# How to Talk to Children About Coronavirus & COVID-19

**For Montefiore Frontline Providers and Associates**

## General Principles
- Remain calm and reassuring
- Be available to listen & talk
- Provide honest and accurate information
- Monitor media exposure and help identify credible sources
- Teach everyday actions to avoid spreading germs
- Avoid blaming and stigmatizing language

## How to Reduce Risk

### Hands
- Wash often

### Elbow
- Cough into it

### Face
- Don’t touch it

### Space
- 6ft distance

### Home
- Stay if you can

## What is COVID-19?
- Disease caused by a new virus called the Coronavirus
- Virus has made many sick, but doctors and scientists think many people will be OK, especially children
- Common symptoms include fever, dry cough, and shortness of breath

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**Elementary School**
- Brief, simple facts
- Provide reassurance to manage fear
- Steps to stay healthy
- "Adults are working hard to keep you safe."

**Upper Elementary & Early Middle School**
- Distinguish fact from fiction and identify credible sources
- Discuss local, state, and national action
- Identify ways your child can help self and others stay safe

**Upper Middle and High School**
- Discuss issues with depth
- Engage in family decision-making process