

Frequently Asked Questions About Coronavirus by Children



As a result of overhearing information on the news, through social media and during adults' conversations, children may have misconceptions about coronavirus. It is important to encourage open communication and let your child know that it is okay to ask questions.

With this ever-changing situation, new questions and information can arise daily. It is okay to tell your child you do not know the answer to a question. Also, remember to consider your child's age and developmental level when answering questions. Start with simple, concrete answers and then elaborate if needed. Honest communication is essential and, hopefully, the resources we provide on this page can guide you as you answer challenging questions. This may help your child develop a better understanding and come to you with specific questions and/or worries.

Why can't I go to school/why can't I play with my friends?

- **What to say:** *"The virus/germs can spread from person to person. When there are big groups of people together, it is easier for germs to spread to more people. To help keep you safe and healthy, your school and teachers want you to stay at home for now. You might be missing school, your teachers or your friends. Some ideas you could do to stay in touch are calling your friends, FaceTiming them or writing them a letter."*
- **What to do:** Ask your child to think of creative ideas of how to stay in touch.

Why are some people wearing masks?

- **What to say:** *"Masks help to keep germs from spreading to others when someone coughs or sneezes. Just because someone is wearing a mask does not mean they have coronavirus."*

Can I get sick?

- **What to say:** *"Yes, kids can get sick too, just like you can get a cold or the flu. If you get coronavirus, you might have a cough, a fever and feel tired. This is why it is important to do a good job of washing your hands to help you stay healthy."*
- **What to do:** Reassure your child that you will talk with the doctor about the best plan of care if your child gets sick.

When will things go back to normal?

- **What to say:** *"We are not sure when things will go back to normal. Hopefully soon, if everyone can do their part to help stop the virus from spreading. People can help by staying at home, practicing social distancing and continuing to wash their hands. Until things are back to normal, we can make a new normal at home. We can still have fun and do activities together."*
- **What to do:** Ask your child to think of a list of fun activities to do at home.

For more information please visit [inovachildrens.org](https://www.inovachildrens.org)