If your child starts fidgeting when you talk about coronavirus, if he/she seems worried or anxious, this leaflet can bring him/her help and support.

*Note:* please refer to professional child psychiatrists if you need more specific advice. Contact them especially if you feel that home isolation increases your child’s troubles or disorder.
CORONAVIRUS
explained by a child psychiatrist

What is it?

Coronavirus is a germ, a virus.

Here's what it looks like
But only smaller
And even smaller!

So small that you couldn't even see it with huge spectacles
CORONAVIRUS
explained by a child psychiatrist

What is it?

Even your doctor can’t see it, but he/she knows it well!

Coronavirus typically makes you cough and gives you fever.

It makes you sick. Well, mostly adults, more seldom kids.

And sometimes, older people can get very sick.
CORONAVIRUS
explained by a child psychiatrist

What is it?

You are a young person, so don’t worry, you can’t get very sick with coronavirus.

But you might have it in you and pass it on to others.
**Coronavirus**
explained by a child psychiatrist

**What is it?**

It likes to sit on saliva and on sick people's hands.

It can jump from one person to another through saliva or move from hand to hand.
CORONAVIRUS explained by a child psychiatrist

What is it?

It moves very fast and likes to jump onto people who are not sick.
If you are sick, you must protect yourself to prevent the virus from being passed onto others.

You mustn’t come close to other people and you mustn’t touch people around you.
You must wash your hands regularly to remove coronavirus. Wash each finger of both hands, wash all the way up to the wrists. Wash your hands for a long time. You may sing while you are doing that; coronavirus hates singing. You can also use a hand sanitizer.
You are not sick.

That’s why you are kept at home with your family (mum, dad, your brother, your sister…). It is a protection.

If you go outside, you must stay with your mum / dad. You mustn’t get close to a person outside your
You cannot pay a visit to your granpa or granma. You can’t visit your aunt or uncle either.

Neither can you visit your school friends, or your friends from the day hospital.

They, too, have to stay at home.
How do you like coronavirus?

On TV, they talk a lot about coronavirus. How does it make you feel?

Your family talk about coronavirus a lot. How does it make you feel?
If you really don’t like all that talk about coronavirus, mum and dad are going to be more careful. They will talk about other subjects and will not watch coronavirus programs on TV when you are around.

Why is coronavirus red?

But you may still ask questions about coronavirus if you like.
CORONAVIRUS
explained by a child psychiatrist

HOME ISOLATION

«I want to go outside»

It is difficult to stay home all the time. You are going to do just like you do at school or at the day hospital. Only at home.

You can play somewhere in the main room, or in your bedroom. Play with one or two games/toys that your mum/dad will give you. Make sure all other games are put away so you can play properly. You can play, let’s say, for 10 minutes every hour.

In the main room, you can read a book with mum/dad, or another ember of your family.
If you are over 3 years old, you may watch the YouTube channel or play on a smartphone or tablet. Maybe a bit more than usual. But not too often. Just like other games.

All kids may watch TV not all the time, but from time to time. Especially when all the family becomes restless.

And sometimes you will be allowed to go outside to stretch your legs.
CORONAVIRUS
explained by a child psychiatrist

GOING BACK TO NORMAL

«Hey mummy, it’s been such a long time now. When is it all going to end?»
When coronavirus has lost the battle

In a few weeks...
You will be able to go back to school, to your day hospital, or to the clinic — everywhere you normally go.

You will catch up with all your friends and all the people that you miss.
CORONAVIRUS
explained by a child psychiatrist

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