



# STAYING VOCAL.

# STAYING SAFE.

## *HOW TO TALK TO YOUR KIDS ABOUT CORONAVIRUS.*

We know it can be a scary time for families as normal routines are disrupted. But, keeping a line of communication open with your kids is key. Talk to them about what is happening, giving them the knowledge to keep themselves and others safe and healthy.

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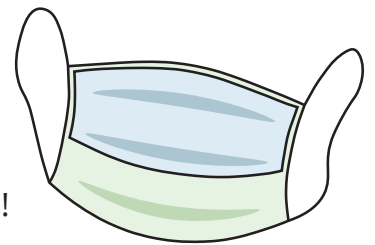
### **WHAT IS CORONAVIRUS?**

Explain what it is - a virus making people sick. Explain to them that it might sound scary but there are a lot of helpers out there working to make people feel better.

### **TELL THEM HOW THEY CAN HELP**

They can be a germ buster themselves with a few handy tools - always wash your hands, stay home when possible, and get them a cloth mask to wear if they have to leave home — make it a fun print like superheroes!

Explain to them that wearing a mask helps stop the spread of germs!



### **EXPLAIN SOCIAL DISTANCING**

Helpers all over are busy practicing social distancing and your kids can be helpers too! Explain to them that the reason they're not going to school right now or participating in other normal activities outside of the home is because they're social distancing. Explain to them that when you get close to others that don't live in your house, you could spread germs to them.

*If you are getting outdoors to go camping or glamping at Jellystone Park™, ask them to help keep Yogi Bear™ and all his friends safe by social distancing. Waving and blowing kisses from a far is just as fun!*

# 3 TIPS FOR FAMILIES TO REMEMBER

## **TALK ABOUT FEELINGS & FACTS**

Be open and honest with children by sharing age-appropriate facts. Yes, people are getting sick, but it's like a cold or a flu. We have doctors to help make you feel better if anyone gets sick.

## **MAKE CHILDREN FEEL SAFE**

Children worry and pick up on emotions from those around them. Make sure they know they are in a safe space and lots of helpers are working to keep everyone safe.

## **BE GERM BUSTERS**

The best way to help is to develop and reinforce good hygiene routines. Make sure your family is doing these four things:

### ***Wash Your Hands***

- Hands should be washed before and after every meal and snack.
- Hands should also be washed after coughing or sneezing and after going to the bathroom.
- Hands should be washed with soap & water for at least 20 seconds or by singing "Happy Birthday"!

### ***Catch that Cough***

- Try not to have children cough or sneeze into their hands.
- Make sure children cough or sneeze into a tissue, and then throw that into the trash.

### ***Rest is Best***

- If you or your kids do get sick, rest!
- Remind them that it's important we protect ourselves from germs to keep us and our friends healthy, so staying home may be best for now.

### ***Make Others Feel Better***

- This is a great time to get crafty and make get well cards for friends or family.
- Video chat friends & family to stay connected or call someone you wish you were camping with!