



Age appropriate discussions about COVID-19

(Information derived from: <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>)

We recognize your child has experienced a great deal of interruption to their schedule over the past few weeks. During this time, they may also have been exposed to a wide variety of information concerning COVID-19, especially given that new information is coming almost every day. This section shares guidance on how you might discuss COVID-19 in an age-appropriate way.

Junior High School Students

In general, middle school students may be able to absorb more information. You know your child best, so use your judgment about how much information to share. They may also be getting information from their peers, so consider checking in with them regularly. Consider the following information:

- **What We Know:**
 - People can help protect themselves from respiratory illness with everyday preventive actions.
 - Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - This is a virus, so it won't respond to antibiotics. Doctors and scientists are working on medication to help people feel better if they do get the Coronavirus.
 - You can help stop a virus by washing your hands, covering your cough, and staying away from groups of people, including your friends and family members who don't live with you.
 - Because of the need to practice social distancing, all activities you might otherwise do with your friends are cancelled for now. This also means that birthday parties and other family celebrations need to be postponed.
 - While it's frustrating that your daily life is changing it is best at this time for the health and safety of you and those around you. We do not know when this will end but at some stage, you'll be able to resume your regular activities.
- **Resources:**
 - [Transmissions: Gone Viral](#) (graphic novel)
 - [Show Me the Science](#): How and Why to Wash your Hands
 - [Helping Children Cope With Changes Resulting From COVID-19](#)
 - [PBS Newshour Extra](#)