
What is the coronavirus?

- Coronavirus is a virus. A virus is a really small germ that we can't even see. There are other kinds of tiny germs, too, like bacteria and fungi. Viruses and germs have been around forever!
 - Viruses can make you feel sick. They can make you have a fever, or make certain parts of your body hurt.
 - Viruses are spread when someone coughs, sneezes, or comes in close contact with another person who is sick.
 - Germs are everywhere. Some germs are good, some germs are bad, and some don't really do anything.
 - The coronavirus is a kind of germ that can make people sick, so we want to be sure we don't spread it. Some things we can do include washing our hands, wearing a mask, and staying apart from people.
 - Masks have been worn for years and years by doctors to prevent the spreading of germs. Masks create a barrier, like a little wall, to protect from viruses and bacteria.
 - Germs can also live on surfaces, like a playground. Later, they could pass to someone else who touches it. So we have to clean everything we touch, like toys, books, etc.
 - We can also pray for people who are sick, and reach out to people who might be lonely.
 - You may have heard of two different organizations that are helping people understand the coronavirus. The CDC stands for Center of Disease Control. The WHO stands for World Health Organization.
 - How did the novel coronavirus, Covid-19, get its name?
 - Novel = new
 - CO = corona, which means crown, because the virus looks like a little crown under a microscope
 - VI = virus, a tiny particle
 - D = disease, something that makes people sick
 - 19 = for the year 2019, which is when the virus was first reported
 - Since the coronavirus is new, our bodies don't know whether to fight it or not. That means we don't have immunity toward the coronavirus like we do for other viruses, like a cold. This is why it's making a lot of people sick.
 - Some people who get the virus don't feel sick at all. Most people feel a little bit sick. Some people feel really bad and need to see a doctor.
 - It will not be like this forever. Coronavirus is not going away, but doctors and scientists are working really hard to learn all about the virus. Then they will help us learn more about how to treat and prevent the spread of the virus.
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Tips for Adults

- Be honest but age appropriate about circumstances and changes. It's okay to say, "I don't know if the school will close again, but I do know that we have a plan to keep you safe." Let kids know that we are in this together; we've thought about this, we've planned for this.
- Focus on the constants. "You are safe, you are loved, this is your school, these are your friends, this is your teacher."
- Normalize your child's feelings. "I know you miss your friends. It's really hard not seeing them everyday." "I know you're worried about staying safe at school. Your teachers are going to take such good care of you."
- Now that children are back at school, they are probably talking about the virus with their friends, or even overhearing conversations. There is a fine line between being open and instilling fear. Feel free to join conversations that are fact-based or question-based. Please discontinue conversations that may make children feel scared.
- Older children have likely seen things on social media or the news. Help them to decipher fact from fiction, and dramatization from reality.
- Remind children that there are different kinds of worries: adult worries and kid worries. Kids should be worried about their supplies, keeping their hands washed, etc. Adults will worry about the big things, like what will happen if someone gets sick.

**Please let us know if you have any
additional questions or concerns!**

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