

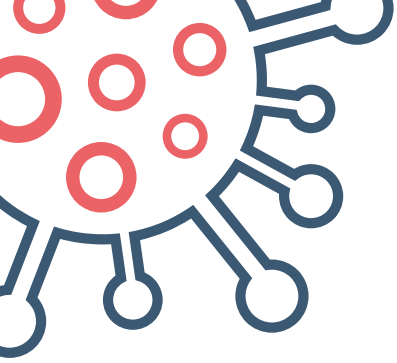
# Talking to Children and Young People about COVID-19 (Coronavirus)

Many parents and carers are wondering how to talk to their children about Coronavirus in an age-appropriate and reassuring way.

Here is some advice from the Government of Jersey, developed with the help of educational psychologists and Child, Adolescent, Mental Health Services (CAMHS).

- Not talking **can cause worry**
- Allow **children to ask questions**
- Inform with **fact-based information**
- Answer **honestly and clearly**
- Keep it **brief and simple**
- Focus on how to **stay safe**
- Encourage **handwashing for 20 seconds**
- **Make time to talk**
- **Routine helps keep children happy and healthy**
- **Update often**





Remind children that very few people in Jersey have Coronavirus and in other places the vast majority of people with the virus recover fully and get better

For accurate, up-to-date information, visit: [gov.je/coronavirus](https://gov.je/coronavirus)

If you're concerned you may have symptoms of coronavirus, call the coronavirus helpline on: **(01543) 445566**

More information about talking to children can be found at:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

Please find resources in English, Portuguese and Polish to help you talk to children about Coronavirus: <https://www.mindheart.co/descargables>

