



Recently, there has been a lot of information on the news about the coronavirus or COVID-19.



When we see something all over the news, it can make us feel worried or anxious.

When we feel worried or anxious, it is good to remind ourselves of the basic facts and then use a strategy like taking a break from watching the news.

Here are the basic facts:

- COVID-19 is a type of coronavirus, which is a germ that makes people sick.
- Most people who have gotten sick with this coronavirus just feel like they have a cold. They have gotten better on their own by just staying home and giving their body time to rest!
- Although most people who have COVID19 get better on their own, a small number of people need more help to feel better. They go to the hospital where doctors can take care of them and keep them safe.
- We have heard alot about the coronavirus on the news because COVID-19 is a new virus. That means scientists don't know alot about it yet, so they are studying it to help make a vaccine, just like the flu shot. That will help prevent people from getting sick in the future.
- If you want more facts, this [BrainPOP](#) has good information.

When we feel anxious, it can also help to know what the plan is. Here is the plan:



Our Massachusetts and US leaders are working together to keep everyone safe and healthy.



When people are together in big groups, they can spread germs to one another, so Massachusetts schools like Milestones have closed for a few weeks. This will help stop the virus from spreading by keeping people apart.



A lot of businesses have closed to allow their employees to stay home to stay safe too. The businesses and schools will open again once it is safe and the virus is gone.



Doctors and nurses say that in addition to staying home, here are some things we can all do to stay healthy:

- Wash your hands, especially after using the bathroom, blowing your nose, and before eating.
- Use hand sanitizer.
- Cover your mouth when you cough.
- Give elbow bumps instead of high fives.



Milestones teachers and staff are still here to support students, even when we can't be in school!

- Staff are checking their email if you have questions, concerns, or want to reach out!
- Teachers have posted some things to do on Google Classroom.
- Staff are going to be starting video check-ins for students who want to connect with their classes. Check out the schedule if you want to know when to meet with your group.



It can be difficult to not have a normal school routine where you see staff, teachers, and friends. You can reach out to teachers, staff, and friends through email to connect with them! Here are some things you could say in a message:

- Ask a question like “How are you?”
- Tell them something you did while you were at home.



If you still feel worried, talk to a parent or staff member. Let them know how you are feeling so they can help you come up with some strategies. Talking about things that make us feel anxious or worried can help us feel better.



When our routine is changed, it can feel uncomfortable. We can try our best to be flexible and use strategies until we can go back to our regular routine.