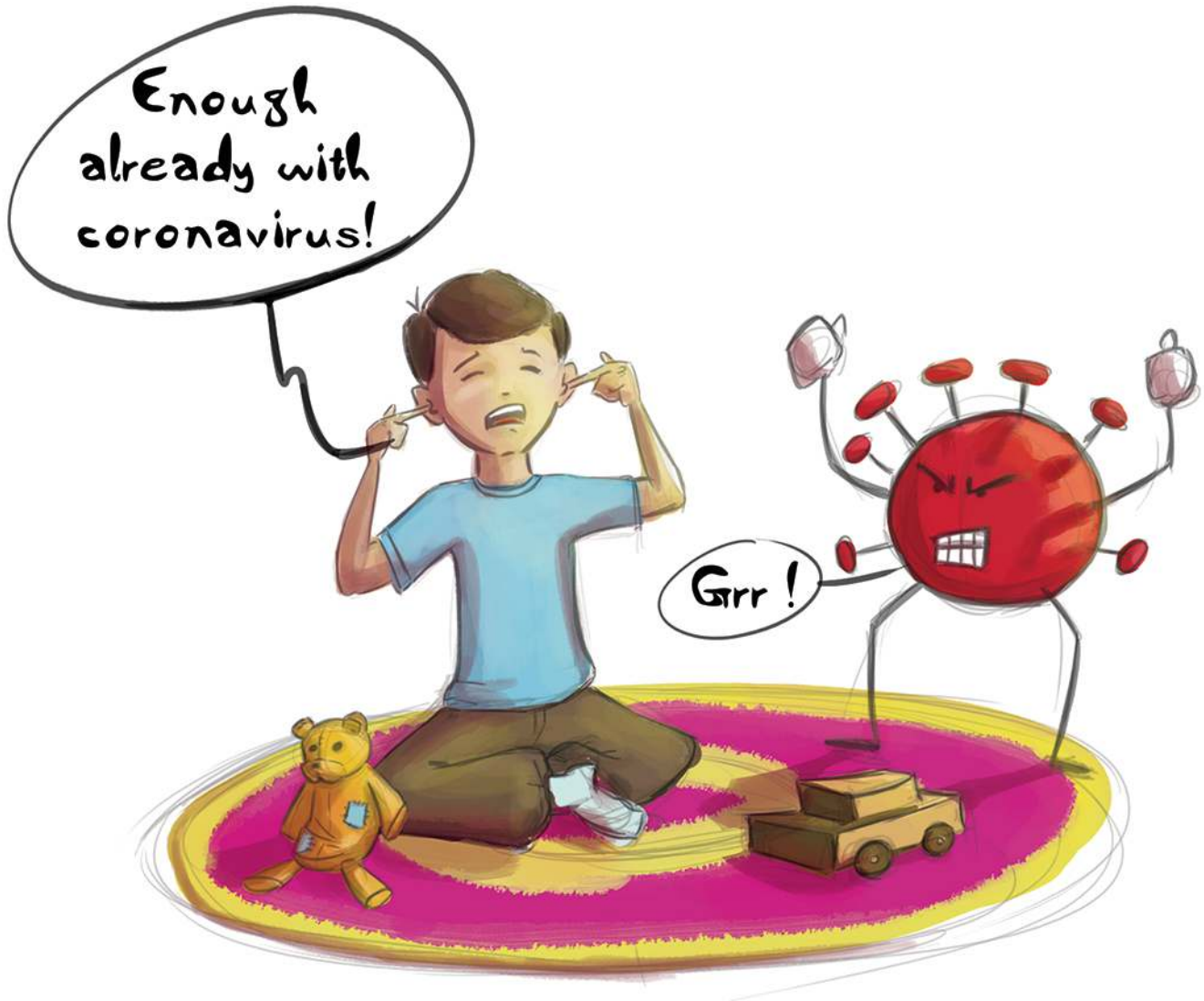


# CORONAVIRUS

explained by a child psychiatrist



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.

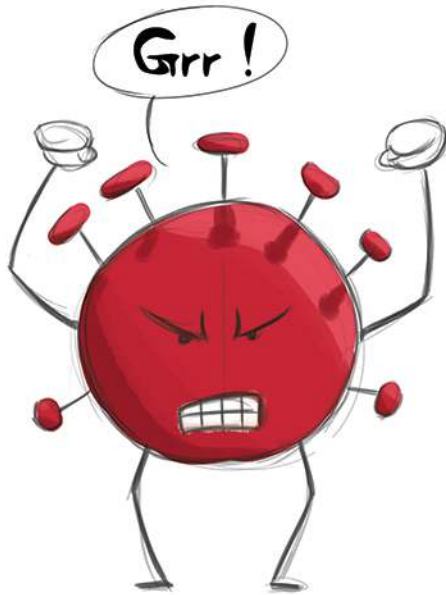
**Note** : please refer to professional child psychiatrists if you need more specific advice. Contact them especially if you feel that home isolation increases your child's troubles or disorder.

# 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 ?



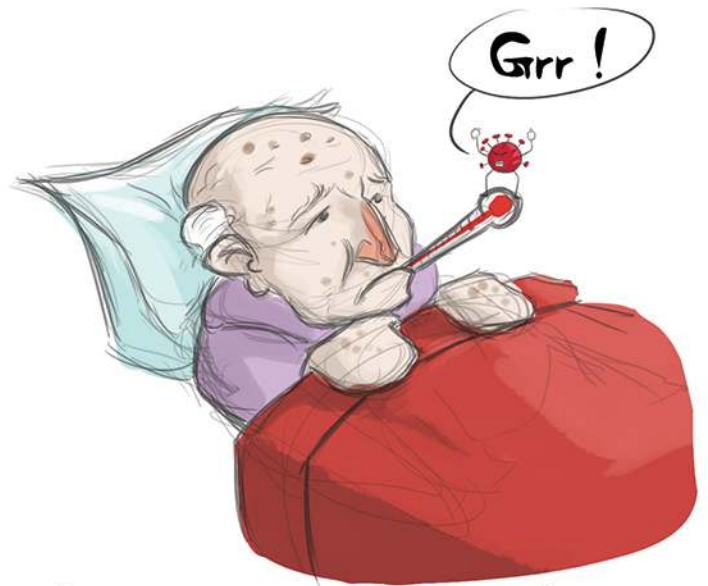
Even your doctor can't see it, but he/she knows it well!



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

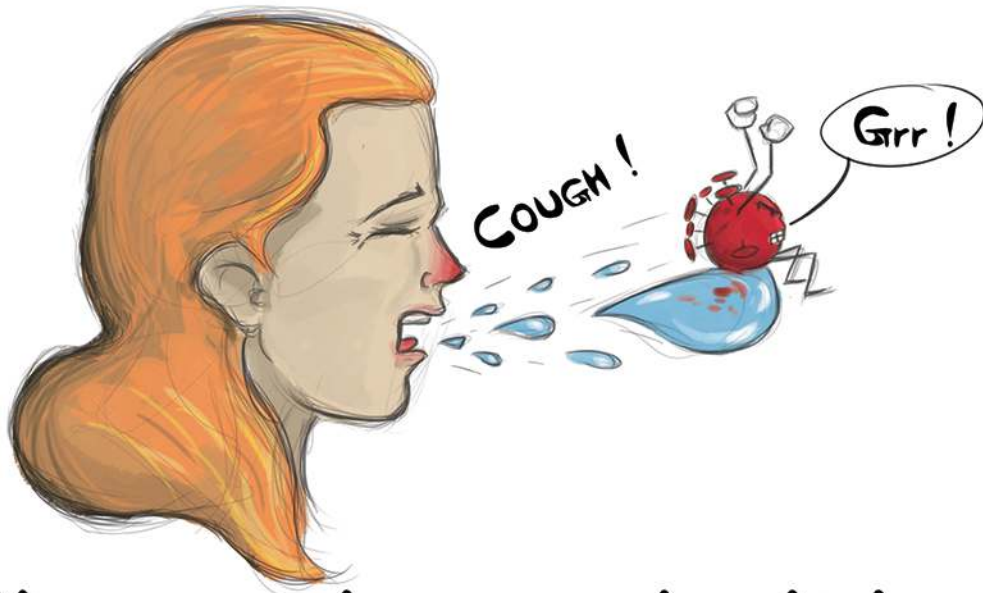


But you might have it in you and pass it on to others

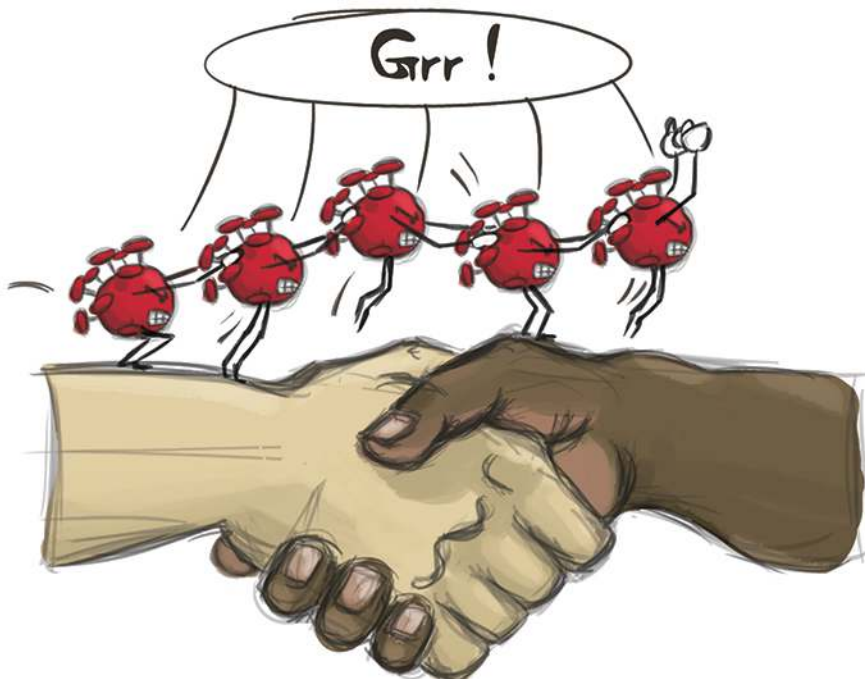
# CORONAVIRUS

explained by a child psychiatrist

## WHAT IS IT ?



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



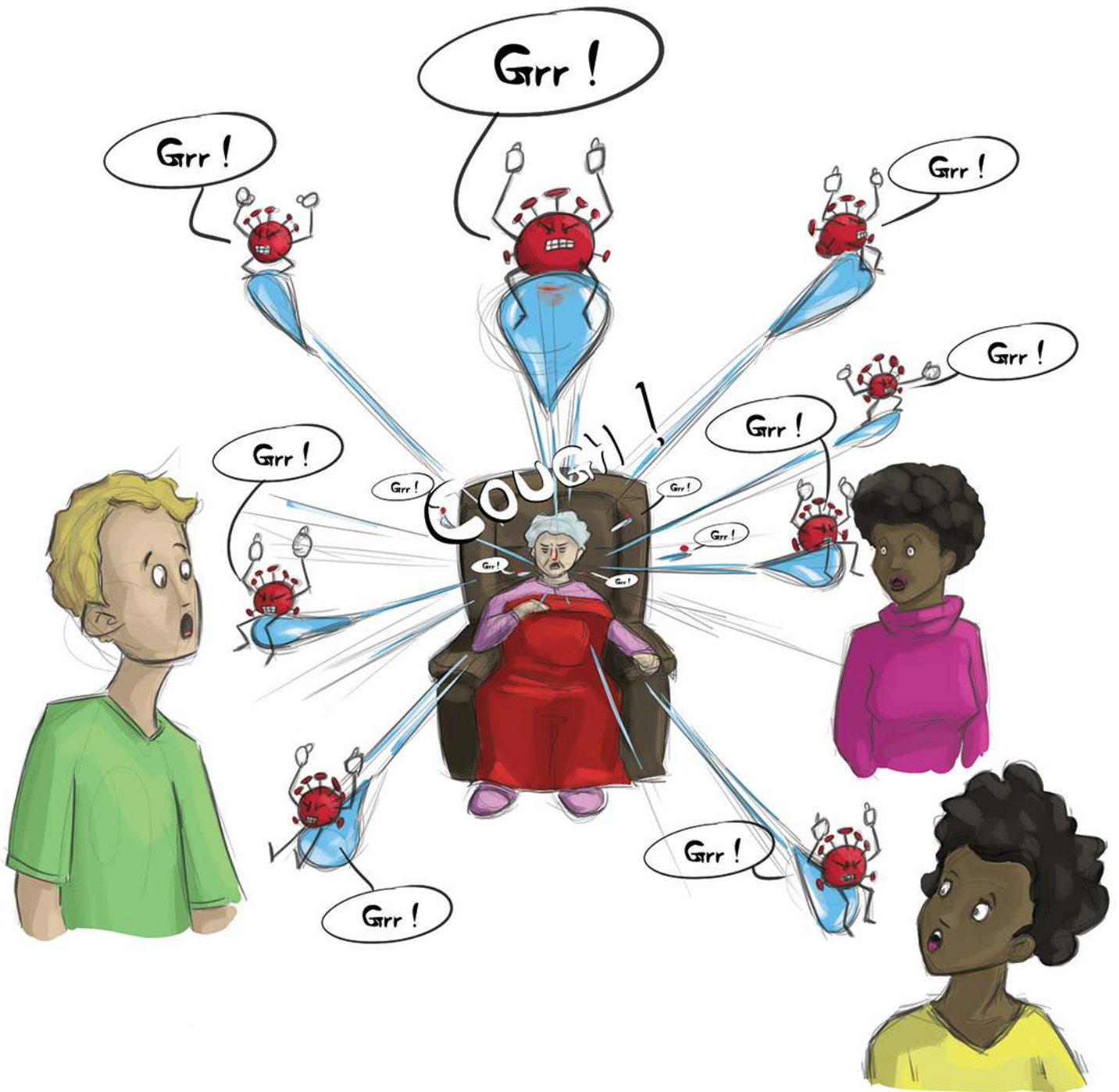
It can jump from one person to another through saliva or move from hand to hand



# CORONAVIRUS

explained by a child psychiatrist

## WHAT IS IT ?



It moves very fast and likes to jump onto people who are not sick

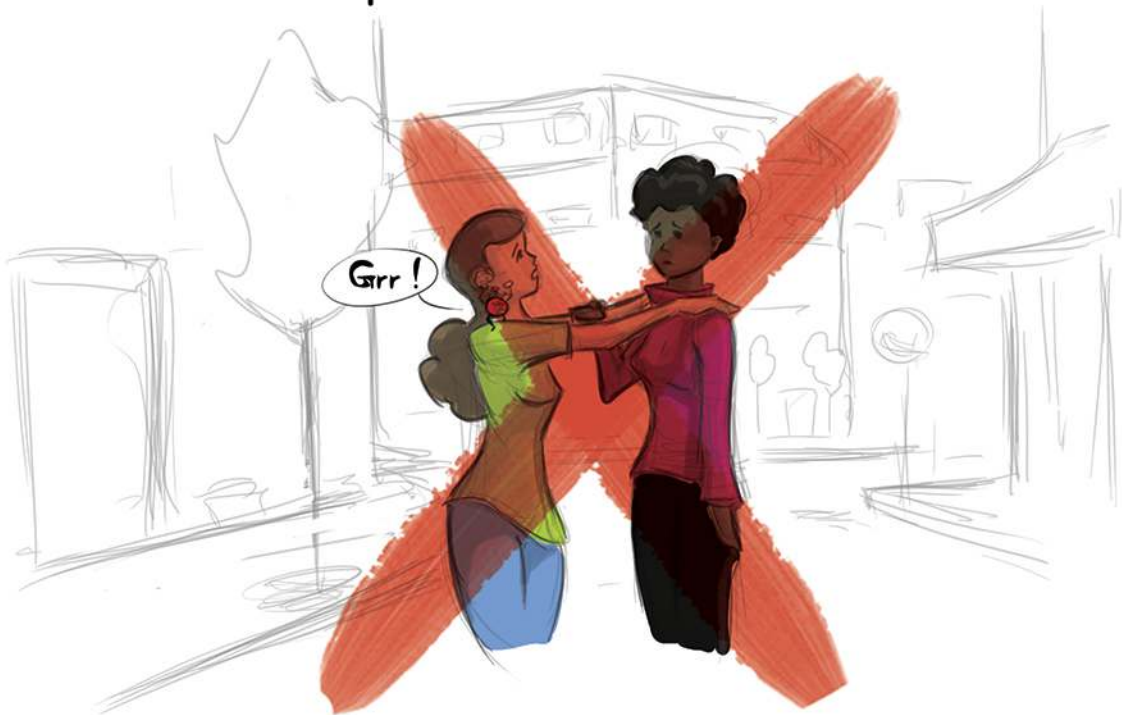
# CORONAVIRUS

explained by a child psychiatrist

## HOW TO PROTECT YOURSELF AND OTHERS



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



# CORONAVIRUS

explained by a child psychiatrist

## HOW TO PROTECT YOURSELF AND OTHERS



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.



# CORONAVIRUS

explained by a child psychiatrist

## HOW TO PROTECT YOURSELF AND OTHERS

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

# CORONAVIRUS

explained by a child psychiatrist

## HOW TO PROTECT YOURSELF AND OTHERS



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.

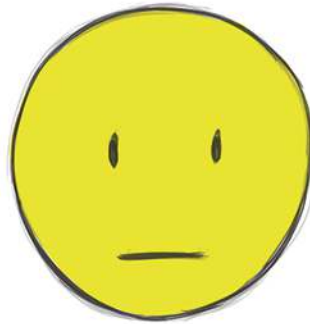
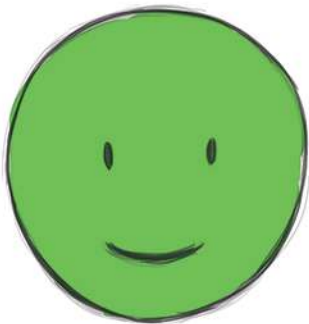
# CORONAVIRUS

explained by a child psychiatrist

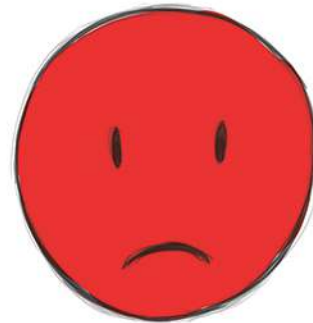
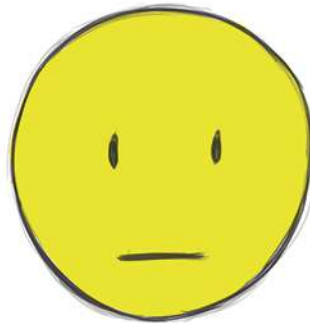
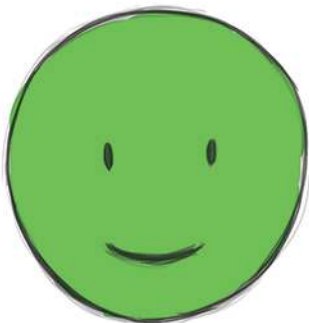
## ASSESSING AND COMFORTING



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?



# CORONAVIRUS

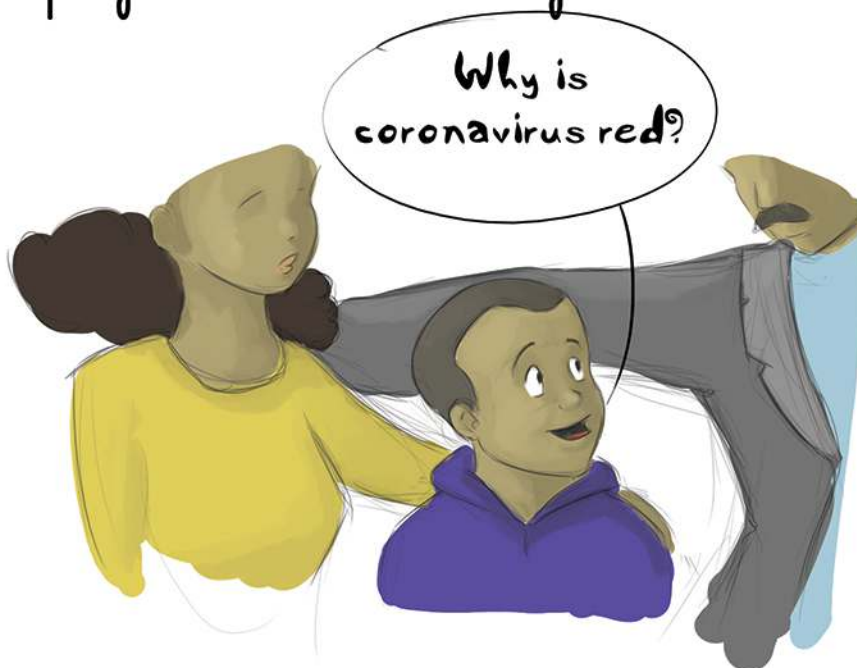
explained by a child psychiatrist

## ASSESSING AND COMFORTING



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.



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 member of your family.



# CORONAVIRUS

explained by a child psychiatrist

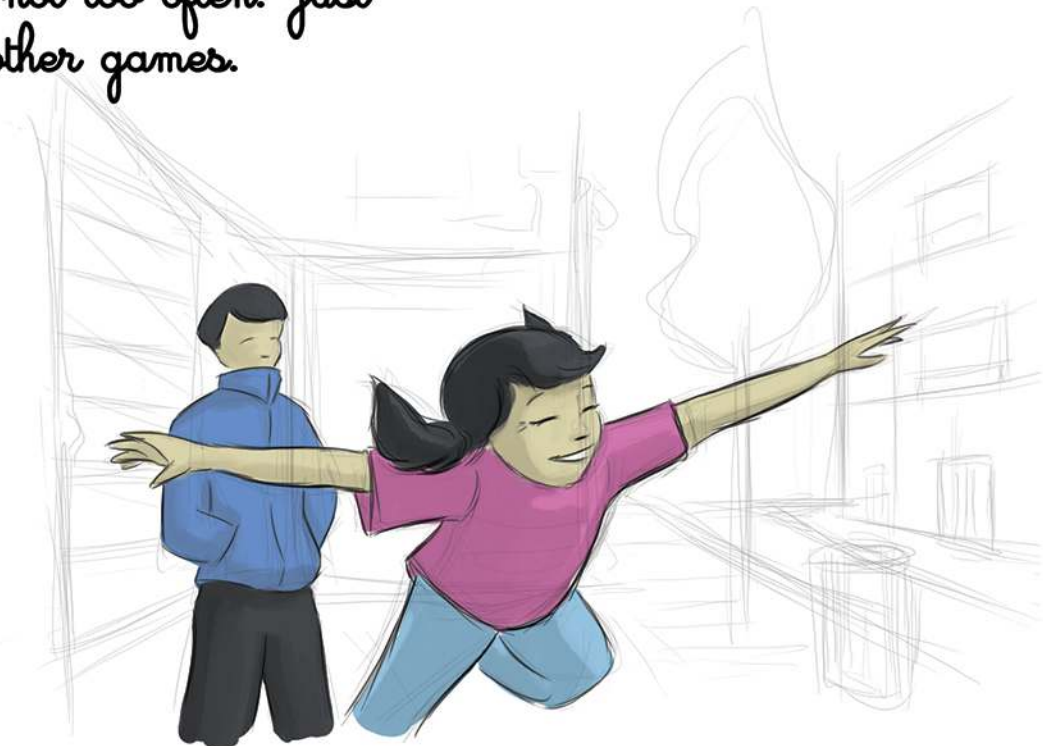
## HOME ISOLATION



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.

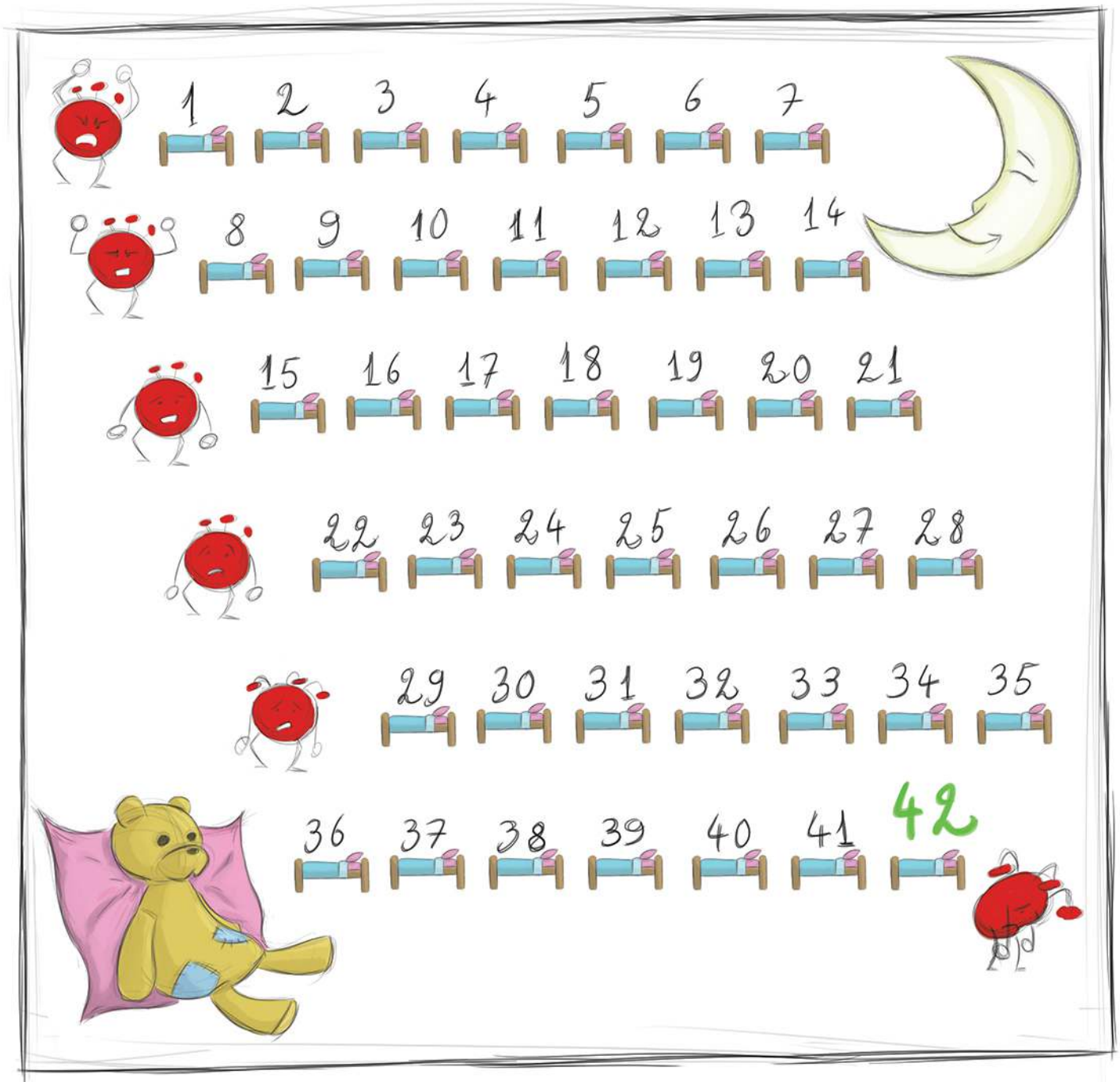


# CORONAVIRUS

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...

# CORONAVIRUS

explained by a child psychiatrist

## GOING BACK TO NORMAL

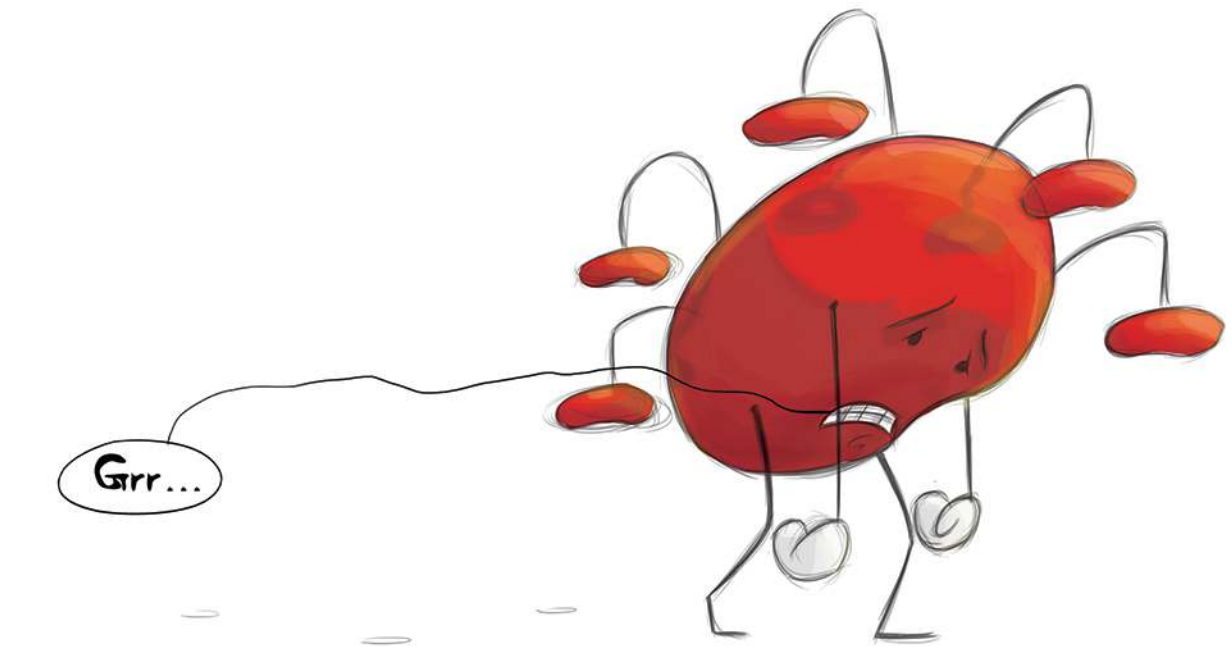
You will be able to go back to school, to your day hospital,  
or to the clinic -everywhere you normally go.



You will catch up with all your friends  
and all the people that you miss.

# CORONAVIRUS

explained by a child psychiatrist



**illustrations : Florian Proust**  
**[proust.flo@gmail.com](mailto:proust.flo@gmail.com)**  
**[facebook.com/legrisbouilloir](https://www.facebook.com/legrisbouilloir)**  
**[instagram.com/legrisbouilloir](https://www.instagram.com/legrisbouilloir)**

**Translation David Le Barzic : [d\\_lebarzic@hotmail.com](mailto:d_lebarzic@hotmail.com)**

