

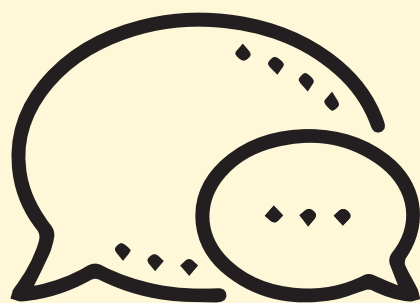
# Care for the Kids.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. There are many things you can do to support your child.



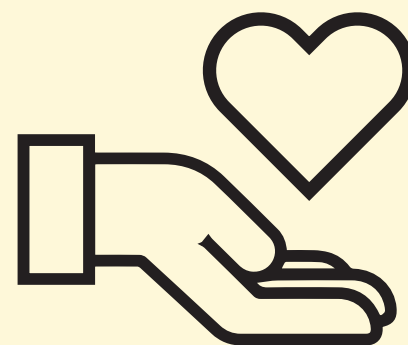
## Keep up with regular routines.

If schools are closed, create a schedule for learning activities and relaxing or fun activities.



## Talk to your child.

Take time to talk with your child/teen about the COVID-19 outbreak in a way that your child or teen can understand.



## Reassure.

Reassure your child/teen they are safe.



## It is OK to feel upset.

Let them know it is OK if they feel upset. Share with them how you deal with your own stress so that they learn how to cope from you with your own stress so that they learn how to cope from you.



## Disconnect.

Children may misinterpret what they hear and can be frightened about something they do not understand. Limit your family's exposure to news coverage of the event, including social media.



## Be a role model. Lead by example.

Take breaks, get plenty of sleep, exercise and eat well.

## CONTINUE TO PRACTICE GOOD PERSONAL HYGIENE



**SNEEZE/COUGH INTO YOUR ELBOW**



**WASH YOUR HANDS WELL**



**SANITISE OFTEN**



**PRACTICE PHYSICAL DISTANCING**



**AVOID TOUCHING YOUR FACE**



**SPRAY & DISINFECT SURFACES**