

KEEP CALM AND LEARN ON



There have been many unprecedented changes in the past weeks. If some of us are fearful for the future, you can imagine our children feeling the same way. Discussing events with our children helps them feel safe and secure in this time of unknowns.

Talking points for children:

- COVID-19 is the short name for “coronavirus disease 2019.” This disease is caused by a new virus called SARS-CoV-2. Doctors and scientists are still learning about the virus and the disease.
- Recently, this virus has made a lot of people sick. Scientists and doctors think most people will be okay, especially kids, but some people might get very sick and need to stay in a hospital. Some will die.
- Health experts and other community leaders are working hard to help people stay healthy.

Key points:

- 10 million people have been infected with influenza (the flu) worldwide this winter, compared with approximately one million to date from COVID-19. (Get your flu shot every year!)
- Unlike influenza, which is more severe in children, COVID-19 is mild in children.
- Unless there has been recent travel or a known exposure to someone with COVID-19, people without symptoms do not need to be tested.
- **Refer to St. Luke’s website (listed on back) to learn if you or a family member needs to be tested and how to prevent spreading this disease.**

What should students do during school closure?

- **Practice good hygiene.** Refer to the CDC website listed on back.
- **Keep your immune system healthy.** Eat 5 servings of fruits and vegetables every day, be physically active, and sleep the recommended hours for your age.
- **Be an active learner.** If your child did not receive specific instructions, there are online options for learning.
- **Read for at least 20 minutes every day.**
- **Take virtual tours.** The most famous museums, zoos, landscapes and concerts are at your fingertips. Check out the links on back.
- **Screen time should be limited to 2 hours or less.**
- **Go outside!** Encourage your kids to walk the dog, play catch with their siblings, or have a picnic meal on your front porch on a sunny day.
- **Volunteer.** Older students should be “helpers.” They can help with chores at home, babysit siblings and even consider volunteering in the community in a safe manner.

Kids can be leaders in protecting their family, friends and community. Here's how:

- **Stay in touch.** Send a message or call grandparents, relatives, friends, teachers and people who will get a mental boost hearing from you.
- **Chalk your walk:** Use sidewalk chalk to draw fun pictures and write encouraging and hopeful messages for neighbors to see as they walk.
- **Virtual pen pal:** Have your parents help you connect with someone you would like to know more about and start a virtual pen pal exchange. Ask your pal their favorite food, activity, song, movie and other fun facts.
- **Go viral in a positive way:** Post a homemade video about beating COVID-19 on social media and watch it go viral.
- **Chain of positivity:** Share quotes and positive thoughts with the contacts in your phone and on social media to inspire and encourage.
- **Video of hope:** Send a video message to a retirement or nursing home to provide hope, inspiration and connection to those who can't have visitors in person.
- **Zoom karaoke:** Set up a Zoom karaoke party with friends or family to sing and dance.
- **Zoom book club:** Read with friends or family. Find a free book you can read together and discuss, or read a story to a grandparent using Zoom or Facetime.

We'll get through this together! In Idaho, neighbors help neighbors. If you want to donate or volunteer, or if you need assistance (food, housing, information, etc.), check out the reliable websites below.

COVID-19 Information

- **Local COVID-19 testing:** stlukesonline.org
- **New cases in Idaho:** coronavirus.idaho.gov
- **Information about coronavirus:** cdc.gov
- **Community resources:** Contact your local health department.

Virtual Tours

- **World's greatest museums and heritage sites:** artsandculture.google.com
- **Free concerts:** miss604.com/2020/03/free-concerts-to-watch-at-home
- **Parks, Zoos, and Museums:** unreservedmedia.com/virtual-tours
- **Music, Museums & More Zoos:** inspiremore.com/covid-19-virtual-experiences

