Students may be asking questions about coronavirus, what it is; if they or their loved ones will get sick; and what it means for their lives. Remember that children look to their adults and helpers for concrete information, calm and a partner in managing their own worries and fears.

Helpful talking points include:

- COVID-19 is a new disease that was discovered recently. It is technically a new strain of the coronavirus, which is a broad respiratory illness.
- You may hear students telling jokes about "coronavirus" or even saying that they think they have it. Making jokes about coronavirus is not okay, and if someone does, you can ask for help from a grown-up.
- When someone has coronavirus, it feels like a bad cold or the flu, and most people, grownups and kids, get better from it.
- There haven’t been a lot of kids who have gotten COVID-19.
- For the kids that have gotten coronavirus, it has been like a cold that makes them a little tired, warm and have a cough.
- For people who are much older and have other sicknesses, there have been more cases and they sometimes get sicker.
- If you are worried about being sick, be sure to talk to an adult and they will decide if you have to see a doctor.
- Right now, Minnesota doesn’t have a lot of people with COVID-19. However, you have probably heard from adults or on the news that throughout the entire world many people have gotten sick.
- While this virus can affect anyone, no matter where they are from or what they look like, remember that for most people who get coronavirus, it’s like having a cold or the flu and they feel better in a few days.
- Here is what you can do to be as healthy and strong as possible:
  - Get lots of sleep! Yup, your body gets healthier, stronger and fights sickness when it sleeps.
  - Wash your hands regularly and here’s the important part - wash your hands for at least 20 seconds - that is as long as singing the ABCs SLOWLY. Be sure to wash your hands before you eat, after being outside or in an open place (like the playground, mall or library) and after using the bathroom.
  - Sneeze into your elbow (I am sure you already know this one, just try to remember to do it!)
  - Avoid touching your face - don’t pick your nose, touch your mouth, or rub your eyes.