



All about Coronavirus: A Video for Kids and Their Families

A Guide for Families

The video *All about Coronavirus: A Video for Kids and Their Families* was created by the University of Michigan School of Public Health and intended for children between the ages of 6 and 11. The video shares what we know about coronavirus and suggests proven public health methods for personal and community protection.

Because coronavirus is making so many people sick and disrupting many aspects of daily life, it could be upsetting to some children and some adults, especially if you have already experienced illness or even death related to coronavirus among your family and friends.

Children are naturally curious, even when facing difficult challenges. Children also like to learn new things and to help out. This video makes the science behind the outbreak interesting and empowering. We hope children’s fascination with this new information will

- strengthen their resolve as they struggle with new, changing, and potentially scary realities,
- inspire them to continue learning the facts about the epidemic,
- encourage them to participate in helping slow the spread of the disease.

We are all in this together, and that includes our children!

Tips for discussing the video with your child

1. Assess what your child knows, acknowledge fears, and talk in a way your child understands.
2. Prepare by educating yourself and processing your own concerns.
3. Focus on the basic reassuring facts mentioned in the video:
 - Taking good care of our bodies (hand washing, etc.) and staying at home until the virus stops spreading (physical distancing) will help us avoid getting sick.
 - Knowledgeable professionals will provide information on how to stay safe during the crisis.
 - Capable health professionals will care for me, my family, and my friends if we get sick.
 - Many people who have this illness have a mild case and are fine once they recover.
 - This virus is new, but we know a lot about germs and have already learned a lot about this one.
 - Many people are here to help—from nurses and doctors to grocery workers and delivery truck drivers.

Keep in mind . . .

If you or your child needs food assistance, contact local food pantries and other social service organizations. Many schools are also providing meals for students during this time.

If you think you or your child is sick and might have COVID-19, contact your provider or a local hospital or urgent care facility.

If you or your child needs mental health services, contact community mental health services.

If you or your child needs support with education activities and home learning, contact your local school district.

Other questions your child might have:

- When can we go back to school and play with our friends?
- How else can we stay healthy?
- Am I going to get sick?

Read more at publichealth.umich.edu/kidscovidresources.

Resources developed with faculty from the University of Michigan School of Public Health: Andria Eisman, PhD, and Alison Miller, PhD.

