



TALKING WITH EACH OTHER ABOUT COVID-19

Children

Children often hear more than adults think they hear. Being involved in conversations surrounding the COVID-19 virus can cause children to worry about themselves, their family members and their friends. The CDC suggests when talking with children:

- Remain Calm and Reassuring
- Make yourself available to listen and to talk.
- Avoid language that might blame others and lead to stigma.
- Pay attention to what children see or hear on television, social media or radio.
- Provide information that is honest and accurate
- Teach your children everyday actions to reduce the spread of germs.

Taking care of your emotional health

Everyone reacts differently to stressful situations. Some experience stress, grief, worry, panic, or suffer “compassion fatigue”. Think about the following steps from the CDC as a plan to take care of yourself as you care for others:

- Take care of your body
- Connect with others
- Take breaks
- Stay informed
- Avoid too much exposure to news
- Seek help when needed

Compassionate Caring

How we interact with each other, especially during times of uncertainty and stress is important.

Remember as we reach out to each other to:

- Show respect
- Express empathy
- Listen and allow people to express emotions
- Keep the focus on the person who is talking with you.
- Seek out friends and family to share your feelings and thoughts.

Common Signs of Distress

- Feelings of stress, grief, fear, anger
- Difficulty in carrying out daily activities
- Sleep disturbances
- Changes in appetite
- Needing to talk about the events

When to Seek Help

The greatest of sign of our strength is to know when we are in need of help. This is not a stigma or a sign of weakness. We all need people to lean on. Talk with your clergy, your doctor or a counselor.

If you believe that someone is thinking about suicide, please ACT. Call 911 or get the person to the nearest hospital emergency room. National suicide prevention hotline is: 1-800-273-8255.



**Catholic
Charities**
Diocese of Fort Wayne-South Bend