



# Talking to Your Child About COVID-19

It is normal for children to be worried and frightened about COVID-19. Their lives have been turned upside down with the changes in schedule, separation from friends, school closure, and having more adults at home for longer hours than they have ever experienced outside of vacations. They are very observant and can pick up on the stress and distress. When questions or fears are left unaddressed, children are more likely to act out. It is important to address their concerns and fears so they can be reassured and feel safer.

The following are some suggestions on talking with your children about this crisis:

- Ask them what they know about COVID-19 as the first step in assessing their knowledge of what is happening. You can clear up misunderstanding and address concerns at their level.
- Consider their age. A child of 4 or 5 years old will need less in depth information than a 15 year old. It is important to know your audience and then adjust yourself accordingly.
- Be as honest and clear as you can. Children are very concrete and often don't understand if we get too abstract with ideas. It is important to be honest, calm and keep it simple. When you are talking to teenagers, point them to the right sources such as the CDC and WHO in an effort to get them to good information rather than social media or other resources which might give them misinformation.
- Give them suggestions about how they can protect themselves. Fear is driven, in part, by a sense of helplessness, so giving them a sense of control is very important. Suggestions for protecting themselves include good hand washing, coughing into elbows, healthy diets, sleep, and social distancing.
- Let children know that they can come and ask you if they have more questions or concerns.

During this crisis, remember, we are here to help. If you have questions, concerns or need to get setup for Telehealth, give us a call.

**IMPORTANT:** You can get an interpreter at no cost to talk to your doctor or Health Insurance Company. To get an interpreter or to ask about written information in (your language), first call your insurance company's phone number at 1-800-321-2843. Someone who speaks (your language) can help you. Someone who speaks Spanish can help you. If you need additional help, call the HMO Help Center at 1-888-466-2219.

**IMPORTANTE:** Puede obtener la ayuda de un intérprete sin costo alguno para hablar con su médico o con su plan de salud. Para obtener la ayuda de un intérprete o preguntar sobre información escrita en español, primero llame al número de teléfono de su plan de salud al 1-800-321-2843. Alguien que habla español puede ayudarle. Si necesita ayuda adicional, llame al Centro de ayuda de HMO al 1-888-466-2219.

**An EAP counselor is available 24 hours a day, 7 days a week for emergency and urgent assistance. To schedule an appointment, receive a community referral or for inquiries our office is open 7:30 am to 6:30 pm PST.**



**The Holman Group**  
Managed Behavioral Health Care Services

**(800) 321-2843** [www.holmangroup.com](http://www.holmangroup.com)