



# CORONAVIRUS COVID-19

CHESTER COUNTY HEALTH DEPARTMENT

# BE INFORMED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

## HOW TO TALK TO CHILDREN

With the widespread news coverage about the coronavirus, known as “COVID-19”, children may develop fears about the risk to their own health and safety. It is important for parents to listen to these fears, and learn some of the basic facts themselves.

### Be aware of your own behavior

It can impact how your child may feel. If you're anxious, they could take their cues from you.

### Stay up-to-date with information

This can help you understand and share the facts about COVID-19 with your children.

### Know whether or not to talk about COVID-19 with them

It is important to know what children have heard about COVID-19 already. It is likely that they are talking about it in school, so just because your child doesn't bring it up, doesn't mean they aren't thinking about it.

### Explain what is currently being done to contain COVID-19

Reassure children that the measures put in place are the best ways to keep them safe. The U.S. is carefully monitoring the situation and currently the risk in Chester County remains low. Health Departments, such as the Chester County Health Department, are encouraging personal preparedness and prevention tips to keep the community healthy.

### Know what information your children are exposed to

Be mindful about where your children are being exposed to information about COVID-19. For example, they may overhear conversations, or pick up on the continuous news headlines that adults have on as background.

For teenagers and tweens who have access to news online and via social media, ask them what they are seeing and hearing about COVID-19. Help correct misinformation, and if you don't know the answer, be honest. You can research the answers together.

### Validate their feelings and reassure them

Parents should listen to their child's fears and try to understand what they are feeling. Avoid saying things like “you'll be fine” or “don't worry about it.”

### Give them action items

Remind them of the importance of washing hands often (for at least 20 seconds), avoid touching their eyes, mouth, and nose, and keeping their areas clean by wiping down things that are used often. If your preparedness plans include stocking up on groceries and toiletries, like you would before a big snowstorm, ask your child to help. Invite them to go the store with you. Having a stash of their favorite snacks in the pantry may help them feel more prepared.

For more information, please visit the Chester County Health Department's website

[Chesco.org/Health](https://www.chesco.org/Health)

If you are active on social media, we recommend following these sources:



[@ChesterCountyHealthDepartment](https://www.facebook.com/ChesterCountyHealthDepartment)

[@ChescoHealth](https://twitter.com/ChescoHealth)



[@CDC](https://www.facebook.com/CDC)

[@CDCgov](https://twitter.com/CDCgov)