



# How to support children during COVID-19



## 1. Be present

Find the right time to start a conversation. Start by asking them what they know about the virus. Listen without interruption and distraction.



## 2. Reassure them

Acknowledge their fears and reassure them that it's okay to be anxious. Help them cope with their stress by providing more opportunities for playing and relaxing. Maintain a regular routine and keep things as normal as possible.



## 3. Tell the truth

Be honest and use age appropriate language. Be sensitive to their level of anxiety. Remind children that they are not likely to catch the disease; that most people have mild symptoms. Explain that the virus has nothing to do with someone's appearance, country of origin or what language they speak.



## 4. Show them how they can protect themselves

Encourage kids to wash their hands regularly and correctly. Show them how to cover a cough or sneeze with their elbow and not to get close to people when outside, and to tell you if they feel unwell.



## 5. Stay positive

Talk about positive outcomes. Tell them how scientists and health workers are working together to stop the outbreak and how communities are reaching out to the elderly and vulnerable with acts of kindness and generosity.

## 6. Empower them

Ask children what they can do to keep themselves safe.