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You might have heard lots of people talking about something called the 'coronavirus.' The coronavirus causes a sickness called Covid-19. This is a word you might have heard at school or online or on TV.

HERE ARE SOME THINGS TO REMEMBER ABOUT COVID-19:

- Most people who have gotten sick with this coronavirus have had a mild (not strong) case.
- People who are older or who have health problems are more likely to get sicker with coronavirus.
- Anyone who feels sick and think they might have coronavirus, can immediately call their doctor and get help.

HOPE

is **NOT**
cancelled!

HERE ARE SOME THINGS YOU CAN DO TO PROTECT YOURSELF FROM GETTING SICK:

- Wash your hands often with soap and water.
 - Wash for at least 20 seconds. If it helps, sing the ABC's while you wash . . . that's about 20 seconds.
 - Wash after using the bathroom or being in a public space like the bus, store or playground.
- Sneeze into your elbows. Coronavirus is spread through little droplets of fluid from your lungs. If you sneeze into your elbows, you can prevent germs from going into the air and onto your hands.
- Avoid touching your face. Don't pick your nose, don't touch your mouth, and don't rub your eyes. These are the places where germs enter our bodies.

And don't forget! There are a lot of helpers out there who are working to protect you.

It is NOT your job to worry.

It's very important to remember that this kind of virus can affect **ANYBODY**. It does not matter where you come from or what country your parents are from.

ATTN: GROWNUPS

Check with your child often and watch and listen for signs they are struggling. And don't forget that your pediatrician, family doctor and Prairie Ridge Integrated Behavioral Health are here to help.

Invite your child to talk about how they are feeling. Feeling depressed, hopeless, anxious and angry may be signs they could benefit from more support during this difficult time.

Keep in mind that younger children may not know how to talk about these feelings but may show changes in their behavior or development.

Signs of stress and mental health challenges are not the same for every child, but there are some common symptoms:

- Backward progress in skills and developmental milestones.
- Irritability, startling and crying more easily. More difficult to console.
- Falling asleep
- Constipation or loose stools or new complaints of stomach pain.
- Separation anxiety. Seeming more clingy, withdrawn, or hesitant to explore.
- Hitting, frustration, biting and more frequent or intense tantrums.
- Bedwetting
- Conflict and aggression or themes like illness or death during play.

Keep the lines of communication open between you and your child and please don't hesitate to call us at Prairie Ridge about ways to help maintain your family's mental health during this challenging time.



**is NOT
cancelled!**

The ongoing stress, fear, grief and uncertainty created by the COVID-19 pandemic can wear anyone down, but children and teens may have an especially tough time coping emotionally.



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