



Information and sources for families in the context of coronavirus



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The corona virus the corona virus is affecting many areas of public and private life. Parents in particular now face the challenge of having to explain the current situation about the new virus to their children. Our very youngest can no longer go to school. The kindergartens are also closed. There are day-care facilities for parents who work in system-related occupations. Since the 19th of March 2020 all Tyrolean communities are in quarantine. Many parents had to switch to teleworking. The Village team has put together an overview of links and telephone numbers that may be helpful for your families in times of domestic isolation and in dealing with the children.

Links:

How collecting feathers and doing handstands can help your small children deal with coronavirus

<https://mobile.abc.net.au/news/2020-03-21/dealing-with-curious-and-bored-children-during-coronavirus/12076274?pfmredir=sm>

Coronavirus: How families can cope with self-isolating together

<https://www.bbc.co.uk/news/uk-51936286>

'Let your kids get bored': emergency advice from teachers on schooling at home

<https://www.theguardian.com/education/2020/mar/23/let-your-kids-get-bored-emergency-advice-from-teachers-on-schooling-at-home>

How to talk to children about the coronavirus

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

2019 Novel Coronavirus (COVID-19)

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Coronavirus disease (COVID-19): What parents should know

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

The following agencies and helplines can provide support for children and families*:

Hotline for Adolescence and Children	147
Pastoral advice service	142
Die Möwe – Child protection	01 532 15 15
Austrian association of Psychologists	01/504 8000
Corona problem Hotline Tyrol	0800 400 120
Hotline mental health emergencies Austria	+43 699 188 55 400

* These numbers only provide support and help for people living in Tyrol.

WHO - Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for other

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

More information and informative videos about the Virus, Myth busters and measures released by WHO:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>