

Corona contagion – information for parents

How does the corona virus spread?

The corona virus spreads through droplet infection. People who are infected with the virus, pass it on by sneezing or coughing on other people. It can also spread by an infected person touching things such as doorknobs, elevator buttons and things on buses, trains, trams and so on.

Why is it important to avoid contagion?

The most important thing we can do is prevent too many people from getting ill at once. If too many people are ill all at once, the health services will not be able to help everyone who needs it.

Why are schools and day-cares closed?

Schools and day-cares are closed in order to avoid too many people occupying small spaces. Large groups gathering in small places increases the risk of contagion.

What can you do to avoid contagion?

- Avoid coughing or sneezing on other people.
 - Keep at least a metre's distance to other people.
 - Cough or sneeze into a tissue and toss it straight away. Then wash your hands.
 - If you don't have a tissue, cough into your elbow.
 - Wash your hands often and thoroughly with soap and lukewarm water, especially when you have been out among other people.
 - If you are unable to wash your hands, you can use hand sanitiser.
 - If your hands are visibly dirty or wet, you should wash them with soap and water.
- Hand sanitiser has a reduced effect on dirty or wet hands.

Can your children spend time with other children?

Children should stay at home as much as possible. They can have one or two friends that they play with in person during this period. They should preferably meet outdoors to play, but avoid playgrounds with lots of children. Any birthday party or other group event should be postponed.

How can you talk to your children about the corona virus?

Many children may be scared and worried about the corona virus. It is important to talk to your children about it to help them feel safe. Save the Children have provided six tips on how to speak to your children about corona. A summary of the advice follows:

1. Use children's language

Present the facts and information in an understandable way to your child, avoiding overwhelming them with too information. Answer any questions or worries your child has.

2. Help your child feel safe

Give your child information that helps them feel as safe as possible, but be honest. Even when being careful to wash your hands, you could still catch the virus. Children must not be made to feel guilty for getting infected, and they must not bully other children who are infected.

3. Be open and honest

There is a lot of uncertainty, information and misinformation out there about the corona virus. Children need to talk to someone who can provide clarity. Be honest about what can happen if someone gets ill.

4. Be mindful of your words in the presence of children

Adults need to be mindful of what they say to each other in the presence of children. It is easy for a child's imagination to run away with them when they don't understand something. This can cause more fear.

5. Give your child hope

Children need to hear what needs to be done to help and to stop the virus. Tell them you and other adults are doing all you can to protect them and take care of them. Thousands of excellent doctors and nurses are helping people who are ill.

6. Talk about what your child can do

Your child can help prevent the virus from spreading by taking care to wash their hands and staying at home as much as possible.

Information on quarantine and isolation in different languages

<https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>