



## Guiding Your Child and/or Teen During Social Isolation Due To the COVID-19 Outbreak

Abington - Jefferson Health's Community Health Department would like to suggest the following links as a resource to help guide your family through these potentially anxiety provoking times. It is not uncommon in this age of 24-hour news and social media for children to receive incorrect information and thus be feeling afraid or worried.

Start by asking your child or teen what they already know and use the following links to correct misinformation as well as help them with their anxiety.

- For the youngest ages: A self-care video from PBS:  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- For teens with anxiety related specifically to this virus:  
<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>
- For all ages, coping with anxiety related specifically to this virus:  
<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19>
- A great resource from Jefferson's pediatric partner, Nemours.  
How do we describe this virus? How much do we share?  
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- CDC:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>