



As we are hearing more about how to stay physically safe from Coronavirus and other illnesses, we would like to address the mental health needs that you may be seeing or feeling surrounding this topic. The constant conversations and media coverage can be distracting and overwhelming. You may notice a wide range of reactions to what is being reported, from excitement to potential changes in schedules to fear and anxiety of the unknown. Here are some common recommendations to follow:

- Allow room for questions
- Stick to facts
- Allow time away from the topic by limiting access to news coverage/conversations
- Continue to follow normal routines
- Focus on what can be controlled (i.e. social distancing, hand washing)
- Model self-care (eat healthy meals, sleep well, exercise and take deep breaths to handle stress)
- Encourage positive activities
- Let students know who, when and where they can go if they need to talk or need a break
- Listen and validate feelings

The links below will provide more detailed information for staff, students and families.

For Caregivers, Parents, and Staff:

[SAMSHA Coping With Stress During Infectious Disease Outbreak](#)

[Talking to Children about COVID-19 \(Coronavirus\) A Parent Resource](#)

[SAMSHA Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

For Students:

[Just for Kids: A Comic Exploring The New Coronavirus](#)

[Coronavirus Student Guide: Virus Explainer and News Updates](#)