Tips for Parents & Guardians for Coronavirus Concerns

Talk to children about what is happening in a way that they can understand. Keep it simple and appropriate for each child’s age.

Reassure your child or teen that they are safe. Let them know that it is okay if they feel upset. Share how you deal with your own stress so that they can learn how to cope from you.

Children may misinterpret news and can be frightened about something they do not understand. Monitor exposure to news coverage, including social media.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members in a responsible way.

Resources and Information

Center for Disease Control [www.cdc.gov](http://www.cdc.gov)
NM Department of Health [www.nmhealth.org](http://www.nmhealth.org)
NM Public Education Department [https://webnew.ped.state.nm.us/](https://webnew.ped.state.nm.us/)

The Gallup-McKinley County Schools care about our students and community members. We will continue to provide resources and information as it becomes available.

[www.gmcs.org/coronavirus/](http://www.gmcs.org/coronavirus/)