

COVID-19 & Children

Experts continue to study COVID-19, there is much that they are still learning about this virus and how it behaves. One thing that is known, is that children do not appear to be at a higher risk for COVID-19 than adults and far fewer cases of the virus are reported in children. Children with confirmed COVID-19 have generally shown mild symptoms.

News of the COVID-19 and the impact of restrictions are everywhere. Many parents are feeling concerned about how to bring up or discuss the epidemic in a way that will be reassuring and lessen the worry that kids may already be experiencing.

How to explain COVID-19

CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Helping Parents to explain COVID-19

This document has been created to help parents during this COVID-19 pandemic.

The Health Promotion team will offer you some ideas how to explain the virus to the kids and how to keep active while quarantine.





Use this video to explain COVID-19 to kids

Our nurses have helped us to select two videos for two different age groups that will facilitate to explain children what is the COVID-19

<https://youtu.be/gxwslU2eGH0>

<https://youtu.be/OPsY-jLqaxM>



Have a Blast with This Family Fun Cardio Workout!

Our fitness specialist Ikwo Frank has selected this video: the perfect way for the family to get active together

<https://youtu.be/5if4cjO5nxo>

Other ideas:

- **Dance parties.** Turn on your favorite music or your child's music.
- **Hide and Seek.** Encourage your kids to run around the house.
- **Hula Hoop.** This can be done inside or out! See who can keep the hula hoop going the longest.
- **Foot race.** Inside or out, see who can get from point A to point B the fastest!

Entertain your kids at home

Are you struggling to provide enough activity for your kids while they are at home? You can contact our fitness specialist Ikwo Frank for any questions or concerns at ifrank@worldbank.org



connect with your **Health**
WELLNESS