

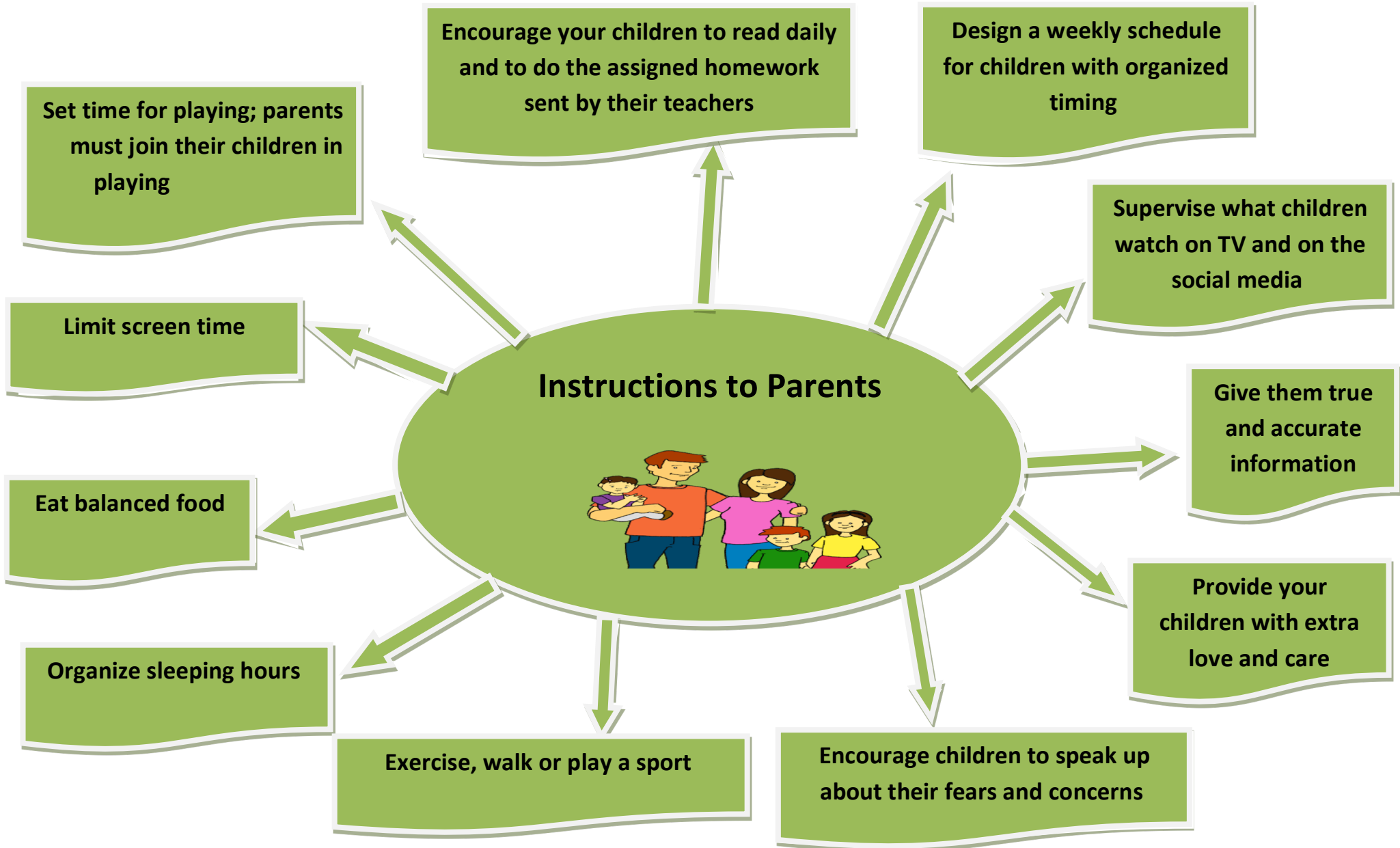
Talking to Children about Coronavirus – Covid19

As schools continue to remain closed due to the Coronavirus, and distance learning and e-learning are used as alternatives, our counselors would like to share with you some important information about the coronavirus disease. Also, they would like to share with you some instructions that will enable you to answer your children's questions and fears in a way that will help maintain their mental health. The following table has the information you need:

Coronavirus	Symptoms	Ways of Spreading	Ways of Prevention
Was first found in China	Appear after few days up to 14 days	Direct transmission	Enforcing personal hygiene on children and stressing on its importance
It spread around the world and the World Health Organization (WHO) declared that it is pandemic	High fever	- Through droplets coming out of the mouth when coughing or sneezing	Washing hands frequently for 20 seconds each time
It is a new contagious virus, that spread fast, and until now there is no treatment or vaccine for it	Dry cough	Indirect transmission	Covering the mouth when coughing or sneezing with the elbow or a tissue
The symptoms vary from one person to another:	Difficulty breathing	- by touching infected surfaces then placing our hands on our mouth, nose or eyes	Social distancing when greeting others (no kisses – no shaking hands)
- Cases without obvious symptoms	Severe headache	- Through direct interaction with infected people	
- Cases with clear symptoms	Strong chills		
- Cases with weak immune system; having chronic diseases especially elderly who need extra care	Severe body pain		

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