



March 2020

Dear Parents,

As we continue to navigate this Coronavirus together, the ADW has asked that we share some resources sent out by our local school district. I thought some of these resources might be helpful in giving guidance as you talk with your children. As you know, there is a lot of information in the news, the newspapers and on social media. It can be overwhelming and some of it unreliable. You know your children best. Monitor what they are viewing and reading. I think the most sage advice is to give honest, age appropriate information and focus on what we can do to protect ourselves and our community.

How to Talk To Your Children About Coronavirus

<https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

The CDC and local health officials continue to share the following best practices as important steps to prevent the spread of this virus:

- Avoid interaction with people who are sick/ill.
- **If you are sick, please stay at home.**
- Do not travel if you are sick/ill.
- Wash your hands often with soap and water.
- Use an alcohol-based sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.

Individuals who believe they are at risk or have been exposed to the coronavirus are encouraged to contact their personal healthcare provider. Unless you recently traveled to a country on the CDC list, there is no need for you to self-quarantine. You may also call the Montgomery County Department of Disease Control and Epidemiology at 240-777-1755 or the Maryland Department of Health Infectious Disease Bureau at 410-767-6700. If you are not able to be seen by your primary care doctor, you are encouraged to contact an urgent care facility or your local emergency room. Visit <https://www.montgomerycountymd.gov/HHS/RightNav/Coronavirus.html> for additional guidance

I hope this information is helpful.

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