

Autism Spectrum and Developmental Disorders Resource Center

<u>General Information on COVID-19</u>	<u>Reducing Risk of Exposure & Spread</u>
<ul style="list-style-type: none"> • COVID-19 is a respiratory disease • Spread person-to-person and contact with contaminated surfaces or objects • Symptoms: shortness of breath, difficulty breathing, chest pain, cough, fever • Prevention: social distancing and hygiene 	<ul style="list-style-type: none"> • Social distancing- avoid nonessential travel, avoid close contact with others, social gatherings and shared public places. • Wash hands frequently. • If feeling unwell or have COVID-19 symptoms, stay home and distance yourself from others, contact your doctor immediately.
<p><i>Adapted from:</i> https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html</p>	
<p>* Visit the Centers for Disease Control and Prevention website for most recent information on COVID-19</p>	

Tips for the Neurodevelopmental Diverse Community during the COVID-19 Pandemic

If you are caring for a child or family member with neurodevelopmental disorder, it is important to talk with them about coronavirus to ensure they have the information they need, but without unnecessarily frightening them. Expert guidance for talking about frightening events also applies:

1. **Talk with your children before they hear about it elsewhere**, so you can understand what they know and provide facts appropriate to their age and understanding.
2. **Communicate in a way that your child prefers**, such as pictures or stories.
3. **Allow your child to process the information**. That may mean they “play out” or talk about fearful topics, but you can be on hand to reassure them and answer questions.
4. **Communicate with your support system**, including school contacts, caregivers and support groups.
5. **Be on the lookout for changes in routine or other signs of distress**. Your child may need additional supports if they are feeling stressed or anxious.
6. **Be a source for reassurance and positivity** to help your child feel safe through frightening situations.



Adapted from article: <https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak>

Related article: <https://www.autismspeaks.org/expert-opinion/talking-your-child-about-tragedy-six-tips-autism-community>

HELPING CHILDREN COPE

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	<ul style="list-style-type: none"> Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors 	<ul style="list-style-type: none"> Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure
SCHOOL-AGE (ages 6-12)	<ul style="list-style-type: none"> Irritability, whining, aggressive behavior Clinging, nightmares Sleep/appetite disturbance Physical symptoms (headaches, stomachaches) Withdrawal from peers, loss of interest Competition for parents' attention Forgetfulness about chores and new information learned at school 	<ul style="list-style-type: none"> Patience, tolerance, and reassurance Play sessions and staying in touch with friends through telephone and Internet Regular exercise and stretching Engage in educational activities (workbooks, educational games) Participate in structured household chores Set gentle but firm limits Discuss the current outbreak and encourage questions. Include what is being done in the family and community Encourage expression through play and conversation Help family create ideas for enhancing health promotion behaviors and maintaining family routines Limit media exposure, talking about what they have seen/heard including at school Address any stigma or discrimination occurring and clarify misinformation
ADOLESCENT (ages 13-18)	<ul style="list-style-type: none"> Physical symptoms (headaches, rashes, etc.) Sleep/appetite disturbance Agitation or decrease in energy, apathy Ignoring health promotion behaviors Isolating from peers and loved ones Concerns about stigma and injustices Avoiding/cutting school 	<ul style="list-style-type: none"> Patience, tolerance, and reassurance Encourage continuation of routines Encourage discussion of outbreak experience with peers, family (but do not force) Stay in touch with friends through telephone, Internet, video games Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors Limit media exposure, talking about what they have seen/heard including at school Discuss and address stigma, prejudice and potential injustices occurring during outbreak

See full article: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Key Points to Emphasize When Talking About COVID-19 with Your Child or Family Member

- Adults at home and school are taking care of your health and safety.
- If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease.
- There are things you can do to stay health and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



See full article: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Recursos En Español

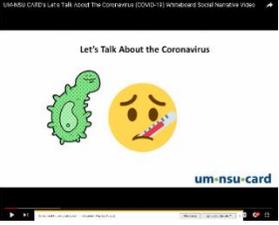
Cómo hablar con los niños sobre el coronavirus

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

Hable con sus hijos sobre el COVID-19 (Coronavirus) Un recurso para padres-Disponible en Espanol

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Visual & Educational Supports

<p>Video on COVID-19</p> 	<p>“UM-NSU CARD's Let's Talk About The Coronavirus (COVID-19) Whiteboard Social Narrative Video”</p> <p>https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be</p>
<p>Social Stories on COVID-19</p> 	<p>“Everyone Gets Sick Sometimes”</p> <p>https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf</p> <p>“What is the Coronavirus?”</p> <p>https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</p> <p>Please contact our center if you would like assistance in obtaining the resources below:</p> <p>https://boardmakeronline.com/Activity/29721290 https://boardmakeronline.com/Activity/29719249</p>
<p>Visual Schedules</p> 	<p>Washing Hands Visual Schedule</p> <p>https://www.thescottcenter.org/advisor/tool-kits/hand-washing-high-prompting</p> <p>Task & Daily Schedules</p> <p>https://www.teacherspayteachers.com/FreeDownload/Daily-and-Weekly-Visual-Schedule-3254709</p> <p>https://www.teacherspayteachers.com/Product/First-Then-Boards-2682650</p> <p>Please contact our center if you would like assistance in obtaining the resources below:</p> <p>https://boardmakeronline.com/Activity/29760820</p>
<p>Educational Resources</p> 	<p>https://www.teacherspayteachers.com/Product/Screen-Free-Lesson-Plans-During-Coronavirus-COVID-19-School-Closures-WEEK-1-5309019</p> <p>https://www.techlearning.com/resources/free-online-learning-resources-for-schools-affected-by-coronaviruscovid-19</p> <p>https://hip2save.com/tips/free-educational-games-for-kids/</p> <p>https://learningally.org/</p>