

What to do if I feel scared or nervous about the Coronavirus?

Take deep breaths!

It's normal to be nervous when you hear words like epidemic and outbreak, but stay calm and take deep breaths. There are health experts all over the world working together to keep people safe. It's okay to ask questions and talk to a trusted adult about your concerns.

Fact Check

There's a lot of information flooding the web about the coronavirus which can be very confusing. Try to limit your searches to sites such as LA County Public Health or the LA County Office of Education which will provide reputable information.

Maintain Your Routine and Focus on Staying Healthy

Let the experts do their job and handle this situation. The best thing you can do is maintain your routine, practice safe hygiene and stay connected to friends and family.

