

## What can I do so that I don't get COVID-19?

- You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19. Review the list of healthy habits inside the brochure or read *How To Protect Yourself and Others* from the CDC at: [cdc.gov](https://www.cdc.gov).

## What happens if you get sick with COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don't seem to get very sick. While a lot of adults get sick, most adults get better.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home and school will help get you any help that you need.
- If you suspect you or your child may have COVID-19, call the healthcare facility to let them know before you bring your child in to see them

This brochure is for general information purposes only. It does *not* constitute legal advice. Information in the brochure or links to other websites may not contain the most up to date coronavirus (COVID-19) information. The links are for the convenience of the reader. We do not recommend or endorse the content of third-party websites. You should seek advice from a medical professional regarding your individual circumstances.

## ARCHDIOCESE OF CHICAGO



Office of Human Dignity and Solidarity  
Immigration Ministry  
Cardinal Meyer Center  
3525 South Lake Park Avenue  
Chicago, IL 60653

## RESOURCES

- CDC's COVID-19 website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- National Association of School Nurses and the Association of School Psychologists:  
[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)
- Helping Children Cope with Emergencies:  
[cdc.gov/childrenindisasters/es/helping-children-cope.html](https://www.cdc.gov/childrenindisasters/es/helping-children-cope.html)



Centers for Disease Control and Prevention  
Information courtesy of the Centers for Disease Control and Prevention (April 15, 2020).

To learn more visit us at [catholicsandimmigrants.org](https://www.catholicsandimmigrants.org) or on Facebook at [office.for.immigrant.affairs/](https://www.facebook.com/office.for.immigrant.affairs/)

The Immigration Ministry invites immigrants to respond to the baptismal commitment to engage in service and justice actions as leaders in the parish community.

To learn more about Pastoral Migratoria, please contact:

**Miguel Salazar**  
[msalazar@archchicago.org](mailto:msalazar@archchicago.org)  
312.534.8106

AOC: 4.24.20

## ARCHDIOCESE OF CHICAGO



# PASTORAL MIGRATORIA HOW TO TALK TO CHILDREN ABOUT THE CORONAVIRUS



As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family and friends getting ill with COVID-19. Parents, family, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate and minimizes anxiety or fear. The Centers for Disease Control and Prevention (CDC) has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

## GENERAL PRINCIPLES FOR TALKING TO CHILDREN

### Remain calm and reassuring.

- Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

### Make yourself available to listen and to talk.

- Make time to talk. Be sure children know they can come to you when they have questions.

### Avoid language that might blame others and lead to stigma.

- Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

### Pay attention to what children see or hear on television, radio, or online.

- Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

### Provide information that is honest and accurate.

- Give children information that is truthful and appropriate for the age and developmental level of the child.
- Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.
- Discuss actions that are being taken at home, school, playgrounds, stores, restaurants and church to help protect children and adults (e.g., increased handwashing, social distancing, cancellation of school, playdates, events and activities).

### Teach children healthy actions to reduce the spread of germs or COVID-19 and set an example by practicing them yourself.

- **Stay at home as much as possible.** Leave only for essential needs like going to grocery store, pharmacy, bank or for a walk. Some cities and states have “lockdown”, “sheltered-in-place” or “stay at home” orders. Directives may vary from place to place, so please visit your city or state government website for specific guidelines in your area.
- **Practice social distancing.** If outside or around strangers, put at least 6 feet distance between yourself and people you do not live with and wear a cloth face cover.
- **Wear a cloth face cover.** Cover your mouth and nose with a cloth face cover when people you do not know or out in public (do not place cloth face on children under age two, anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the mask without assistance). The cloth face cover is *not* a substitute for social distancing, so continue to keep at least six feet between yourself and others. Do not use a facemask (N95) meant for a healthcare worker.

- **Stay at home if you are sick.** Cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- **Wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, going to the bathroom, before eating or preparing foods or after being in a public space.** Follow these five steps — wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the “Happy Birthday” song twice. Avoid touching your eyes, nose or mouth with unwashed hands
- **Use hand sanitizer if soap and water are not available.** Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol.
- **Keep things clean.** Clean the things we touch the most, like desks, doorknobs, light switches and remote controls with disinfecting clothes. (Note: you can find more information about cleaning and disinfecting on CDC's website at [cdc.gov](https://www.cdc.gov))

## COVID-19 FACTS FOR CHILDREN

Try to keep information simple and remind them that health, school and government officials are working hard to keep everyone safe and healthy.

### What is COVID-19?

- COVID-19 is the short name for “coronavirus disease 2019”. It is a new virus. Doctors and scientists are still learning about it.
- Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.
- Doctors and health experts are working hard to help people stay healthy.