

**CORPORATE UPDATE**  
**Bulletin #10b: COVID-19 Updates**  
March 24, 2020

## **Searching for COVID-19 topics on Skyline**

If you are searching for information related to COVID-19 or information previously shared in these bulletins, please follow these steps to easily find information:

On Skyline, search COVID-19 [keyword]. The bulletin containing information matching that keyword should be first search result.

Examples: COVID-19 social media, or COVID-19 privacy, or COVID-19 day care.

## **Five tips for talking to kids about COVID-19**

We understand this is a stressful time for adults, teens and children. You may have unanswered questions and children may be curious about all the Coronavirus talk. We've developed some helpful tips for talking to kids about COVID-19.

1. **Be truthful.** Telling the truth at the child's level of understanding is important. If your children are young, read appropriate news to them, only telling them what they need to know. Thinking adults are hiding things can cause anxiety in children. Answer their questions honestly.
2. **Be aware of your anxiety and take care of yourself.** Feeling anxious is completely normal, and it is necessary to take care of yourself. In times of anxiety, leave the room and return when you have a chance to calm your

- nerves. Yoga, meditating or going for a walk are all wonderful ways to help your mental health.
3. **Help eliminate misinformation.** Ensuring children and teens are consuming their information from trusted sources is key. Try to encourage breaks in screen time and provide resources that will eliminate rumors passed through social media.
  4. **Maintain a routine.** Although it is difficult, try to maintain a routine with your children. Chat with your friends about ideas and activities. Encourage your children to have a say in their routine and hold them responsible for putting it into practice. This can be fun for them and allows familiarity among the uncertainty.
  5. **Explain why.** Helping children understand the precautions are in place for their safety and the safety of others is important. Let them know the importance of protecting their communities.

For more information, click [here](#).

### **CORRECTION Upper River Valley (Hartland): assessment site now open**

The COVID-19 Community Assessment Centre for Upper River Valley is now open at its new location at the rear of the Hartland Town Hall, located at **31 Orser St.**, by appointment only.

The temporary assessment centre at Tobique Valley Community Health Centre is now closed.