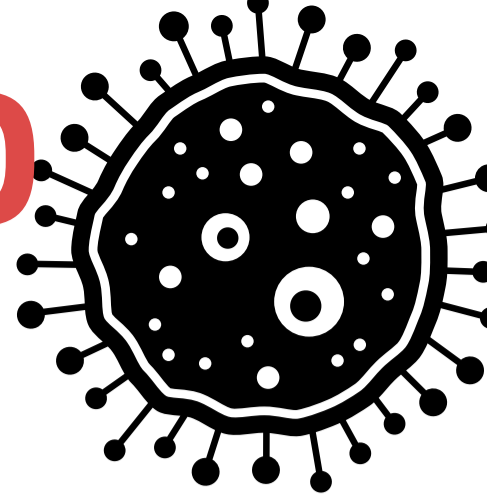


BE PREPARED

....**NOT SCARED**

COVID-19 INFO



Talking With Kids

STAY CALM & REASSURE

Talk to your children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age. Ask them what they want to do to be prepared.



BE READY

Very young children may express anxiety by going back to thumb sucking or wetting the bed at night. Or they may act younger than their age.

LISTEN

Children can express their emotions through conversation, writing, drawing, playing, and singing. Accept their feelings and tell them it is okay to feel sad, upset, or stressed.



BE A ROLE MODEL

Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.

POSITIVE ACTION

Encourage positive activities. Children may better cope with an outbreak by helping others.



Public Health
Prevent. Promote. Protect.
Ontario County, NY

For updates on the coronavirus, visit the CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/>
For general COVID-19 questions call:

1-888-364-3065

Ontario County Public Health call: 585-396-4343