



CORONAVIRUS - AN INFORMATION SHEET FOR KIDS

Everyone is talking about the coronavirus! Some people make it sound very scary and confusing. It is hard to know what is real and what is not. You probably understand that when people are worried, their imaginations can make up stories that are scarier than the real thing. I have read a lot of information from scientists and doctors and I will try to explain this to you with FACTS.

Remember that every day the doctors and scientists are learning new facts about coronavirus, so I might have to change what I have written here later. What I am writing is the best that we know for now and the very best we can do to look after ourselves. This virus is called the coronavirus. Novel means new. It's a new virus and that's why we don't have medicine for it yet. Most people who get this virus hardly feel sick at all. Scientists have found that children who are already healthy don't get very sick when they catch the virus. It's more like a cold. The people who get very sick with coronavirus are people whose bodies are weak and sick already. We need to follow the safety rules to help protect these people.

This virus is quick to spread but we can slow it down so that not everyone gets it at the same time. If people whose bodies are actually strong enough to recover from coronavirus easily all turn up at the doctor's then the doctors would not be able to look after everyone all at the same time.

Here are the safety rules to help slow the virus down:

- Sneeze and cough into a tissue or your elbow. Throw the tissue in the rubbish bin.
- Try not to touch your face.
- Wash your hands after the toilet, after blowing your nose, before eating, and when you come home.



SPECIAL ANNOUNCEMENT

If you have OCD or Health Anxiety

1. Please speak to a psychologist because you might get stuck doing **too many** safety behaviours and make yourself feel worse.
2. Ask your parents and teachers to listen to this podcast
<https://www.anxioustoddlers.com/how-to-explain-the-coronavirus-to-kids#>



CORONAVIRUS - AN INFORMATION SHEET FOR KIDS

Here's how to wash (you thought you already knew, didn't you?!)

- Wet your hands with running cold or warm water.
- Switch off the tap.
- Lather up with regular soap (liquid or bar). This is actually better than hand sanitizer.
- Rub your hands all over while you sing happy birthday two times through
- Rinse with clean running water.
- Switch off tap (scientists say this is fine to do even if you touched the tap before)
- Dry your hands well with a paper towel or a personal or family hand towel. (Wet hands are more likely to pick up the virus.)
- No more. No less. If you wash more than this you will hurt your hands and waste soap and water.

Hand sanitiser or anti-bacterial hand wipes are great when you aren't near water.

But... how do you get the coronavirus?

- Standing closer than 2 metres to a sick person for longer than 15 minutes.
- Being in the same room as them for longer than two hours.
- Touching your face after touching something that the virus is on IF the virus is still alive. This is too complicated to explain here because the virus can only live in certain places and certain temperatures so it isn't always alive on things. Just wash as described here and don't touch your face.

Attention, Kids over 10!

If you have tics that make you touch your face a lot, make an appointment with your psychologist to learn how to resist the urge.

Each day the government will set new rules and each us new things to do so we can all slow the virus down.



CORONAVIRUS - AN INFORMATION SHEET FOR KIDS

This is going to be a very weird year! We might have to stay home for a couple of days or weeks and some adults might not be able to go to work. So, we will all learn ways to entertain ourselves at home, to do school work at home, to save money (especially if your parents aren't working), and to bake and cook with whatever ingredients we have at home. Lots of challenges and learning!

Don't listen to too much news or watch too many videos about it all. So many things on the internet are WRONG! You'll stress yourself out for nothing. Just follow the safety rules and that's enough.

- Go to www.brainpop.com and search "coronavirus" for a great video and extra information.



Only go to websites that are scientific. Some good ones are:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

<https://www.who.int/health-topics/coronavirus>

I used these websites to find the information for this fact sheet:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>