

COVID-19 Resources

[TEA COVID-19 Resources](#)

Talking to Students About COVID-19

Helping younger students understand the reason school is closed and why they have to stay home, wash their hands and keep their distance to stay safe from the Coronavirus can be a challenge. A video, titled [“The Yucky Bug” by Julia Cook](#) is a short video that explains the coronavirus from a child’s point of view.

Parents looking for help to explain COVID-19 to students fourth grade and up can get tips from this [YouTube video](#) featuring a University of Chicago doctor talking about prevention, social distancing and how to prevent spreading the virus.

[A Brainpop animation](#) explains the dangers of the Coronavirus, how viruses spread, social distancing and handwashing and how children can get good information and avoid anxiety.

Here are some suggestions to consider as you provide support to your student regarding the coronavirus:

- Limit your students’ exposure to the media;
- Provide a calming influence to children, as needed; and
- Help your children address their fears and validate their feelings.

Additionally, here is some kid-friendly language you can use to describe COVID-19 and the pandemic situation we are facing:

COVID-19 (also called Coronavirus) is a new virus that doctors and scientists are still learning about. This virus has made a lot of people sick, but scientists and doctors think that most people will be okay, especially kids. Some people may get pretty sick. Doctors and health experts are working hard to help people stay healthy. It’s important for all of us to work together to follow instructions on how to be well. For most people who do become sick

with COVID-19, it will feel like the flu – a fever, cough, and sometimes having a hard time taking deep breaths. Most people who have gotten the virus have not gotten very sick, but it may take a couple of weeks to feel better again. Only a small number of people who get it have had more serious problems.

- **National Suicide Prevention Lifeline**

Toll-Free: 1-800-273-TALK (1-800-273-8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (1-800-799-4889)

[Website in English](#)

[Website in Spanish](#)

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA Hotlines SAMHSA's Disaster Distress Helpline Toll-Free: 1-800-985-5990
(English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

[Website in English](#)

[Website in Spanish](#)

SAMHSA's National Helpline Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)