**Self Care & Support**

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

Please view the below resources for guidance on talking with your children and providing support. You may also contact your school social worker for resources and support. [Click here](#) for the MCCSC Social Workers.

How to talk to your kids about the coronavirus [click here to view info from the CDC](#) and [click here to view info from Psychology Today](#).

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**Novel Coronavirus COVID-19 Resources**

- [Indiana State Department of Health Coronavirus Information](#)
- [CDC (Center for Disease Control) FAQs for 2019 Coronavirus](#)
- [Cases in the US (map)](#)
- [World Health Organization (WHO)](#)
- [WHO Frequently Asked Questions about Novel Coronavirus](#)

**Additional Medical Resources**

- [Seasonal Flu vs. Pandemic Flu](#)
- [How Sick is Too Sick?](#)

**Resources For Children's Health and Health Education**

- [Handwashing videos from the CDC](#)
- [Handwashing reminder posters](#)
- [Kids Health](#) (from the Nonprofit Children's Health System)
- [Academy of American Pediatrics Healthy Children website](#)
- [Mental Health Considerations](#)