EMPLOYEE Blomquist Hale ASSISTANCE

Frequently Asked Questions About COVID-19

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FAQ for COVID-19

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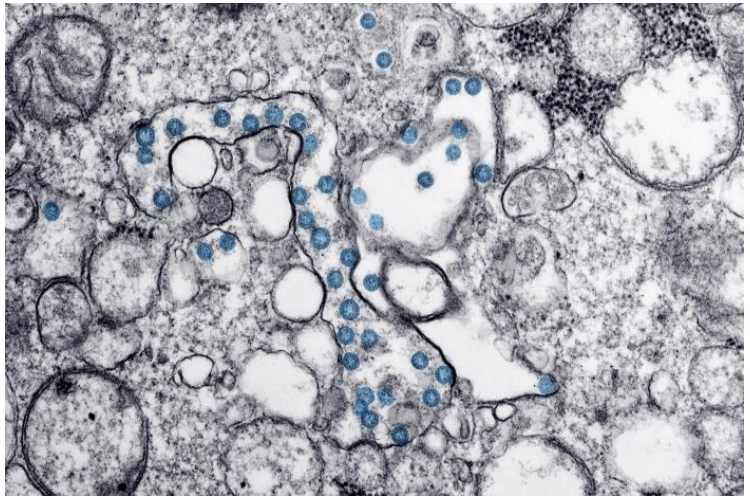
What is a Virus?

- A virus is a germ, its so small that you can not see it without a very special kind of microscope.
- Viruses like many germs that make us sick will die if they can not find a somebody to live in.
- Viruses try to get into our bodies to make more viruses and spread to more people. That is why when a lot of people watch a YouTube video or
- Tiktok we say it has gone viral.



- Learn more about viruses here with Dr. Panda on Youtube https://www.youtube.com/watch?v=VgBiPyirG-A

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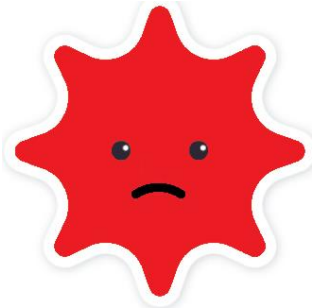
How do we Catch COVID-19?

- Viruses cannot move without our help. They do not have legs or wings. If a virus stays outside our body it will die after a long while and not be able to get anyone sick.
- If we sneeze, cough, or touch our faces especially our nose and mouth we can spread germs. This is why if you are sick you need to stay away from other people, cover your mouth, and wash your hands.

- Learn more about handwashing, covering your mouth, and how germs spread from Sesame Street https://www.sesamestreet.org/caring
- or with Mythbusters https://www.youtube.com/watch?v=3wPKBpk7wUY

- If you sneeze, cough, touch something with germs, touch your face, or are going to eat then you need to wash your hands.
- If you do not wash your hands then any germs on your hands will spread to you and maybe someone else.



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How do I Stay Healthy?

- Wash your hands with soap and water before and after you eat, after using the bathroom, or after touching things that might have germs.
- Not touching your face, not picking your nose, not sticking your fingers in your mouth. If you have to, then wash your hands before and after.
- Practice social distancing: staying 6 feet (that's 72 inches) away from people when you are outside of your home.
- Staying home and not going to places where there are large groups of people unless a grown up says its okay.

- Learn more about handwashing, covering your mouth, and how germs spread from Sesame Street https://www.sesamestreet.org/caring
- or with Mythbusters https://www.youtube.com/watch?v=3wPKBpk7wUY

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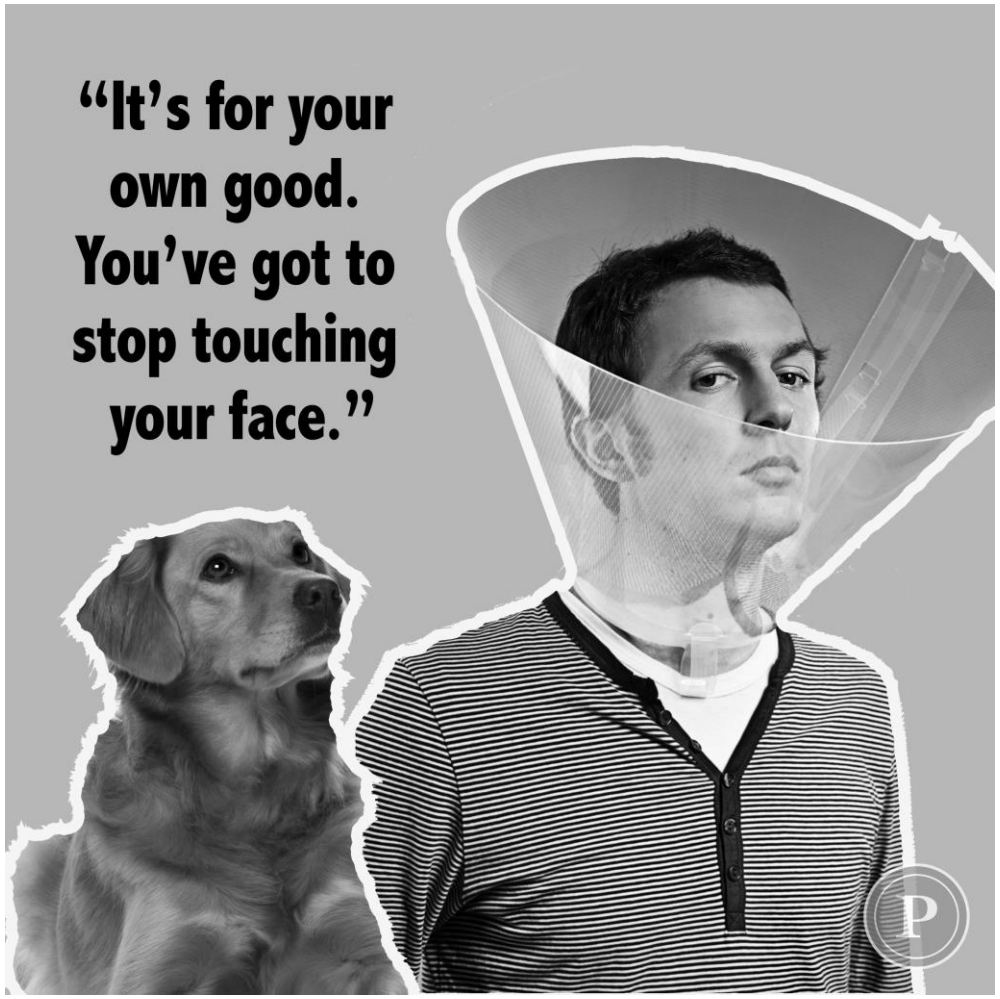

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What if I Catch COVID-19?

- Most children who catch COVID get only mild symptoms, this means that they do not feel as sick as grown ups do.
- If you do not feel well tell a grown up who can help you talk to a doctor about what is going on. The doctor may give you a test to see if you have COVID and ask a lot of questions.
- If you have COVID the doctor is probably going to ask you to stay home, stay away from other people, and rest.
- Most children who catch COVID do not have to go to the hospital or even the doctor's office.
- Grown ups will help you get better and you will probably have to stay away from people for a while.

- Information Obtained from the CDC https://www.cdc.gov/mmwr/volumes/69/wr/mm6914e4.htm

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What is "Flattening the Curve" Mean & When Will Things go Back to Normal?

- Flattening the curve is a fancy way to say that we are trying to help less people catch COVID and get sick.
- Remember how COVID can't live very long outside our bodies. COVID needs our help to pass to other people, if we don't pass it to others than COVID will start to go away as people who are sick get better.
- If less people are sick and those who are sick are staying home then we can start being in groups of people again like at school, parks, stores, and restaurants.
- NO ONE is sure when that will happen because we have to wait to make sure all the rules are being followed and that most people are not sick anymore.
- You can help by listening to what trusted adults are telling you to do to stay safe.

- Here's a creative way Ohio has shown why staying home is helpful https://www.youtube.com/watch?v=wJ2NMD3VWio

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The Truth About COVID-19 Myths

- You can't tell if someone has COVID by how they look or where they are from.
- Spending lots of time in the sun, hot baths, cold weather, hot weather, and spraying yourself with alcohol will not protect you from getting COVID.
- Some people who are sick with COVID do not feel very sick, so its important to be very careful with keeping away from people and washing your hands.
- COVID is not caused by cell phones or 5G, mosquitos, or any one person or group of people.
- Most pets like cats, dogs, and fish cannot pass COVID germs to you. If you have a different pet and are not sure check with a veterinarian or animal doctor.
- COVID is new and we are still learning about it so sometimes information will change, always make sure you are getting information from someone you know and trust.

Learn more about COVID myths here with WHO: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

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Our Immune System

- Our bodies have a way to help us keep from getting sick called an immune system to stop germs from getting in our bodies and destroy germs that get inside our bodies.
- Germs can't get through our skin, our nose uses mucus or boogers to keep stuff from going inside, and our eyes have special chemicals to try to keep germs out.
- Our bodies are made of very small pieces called cells: some of those cells are called White Blood Cells. White Blood cells destroy germs, viruses, and bacteria that get into our bodies.
- Some people have immune systems that do not work very well so they have to be extra careful about getting sick: this means they are immune compromised

Learn more about how our immune systems work from the Magic School Bus Episode Inside Ralphie https://www.dailymotion.com/video/x6skpwl or Osmosis Jones a cartoon movie about the immune system.

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This Whole Situation STINKS!!

- Yes it does and most of us really hate having everything closed and being away from the people we like to spend time with.
- It is okay to be upset, mad, scared, worried, sad, or frustrated about all these rules and changes.
- It is NOT okay to be mean to others when you are upset. Making other people upset will not make you feel better.

- You do not have to be happy about all this change but there are things you can do to feel better.
- Things will get better though they may be different. It is scary when we do not know what is going to happen and change is hard.

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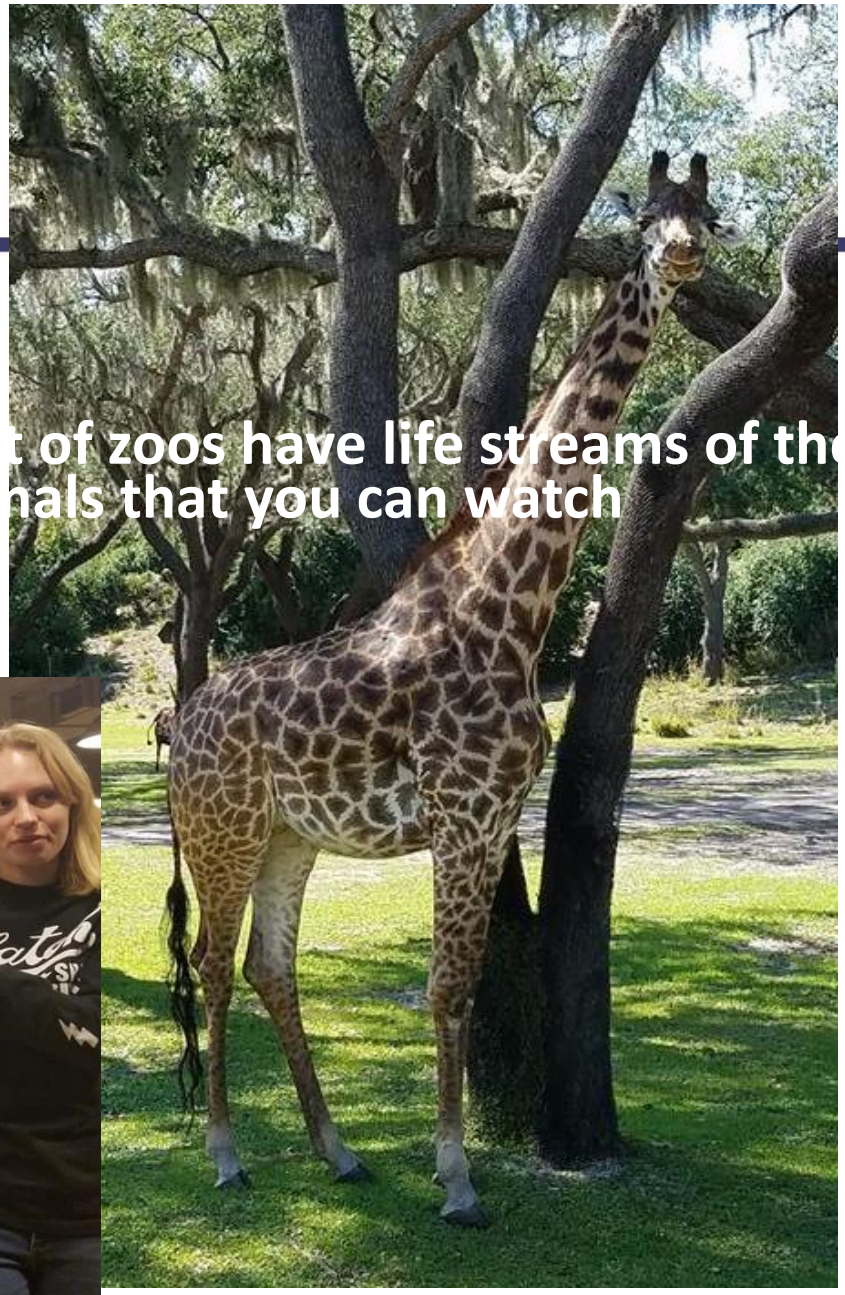
Coping Skills Type 1: Distractions

- Distraction is doing something fun to help you not think abut what is bothering you.
- Talk to someone you like to talk to, if they don't live with you call them, text, Facetime, Zoom, even send a letter.
- Play a game like a video game, a board game, charades, hide and seek, tic tac toe, Pictionary, there are a lot of games.
- Play scavenger hunts, have an adult make a list of things to find or that have been missing.
- Create something: draw something, color something, do a craft, build something.
- Learn something new like how to draw, how to speak a new language, how to do origami.
- Draw or write your own comic book or story.
- Make a movie or play.
- Make up stories about your toys like they are in Toy Story or the Lego Movie.
- Make up your own secret code.

Puzzles are fun if your cat will share the pieces.



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nals that you can watch

Learn how to make posters like these using potatoes for stamps

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Coping Skills Type 2: Critical Thinking

- Using your brain to think about a problem in a new way to change how you feel about the problem.
- Brainstorm ways to fix what is bothering you or make it less upsetting.
- Think about if the problem is something you can fix and if it is not then what are you in control of.
- Journal, talk it out with someone, write a list of pros and cons.
- What are some of the good things that might happen because of this problem?
- Talk to someone you trust about what is upsetting you and how the two of you can make it better.

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Coping Skills Type 3: Emotional Release

- Expressing your emotions in a healthy and safe way.
- Crying or yelling in a way that does not hurt others
- Exercise like running, throwing a ball against the wall, throwing pillows or having a pillow fight.
- Ripping up pieces of paper that are okay to rip.
- Drawing out your feelings
- Stomping your feet.
- Singing with loud and angry music.
- Find something funny and laugh a lot
- Expressing how upset you are to someone who will listen but NOT in a way that is mean to the listener.
- ALWAYS FOLLOW THE RULES AND LAWS SO NO ONE GETS HURT OR IN TROUBLE

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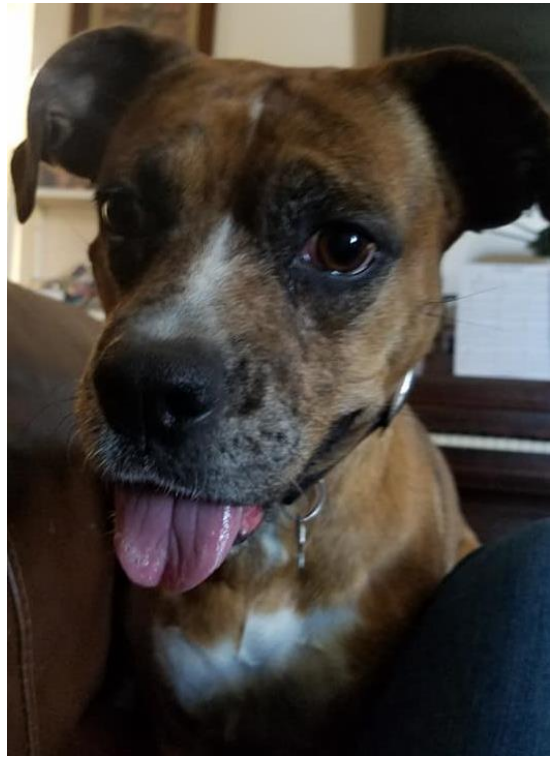
Coping Skills Type 4: Grounding

- Using one or all five senses to feel safe, calm, or happy.
- Look at pictures of things that cause you to feel happy, safe, or calm. Like pictures of friends/family, the ocean, animals, funny memes, even draw your own pictures.
- Listen to your favorite music, listen to someone you like to talk to and focus on their voice, listen to a comedian, play soothing sounds like a rainstorm.
- Smell your favorite smells: use scented markers/crayons/pencils, smell your favorite foods, perfumes, lotions, bake some cookies with an adult and focus on how good they smell and taste.
- Play with putty/slime, pet your cat or dog, play with bubble wrap, cuddle with a soft toy or sweater, wrap yourself in a blanket.



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Coping Skills Type 5: Self-Love

- Doing something nice for yourself that makes you feel happy, safe, and loved.
  - Watch a favorite movie with popcorn.
  - Paint your nails.
  - Wear your most comfy clothes.
  - Call or Facetime your best friend.
  - Color in a coloring book.
  - Make an ice cream sundae.
  - Make a pillow fort and have some me time.
  - Cuddle with the grown ups that love you or your pet.
  - Take a bubble bath.
  - Make yourself a nice gift.
  - Ask if you can have your favorite food for breakfast, lunch, or dinner.

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Coping Skills Type 6: Helping Others

- Helping others or doing something for someone else can help us feel happy and like we are able to something when we can not fix a bigger problem.
- Call or talk to someone who is feeling lonely.
- Send a letter or package to someone you care about.
- With a grown up bring some food to the Food Bank.
- Send a nice thank you card to someone who is helping you or is helping the world.
- Send an email, video, or letter to your teacher.
- Ask your parents if there is something you can help them with or if there is something you can do to help your neighbors.
- Use chalk to draw pretty pictures for other people to see.
- Leave something nice for the mailman.
- Send a video message to friend and family you miss.
- Look through your clothes and toys for anything you don't need or use anymore to donate to someone who does need it.
- Send a note to the local nursing home, some of them miss their family and friends right now to.

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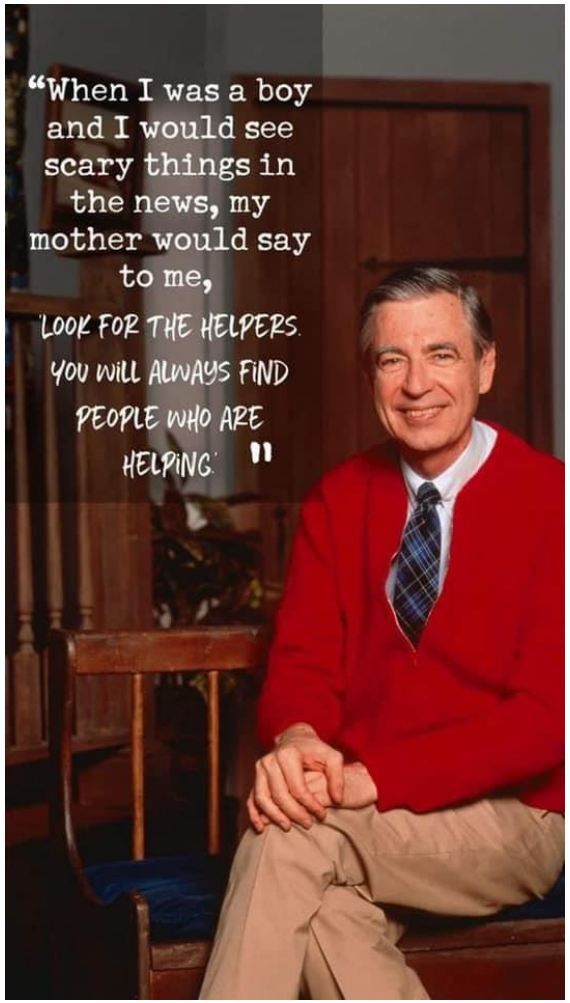

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Boredom Cures

- Make the ultimate blanket fort.
- Teach your pet new tricks.
- Make your own posters for your room.
- Decide what places in the world you want to see some day and plan a trip.
- Invent something cool.
- Learn how to make your favorite sodas from Fiiz or Swig at home.
- Have your own Spirit Week with crazy hair day, backwards day, crazy hat day. Have fun with it.
- Make your own obstacle course or Olympics.
- Learn to make your own flip book.
- Make a photo journal about something important to you.
- Look up a unique holiday and celebrate it at home or have a holiday you like on the wrong date like Christmas, Halloween, or Valentines Day.
- Start a story with just one sentence and then have someone else write the next sentence. You can do this with someone at home or with your phone. Even mail.
- Learn to make something in the kitchen or make your own jewelry.
- Learn how to find constellations (those are pictures made with starts) and then try to find some at night.
- Have a backyard camp out.
- Have an Unbirthday Celebration.
- Learn how to do things with your left hand if you use your right hand or do the opposite.
- Make a treasure hunt by having someone hide something and give you a map to find it.
- Have some karaoke time with your family.
- Watch a television show that is really old, decide if it is as good as your favorite tv shows
- Find as many pennies in the house as you can to save up for something cool.
- Ride a virtual ride at Disneyland on Youtube.
- Make your own list of boredom cures.