

WHAT QUESTIONS CHILDREN COULD ASK ABOUT THE VIRUS



AND HOW TO ANSWER
THEM



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«What is coronavirus?»

Viruses are tiny particles that can cause sickness if they enter a person's body. They can only be seen under a microscope.

There are lots of viruses in the world, and the new coronavirus is one of them.

Scientists discovered it when they tried to understand why more and more people were getting sick



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«How will I know if I get sick?»

Some people develop a high fever and a cough, some others may only feel a little unwell and tired, and still others develop a severe cough making it hard for them to breathe. Most children recover quickly and easily from the virus if they get it, but be sure to tell your parents if you feel sick!



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«Why is everyone talking about it and why are people so scared?»

It is spreading very fast around the world, it is completely new, and there is no medicine or vaccine against it yet



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«Why is it so contagious?»

When a person sneezes or coughs, they spray tiny droplets which may contain the virus.

For a healthy person to get sick, it is enough first to touch a surface where such droplets have landed and then to touch their eyes, nose or mouth. We touch lots of surfaces during a day, so it is important to avoid touching your face and to wash your hands thoroughly, as often as possible



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«How to avoid getting sick?»

- remember to wash your hands with soap and water for at least 20 seconds before meals, after using the toilet, after coming home from the outside and after playing with your pet
- sneeze and cough into the crook of your elbow or, even better, into a tissue and discard it immediately after use
- try to avoid touching your eyes, nose, or mouth with your hands
- stay at least one meter away from people who are sneezing or coughing
- for a while, avoid meeting up with friends to go for a walk or to a movie, and stay home as much as possible



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«Why do people wear masks?
Do I have to wear one too?»

People need to wear face masks if they are already sick and go to a public place like the subway or a store. People who are sick must wear masks to keep the virus from spreading around when they sneeze or cough. Masks are also worn by people such as doctors or family members who spend a lot of time around a sick person in the same room, for example caring for them in hospital. You do not need to wear a mask – it is more important to wash your hands thoroughly, to avoid touching your face, and to sneeze/cough properly



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«Can people die from the coronavirus?»

Most people who get sick with the coronavirus will recover. But in some patients, such as older people and those who already have problems with their immunity, the coronavirus can cause severe disease. Their health may be at risk unless they are promptly hospitalized and given intensive treatment.

Remember that doctors are doing all they can to help their patients get well and to stop the spread of the virus.



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«Does this mean that my Grandma and Grandpa will die?»

Not if we all take the necessary precautions. Indeed, older people can be hit harder by the coronavirus and it can take them longer to recover due to other health problems. Perhaps we will need to stop visiting your grandparents for a while. To keep them from getting sick, we should all stay home, if possible, and wash our hands well and often!



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WHAT QUESTIONS CHILDREN COULD ASK ABOUT THE VIRUS

«Will I never be able to go outside again?»

Don't worry, it's only temporary. Classes will continue, but from home. Schools have been closed, and many people have been asked to work remotely and to stay home for a while to slow down the spread of the virus.

This will give doctors time to identify and treat all those who already have the coronavirus, and to help patients with other diseases



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