

# COVID-19 AND CHILDREN

A COMMUNICATION GUIDE FOR HEALTH CARE PROVIDERS

## Resources for Teens (12-19 Years)

COMMUNICATION  
BEST PRACTICES

TALKING POINTS

QUESTIONS &  
ANSWERS

VISUAL  
RESOURCES

ACTIVITIES

National Center for  
Disaster Preparedness

EARTH INSTITUTE | COLUMBIA UNIVERSITY



Children's  
Health Fund

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Visit <https://bit.ly/ncdp-gd-3> to access communication guides for:

- Early Childhood (Infant - 4 Years)
- School-Age Children (5 - 11 Years)
- Teens (12-19 Years)

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Note: Web-based resources were live during the time of this guide's publication, but cannot be guaranteed to be active in the future.



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## RESOURCES FOR TEENS (12-19 YEARS)

### overview

The global pandemic caused by the coronavirus has placed an undue burden on caregivers and health care providers across the globe. With a growing number of resources that have been rapidly created to navigate significant uncertainty, this document aims to serve as an age-appropriate comprehensive communication guide for health care providers to share key principles to help promote healthy behaviors to reduce the impact of COVID-19 throughout their community.

### communication best practices

Adolescents (teens and young adults) might get information through school, friends, social media, online sources, and television, and can understand information much like adults. They will likely seek other sources of information and support, which might not always be accurate. Older teens who gain independence through driving or unsupervised social gatherings may require more intentional efforts to communicate.

- Use a calm tone, listen to their fears, answer their questions, clear up rumors with facts
- Reassure them about their safety and health
- Speak with respect and do not “talk down” or lecture
- Promote open discussion and show recognition and respect for their opinions and ideas
- Present divergent points of views, opinions, and perspectives
- While presenting growing independence, continue to portray positive adult-child relationships
- Present positive peer-group behaviors and other adolescents who are resilient and positive
- Most adolescents can handle knowing that their parents and other seniors they are close to are also concerned and that we’re all going to work together to get through this.

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### talking points

The table below is a compilation of key health promotion-based actions which a provider may want to reinforce during provider-patient encounters. These actions, which may be specific to a child or their caregiver, are supplemented with evidence-based guiding principles followed by example statements. These statements are intended to be directed to the patient or caregiver and can be used “as is” or adjusted to fit the provider’s communication style or the specific needs of their clients.

Action	Guiding Principles	Example Statements
Promote good hygiene and healthy behaviors	<p>It is important for teens to wash their hands for at least 20 seconds before and after meals, after they go to the bathroom, after they come in from outside, after they blow their nose, cough, or sneeze, and after touching pets.</p> <p>If soap and water are not available, use hand sanitizer with at least 60% alcohol. Don’t use baby wipes.</p> <p>Older siblings can be good examples to younger children by modeling good hygiene practices.</p> <p>Some children may feel invincible but there is still a possibility they can spread the virus without having symptoms. Caregivers are key messengers to reinforce the important role teens have in protecting everyone around them by practicing good hygiene.</p> <p>Caregivers should be encouraged to follow the same hygiene advice to ensure they are limiting the spread of the virus while demonstrating good practices.</p>	<ul style="list-style-type: none"><li>● Handwashing is very important to help stop the spread of coronavirus because the virus is spread mostly through droplets and contact with infected people or surfaces. Your hands can spread the virus to other surfaces or to yourself if you touch your mouth, nose, or eyes.</li><li>● Follow the five simple steps of handwashing – wet, lather, scrub, rinse, dry – and wash your hands for at least 20 seconds.</li><li>● Handwashing, coughing and sneezing into your elbow, and trying not to touch your face are a few easy things you can do to help stop the spread of the virus.</li><li>● Vaping or smoking will make you more likely to get sick in combination with the coronavirus because it directly affects your lungs.</li></ul>

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### Normalize the use of masks

Make sure teens know how to put on and wear a cloth face covering or mask properly. The mask must cover the nose and mouth. Cloth face coverings should be washed daily after use. Surgical masks should not be washed.

Wearing a mask may become stigmatized or considered “not cool” in social situations outside of the home and may be discouraged. Household use of masks in public spaces can help normalize mask use. Choose face covering colors and types of fabric carefully to avoid any gang affiliations.

### Emphasize the importance of social distancing

Teens may push back against caregivers because they can't go out and see their friends. It's important for providers and caregivers to remind them that everyone needs to practice social distancing because it is possible to be carrying the virus and not show symptoms.

Teens, who may spend time outside of the home because they are able to drive or walk/ride to social gatherings, should be encouraged to see the value of maintaining distance and using masks in gatherings.

It's normal for teens to crave more privacy from their family. They can be given space for quiet time, creative time, music time, or to virtually hang out with friends. This can help ease any feelings of being isolated from their friends or difficulties with change in routine.

There should be a strict “no cheating” rule and caregivers should stress that it is NOT okay to hang out with friends in person or play outdoor sports like basketball and softball, especially if there are multiple generations in the home.

- Wearing a mask in public can help reduce the risk of spreading droplets from your nose and mouth that may contain the coronavirus and other infections.
- I know it might be uncomfortable or “uncool” to wear a mask, but it's a simple, important, and responsible way for us to protect others.
- You may not feel sick but it's still possible you could spread the virus and infect other people.
- I know it's frustrating that you can't see your friends but you don't want to take the risk of spreading the virus to other people. There are lots of other ways to stay in touch with your friends.
- All of your friends are also staying at home and there are ways to stay in touch with them online.
- Just because many stores are reopening and there are more people “out in the street”, it does NOT mean that we have returned to “normal” or that the pandemic is over. All of us will have to live differently for a long time in order not to get sick and to decrease the spread of coronavirus.

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### Help establish a healthy routine

Maintaining a daily routine with consistent sleep, activity, and study patterns can help teens cope with the pandemic on top of virtual learning environments.

Teens should stick to a schedule that works with online learning. They can set up a time to wake up, exercise, shower, get dressed, have breakfast, or whatever they need to start the “school day.” If it helps, they can sleep in a little later than normal. Like they would be in class, phones should be off while doing schoolwork. The TV should also be off during school hours, and news watching should be limited. Caregivers and teens can plan mini breaks and a 1-hour lunch break.

### Monitor technology and social media use

Modern social media and communication platforms can spread fear and wrong information rapidly. Caregivers should be encouraged to discuss with children how they are using the internet and social media and should promote safe and responsible use. Remind them that some stories may be based on rumors or inaccurate information.

Teens should be encouraged to stay connected to friends and loved ones during social distancing by phone, text, video chat, or social media. Safe use of technology is also a valuable skill to learn. Remind them to check their privacy settings so they are not posting too much personal information.

Playing games online with friends can also be relaxing and enjoyable for teens. Caregivers and teens should agree on screen time during school days.

- Have you been exercising and getting enough sleep?
- **[For caregivers to direct to child]:** Let’s plan out a schedule for your day. This way you can get your schoolwork done and then have time to relax on your own.
- **[For caregivers]:** Going for a walk as a family each night is an easy and healthy activity. Just make sure you wear a mask just in case you pass by other people.
- What have you heard about the coronavirus?
- What have you been hearing on the news and social media?
- **[For caregivers to direct to child]:** I am very concerned with so much incorrect information that can be found on the internet and in social media. What kinds of things are you hearing?

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### Practice open communication and check in on their mental health

Give teens opportunities to ask questions and engage in more complicated discussions.

Some kids might be worried that they will get sick. Caregivers should not criticize or make fun of their child's fears, particularly in front of their peers. They should not try to force their child to be brave. It will take time for their child to confront and gradually overcome their anxieties.

Encourage teens to talk about how they are feeling and offer reassurance. Providers and caregivers should watch for signs of anxiety or depression.

Caregivers should model their own healthy coping strategies and show their teen how reaching out for help is an act of strength.

- Some people might feel anxious or sad right now because of the pandemic. How are you feeling today?
- What are your major concerns or worries?
- **[For caregivers]:** Teens may not answer direct questions, so try the following questions... So how are your friends handling this?" "Are some of your friends having a hard time with COVID-19? What are they saying about the situation?"
  - Try conversation starters, such as "My favorite part of today was..." or "Today I am grateful for..."
- **[For caregivers]:** Here are some things your teen can do to relax and reduce stress:
  - Exercise
  - Listen to calming music or take a bath
  - Write in a journal, drawing, or other creative outlets
  - Talk to a friend or family member
  - Talk while sharing a meal with family
  - Go for a walk or a run outside, either by themselves or as a family. Remind them of the social distancing rules and to stay 6 feet away from others.
  - Do video workouts. Many can be found online, and some park districts are offering access to virtual exercise classes, too.
  - Watch movies or TV shows together as a family or virtually with friends.
  - Create a video blog of life during the COVID-19 outbreak. Or, start a family journal where each family member can take turns describing the day's happenings.
  - Take a virtual tour of a museum, or walk through the Grand Canyon with Google Earth. Challenge your teen to research 10 places they might like to visit someday and show you why.
  - Get plenty of sleep.

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## RESOURCES FOR TEENS (12-19 YEARS)

Provide support to caregivers

Caregivers should be encouraged to take care of their physical and mental health. Caregivers should model calmness about coronavirus to limit anxiety and concerns among children.

Adjust messaging for needs of children with disabilities, access, and functional needs

Providers and caregivers should keep responses and messages to the child's developmental level or abilities, rather than their physical ability or ages.

Acknowledge the changing information about the virus

Caregivers must understand that information about coronavirus will continue to change continually over the next 12-18 months, or more. Encourage use of known sources of information such as the CDC and American Academy of Pediatrics via [HealthyChildren.org](https://www.healthychildren.org).

Address the loss of loved ones

Given the scope of this pandemic, it is likely a child may know someone or know of someone who has died from COVID-19.

Adolescents understand death on the same level as adults, but they may be resistant to expressing any emotions about it. Because teens are starting to think abstractly, they may struggle to find meaning in death and may be contemplating larger questions about the purpose of life. As a result, teens may engage in risky activities or experience guilt over being alive or anger over their lack of control over life and death.

- **[For caregivers]:** This is a stressful time for everyone. Your health is important for the health of <child name>. Here are some resources that maybe useful. (**\*Providers should direct caregivers to resources "for caregivers" in the Visual Resource Compendium.**)
- **[For caregivers]:** Depending on your child's developmental level, it may be best to not directly talk about the virus but continue to show and promote good hygiene.
- **[For caregivers]:** There is still a lot we don't know about the virus. Stay in contact with your health care provider.
- **[For caregivers to direct to child]:** Losing <name> is terrible for all of us. We were very close, and I already miss <name> so much.
- **[For caregivers]:** Whatever your teen is experiencing, the best thing you can do is to encourage the expression of grief in healthy ways. Be patient, but maintain high expectations for behavior and watch them so they don't engage in risky behaviors that may harm them or others.



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### Address domestic violence or abuse

The pandemic has limited visibility of children to many other mandatory reporters besides healthcare workers. If violence or abuse is suspected in the household, it should be addressed by the provider.

Caregivers may be experiencing more stress than normal right now, especially those with school-age children in the home as they manage economic strain, working from home, and taking on a new role as educator in some cases. That stress may be taken out on a child in the household or between other family members.

Providers can help reinforce coping and self-regulation methods which will in turn benefit children in the household.

If you believe a child is in immediate danger call 911, or child protective services.

- **[For caregivers]:** You must be under terrible stress. Many of us feel anxious and worried – and sometimes there may be a lot of stress in families. People are irritable and may get angry quickly, which is normal but we can find ways to calm ourselves. Nobody should show violence to each other and we all have to try and remain calm. But if things do get out of control, here are some things you can do.

- If you feel like you are getting angry and might lose control, try the following:

- Take a deep breath and count to 10.

- Call someone close to you for emotional support.

- Be patient. Even if you feel frustrated, stay in control.

- Call your child's doctor if you need additional assistance or you suspect your child may need medical attention.

- And if you are having consistent trouble coping or managing your emotions, try contacting a mental health provider. <https://www.mentalhealth.gov/> has some great resources including a hotline.

- **[For caregivers]:** If you are affected by abuse in your home and need support or someone to talk to, you can call the National Domestic Violence Hotline at 1-800-799-7233, or if you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 1-866-331-9474.

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## RESOURCES FOR TEENS (12-19 YEARS)

### question & answer quick reference

It is likely that many providers will hear the same questions, or slight variations of, from multiple patients or their caregivers. The questions listed below represent some anticipated questions along with a simple response to be directed to a child.

#### What is Coronavirus?

At the end of 2019, a new type of coronavirus began making people sick with flu-like symptoms. The illness is called Coronavirus disease-19, or COVID-19 for short. It is caused by a new strain of virus from the coronavirus family, which are all known for their crown-like shape. The coronavirus can cause fever, cough, and trouble breathing. Symptoms are a bit like those people have with a cold or the flu. The virus can be more serious in some people, especially if they are sick or have health problems. But many people, especially kids, who have the virus may not feel sick at all or may have mild symptoms such as those of a cold.

#### How do people get sick from coronavirus?

COVID-19 is primarily spread from person to person. You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

#### What is the best way to prevent yourself from getting the virus?

We can protect ourselves and other people from getting sick by staying at least six feet away from other people. We should also wash our hands often and avoid touching our mouth, nose, and eyes. Some people may get the virus and never feel sick, but they are still able to pass it on to other people.

#### Why can't I see my friends? This is so boring.

Most children who get sick from coronavirus only have mild symptoms, but most won't show any symptoms at all. It's best to not visit your friends and gather with your peers since we want to protect as many people as possible until we have a vaccine. This is especially important if older people or people with medical problems live with you.

#### Why can't we leave the house or go to school?

To stop the spread of the virus, everyone is practicing social distancing, which means we stay at least 6 feet apart from other people. That is why schools and most businesses are closed, so that can stay apart from other people. It's also possible for us to carry the virus and not know it and we want to be extra careful to protect other people from getting sick.

#### Why are people wearing masks? Should I be wearing one?

People are wearing face masks to protect others in the community from getting sick. The masks help prevent the virus from passing from one person to another. If two or more people are together and everyone is wearing a mask, it will help prevent the spread of the virus. You should also wear one when you leave the house, especially if it is difficult to stay six feet away from other people. NOT wearing a mask is NOT cool! It puts you and everyone in contact with you at risk of getting sick.

#### How long will the pandemic last? When will things go back to normal?

We still don't know how long the virus will stay active. The good news is scientists are developing vaccines that will protect people from the virus but it may take a long time. But for now, there are a lot of ways we can plan activities at home and talk to friends and extended family using technology.

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## RESOURCES FOR TEENS (12-19 YEARS)

### visual resource compendium

The resource list below has been organized by topic and includes the type (e.g. web-based, video, print), direct url, and source. These resources can be utilized in the client encounter or as takeaways for caregivers.

#### What is Coronavirus?

##### ***What is Coronavirus?*** | VIDEO 🎥

A TED-Ed animated explanation on the science of coronaviruses (teens).

RESOURCE LINK: <https://www.youtube.com/watch?v=D9tTi-CDjDU>

Source: TED-Ed

##### ***How to Protect Yourself Against COVID-19*** | 📺

A short video produced by the World Health Organization (WHO) to teach about how COVID-19 is spread and how to protect yourself (school age to teens).

RESOURCE LINK: <https://www.youtube.com/watch?v=1APwq1df6Mw>

Source: World Health Organization (WHO)

#### Washing hands

##### ***Handwashing Visual Guide by Save the Children (all ages)*** | PRINTABLE 📄

RESOURCE LINK: <https://www.savethechildren.org.nz/assets/Uploads/Wash-Your-Hands.pdf>

Source: Save the Children

##### ***CDC Wash Your Hands!*** | PRINTABLE 📄

This is a simple graphic on the steps of handwashing, produced by the Centers for Disease Control and Prevention (CDC) and relevant for all ages.

RESOURCE LINK: <https://www.cdc.gov/handwashing/pdf/wash-your-hands-steps-8x11.pdf>

Source: Centers for Disease Control and Prevention (CDC)

##### ***What You Need to Know About Handwashing*** | VIDEO 🎥

This short video by the Centers for Disease Control (CDC) answers important questions about hand washing and hand sanitizer (school age to teens).

RESOURCE LINK: <https://youtu.be/d914EnpU4Fo>

Source: Centers for Disease Control and Prevention (CDC)

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### Wearing masks

#### **How to Wear a Fabric Mask Safely** | VIDEO 🧑

This simple video from the World Health Organization (WHO) explains how to wear fabric masks properly (for school-age and teens).

RESOURCE LINK: [https://www.youtube.com/watch?v=9Tv2BVN\\_WTk](https://www.youtube.com/watch?v=9Tv2BVN_WTk)

Source: World Health Organization (WHO)

#### **Face Masks and COVID-19** | VIDEO 🧑

This is a video explanation by Dr. Jeanne Noble on why, when, and how to wear masks properly (teens).

RESOURCE LINK: <https://www.youtube.com/watch?v=IOLTSRa5Cel&>

Source: University of California, San Francisco

#### **Wearing a Mask Social Story** | WEB-BASED 🖥️

This visual guide and animated social story teaches individuals with autism about wearing a mask to avoid spreading germs. It can also be used for children of all ages without autism and has been translated into Chinese, Russian, Spanish, Arabic, and Burmese (all ages).

RESOURCE LINK: <https://paautism.org/resource/wearing-mask-social-story/>

Source: The Autism Services, Education, Resources, and Training Collaborative (ASERT)

#### **How well do masks work?** | VIDEO 🧑

A science-based presentation using technology to demonstrate how mask use may reduce the spread of COVID-19 (teens).

RESOURCE LINK: [https://ed.ted.com/best\\_of\\_web/GsuClwql](https://ed.ted.com/best_of_web/GsuClwql)

Source: TED-Ed

### Social & physical distancing

#### **What is Social Distancing?** | VIDEO 🧑

This is an informative animated video explaining social distancing to children (school-age to teens).

RESOURCE LIST: <https://www.youtube.com/watch?v=KXUT62G-lcU>

Source: Cincinnati Children's Hospital

#### **Social Distancing Explained** | VIDEO 🧑

An animated explanation about coronavirus, prevention, and social distancing for older children (teens).

RESOURCE LIST: <https://www.youtube.com/watch?v=QtNZZWLdoeo>

Source: Ochsner Health System

### Self-care

#### **Self-Care During COVID-19** | PRINTABLE 📄

A guide for teenagers with suggestions on how to take care of themselves and develop healthy coping strategies during COVID-19 (teens).

RESOURCE LINK: <https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-teens.pdf>

Source: University of Michigan Medical School

#### **10 Things to Do to Stay Safe and Sane During the Pandemic** | PRINTABLE 📄

10 worksheets designed by the American Psychological Association to help manage stress, anxiety, and boredom and learn to thrive during the pandemic (teens).

RESOURCE LINK: <https://www.apa.org/pubs/magination/unstuck-ebook.pdf>

Source: American Psychological Association

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## RESOURCES FOR TEENS (12-19 YEARS)

For  
caregivers

### ***Coping with COVID-19*** | PRINTABLE

A workbook designed to help children and teens cope with their feelings and emotions regarding the COVID-19 pandemic (school-age to teens).

RESOURCE LINK: [https://www.childlife.org/docs/default-source/covid-19/coping-with-covid-19-work-book-finalized.pdf?sfvrsn=315c8a4d\\_0](https://www.childlife.org/docs/default-source/covid-19/coping-with-covid-19-work-book-finalized.pdf?sfvrsn=315c8a4d_0)

Source: Association of Child Life Professionals

### ***Keep Calm and Manage Stress*** | PRINTABLE

A 5-step guide for caregivers on managing stress during COVID-19.

RESOURCE LINK: [https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706\\_6](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_6)

Source: World Health Organization

### ***Coping with Stress During COVID-19*** | PRINTABLE

RESOURCE LINK: [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_8](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8)

Source: World Health Organization

### ***Care for Your Coronavirus Anxiety*** | WEB-BASED

A compilation of research-backed and helpful tools (articles, meditations, access to mental health experts, anxiety screenings, and more).

RESOURCE LINK: <https://www.virusanxiety.com/>

Sources: Shine and Mental Health America

For providers

### ***Coping with Stress*** | WEB-BASED

Guidance on how to cope with stress and take care of your mental health.

RESOURCE LINK: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Source: Centers for Disease Control and Prevention

### ***Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic*** | WEB-BASED

Guidance and resources for providers.

RESOURCE LINK: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>

Source: Centers for Disease Control and Prevention

### ***Managing Mental Health During COVID-19*** | PRINTABLE

Mental and behavioral health guidance and resources for physicians and other frontline health care professionals.

RESOURCE LINK: <https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

Source: American Medical Association

### ***Guide to Mental Health Resources for COVID-19 for Health Care Providers*** | WEB-BASED

A compilation of resources and videos with practical recommendations and strategies to alleviate the mental health concerns of health care workers.

RESOURCE LINK: <https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/health-care-providers>

Source: Massachusetts General Hospital

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## RESOURCES FOR TEENS (12-19 YEARS)

### activities

The activities listed here can be provided to children and their caregivers to help reduce stress at home by giving children educational and stimulating activities to build into a daily routine throughout the pandemic.

#### ***The 2020 COVID-19 Family Guidebook*** | PRINTABLE

Activities to help children, teens, adults, and grandparents deal with feelings and changes during the coronavirus pandemic – over 200 games and fun ideas for interactive activities while social distancing (all ages).

RESOURCE LINK: [https://www.childlife.org/docs/default-source/covid-19/covid19-family-guidebook-full---4112020.pdf?sfvrsn=62848a4d\\_0](https://www.childlife.org/docs/default-source/covid-19/covid19-family-guidebook-full---4112020.pdf?sfvrsn=62848a4d_0)

Source: Association of Child Life Professionals

#### ***Week-by-Week Schedules to Help Plan At-Home Lessons and Activities for Kids in Grades Pre-K through 6*** | PRINTABLE

RESOURCE LINK: <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/weekly-schedules-at-home-learning-grades-pre-k-6>

Source: Save the Children

#### ***Relaxation Activities to Do at Home with Kids*** | PRINTABLE

RESOURCE LINK: <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Source: Save the Children

#### ***10 Family Learning Activities*** | PRINTABLE

RESOURCE LINK: <https://www.savethechildren.org/content/dam/usa/reports/emergency-response/10-family-learning-activities.pdf>

Source: Save the Children

#### ***Free Educational Websites and Apps*** | WEB-BASED

RESOURCE LINK: <https://www.savethechildren.org/content/dam/usa/reports/emergency-response/educational-websites-and-apps.pdf>

Source: Save the Children

#### ***PBS Kids Daily Activities*** | WEB-BASED

RESOURCE LINK: <https://www.pbs.org/parents/pbskidsdaily?source=pbsparents>

Source: PBS Kids

#### ***Active for Life: Physical Activity Ideas for All Ages*** | WEB-BASED

RESOURCE LINK: <https://activeforlife.com/activities/>

Source: Active for Life

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### **The Play at Home Playbook** | PRINTABLE

Various games to keep children active at home (early childhood to school-age).

RESOURCE LINK: <https://www.playworks.org/wp-content/uploads/2020/03/Play-At-Home-Playbook-3.27.20.pdf>

**Source: Playworks**

### **Online Activity Round-Up** | WEB-BASED

Online activities, educational puzzlers, and games (ages 3-13).

RESOURCE LINK: <https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/online-activity-round.html>

**Source: Scholastic Corporation**

## glossary

The definitions listed in this table have been adapted for the intended audience and context of this document.

<p><b>PROVIDER</b> ▶ An individual that provides any type of health service (e.g. physician, nurse, dentist, mental health worker, social worker).</p>	<p>your surroundings clean in order to maintain good health (e.g. washing hands, coughing into your elbow, house cleaning).</p>
<p><b>CAREGIVER</b> ▶ A parent or guardian with a primary responsibility to take care of a child (e.g. parent, relative, foster parent, legal guardian). Caregivers may also be temporary in nature but still hold significant responsibility.</p>	<p><b>HOUSEHOLD</b> ▶ One or more persons living in the same home. This may be a single family, blended family, or another group of people (e.g. roommates).</p>
<p><b>GUARDIAN</b> ▶ A person who looks after and is legally responsible to care for someone else. Guardian is typically used as an alternative for “parent”.</p>	<p><b>IMMUNO-COMPROMISED</b> ▶ Someone with a weakened immune system and reduced ability to fight infections and other diseases.</p>
<p><b>CORONAVIRUS</b> ▶ A type of common virus that infects humans named after its crown-like spikes on the viral particle. There are several different types of coronaviruses, one of which is the novel coronavirus (nCOV-19) identified in 2019 in Wuhan, China.</p>	<p><b>MANDATORY REPORTER</b> ▶ A person who, because of their profession (e.g. health care workers, child care providers, social workers, mental health providers, law enforcement), is legally required to report any suspicion of child abuse or neglect.</p>
<p><b>COVID-19</b> ▶ The newly identified respiratory disease, or illness, caused by the coronavirus SARS-CoV-2 (Severe acute respiratory syndrome coronavirus 2).</p>	<p><b>STIGMATIZE</b> ▶ To disapprove of a person or treat someone unfairly, based on perceived social characteristics commonly related to culture, gender, race, intelligence, and health status.</p>
<p><b>SOCIAL/PHYSICAL DISTANCING</b> ▶ Maintaining physical space between people not of your household and reducing the number of times people come into close contact with one another to avoid spreading the coronavirus. General guidelines for physical distancing include limiting gatherings of 10 or more people and maintaining 6 feet of space.</p>	<p><b>COPING STRATEGIES</b> ▶ Specific efforts made to adapt to, manage, or minimize stressful life events.</p>
<p><b>HYGIENE</b> ▶ Any practices that you do to keep yourself and</p>	<p><b>[ ]</b> ▶ Square brackets are used in the “Example Statements” to specify to whom the statements should be directed. If there are no brackets, the statement is intended to be directed to a child.</p>
	<p><b>&lt; &gt;</b> ▶ Angle brackets are used to indicate that a name or other custom content should be inserted into the statement.</p>