



Coronavirus Questions?

HANCOCK COUNTY PUBLIC SCHOOLS

What is the Coronavirus

The Coronavirus or COVID-19 is a virus that has been traveling around the world. In some parts of the world it has made many people sick. It's symptoms may be similar to the cold or flu. It may give you a fever, cough or make it harder to breathe. Most cases in children have been very mild (like salsa that's not very hot).

Why are we missing school?

Your safety and health, as well as the safety and health of your family, is our number one concern! Many scientists, health care workers and government officials have recommended to the public that the best way to stop the spread of the virus is limiting contact with people and avoiding large gatherings of people, like in your classrooms! That is why we need to stay home from school.



How can I stay safe?



1. Wash your hands often. Use soap and water and wash for at least 20 seconds. Sing the ABC's if it helps. Wash anytime you use the restroom, go to public places, or before you eat.
 2. Sneeze into your elbows to prevent germs from spreading through droplets.
 3. Avoid touching your face.
Don't touch your eyes, mouth, or pick your nose (Ewww).
 4. Listen to the advice given from trusted adults in your life. They love you and want to keep you safe!
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What if I am worried?

Know who can help

- Talk about it with family, friends or a trusted adult.
- Spend time with the people who you love and support you.
- If you have questions let them know so they can help you understand.



Practice calming strategies

- Take deep breaths (shape breathing, finger breathing or pinwheel breathing).
- Think of 5 things you see, 4 things you feel, 3 things you hear, 2 things you can smell and 1 thing you taste.
- Journal

Deep breathing using your hand.



Find fun things to do

- Go outside!
- Take a walk
- Play a board or card game
- Make a craft



Set Daily Challenges

- Set a reading goal
- Complete a kindness challenge
- Practice a sport or math facts for a set time.

Having worries is OK! Talk to someone you trust to help you feel better!