

# What to Keep in Mind as a Parent During COVID-19

You and your children may feel worried, scared, angry, or sad during the COVID-19 outbreak, and this is normal. Talk to a friend or family member if you are feeling overwhelmed.

Talk and listen to your children to understand how they are feeling and to help them to understand the situation.



1. Take care of yourself

2. Care for your children

3. Stay healthy

4. Keep your family together

5. Keep up family routines, as possible

6. Stay informed and ask for help when you need it



If you or one of your children becomes ill, try to keep your family together. If possible, isolate at home, in a separate room.

Children will always be better protected in a family setting. Do everything you can to keep your children with you whenever safe to do so.

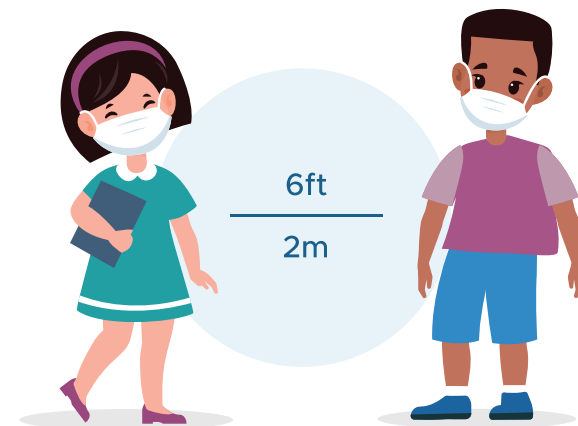
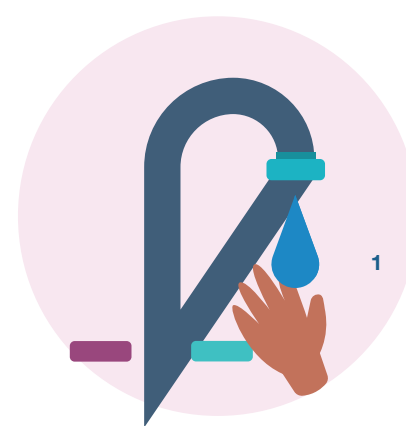


If you must enter a healthcare facility, ensure that your children will be cared for by a family member or trusted neighbor.

If your child must enter a healthcare facility, request to be admitted with them and arrange alternative care for any other children.



**COVID-19 spreads through droplets containing the virus.** These can move between people who are in close contact, usually entering via the nose, mouth or eyes.



**Wash your hands** regularly with soap and water. In busy or crowded places, **wear a mask or face covering** over your nose and mouth and **keep a safe distance** from other people to help stop the spread of COVID-19.

## Information is power

Make sure you know the local health services available and support options, such as child helplines, should you or your children need support. Remain up to date on changes in the resources available in your community, such as the operating hours for community spaces and changes in scheduled services and distributions.