

Talking to Kids About the Coronavirus

News of the coronavirus COVID-19 is everywhere, from the front page of the papers, to your televisions, and to the playground. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be.

Attached is some advice from the experts at the Child Mind Institute and you will find a link to resources on their website, [Talking to Kids About the Coronavirus](#)

This video [How to Talk to Kids About the Coronavirus](#) is also on the website, is excellent and delivered in a calm, reassuring manner.

Many of you may not be raising kids now, but have grandchildren or friends with children who would benefit from this information. Please share it with them.

Remember, UnitedHealthcare offers a wide range of support to help you stay up to date with, and cope with COVID-19 as part of the City's EAP, **Live and Work Well**. Any employee, even if not covered by the City health plan, can access **Live and Work Well**. Simply click on [Live and Work Well Website](#) and register as a guest at the bottom of the screen, using the **access code Tampa**.

Live and Work Well has a toll-free emotional support help line at [\(866\) 342-6892](#) that is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

All COVID-19 (Coronavirus) Alerts from HR can be found on INet main page, and on the internet at [Employees Guide](#).

Visit the City of [Tampa Corona Disease \(COVID\) Information Website](#) for details, frequently asked questions, and information on resources.

Other Things You Need to Know

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Practice social distancing

Keeping away from persons as much as possible can protect you and others. Try to keep a distance of 6 feet from those you are interacting with and avoid handshakes and other touching.

If you have symptoms?

Contact your primary care physician or the patient access center for the City Wellness Centers immediately. Your physician will advise you on next steps, including whether you need to be tested. Avoid going directly to your physician so that other persons are not infected.

If you are sick with Corona Virus symptoms, stay home except to get medical care

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or other public areas.
- Avoid public transportation including ride sharing and taxis.
- Stay away from others, even within your own home.

Steps you can take in your home or workplace

- Wash your hands often with soap and water for at least 20 seconds
- If unable to wash hands use hand sanitizers with at least 60% alcohol content
- Sanitize tables and counters at home, workstations on the job, door handles and phones
- Many City worksites have hand-sanitizer stations and access to wipes. Ask your supervisor.

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