

Coronavirus

Answering children's questions : finding a balance

Children and young people react, in part, on what they see from the adults around them

It is important to give children the necessary information without creating excessive anxiety.

Brief parents and carers guidance video to help manage children's wellbeing during any disruption caused by the Coronavirus.

[WATCH VIDEO : Managing children's wellbeing](#)



Here are four questions children may have about Coronavirus (COVID-19) that you can be prepared for!

- **What is it?** A kind of germ that can make you unwell. Some people get a fever and a cough and sometimes the cough can make it hard to breathe easily.
- **How do you catch it?** Sneezes or coughs mainly that send tiny drops carrying germs into the air. There's a lot of travelling those germs would have to do to get into another person's body. They would have to touch the germs, and then touch their mouth, eyes, or inside their nose because those are the places germs get inside the body.
- **Why are some people wearing masks? Should I wear a mask?** Masks are for people who are poorly to wear, so they don't spread any germs and for medical staff, like doctors, to wear so they can help people who have the virus. You do not need to wear a mask.
- **Can you die from it?** Most people who catch it have not died from it. Doctors are working really hard to look after anyone who isn't feeling well, so that everyone gets the help they need.
- **Short video for children that explains how the virus can get into your body and why washing your hands is so [click here.](#)**





Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).