



HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT



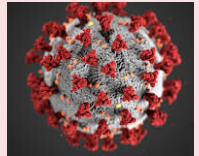
Office of Equity & Access



Talking to Children about COVID-19 (Coronavirus) Parent Resource

WHAT IS COVID-19 (CORONAVIRUS)?

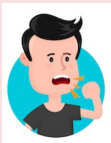
CORONAVIRUS (COVID-19) IS A RESPIRATORY ILLNESS THAT CAN SPREAD FROM PERSON TO PERSON



KNOW THE SYMPTOMS

Patients with COVID-19 experienced mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath



Talk to your child about how you can all stay safe

Encourage your child to practice good hygiene such as:

1. Wash your hands multiple times a day for at least 20 seconds.
2. Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately or sneeze or cough into the bend of their elbow
3. Eat a balanced diet, get enough sleep, and exercise regularly.



FOR MORE INFORMATION VISIT [HTTPS://WWW.HLPSCHOOLS.ORG/CV](https://www.hlpschools.org/cv)



Take Time to Talk to Your Child and Reassure Them

Keep conversations age appropriate

- Elementary aged children need simple information with appropriate reassurances that their schools and homes are safe and that adults are there to keep them healthy and take care of them if they are sick.
- Middle and high school aged students may be more vocal in asking questions. Provide honest, factual information to help them separate rumor from reality.

TIPS TO STAY OCCUPIED AT HOME

1. Make a schedule and set daily goals.
2. Play a board game or do a puzzle with your family.
3. Paint, draw, write, or create!
4. Read a book or magazine.
5. Stay active - go for a brisk walk, play catch, or do yoga



ADDITIONAL RESOURCES

American Red Cross

https://www.redcross.org/content/dam/redcross/get-help/pdfs/COVID-19_Checklist_v6_03062020_FINAL.pdf

Center of Disease Control

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Child Mind Institute

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Los Angeles Department of Public Health

<http://publichealth.lacounty.gov/media/Coronavirus/>

National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

SAMHSA - Substance Abuse and Mental Health Services Administration

<https://wwwps.org/images/sma14-4886.pdf>

World Health Organization

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