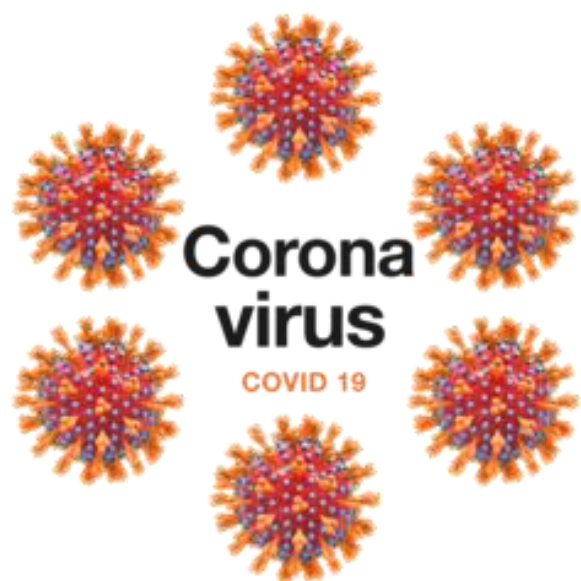


Supporting young people about Covid 19



There is a lot of information in the news about a virus called Covid 19.

It has also been called Coronavirus.

Covid 19 is a new virus, first originating in China.

What is Covid 19 and how does affect people?



Covid 19 is a respiratory virus which means it affects people's breathing and lungs. Like the normal cold and flu bugs we get in the UK, it can spread from person to person by coughing and sneezing or contact with contaminated surfaces or skin.

What are signs people have Covid 19?

- Difficulty breathing
- Fever
- Coughing



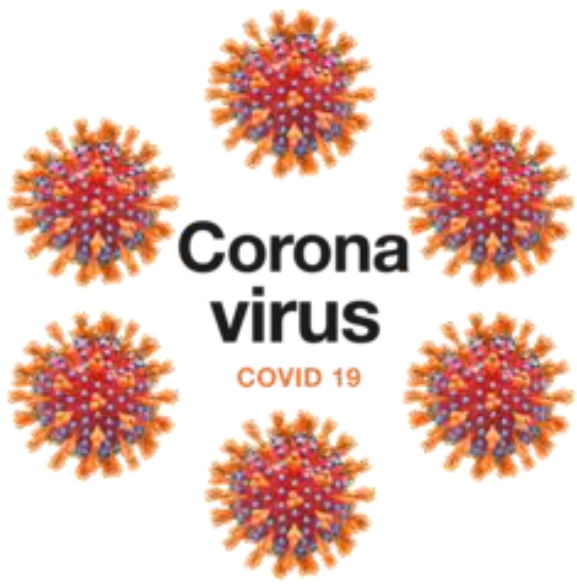
What do you have to do if a young person has concerns or thinks they have Covid 19?



- Encourage them to talk to a staff member they trust
- If they are still worried, encourage them to talk to a member of the clinical / therapy team
- If they show symptoms staff or parents will support them to stay at home
- If they are showing symptoms staff or parents will support them to get medical advice or do that for them
- Inform them that the person they or you speak to via 111 will tell them what they need to do next
- Let them know that the person who gives the medical advice will tell them what they need to do next



What can you do if a young person is upset by the news?



It's important for our young people to know that they are not the only one and it's OK for them to have those feelings.



Sometimes things that happen in the world can make us sad, anxious or confused.

It's important for them to remember that upsetting stories are in the news because they are rare – they don't happen very often.



- Encourage the young person to share their worries: talk to their parents, or their teachers or a staff member
- If they are still worried, talk to a member of the clinical /therapy team
- Reinforce that it's normal to feel upset and that even adults get sad and confused too, so there is nothing wrong with feeling like this
- Re-inforce with them that lots of people both in the setting and across the country are taking action to prevent Covid 19 from spreading
- Re-inforce with them that if they don't feel well or think they have symptoms people will help them and look after them



You can find out more information on Covid 19 and guidance on the UK government website:

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

<https://www.gov.uk/government/publications/guidance-for-social-or-community-care-and-residential-settings-on-covid-19>



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