

COVID-19: WHAT YOU SHOULD KNOW!



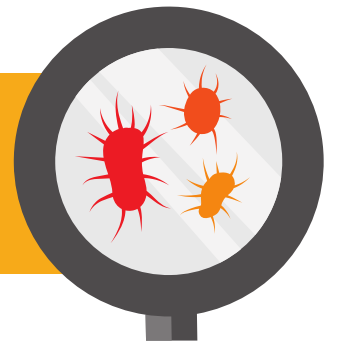
THE FACTS!

There is a lot of fear right now because of coronavirus.

It is important to remember:

- A lot of the fear is about trying to keep the virus from spreading too fast. The US needs to make sure our healthcare system can manage the virus in hospitals and health centers. This means spreading out new cases over time.

WHAT COUNTS AS BEING "EXPOSED" TO CORONAVIRUS?



Being in the same neighborhood as someone with a confirmed case does not necessarily mean that you were exposed.

Exposure is likely to happen if:

- You or your child have been close (closer than 6 feet) to another person who tested positive for coronavirus.
- You or your child traveled to an area that is where many people have cases of coronavirus.



WHAT DOES SOCIAL DISTANCING & QUARANTINE MEAN?

Quarantine: When a person might have been exposed to the virus but does not feel (or look) sick yet, they are kept away from other people. This helps make sure that they do not spread the virus to others. It is also makes it easier for a doctor to check on the person's symptoms.

Social distancing: Keeping a safe distance from other people in public places to lower the risk that the virus can spread from person-to-person.

This means: Avoid places that have a lot of people (transit, concerts, small rooms with a lot of people). Stay at least **6 feet away** from another person.

Both can help slow down the spread of the virus. Slowing down the spread of the virus will help keep our healthcare system from being overwhelmed, and to help to treat those who need it most (like people with weak immune systems and the elderly).

SHOULD I TALK TO MY CHILD ABOUT CORONAVIRUS?



Yes! It is really important to talk to your child about it. Children can usually sense when something is going on. They may start to feel anxious, especially if their routine changes. You can make sure they know that a lot of people are working to keep your family and friends safe.

I don't want my children or students to feel anxious, what should I do?

- Check your own level of stress before talking to them. If you are calm, they will feel more safe.
- Talk to them about what's going on, and look up the answers to their questions together if you don't already know the answers. Talk about:
 - What do we know about this?
 - What would we like to know about this?
 - What can we do to help us feel safer?
 - Ask them what their fears are and then talk about each one. More details on how to spot signs of stress, talking about it, and ways to cope can be found here: https://hrl.nyc/library/Talk_About_Stress.pdf

If you are feeling really overwhelmed by all of this, you can:

- Take deep breaths.
- Avoid listening to or reading the news constantly. Maybe limit checking the news to 2 times a day.
- Find ways to cope with your stress in healthy ways. It is important to protect our immune systems and our minds. Healthy mind AND healthy body!
 - Practice mindfulness when:
 - Washing your hands. You should do this regularly and for at least 20 seconds!
 - Wiping down surfaces that are touched a lot (like phones, door knobs, and handles).
 - Think of these as moments to practice mindfulness. Don't be afraid to express your feelings -- call a friend and check-in with loved ones.