tricky! Sometimes, a virus is in or on your body and you still feel fine. But we could spread the virus to someone else who could get very sick.

The good thing is, there are easy ways we can protect ourselves and others!



We can scrub germs away! Wash hands with soap and water for 20 seconds.



We can keep germs from spreading!



Limit who you spend time with.



Stay home.



Keep 6 feet away from others.



Find new ways to greet each other.



Sneeze or cough into the bend of your arm.

We can protect our bodies!



Wear a mask.



Wash hands.



Do not touch your eyes, nose, and mouth.