



**Be SUPPORTIVE**

**Be CAREFUL**

**Be ALERT**

**Be KIND**

**Be READY to fight**

**#COVID19**

For the latest health advice, go to:

**[www.who.int/COVID-19](http://www.who.int/COVID-19)**



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# Helping children cope with stress during the 2019-nCoV outbreak



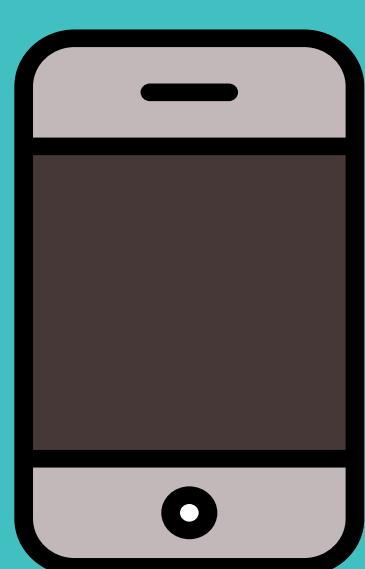
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

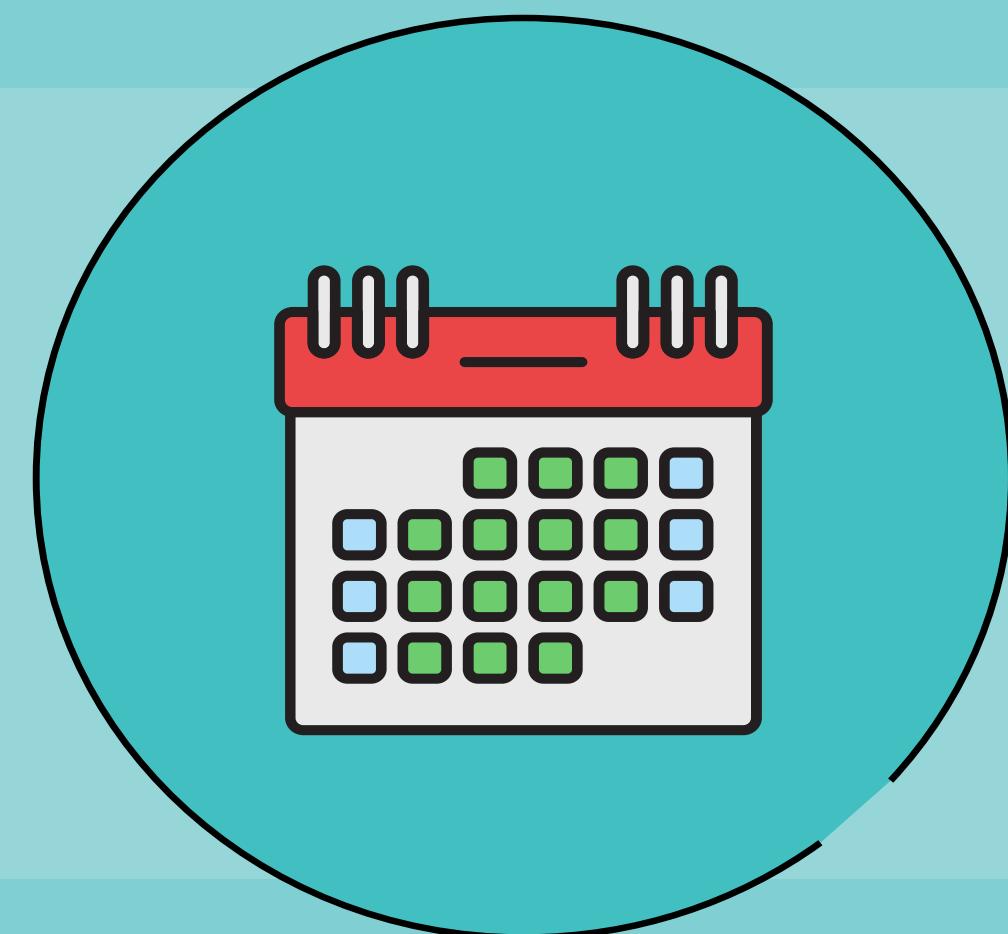
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



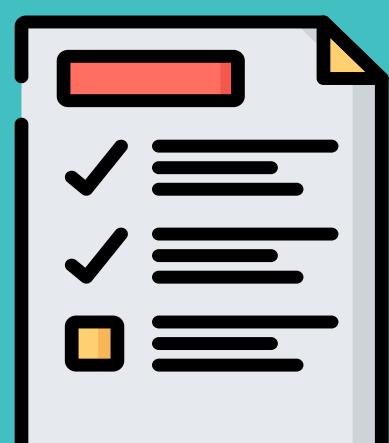
Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a reassuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have  
a fever and cough



If you have a fever, cough and  
difficulty breathing seek medical  
care early and share previous  
travel history with your health  
care provider



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# Be **SMART** & inform yourself about **#coronavirus**



Follow accurate public health advice  
from WHO & your local health authority



Follow the news on latest  
coronavirus updates



To avoid spreading rumors, always  
check the source you are getting  
information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)

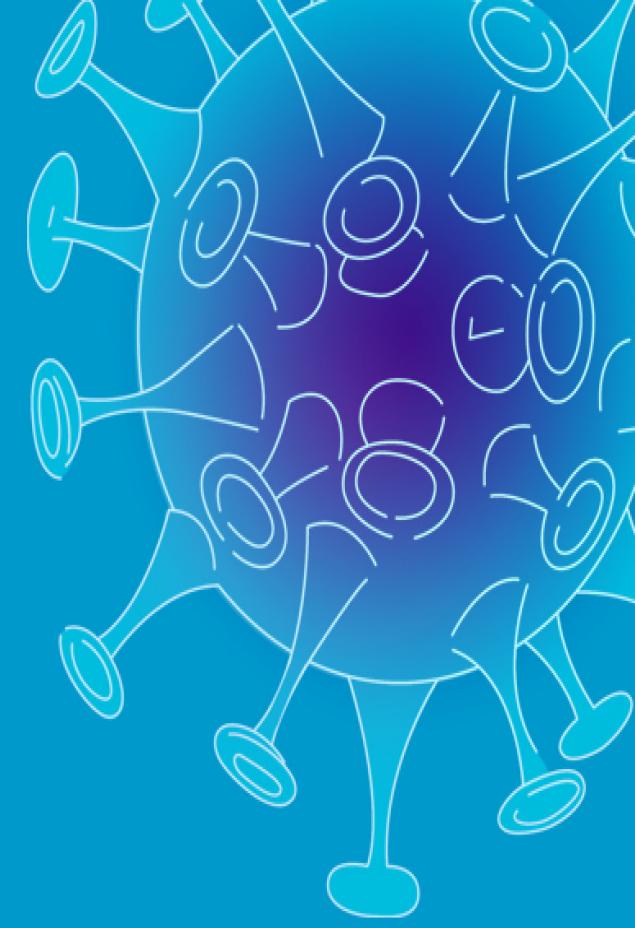


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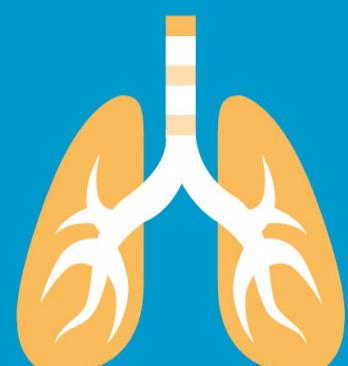
# Be **SAFE** from #coronavirus



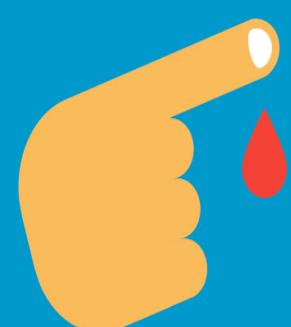
if you are 60+ or if you have an underlying condition like:



**Cardiovascular disease**



**Respiratory condition**



**Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.

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