



# COVID-19 and My Family

*A booklet to help parents and carers talk  
with children about COVID-19*



**Health**  
Central Coast  
Local Health District





## About this booklet

This booklet has a number of themes and messages that can be discussed with children.

These will suit more children of different ages and capacity between 4-9 years of age.

All adults should be ready to 'chat' with children when they give a cue that they have a question about the current situation.

Please read and reflect on the key messages before opening up a 'chat' with a child.

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Family Recovery/Children of Parents with Mental Illness (COPMI)

Central Coast Child & Adolescent Mental Health Service



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Theme #1:  
About COVID-19



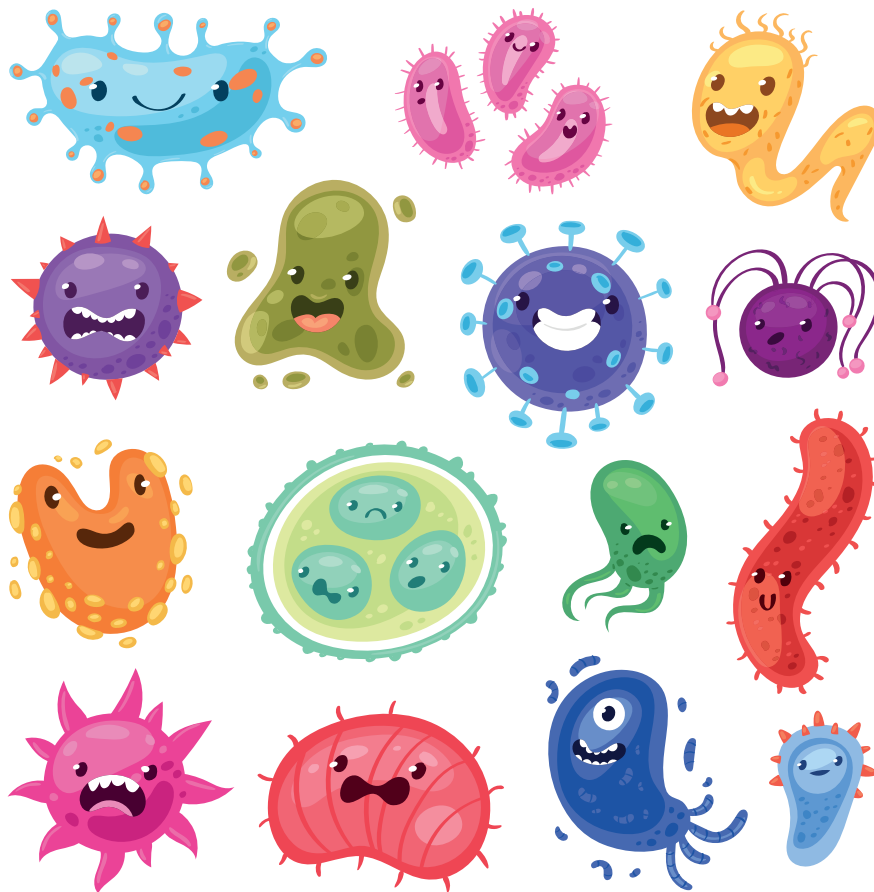
## Key Message:

## Not all viruses make us sick

There are lots of different reasons people get sick.

A virus is one reason a person can get sick.

Lots of people do not get sick from a virus.



A new virus has recently come to Australia that is making some people sick.

The new virus has two names: **Coronavirus** or **COVID-19**



Key Message:

## People can feel sick for different reasons...

A person who has COVID-19 may have:



**Sore throat or cough**



**Fever or high temperature**



**Shortness of breath**

These are called 'symptoms'.

If a person has any of these symptoms, it does not always mean they have Covid-19.



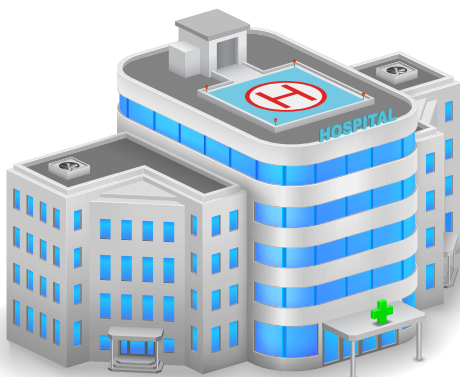
Key Message:

Most people get better even  
if they have COVID-19



Doctors can do a test to check  
if a person has COVID-19

If a person has COVID-19,  
they stay home and rest  
until they feel better



If the symptoms make the  
person too sick to stay at home,  
they can go to hospital



Key Message:

# Things we can all do to help keep us healthy!

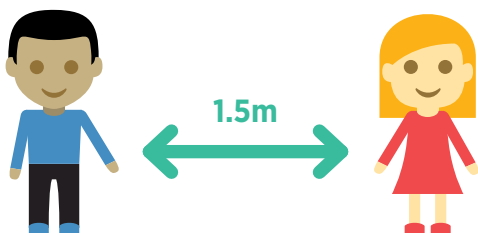
To help stop the spread of COVID-19, we try to:



**Cover our coughs and sneezes with our elbow or a tissue (not our hands!)**



**Wash our hands with soap or use hand sanitiser**



**Keep 1.5m away from others when outside our home**



**Stay home as much as possible**

Key Message:

# Everyone can help to slow down the virus in our community

How are you helping to slow down the spread of COVID-19?

*(Circle the pictures below)*



**Listen for new information**



**Wash hands**



**Clean the house**



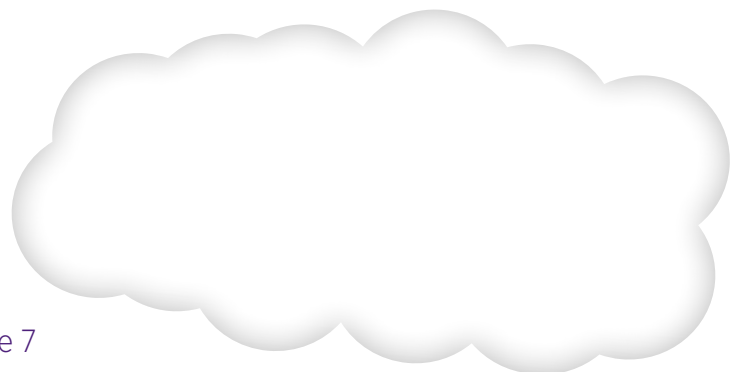
**Relax at home**



**Stay home**



*Are there any extra things  
you are doing?*





# Theme #2: Changes in the community

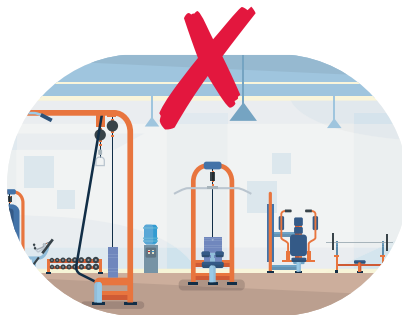
Key Message:

Some changes have made things very different but they will not last forever

Some changes in our community help to keep more people well:



**Closed - beaches and parks**



**Closed - gyms**



**Closed - some shops**



**Extra cleaning in all sorts of places**



**Some people are working at home instead of their usual place**



**Some kids are learning at home instead of at school**



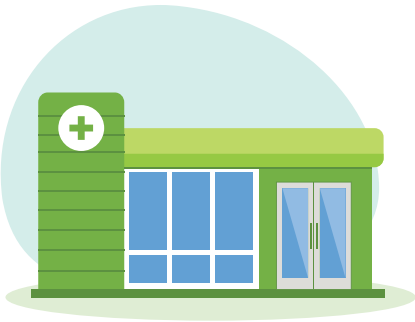
*Can you think of any other changes in the community*



Key Message:

# Adults make decisions about what is OK for your family

Reasons why people might leave the house:



To see a doctor



To help others



To exercise



In an emergency



Go to school or childcare



Go grocery shopping



Can you think of any other reasons people might leave the house?

Theme #3:  
Staying home or going out



## Key Message:

## Going to work is OK even during unusual events

To be able to get the things we need in Australia that keep us healthy and safe, some people need to go to work even though the news tells everyone to stay home.



It is OK for some people to go to work. All jobs are important. Some jobs cannot be done from home.



*Why do you think some people still have to go to work?*

Key Message:

# Some jobs need to be done every day (and night) of the year

Some jobs we all need people to keep doing:



**Doctors**



**Nurses**



**Pharmacists**



**Police Officers**



**Cleaners**



**Supermarket Workers**



**Ambulance Officers**



**Plumbers**



**Fire Fighters**



**Mental Health Workers**



**Builders**



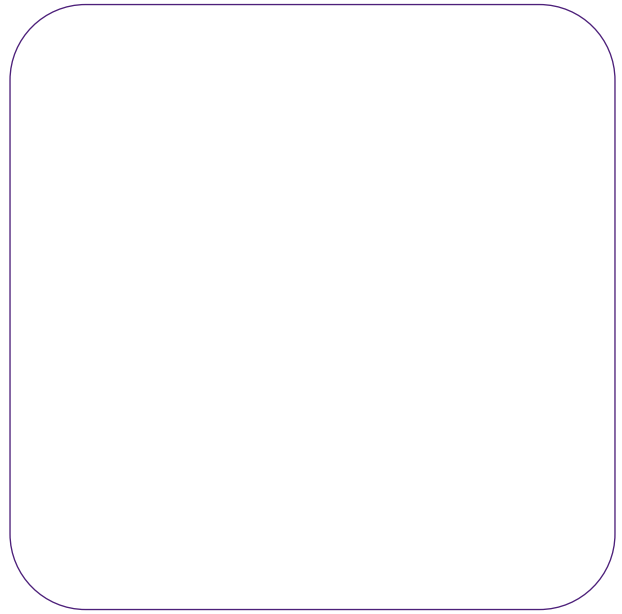
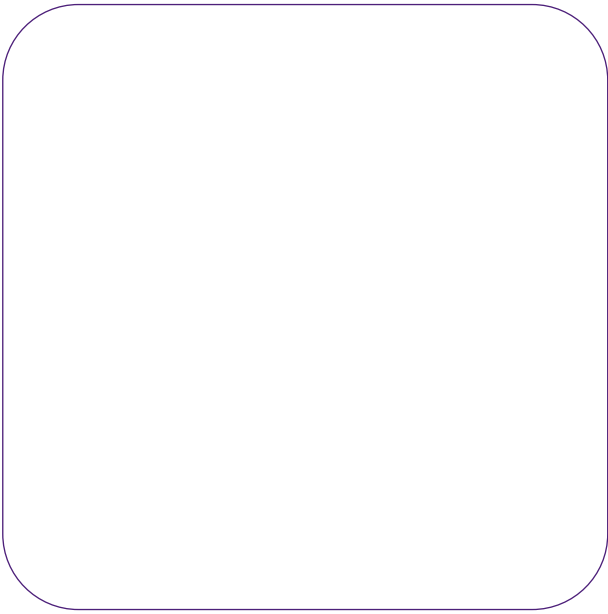
**Teachers**



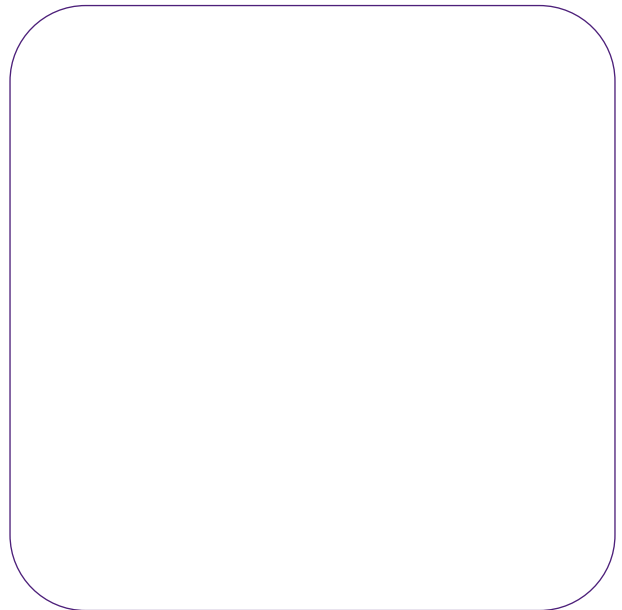
# There are so many different jobs people do

What other jobs can you think of where people are still going to work?

Can you draw a picture in each square?



Some hints...



Key Message:

## Adults know how to look after themselves at work

Adults are smart and know how to look after themselves at work, so they can keep doing their job.

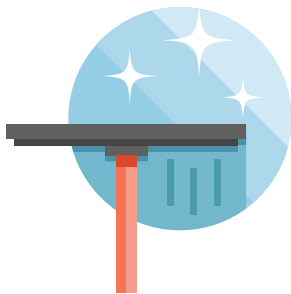




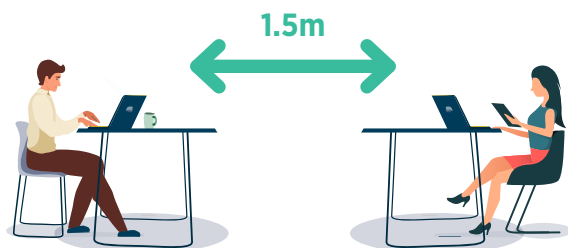
Key Message:

# Different jobs have different rules for workers at work

Some ways people keep themselves safe at work:



**Extra cleaning in the workplace**



**Keeping safe distances at work**



**Special/Extra protection**



**Talking to each other keeping a safe distance**



**Using special hand cleaner called sanitiser**



*Ask adults in your home for other ways people keep safe at work?*

# Theme #4: Looking after yourself



**Key Message:**

**All feelings are OK. Talking about feelings can help people understand!**

In your family, does someone still have to go to work?

How do you feel when they go to work?



**Proud**



**Curious**



**Worried**



**Sad**



**Confused**



**Happy**



**Surprised**



**Nervous**



**Upset**



**Angry**

*It is OK and lots of people will have these feelings!*

Talk to an adult about how you're feeling: they can help you.

Key Message:

# Doing lots of different activities is good for your health

What are you doing to take care of yourself at home?



**Good sleep**



**Prayer**



**Eating a lots of  
different of foods**



**Music**



**Singing and dancing**



**Reading**



**Puzzles and activities**



**Physical activity**



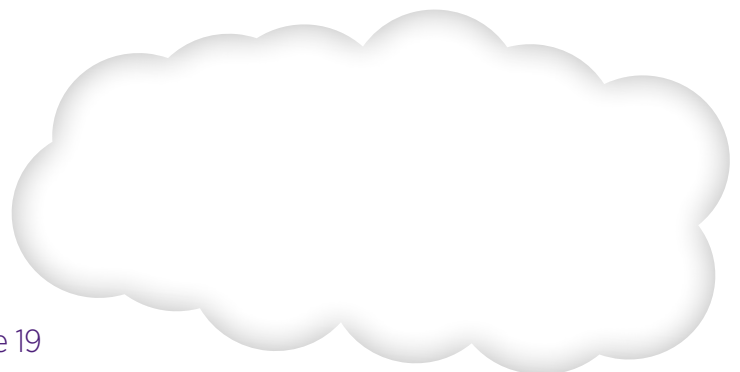
**Gaming and technology**



**Arts and crafts**



*Are there any other ways  
you take care of yourself?*





Key Message:

Help each other think of things to do!



Think of new ways to exercise

Do school work



Talk to friends and family

Key Message:

## Unusual events Can be remembered in creative ways

Project: Make a memory

Sometimes the way we remember things is by creating our own project to keep for the future.

Some examples are: drawings, photos, a video blog or collecting pictures to make a poster.

***Can you create your own memory project?***

Draw or write your idea here...





Key Message:

## 5 important things to remember



1. Adults are protecting you and keeping you safe.
2. We can all take care of the community.
3. We can be thankful for people who are going to work.
4. We are all in this together!
5. Most of all, **remember you are loved!**

# Theme #5: Staying informed





## APPENDIX

# More information for parents

Stay up to date with COVID-19 information:

**National COVID-19 Health Information Line:**

- 1800 020 080

**NSW COVID-19 Service Hotline:**

- 13 77 88 | <https://www.healthdirect.gov.au/>

**National Department of Health:**

- <https://www.health.gov.au/news/health-alerts/novel-COVID-19-2019-ncov-health-alert>

**NSW Health:**

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-latest.aspx>

Other COVID-19 Children and Parent resources:

**Covibook:**

- <https://www.mindheart.co/descargables>

**Emerging Minds:**

- <https://emergingminds.com.au/resources/supporting-children-during-the-COVID-19-covid-19-outbreak/>

**World Health Organisation:**

- <https://www.who.int/emergencies/diseases/novel-COVID-19-2019/advice-for-public/healthy-parenting>

For general parenting and family support:

**Emerging Minds:**

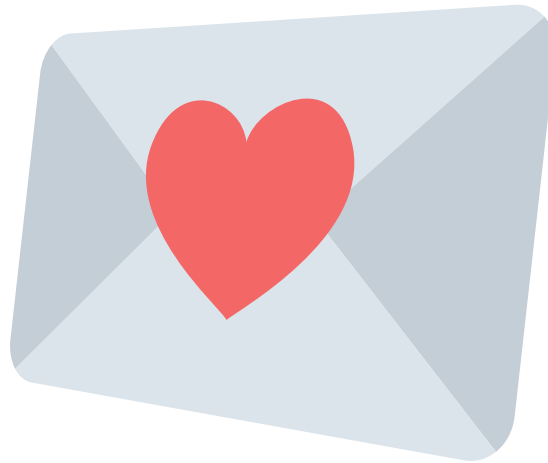
- <https://emergingminds.com.au/>

**Raising Children:**

- <https://raisingchildren.net.au/>

Key Message:

## Share helpful information



Please share this with your friends and family!

With special thanks to our many reviewers, especially:

Anthony, Bronwyn, Catherine, Danielle, David, Jenice, Jessica, Jo-Anne, Louise, Lyndal, Narelle, Tiyaana, Waverney, Victoria and the CCLHD Health Literacy Committee.

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