

Help Your Family Manage the Coronavirus



Deborah Gilboa, MD.

DrG@AskDoctorG.com

What do you think you know?

- Talk about the news or stories you've heard recently
- Ask kids about their feelings
- Fact check
 - [CDC Coronavirus Situation Report](#)
 - [World Health Organization Advice for the Public](#)
 - [World Health Organization Mythbusters](#)
- What's different? Does it change your feelings?

How can you protect yourself and other people?

- 20 second hand wash with soap and water - discuss when to do that
- Cover your cough or sneeze (and wash again after)
- Your face is perfect the way it is! Don't touch... or wash before and after
- Share ideas not food, drinks, phones, fidget spinners, etc!
- Pay attention to your body - let an adult know when you don't feel good

What can you control?

- That list up there ^^^^ AND:
- Where you go in public
- How close you get to other people - 10' make eye contact, at 6' STOP & say hello!
- Pet your own animal, but not others - no matter how cute, keep your hands to yourself!
- Talk about what scares you with an adult you trust

How can you handle the uncertainty?

- Ask for support from your grownups - let them know when you're feeling afraid.
- Step away from social media... to give yourself a break from other people's feelings
- Are you feeling healthy? Use your body to play or exercise! That makes it stronger and boosts your immune system
- Sleep and healthy food strengthen your immune system too and so does drinking plenty of water

When you have questions - reach out! DrG@AskDoctorG.com

