

WELLNESS WEDNESDAY: HOW TO TALK TO KIDS ABOUT COVID-19

Courtesy of the TESD Health Offices
Compiled by TESD Counseling Dept.
Information from Centers for Disease Control & Prevention
<https://www.cdc.gov/>



42% OF TESD KIDS SAY THEY WANT TO
LEARN MORE ABOUT COVID-19

KEEPING CHILDREN HEALTHY DURING COVID-19



- Teach and reinforce hand washing.
- Help your child stay active.
- Help your child stay socially connected.
- Watch for signs of stress or behavior changes.

[Click HERE for more information](#)

- Wash hands often.
- Avoid close contact with others.
- Cover your nose and mouth with a mask when around others.
- Cover coughs and sneezes.

[Click HERE for more Information](#)

HOW TO PROTECT YOURSELF AND OTHERS



SIGNS & SYMPTOMS



- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

[Click HERE for more information](#)

Multisystem inflammatory syndrome in children (MIS-C): This syndrome causes different parts of the body to become inflamed (ie. heart, lungs, kidneys, brain, skin etc.) and is linked to child exposure to COVID-19. For information about **SYMPTOMS** and **NEXT steps**. Click the link below.

[Click HERE for more information](#)

FOR PARENTS: COVID-19 IN KIDS



HOUSEHOLD CHECKLIST



- Stay informed with latest information about COVID-19.
- Prepare for possible illness with house hold members(ie. have a space where sick person can quarantine)
- Take additional precautions for those who are high risk.
- Take everyday preventative measures.
- Don't let pets interact with people outside the household.

[Click HERE for more information.](#)

FOR MORE INFORMATION ABOUT COVID-19:

Please visit <https://www.cdc.gov/>