

CORONAVIRUS

explained by your child psychiatrist



If your child starts making noises when you talk about coronavirus, if he/she seems worried or anxious, this leaflet can bring help and support.

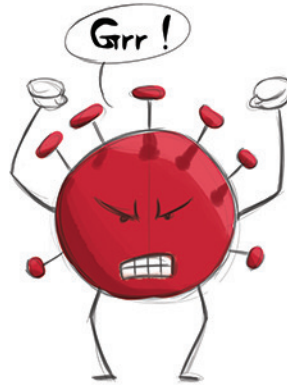
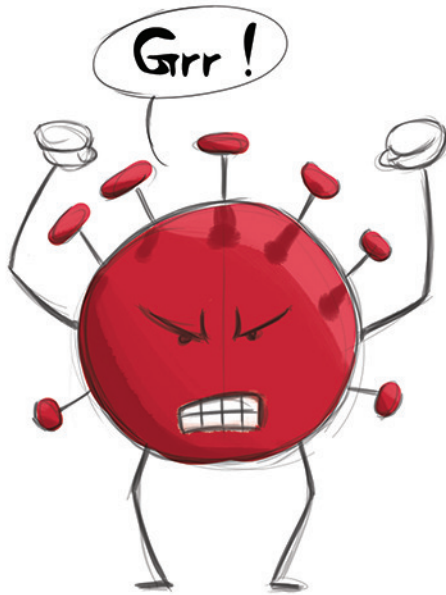
Note : child psychiatry professionals who know your child well will be in the best position to advise you. Do not hesitate to contact them if you feel that home isolation increases your child's difficulties.

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WHAT IS IT ?

Coronavirus is a germ, a virus.



Here's what it looks like... .. only it's smaller ..and even smaller!



So small that you can't even see it with huge spectacles

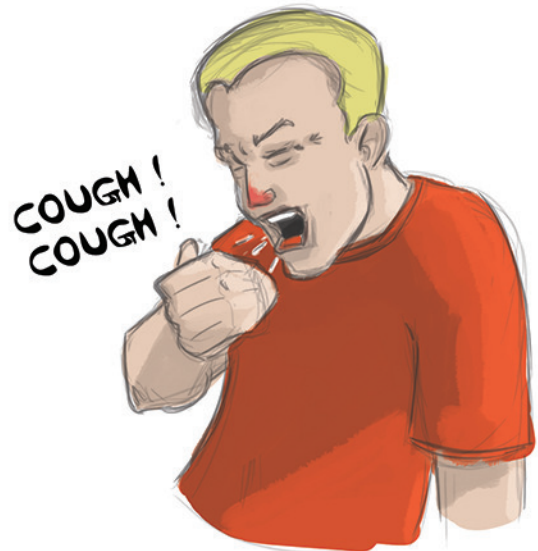
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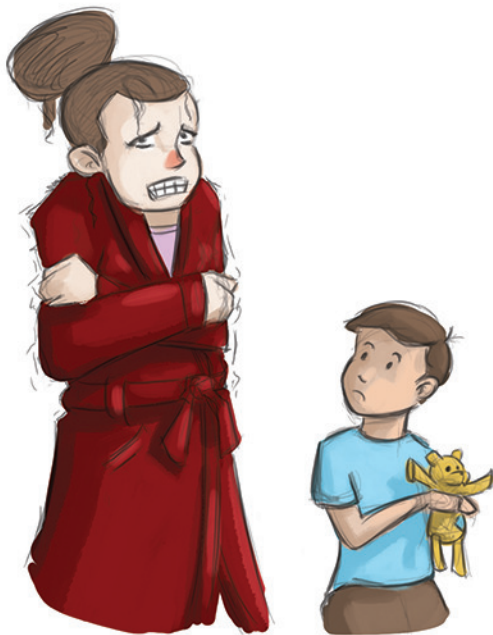
WHAT IS IT ?



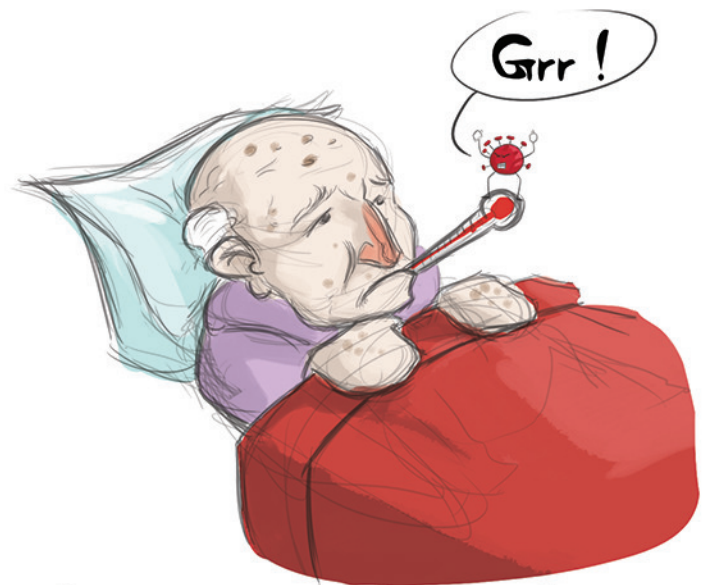
Even your doctor can't see it.
But he/she knows it well!



Coronavirus typically makes
you cough and gives you fever



It makes you sick.
Well, mostly adults, kids
not very often.



And sometimes, older people can get
very sick

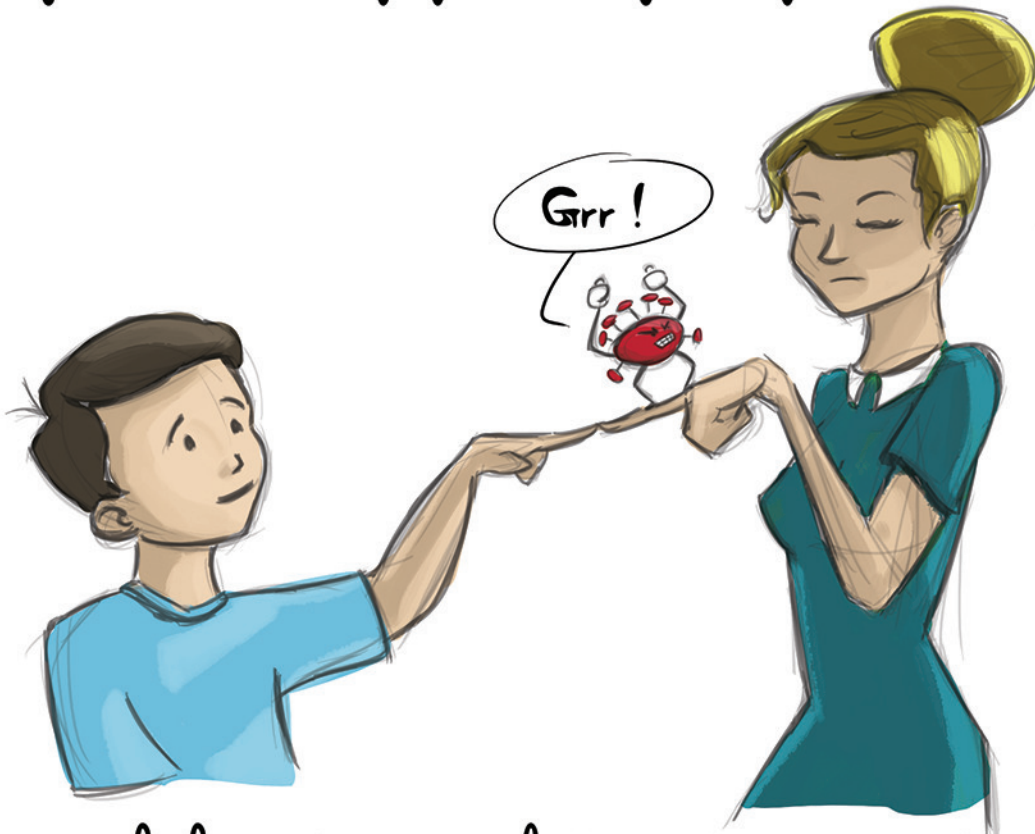
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WHAT IS IT ?



You are young, so don't worry, you can't get very sick with coronavirus



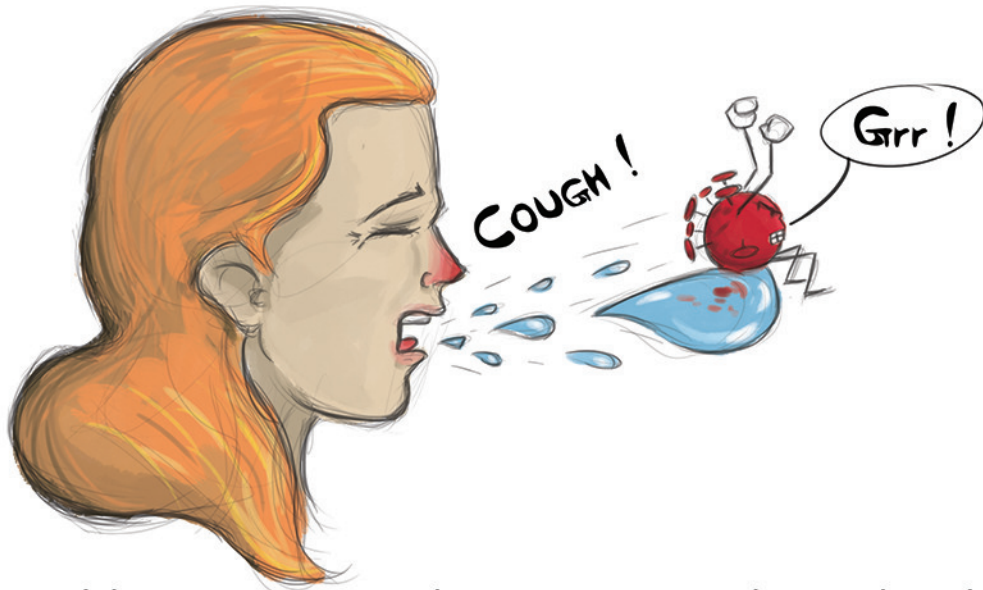
But you might have it in your body and pass it on to others

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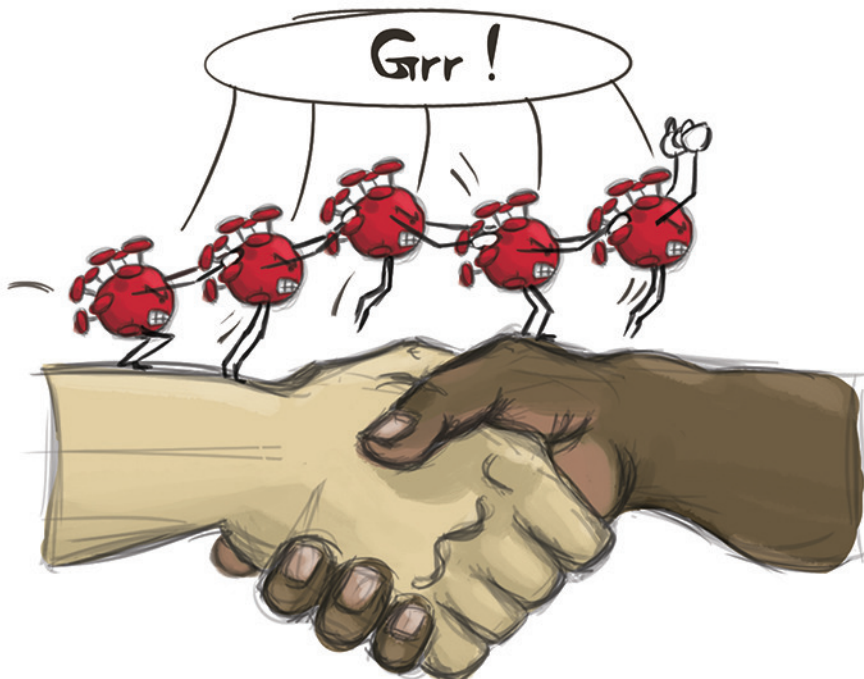
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WHAT IS IT ?

People don't like Coronavirus!



Because it likes to sit on saliva and on sick people's hands.

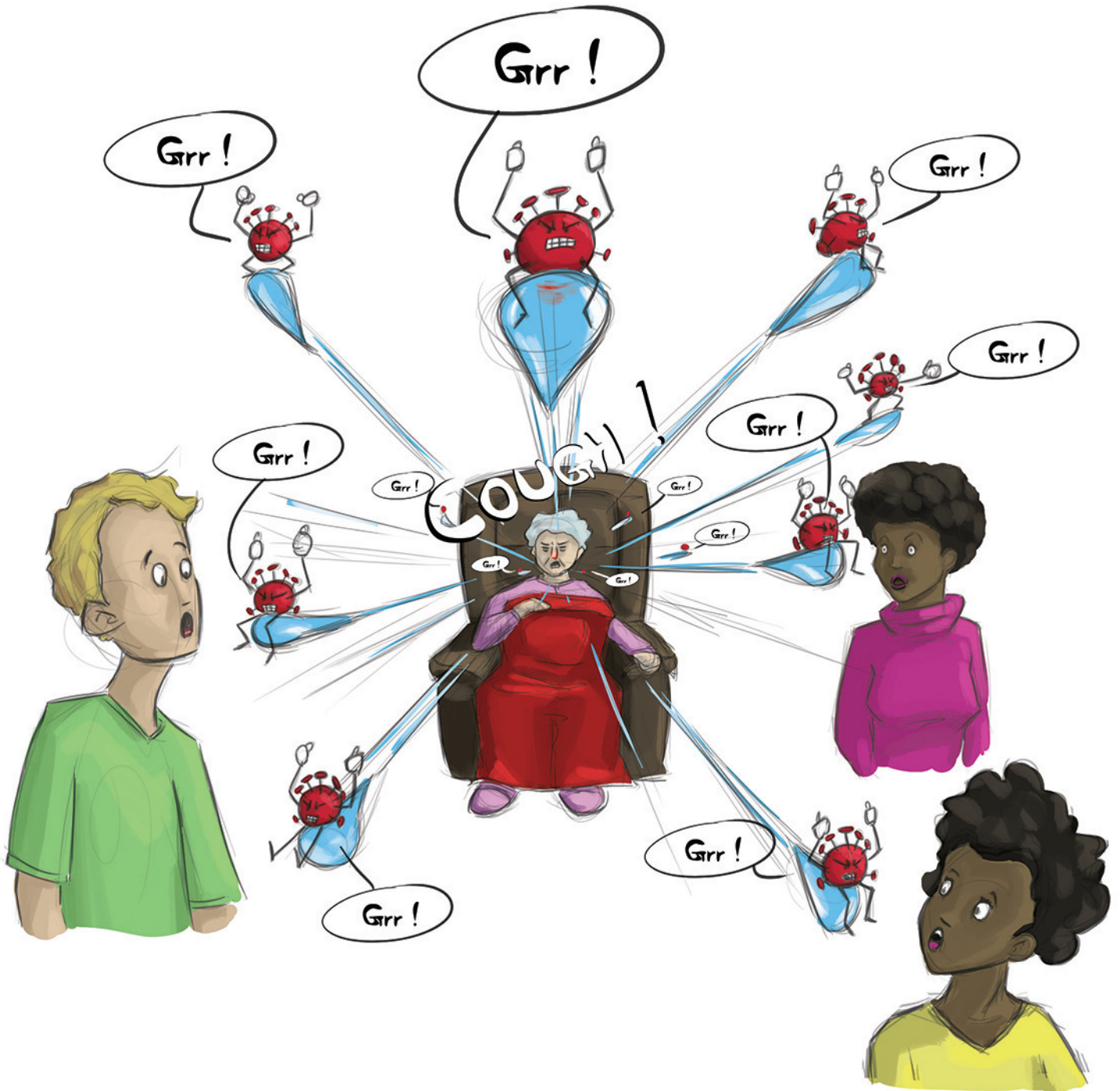


It can jump from one person to another in drops of saliva or move from hand to hand.

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WHAT IS IT ?



It moves very fast and likes to jump onto people who are not sick.

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HOW TO PROTECT YOURSELF AND OTHERS



If you are sick, you must protect yourself and prevent the virus from making others sick.



So, don't come close to other people and don't touch people around you.

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HOW TO PROTECT YOURSELF AND OTHERS



You need to wash your hands often to remove coronavirus.
Wash each tiny finger, wash all the way up to your wrists.
Wash your hands for a long time.
(You may sing while you are doing that,
Coronavirus hates music).
Or you can use a hand sanitizer.

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HOW TO PROTECT YOURSELF AND OTHERS

You are not sick.



That's why you are staying at home with your family (Mum, Dad, your brother, your sister...)
This protects all of you.

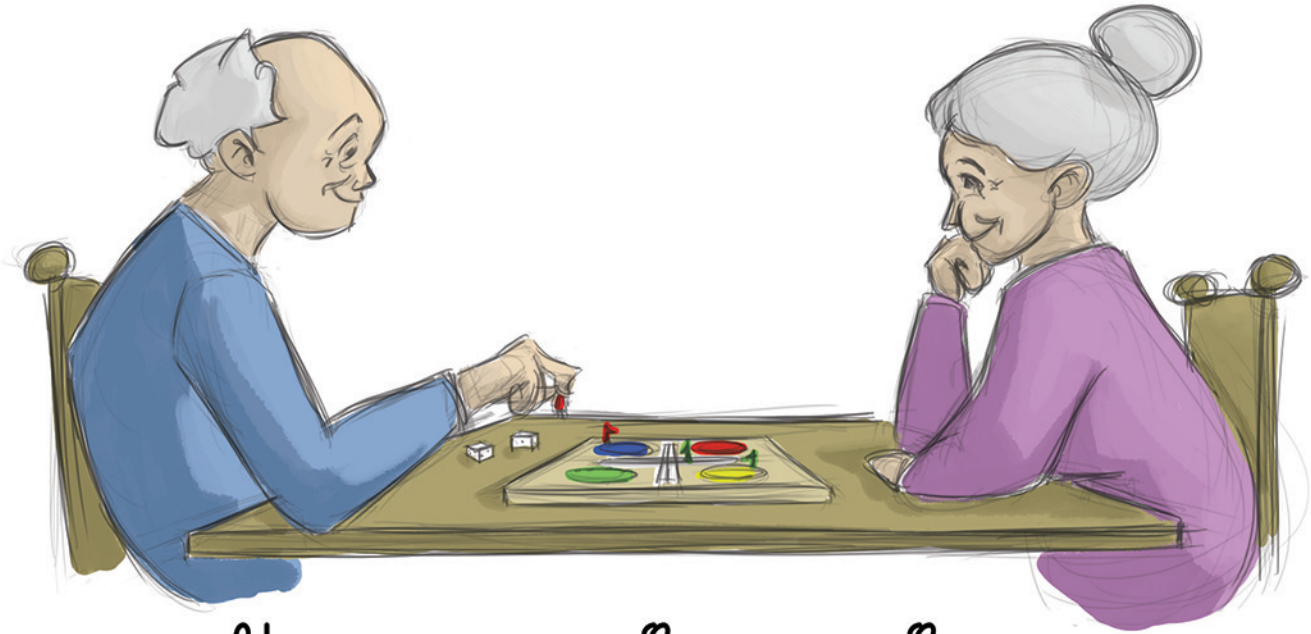


If you go outside, you must stay with your Mum / Dad.
You must keep away from other people

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HOW TO PROTECT YOURSELF AND OTHERS



You cannot go see Grandpa or Grandma.
You can't visit Auntie or Uncle either.

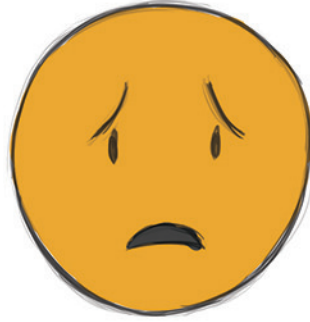


And you can't visit your school friends,
nor your friends from the day hospital.
They, too, have to stay at home.

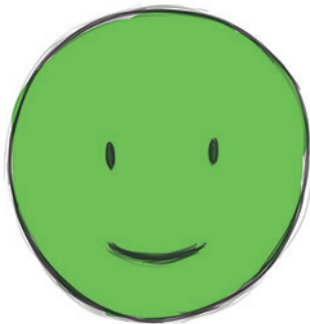
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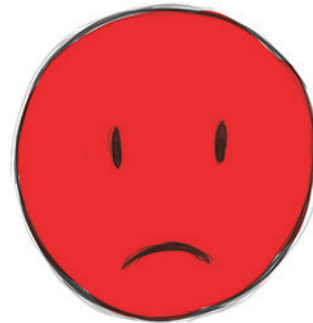
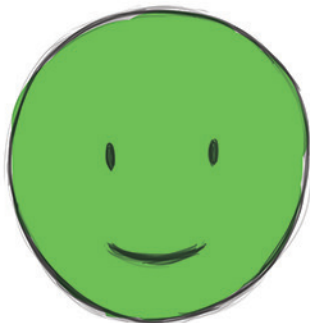
ASSESSING AND COMFORTING



How do you like coronavirus?



On TV, they talk a lot about coronavirus.
How do you feel about it?



Your family (mum, dad) talk about coronavirus a lot.
How do you feel about it?

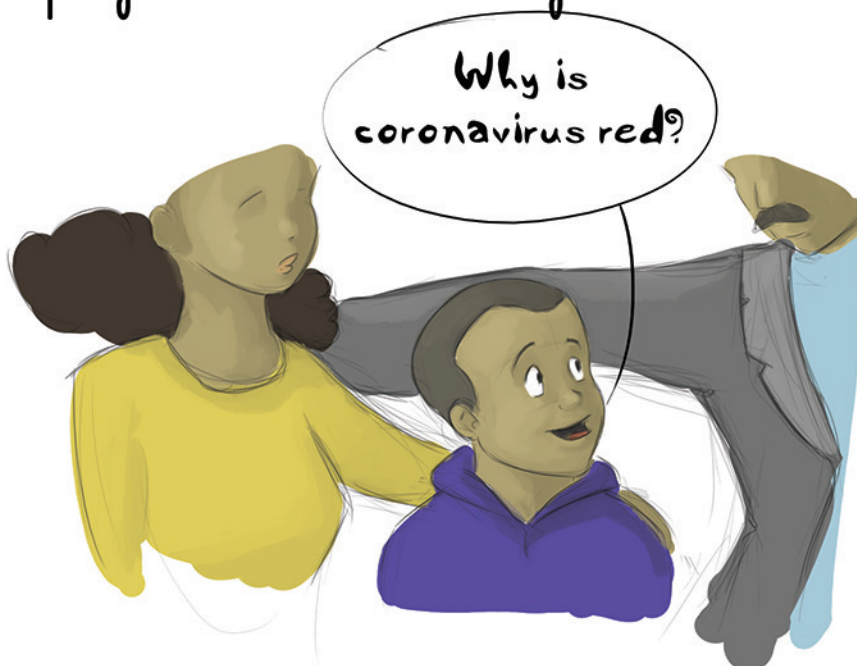
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ASSESSING AND COMFORTING



If you really don't like all that talk about Coronavirus, Mum and Dad are going to be more careful. They will talk about other things and will not watch Coronavirus programs on TV when you are around.



But you may still ask questions about coronavirus if you like.

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HOME ISOLATION

«I want to go outside»

It's hard to stay home all the time.

You'll do the same at home as you do at school or at the day hospital.



You can play in the living room, or in your bedroom. Play with one or two games that mum (or dad) will give you, other toys will be put away so you can play properly. You may play, let's say, for 10 minutes every hour.



In the living room, you can read a book with mum/ dad, or another member of your family.

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HOME ISOLATION



For kids over the age of 3.
You may watch Youtube or play
on a smartphone or tablet.
Maybe a little more than usual.
But not too much.



For all kids.
You may watch TV sometimes
but not all the time.
Maybe a little more than usual
when everyone in the family is
upset.



And sometimes you will even be allowed to go outside
to stretch your legs.

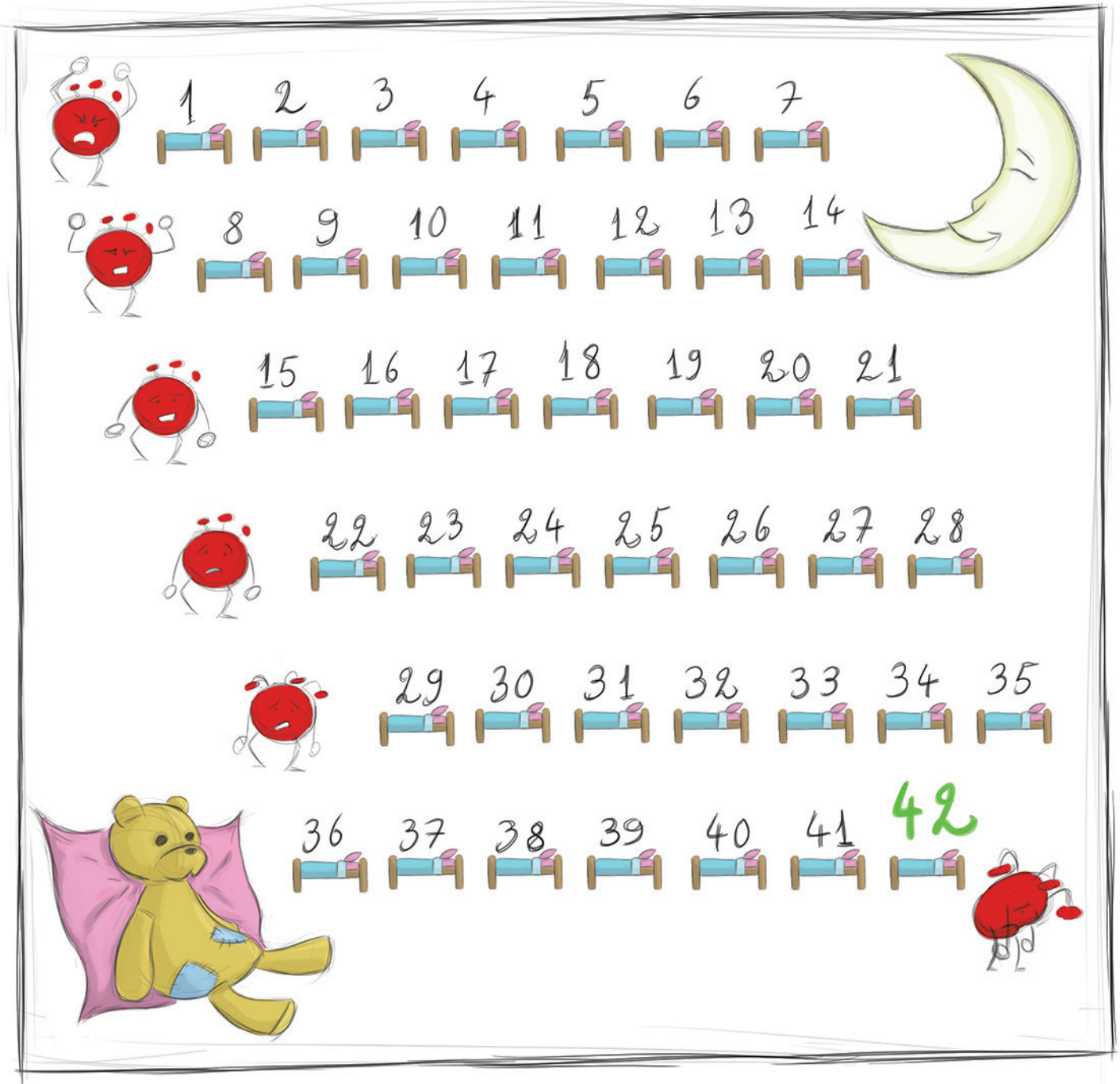
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GOING BACK TO NORMAL

«Hey mummy, this is taking so long.
When will it all be over?»

When coronavirus has lost.



In a few weeks...

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GOING BACK TO NORMAL

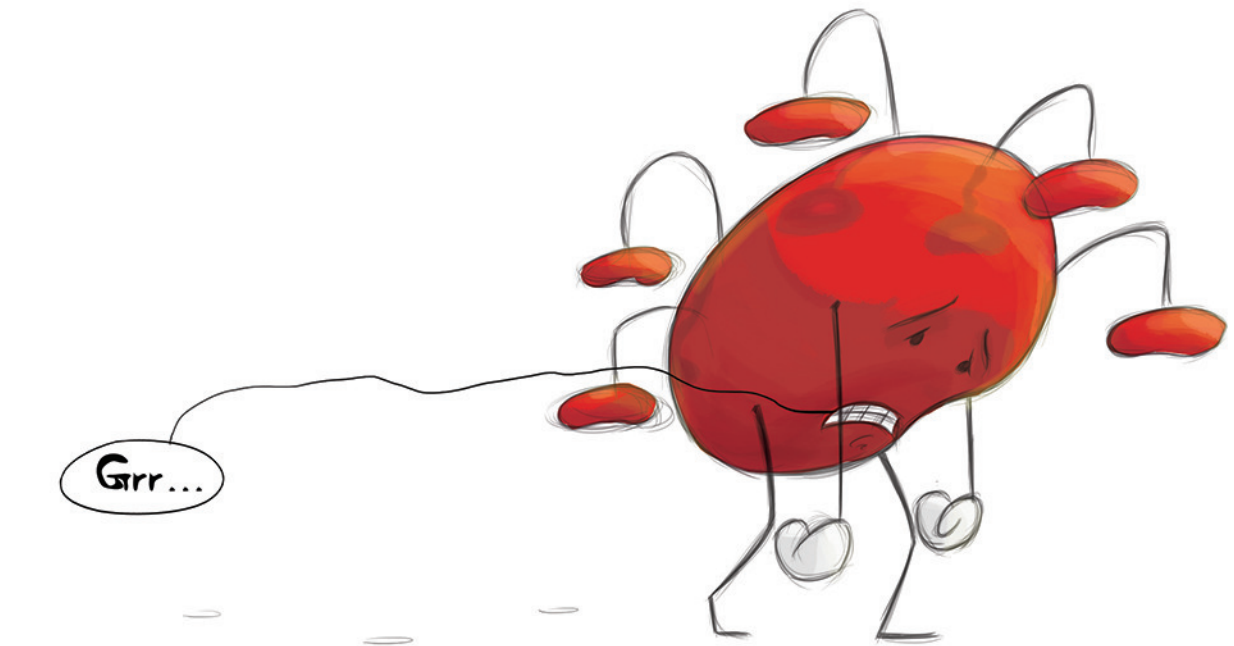
You will go back to school,
to the day hospital, or to the clinic



You will catch up with all your friends
and get back together with everyone you miss.

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