

CORONAVIRUS: HOW TO DEAL WITH IT

Suggestions for managing fear in children and adults

FOR EVERYONE:

- Choose two moments a day to check the news. A long exposure to the amount of news that you can find on the internet, radio and TV keeps our warning and fear system constantly activated.
- Information is important. Prefer official sources of information: WHO, ECDC, local institutions.
- Follow the best hygiene practices indicated by your country's institutions and health system.
- You might feel fear or agitation: it is a normal reaction. We know that talking about your emotions can help feeling better.
- When possible, keep following your usual routine, respecting the rules indicated by your community.
- Keep a regular sleeping pattern as much as possible.
- Remember that a positive attitude helps yourself and the community.
- Sometimes, you might experience difficulties in concentrating and making decisions; this is also a normal consequence of stress.
- Get in touch with people that make you feel good: this helps clearing your mind and calming your fear.

WITH CHILDREN:

- Tell the truth with simple words.
- Use suitable images and information. Dedicate one moment a day to look at information together in order to make its content reassuring and easy to understand.
- Make children feel loved and safe and give them attention.
- Let children keep positive habits like playing.
- Tell children that many prepared experts (doctors, nurses, the police) are constantly working to re-establish a safe environment and to help people that are ill. Highlight the positive aspects of the intervention.