



How can we take care of our family during COVID-19?



S

Share COVID-19 information with all family members, especially children and the elderly

A

Act to be safe, by helping everyone in the family to wash their hands with soap often and avoid touching their face

F

Family can be a safe and supportive place for everyone, especially when we Listen, talk, and care for each other

E

Everyone is responsible for keeping everyone safe. COVID-19 has nothing to do with the way someone looks, where they are from, or what language they Speak



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Taking care of your family during COVID-19



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Children may worry about Coronavirus in different ways, and often are unsure why they feel scared or worried. They will need love and attention from adults during difficult times.

Remember to give children the opportunity to ask questions and speak kindly to reassure them.

Limit their exposure to news on television or radio that might frighten them.

This is a time when children can't be physically close to their relatives or friends, so relaxing time with immediate family is very important

Give children clear information about keeping themselves safe by washing their hands for 20 seconds with soap and not touching their face



Find safe ways for children to play and relax. Maintain normal routines at home, like times for getting up, eating and washing. And create some new routines just for this time when families must stay at home

Explain to children in a reassuring way what will happen if a family member starts to feel sick or has to go to hospital

If available, use the telephone for children to keep in touch with their extended family members and friends.

This is a time for families of all kinds to look after each other

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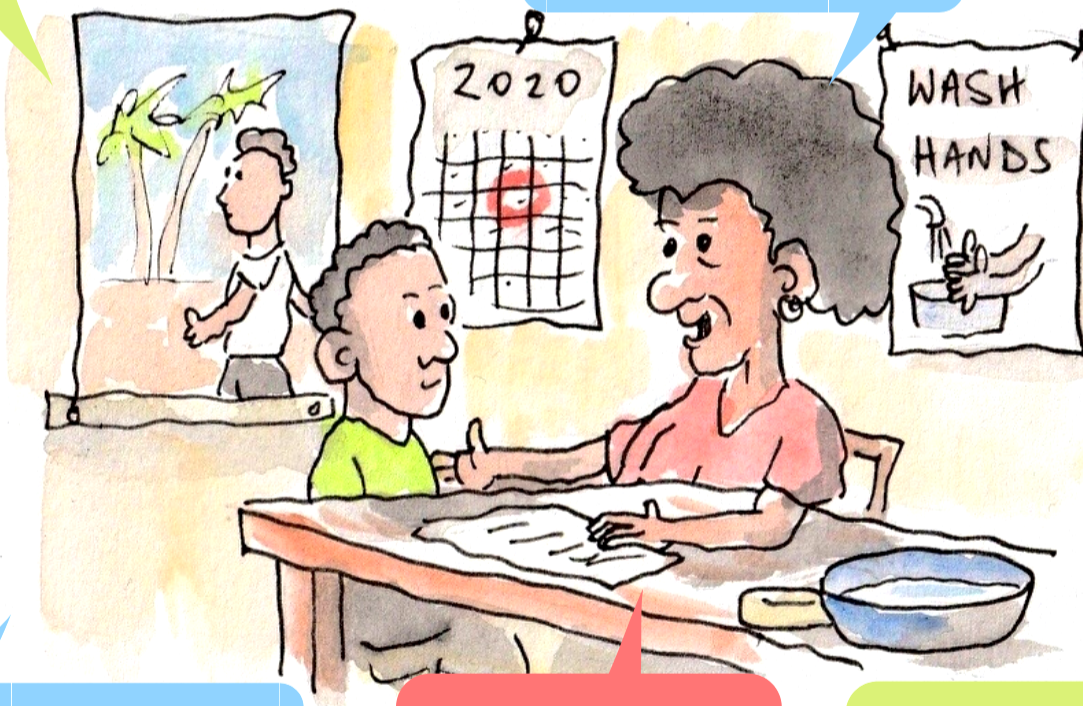
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