



CHILDREN AND YOUNG PEOPLE

INFORMATION ON COVID-19
AND HOW TO COPE



DERBYSHIRE
**YOUNG
CARERS**

Feeling concerned or overwhelmed by the news around coronavirus (COVID-19) is understandable, especially if you are a Child or a Young person who is caring for someone in your family.

You could be feeling worried about your own health, or someone in your family, or what impact the virus will have on your life. This document provides information, links and advice, to help you during this time.



Brain Pop has put together an excellent little [animation](#) that explains clearly what COVID-19 is, helping you learn the facts that can help ease your mind.



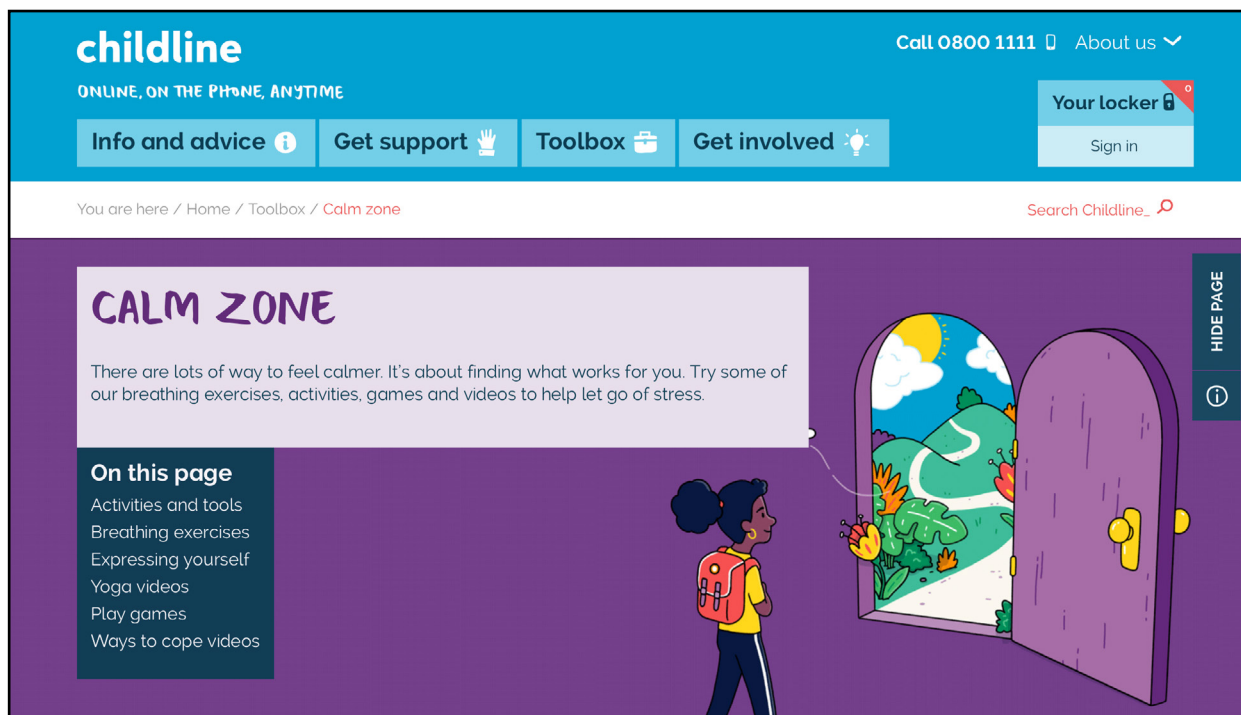
The screenshot shows the BrainPOP website interface. At the top, there is a teal header with the BrainPOP logo on the left and a search bar labeled "Search BrainPOP" on the right. Below the header is an orange navigation bar with a heart icon, a plus icon, and the text "Coronavirus". The main content area is divided into two sections. On the left is a large video player showing an animation of a robot character in a kitchen. Below the video player is a progress bar and a play button icon. On the right is a grid of interactive activity buttons, each with an icon and a label: "Movie" (clapperboard icon), "Quiz" (letter Q icon), "Challenge" (mountain icon), "Make-a-Map" (network icon), "Make-a-Movie" (video camera icon), "Creative Coding" (code icon), "Related Reading" (books icon), "Worksheet" (document icon), "Graphic Organizer" (chart icon), "Vocabulary" (A-Z icon), and "Games" (game controller icon). The "Creative Coding" button has a lock icon, indicating it may be a premium feature.

childline

ONLINE, ON THE PHONE, ANYTIME

[Worries About the World](#) is a page on the Childline [website](#) which can help if you're feeling anxious about coronavirus.

Childline also has a [Calm Zone](#) which is a tool box page that offers lots of ways to feel calmer. It's about finding what works for you. They feature breathing exercises, activities, games and videos to help let go of stress.



The screenshot shows the Childline website interface. At the top, the 'childline' logo is on the left, and 'Call 0800 1111' and 'About us' are on the right. Below the logo is the tagline 'ONLINE, ON THE PHONE, ANYTIME'. A navigation bar contains four buttons: 'Info and advice', 'Get support', 'Toolbox', and 'Get involved'. On the right, there is a 'Your Locker' section with a 'Sign in' button. Below the navigation bar, a breadcrumb trail reads 'You are here / Home / Toolbox / Calm zone'. A search bar is labeled 'Search Childline_'. The main content area has a purple background. On the left, a white box titled 'CALM ZONE' contains the text: 'There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.' Below this, a dark blue box titled 'On this page' lists: 'Activities and tools', 'Breathing exercises', 'Expressing yourself', 'Yoga videos', 'Play games', and 'Ways to cope videos'. On the right, there is an illustration of a girl with a backpack looking at a large purple door that is slightly ajar, revealing a bright, sunny landscape with a path and flowers. A vertical button on the far right is labeled 'HIDE PAGE'.



[Save the Children](#) has lots of information about COVID-19 and ways of keeping yourself safe during this time. It has tips on how to talk about the virus as well as ways of coping with school closures.



Save the Children



DONATE

7 SIMPLE TIPS ON HOW TO TALK TO KIDS ABOUT THE CORONAVIRUS

1. Be calm, honest, and informed.
2. Tailor your approach based on your child—think about whether more information makes them more or less anxious.
3. Share facts simply and calmly—kids take their cue from you.
4. Ask your child what they know, answer their questions and address any misinformation.
5. Validate their feelings, while reassuring them- “I understand this can be scary. The risk is still low, and we’re well prepared.”
6. Remind them of what’s in their power—washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.
7. Model good hygiene, and try to make it fun! Think of or create a favorite song to sing while scrubbing hands for at least 20 seconds.



**Protect Yourself
Wash Your Hands**

Before feeding or breastfeeding your child

After touching animals or animal waste

Before, during and after cooking or handling food

After contact with patient

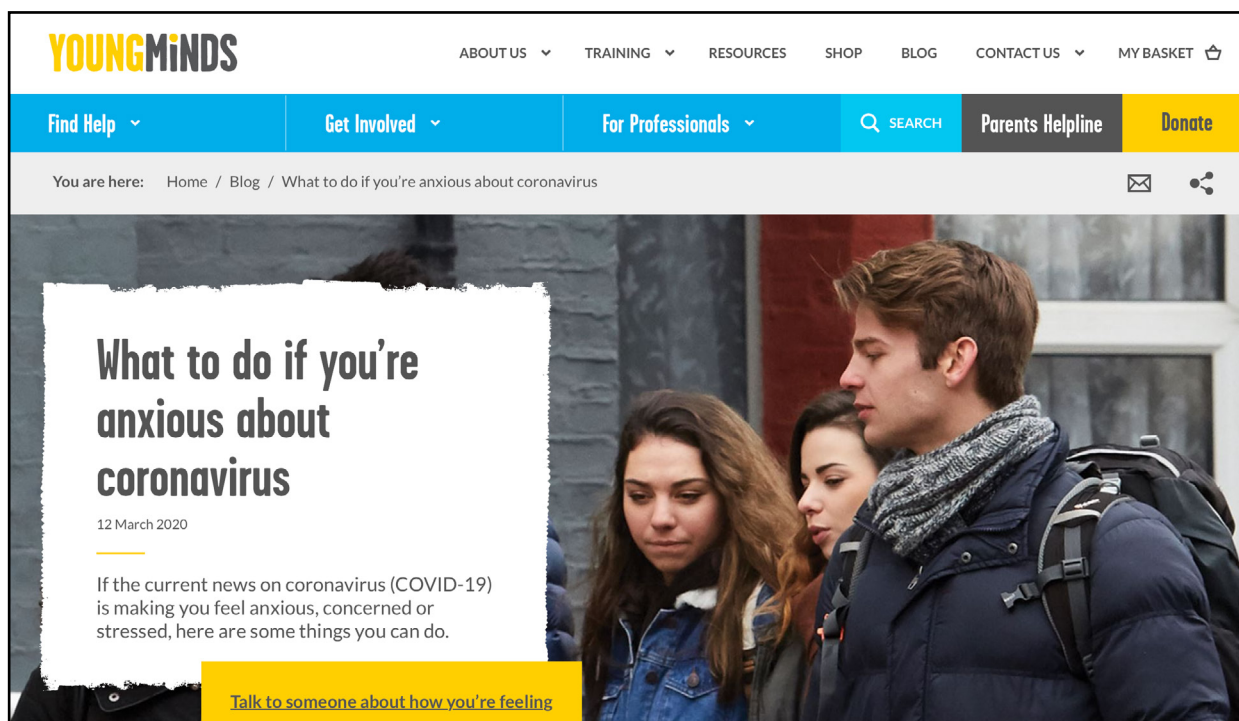
Before eating

After using the toilet

Save the Children

YOUNGmiNDS

Feeling concerned or overwhelmed by the news is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, the health of someone in your family, or what impact the virus will have on your life. [Young Minds](#) have some steps easy to use steps for you to take if you are feeling anxious.



The screenshot shows the Young Minds website interface. At the top is the Young Minds logo and a navigation bar with links: ABOUT US, TRAINING, RESOURCES, SHOP, BLOG, CONTACT US, and MY BASKET. Below this is a secondary navigation bar with buttons: Find Help, Get Involved, For Professionals, a search bar, Parents Helpline, and a Donate button. A breadcrumb trail indicates the current location: Home / Blog / What to do if you're anxious about coronavirus. The main content area features a large image of three young people looking down. Overlaid on the left is a white box with the title 'What to do if you're anxious about coronavirus', the date '12 March 2020', and a short paragraph about coronavirus anxiety. A yellow button at the bottom of the box says 'Talk to someone about how you're feeling'.

YOUNGmiNDS

ABOUT US ▾ TRAINING ▾ RESOURCES SHOP BLOG CONTACT US ▾ MY BASKET 🛒

Find Help ▾ Get Involved ▾ For Professionals ▾ 🔍 SEARCH Parents Helpline Donate

You are here: Home / Blog / What to do if you're anxious about coronavirus

What to do if you're anxious about coronavirus

12 March 2020

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.

[Talk to someone about how you're feeling](#)

YAC BOOK

[Yacbook](#) is an online community and resource centre for Young Adult Carers which offers tips and advice on how to be kind to yourself during the lockdown.

