

# COVID-19 CORONAVIRUS

## Children in self-isolation

March 2020

### What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.



### How can you help your child through self-isolation?

If your child has to self-isolate, here are some things that you can do help them.

- Reassure them that they are safe and encourage them to talk about how they feel.
- Tell them they can ask questions, and answer these in plain language appropriate to their age.
- Be understanding – they may have problems sleeping, be upset and need extra care and love.
- Remember that children look to their parents to both feel safe and to know how to respond – reassure them, let them know you will all be fine together.
- Try to keep to normal routines – mealtimes, bedtimes etc. – allow them to get out and play, to go to the park etc.

### Professional help for children self-isolating

If a child's distress is escalating, or they are displaying any worrying behaviours – extreme withdrawal – seek help early. You can call Healthline on 0800 358 5453 or call or text 1737 for mental wellbeing support.

If you require specific mental health or addictions support, you can contact your local DHB.

**Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.  
Visit [www.govt.nz/covid-19-novel-coronavirus](http://www.govt.nz/covid-19-novel-coronavirus) for more information.**