

Barren River

DISTRICT HEALTH DEPARTMENT

Barren, Butler, Edmonson, Hart, Logan,
Metcalfe, Simpson, and Warren Counties



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COVID-19 AND TIPS FOR TALKING WITH CHILDREN

The Barren River District Health Department is investigating 15 cases of COVID-19 in the Barren River District: Warren County has ten cases; Simpson County has four; Logan County has one. The news of positive cases has understandably raised concern for many community members. We should all prepare for the number of positive cases to continue to increase in the coming days, and take measures to calm anxiety and fear. When adults are nervous, children become nervous too. Parents, family members, and school staff play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety. The CDC has shared tips to help adults have conversations with children about COVID-19.

General Tips for Talking with Children

- Remain calm and assuring: Remember that children will react to what you say and how you say it. They will pick up on cues from conversations you have with them and others.
- Make yourself available to talk and to listen: Be sure children know they can come to you when they have questions or concerns.
- Avoid language that blames others and leads to stigma or racism: Remember that viruses can make anyone sick, regardless of race, age, or ethnicity. Avoid making assumptions about who might have COVID-19.
- Pay attention to what children hear and see on the TV, radio, or online: Consider reducing the amount of screen time focused on COVID-19. Too much information at once can cause anxiety.
- Provide honest and accurate information: Give children age-appropriate information that is truthful. Explain that information on the TV and social media may include rumors or false information.
- Teach children how to reduce the spread of germs: Remind them to stay away from people who are coughing, or sneezing. Teach them to cough and sneeze into a tissue or their elbow, and throw the tissue into the trash. Get them to develop the habit of proper, frequent handwashing. Teach them to wash their hands with soap and water for at least 20-seconds, after blowing their nose, coughing, and sneezing, using the toilet, and before eating or preparing food. Allow them to use hand sanitizer with supervision (to avoid ingesting alcohol) when soap and water are not available.

Facts about COVID-19 for Discussions with Children

- 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.
 - This virus is making a lot of people sick. Scientists and doctors think most people will be ok, especially kids, but older people might get pretty sick.



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- Doctors and scientists are working hard to help people stay healthy.
- What can I do so I don't get COVID-19?
 - Practice healthy habits at home, school, and while playing to help slow the spread of the virus.
 - Cough or sneeze into a tissue or your elbow. If you use a tissue, throw it in the trash right away.
 - Keep fingers out of your mouth, eyes, and nose. Germs get into your body if you touch these places.
 - Wash your hands with soap and water for as long as it takes to sing "Happy Birthday" two times, then rinse and dry. If you don't have soap and water, let an adult help you use hand sanitizer.
 - Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
 - If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.
- What happens if you get sick with COVID-19?
 - COVID-19 is different for all 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 who take care of you will help you get better.
 - If you suspect your child may have COVID-19, call the healthcare facility to let them know before you bring your child in to see them.

To report a business or organization who is not taking social distancing measures or following executive orders from Governor Andy Beshear, call Kentucky's COVID-19 Reporting Hotline at 1-833-597-2337 or report online at <https://govstatus.egov.com/kysafer>. For questions about COVID-19, call the State hotline at (800) 722-5725, BRDHD's COVID-18 Information Line at 270-781-8039, or visit www.barrenriverhealth.org/covid-19-information or <https://govstatus.egov.com/kycovid19>.

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