



Public Health Brief

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Coronavirus: For Children, Parents, and Grandparents

This is a very stressful time for families whose lives have been disrupted by school closures, job layoffs, working from home, financial worries, concerns about illness, and the uncertainty about what the future holds. The following are the best of the tools I have seen which can assist you as parents and grandparents in making sense of this rapidly evolving crisis with your children or grandchildren.

What to do with your kids when school is canceled:

<https://www.vox.com/the-highlight/2020/3/13/21178234/coronavirus-covid-19-school-closures-kids-home>

Do you know the proper way to wash your hands correctly?

<https://www.youtube.com/watch?v=FA9AUd1dWc8>

Video – You Can Stay Healthy and Strong:

<https://jwp.io/s/hnKNWLqA>

Virtual Adventures for Kids ages 6-12:

<https://www.travelpulse.com/news/tour-operators/austin-adventures-to-host-virtual-adventures-for-kids.html>

NPR created a comic to help older kids understand the coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

A game to help you combat the coronavirus:

<https://nataliejingma.com/2020/03/09/a-game-to-help-combat-the-coronavirus-epidemic/>

From the American Academy of Pediatrics, their coronavirus page for parents:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

The Centers for Disease Control and Prevention (CDC) has extensive information on its children and coronavirus page:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html?deliveryName=USCDC_2067-DM23558

From the Massachusetts General Hospital – a brochure and guide to parenting through crisis:

<https://www.mghpact.org/assets/media/documents/Parenting%20Through%20Crisis%20Quick%20Guide.pdf>

From the Harvard Medical School, how to talk to children and teens about the coronavirus:

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

For the latest updates on the current situation, locally, statewide, and nationally, refer to:

<https://www.alpinecountyca.gov/index.aspx?NID=430>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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