



# 10 FACTS *about the* Coronavirus Disease

and how to be better prepared at your school



The Coronavirus is being discussed every time you turn on the radio or the television. Getting the right information and knowing the FACTS will help all of us care for our students and our school system.



1

The Coronaviruses are a large family of viruses causing illness ranging from the common cold to more severe diseases. The COVID-19 is caused by a novel coronavirus; meaning it is a new strain that has not been previously identified.



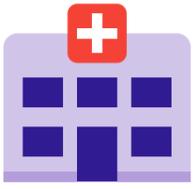
2

The Coronavirus is a respiratory disease that is mainly spread person to person. When someone with the virus coughs or sneezes, the virus is spread.



3

At this time, children are NOT as affected by COVID-19 as adults are. Kids typically have a better immune system to fight against the disease. However, children with pre-existing illnesses may be more vulnerable.



4

To reduce the spread of the virus, a variety of approaches are recommended.

Knowing what to do in case of an outbreak in your areas is the key to protecting your family.



5

It is important to keep your child at home if they are feeling sick.

**AND**

Taking your child to see a doctor to rule out the COVID-19. It will prevent the uneasiness of not knowing and will also start treatment if necessary. Addressing the problem early is the key to a quick recovery.



6

What can parents do at home to prevent the spread of the Coronavirus?



Hold a family discussion about the virus to ease any uncertainties.

- \*Explain how it is contracted
- \*Protective steps to prevent it
- \*Recommend kids to tell you when they start feeling bad

WASH THOSE HANDS REGULARLY

Reminding your child to wash their hands for 20 seconds with soap and water or use hand sanitizer with 60% alcohol



KEEP KIDS HOME WHEN THEY ARE ILL

Staying home is very important to contain the spread of viruses.

Even if your family is quarantined, realize this will only be temporary.



7

What can schools do to prevent the spread of the Coronavirus?



Practice Preventive Behaviors. Regularly washing hands for 20 seconds with soap and water (sing the ABC song) or use alcohol-based hand sanitizer that contains at least 60% alcohol.

Send students home who are feeling ill.

A child who is sick, regardless of the cause should not be in contact with other students if not feeling well.

Remind students to cover their mouth and nose with a tissue or with the bend/crook of their arm when coughing or sneezing.



Avoiding close contact. Students love their friends and their teachers however hugging, touching, shaking hands, high-fives and whispering should be kept to a minimum.



8

Keep updated about what is happening in your community. Turn to credible media outlets, local public health authorities and updates from public health websites (ie.CDC)



9

Minimize exposure to media outlets or social media that promote fear or panic. Be particularly aware of/limit how much media coverage your child is exposed to about an outbreak.



10

Focus on supporting children during this time

- \*Talk to them about their feelings and validate them
- \*Help them express their feelings by drawing and other activities
- \*Provide comfort and patience
- \*Check back with them on a regular basis to see how they are doing

