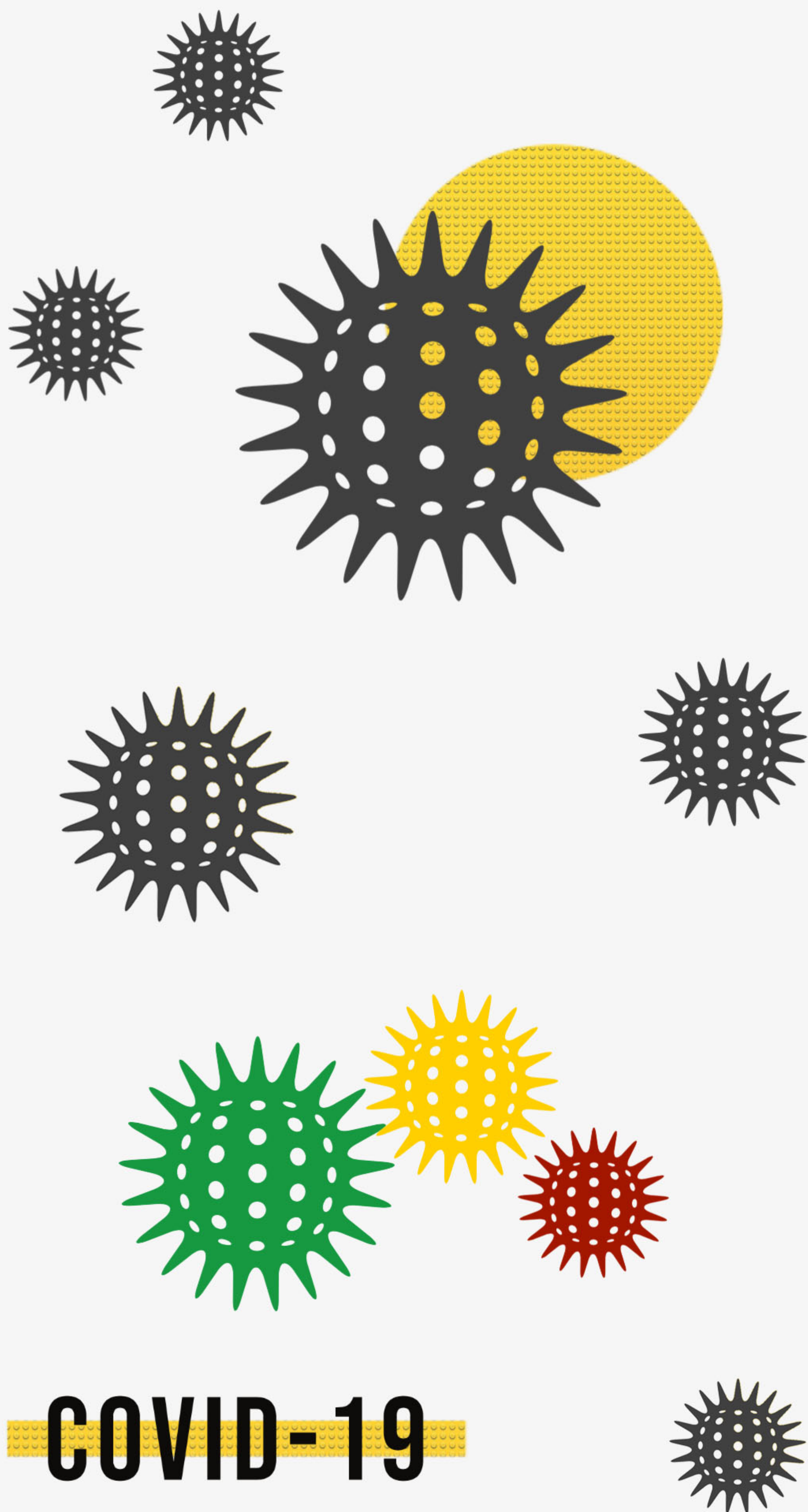


# LET'S TALK ABOUT



COVID-19

## WHAT IS COVID-19?

### A Pandemic.

THIS IS WHEN MANY PEOPLE IN A LARGE AREA BECOME SICK

IT IS USUALLY CAUSED BY A NEW VIRUS

VIRUSES ARE A TYPE OF GERM. THEY'RE VERY TINY, AND WHEN THEY GET INSIDE YOUR BODY, THEY CAN MAKE YOU SICK.

VIRUSES ARE SO SMALL THAT IT TAKES AN ELECTRON MICROSCOPE TO SEE THEM. PEOPLE CAN'T SEE IF A VIRUS IS NEAR THEM.

IT'S HELPFUL TO REMEMBER THAT THE COVID-19 PANDEMIC WILL END. :)

### HOW CAN WE HELP OUR FAMILY?

WE CAN KEEP A BUBBLE AROUND OUR FAMILY



WASH HANDS FREQUENTLY

AVOID TOUCHING YOUR FACE

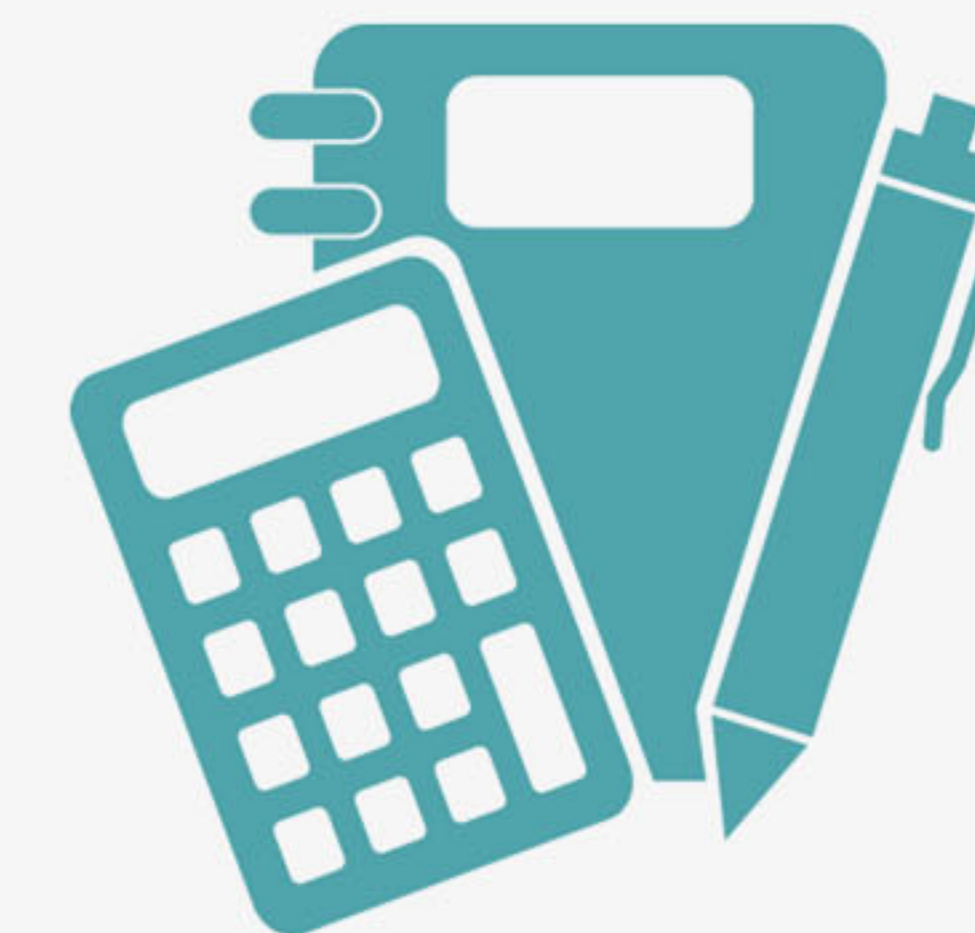
STAY HOME

SOCIAL DISTANCE

## GREAT JOBS FOR KIDS!

AGES

5



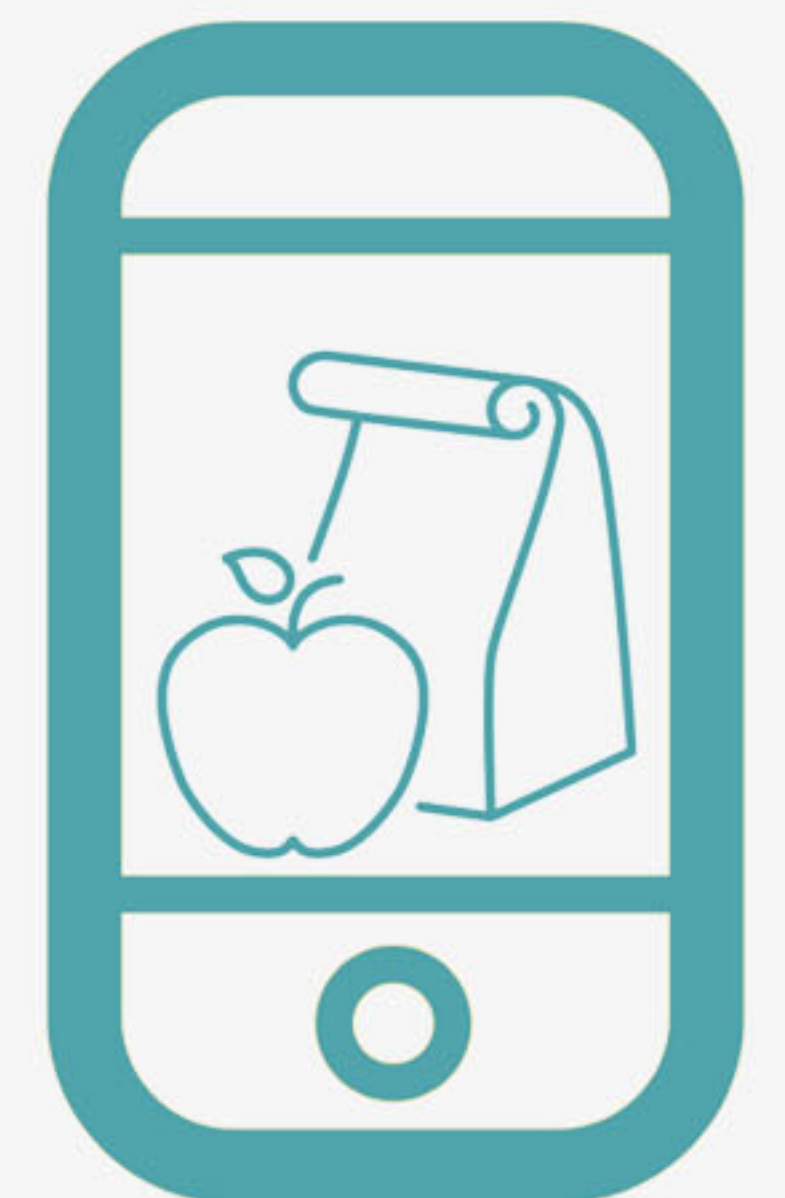
STAY POSITIVE ON HOMEWORK



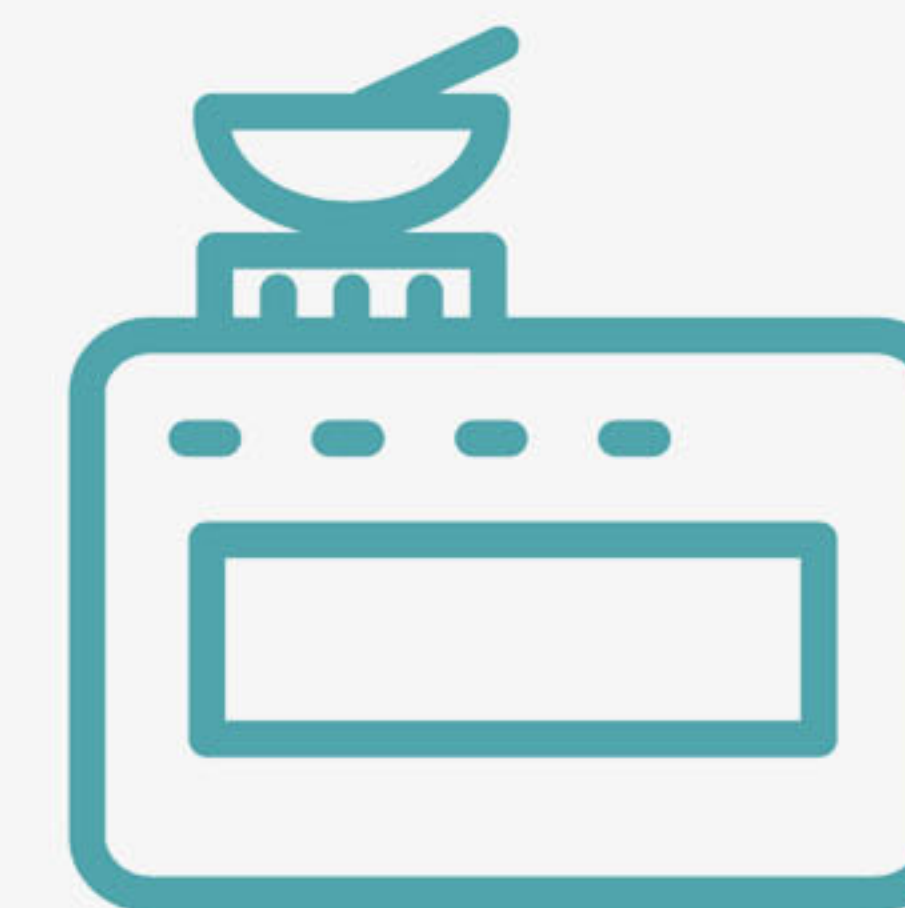
READING



VIDEO CHAT WITH GRANDPARENTS



VIRTUAL LUNCH DATE WITH FRIENDS



HELP WITH COOKING



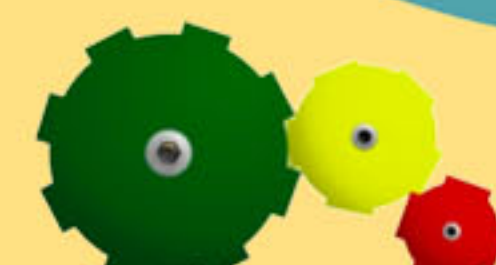
HELP CLEAN THE HOUSE



LEND A HAND IN LAUNDRY



FAMILY WALKS





## SOME TIPS FOR CAREGIVERS

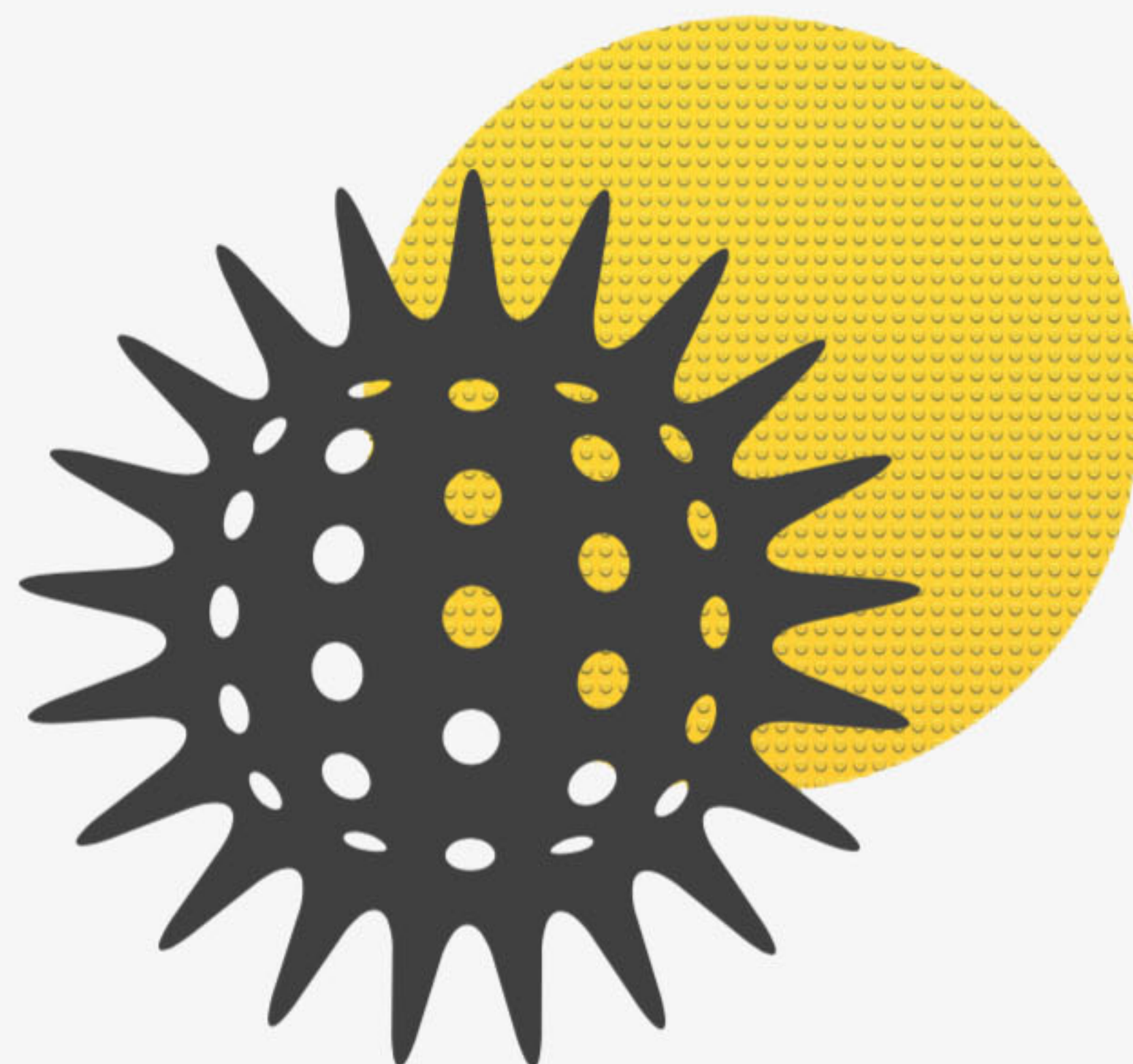
1. FIND OUT WHAT YOUR CHILD ALREADY KNOWS. THIS WILL GIVE YOU A SENSE OF WHAT THEY UNDERSTAND AND FEEL ABOUT THE CURRENT SITUATION. THEN USE THIS OPPORTUNITY TO PROVIDE THEM WITH APPROPRIATE INFORMATION AND CORRECT ANY MISINFORMATION.

2. LIMIT YOUR CHILD'S EXPOSURE TO THE NEWS AS THE NEWS CAN HEIGHTEN THEIR LEVEL OF STRESS AND ANXIETY.

3. USE SIMPLE, CONCRETE LANGUAGE.



4. MONITOR YOUR OWN ANXIETY AND TRY TO USE SOME OF YOUR OWN COPING STRATEGIES TO MANAGE YOUR ANXIETY, SUCH AS TAKING SOME DEEP BREATHS OR GOING OUT FOR A WALK.



## KEEP BUSY AND BEAT BOREDOM

INFORMATION FROM THE  
CANADIAN PSYCHOLOGICAL ASSOCIATION  
[HTTPS://CPA.CA](https://cpa.ca)

SELF-ISOLATION AND PHYSICAL DISTANCING HAVE DRASTICALLY CHANGED THE WAY WE CONDUCT OUR DAILY LIVES. BOREDOM IS A COMMON RESPONSE AS WE ADJUST TO STAYING HOME TO HELP FLATTEN THE CURVE. KEEP BUSY IN ORDER TO STAVE OFF BOREDOM AND POTENTIAL IMPACTS ON YOUR PSYCHOLOGICAL RESPONSE TO COVID-19. HERE ARE SOME IDEAS:



STAY CONNECTED: THERE ARE DIFFERENT ONLINE PLATFORMS FOR GAMES/ENTERTAINMENT TO HELP YOU STAY CONNECTED WITH YOUR LOVED ONES. SOME POPULAR APPLICATIONS ARE SNAPCHAT, TIKTOK, HOUSEPARTY, ZOOM, AND JACKBOX



JUMP ON A VIRAL CHALLENGE: THERE ARE COUNTLESS CHALLENGES ON SOCIAL MEDIA THAT ENCOURAGE PEOPLE TO TRY SOMETHING DIFFERENT AND SHARE IT WITH THE ONLINE COMMUNITY. TRY "DRAW SOMETHING", "UNTIL TOMORROW" OR "SEE A DOG, SEND A DOG".

## RESOURCES

[HTTP://WWW.DRPUREANDASSOCIATES.COM/](http://www.drpureandassociates.com/)  
DR. KIRAN PURE AND ASSOCIATES LTD, PROVIDE A RANGE OF PSYCHOLOGICAL SERVICES TO CHILDREN, ADOLESCENTS, AND FAMILIES. DR. PURE AND ASSOCIATES ARE NOW OFFERING TELEPSYCHOLOGY SESSIONS.

[HTTP://UNDERSTOOD.ORG/](http://understood.org/)  
A SITE DEDICATED TO GROWING AND SHAPING A WORLD WHERE EVERYONE WHO LEARNS AND THINKS DIFFERENTLY FEELS SUPPORTED AT HOME, AT SCHOOL, AND AT WORK.

**WOEBOT**  
AN ARTIFICIALLY INTELLIGENT CHATBOT (AND RECENTLY LAUNCHED APP) THAT USES THE PRINCIPLES OF COGNITIVE-BEHAVIORAL THERAPY, OR CBT — ONE OF THE MOST HEAVILY RESEARCHED CLINICAL APPROACHES TO TREATING DEPRESSION.

**ANXIETY CANADA: HOME**  
STRUGGLING WITH ANXIETY DURING THIS TIME OF UNCERTAINTY? YOU'RE NOT ALONE. LEARN FROM OUR EXPERTS ON HOW YOU CAN COPE.

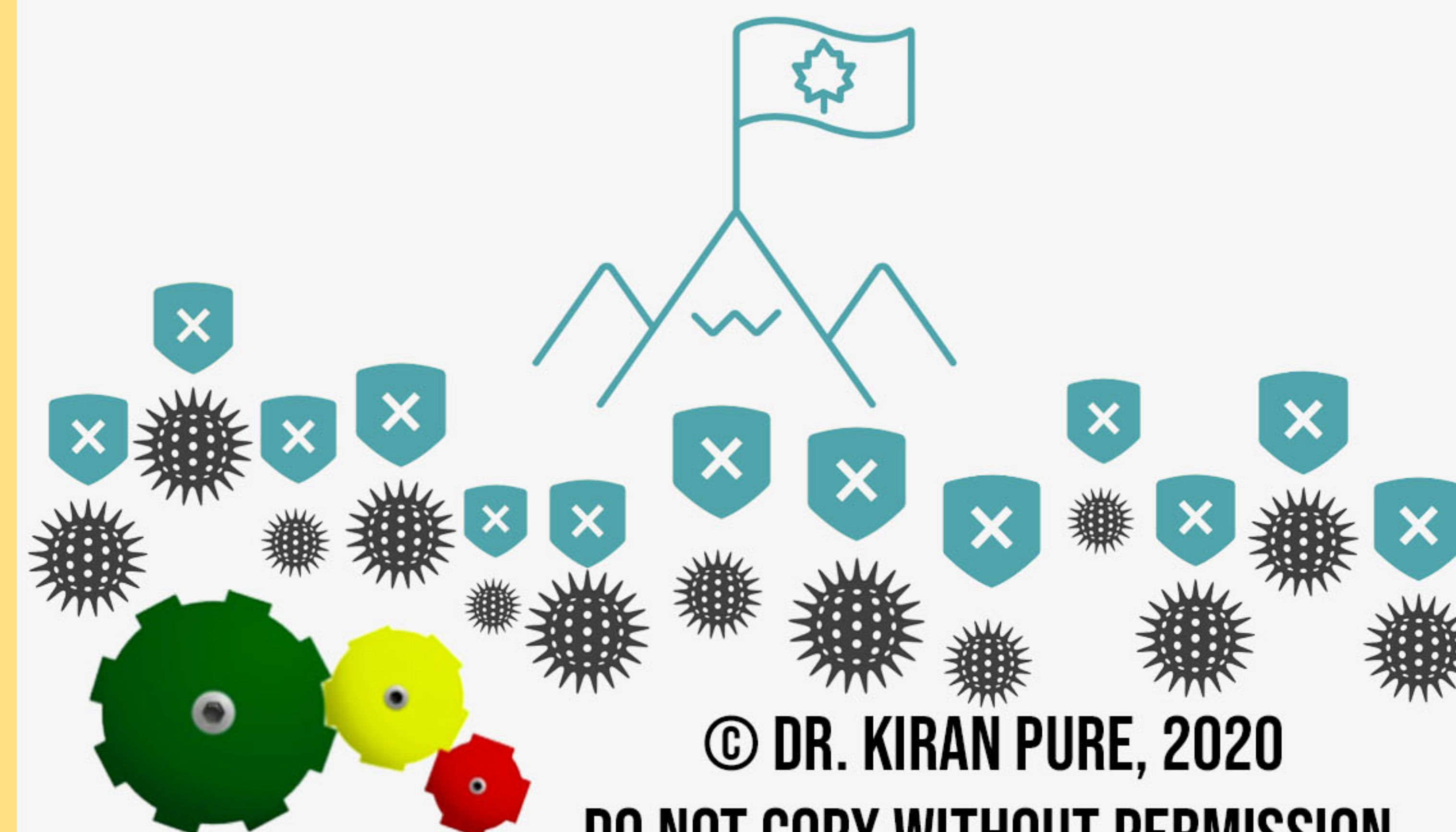
**KIDSHELPPHONE.CA. OR 1.800.668.6868. OR 686868 (TEXT) CONNECT.**  
KIDS HELP PHONE IS CANADA'S ONLY 24/7, NATIONAL SUPPORT SERVICE. WE OFFER PROFESSIONAL COUNSELLING, INFORMATION AND REFERRALS AND VOLUNTEER-LED, TEXT-BASED SUPPORT TO YOUNG PEOPLE IN BOTH ENGLISH AND FRENCH.

**TEXT GOOD2TALKNS OR CALL 1-833-292-3698**  
GOOD2TALK IS HERE FOR POST-SECONDARY STUDENTS IN NOVA SCOTIA DURING THE COVID-19 PANDEMIC. IT'S IMPORTANT TO HAVE THE FACTS ABOUT THE NOVEL CORONAVIRUS FROM TRUSTWORTHY SOURCES.

[HTTP://EMENTALHEALTH.CA/](http://ementalhealth.ca/)  
LOOKING FOR INFORMATION ABOUT MENTAL HEALTH, AND WHERE TO FIND HELP? EMENTALHEALTH.CA PROVIDES ANONYMOUS, CONFIDENTIAL AND TRUSTWORTHY INFORMATION, 24 HOURS A DAY, 365 DAYS A YEAR.

**MOBILE CRISIS - 902.429.8167**  
TELEPHONE CRISIS SUPPORT AND MOBILE RESPONSE SUPPORT

**IWK CENTRAL REFERRAL 1.855.922.1122**  
CENTRAL REFERRAL CAN HELP YOU GET AN APPOINTMENT FOR MENTAL HEALTH AND ADDICTIONS SERVICES.



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