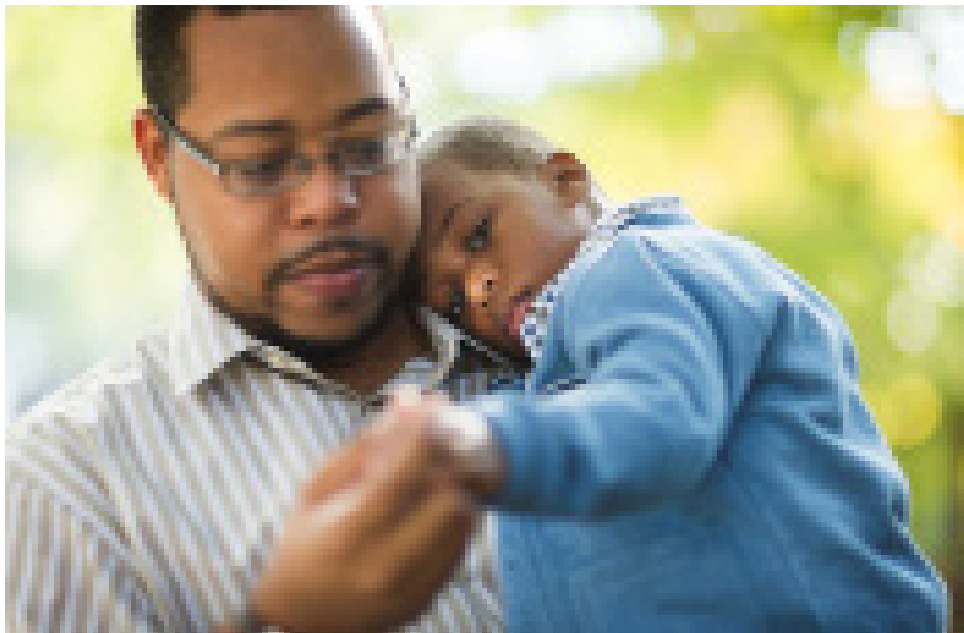


Helping Your Child Cope with Coronavirus News

A child can feel anxious, scared or confused when they hear news or talk about the coronavirus. Remember, he or she may not be able to express their feelings like adults. Parents and caregivers can help put their child at ease during times of infectious disease outbreaks. Here are a few tips you can use as you talk with your child:



- First, pay attention to his or her mood, and be a good listener. Don't pressure your child, but let him or her know it's okay to ask questions.
- Model positive behaviors like healthy eating. Your child needs regular meals that limit fats and sugar, but includes lots of fruits, vegetables, whole grains, lean meats and good sources of protein.
- Send get-well wishes and cards to sick friends or loved ones. Even if they are not sick, call them or use social media to connect with them.
- Practice hand washing to a fun song. Remember, wash your hands for at least 20 seconds or more, especially after being outdoors or blowing your nose, coughing or sneezing.
- Get enough sleep and rest. Children need 10 to 12 hours of sleep each night. Adults need 7 to 8 hours of sleep. When you are both well rested, you will be more alert and ready for a productive day.

If you still need help with the stress of coronavirus, you can contact a free crises service such as the National Disaster Distress Helpline at 1-800-985-5990, 24/7, 365 days a year, or text TalkWithUs to 66746. For more information go to: <http://bit.ly/2QdpavT>