



# COVID-19

## A GUIDE FOR FAMILIES

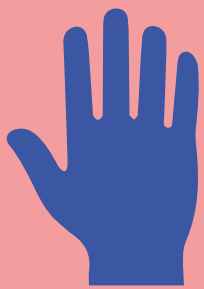
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### ABOUT COVID-19

COVID-19 is a virus from a large family called coronaviruses. These types of viruses cause respiratory illness in humans. Since they are viruses, they cannot be treated with antibiotics.

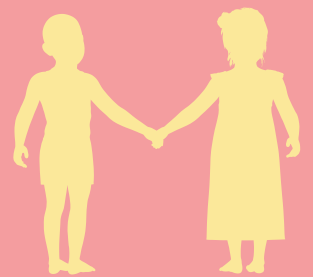
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### HOW TO STOP THE SPREAD



Wash your hands for at least 20 seconds with warm water and antimicrobial soap. Make sure your children are doing the same, maybe with the chorus to their favorite song to time them!

Avoid playdates with children outside of your household. This may be hard on children, but check online for activities to do with your family during this time! Consider learning a new child-friendly hobby together.



For new moms with infants, it is important during this time to social distance, wash your hands before touching your baby, and before touching pumps or bottle parts. It is currently unknown if COVID-19 can be transmitted through breastmilk.

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### FOLLOW BRIGHTPATHS FOR PARENTING ACTIVITIES



All information from this infographic is found on the World Health Organization and Centers for Disease and Control Prevention website. Visit <https://www.who.int/emergencies/diseases/novel-coronavirus-2019> and <https://www.cdc.gov/breastfeeding/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html> for up to date information

# COVID-19

## VOCABULARY

While reading the news, talking to friends, or going through social media, you may be seeing some words continue to pop up. We've broken them down in an easy to digest vocabulary list below!

**Social Distancing:** Deliberately decreasing the number of interactions people are having by completing work at home, cancelling large events, and closing restaurant dining rooms.

**Self Isolation:** Staying indoors and avoiding all other people due to symptoms of COVID-19, a positive COVID-19 result, or waiting on a test result.

**Quarantine:** Separating and restricting the movement of people who were exposed to a contagious disease to see if they become sick.

**Shelter-in-Place:** A government policy that requires people only leave their homes for essential errands (grocery, medical), as well as closing gyms, movie theaters, and restaurants. They may also require a percentage of the workforce be allowed to work from home.

**Flattening the Curve:** This term involves taking personal measures, like social distancing, to prevent a sharp "peak" of cases. This spreads the infection out over a longer period of time, allowing our healthcare system to avoid becoming overwhelmed.

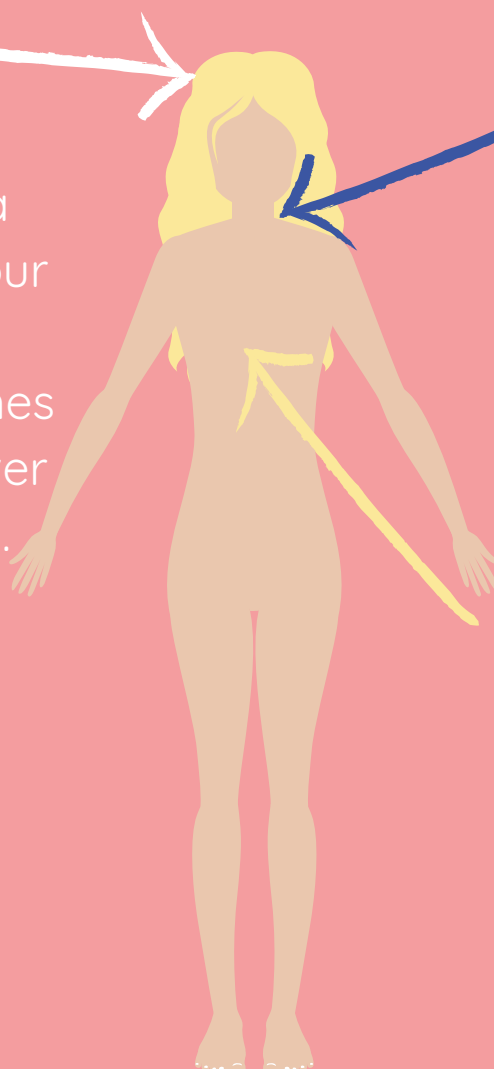
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## SYMPTOMS OF COVID-19

We hope none of our clients contract COVID-19, but it is important to self-monitor for symptoms to keep your family, friends, and coworkers safe. Here are the symptoms in short.

### Fever

Fever temperature varies, so base it at a temperature above your normal body temperature. If it reaches 100.4 degree, it is a fever by medical definition.



### Cough

A dry cough is often indicative of respiratory infection. The COVID-19 cough is typically unproductive and hacking.

### Breathing Problems

Shortness of breath, trouble breathing, and other issues with breathing are also a sign of COVID-19.

# HOW TO TALK TO KIDS ABOUT COVID-19

While it is a stressful time for everyone with the significant changes in daily life, employment, school schedules, and childcare, it is important to communicate with your child about the events currently taking place. Kids often pick up on parents feelings and stress so hear them out on how they are feeling too!

**Ask Questions Geared to Child's Age Level:** this gives you a chance to listen and understand what your child already knows

**Offer Comfort:** Focus on making your child feel safe by speaking calmly and reassuringly. Give your child space to share their fears and worries. Know when they need guidance and monitor where they receive information from so incorrect information does not scare or mislead them.

**Help Your Kids Feel in Control:** Give your child specific things they can do to help. Teach them how to properly wash their hands and remind them to do so often. Teach them that getting good sleep and eating healthy foods can keep them strong. Let your children know that their feelings are valid, and it is okay to feel overwhelmed with all the changes.

**Keep the Conversation Going:** Continue to check in on your child and use outlets of information as a way to educate your child on how the body works. Continue to talk through and discuss as a family current events happening in the world. Most importantly, spent time together to reassure your child everything will be okay!



For more information concerning your child's mental and emotional wellbeing and ways to nurture them during this time, go to <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>