

TALKING TO KIDS ABOUT COVID-19

March 12, 2020

Livingstone Range School Division is carefully monitoring the COVID-19 situation and we have a management plan to prepare for and respond to COVID-19 in our jurisdiction. If you are sick with a cough or fever, stay home and call **Health Link 811**.

COVID-19 can be scary and worrisome for anyone. You can help your child feel more safe and empowered as you:

- Limit exposure to sensational news and social media
- Encourage discussion with facts and age-appropriate information
- Emphasize truth and what the child can do to prevent infection and protect themselves
- Practice proper hand hygiene and cover your mouth with an elbow or tissue when you sneeze or cough
- Discourage sharing food, water bottles, pens, etc.

The World Health Organization suggests engaging children of different ages on preventing and controlling the spread of COVID-19 and other viruses. Some ideas include:

Preschool Children

- Focus on good health behaviors such as covering coughs and sneezes with the elbow or a tissue and washing hands frequently
- Sing a song like “Happy Birthday” while washing hands to practice the recommended 20-second duration

Elementary School Children

- All of the above, plus:
- Listen to and answer their concerns with age-appropriate answers; don't dismiss their worries
- Discourage sharing food, water bottles, toys, etc.

Middle & High School Children

- All of the above , plus:
- Encourage self-monitoring of their social media to ensure they're getting accurate and not sensational information
- Emphasize that students can do a lot to keep themselves and others safe

How can I get additional support for my child?

If worries continue to build for your child, talk to your school counsellor about options for provide additional support.

Where can I get more information?

LRSD will post regular COVID-19 updates and information at www.lrsd.ca.

Visit the following websites if you have further general questions about what COVID-19 is, how it is spread, or how many cases there are in the world at present.

- [Alberta Health](#)
- [Public Health Agency of Canada](#)
- [World Health Organization](#)

Call **Health Link 811** if you have additional questions about what you need to do to protect yourself and your family against getting a COVID-19 infection.