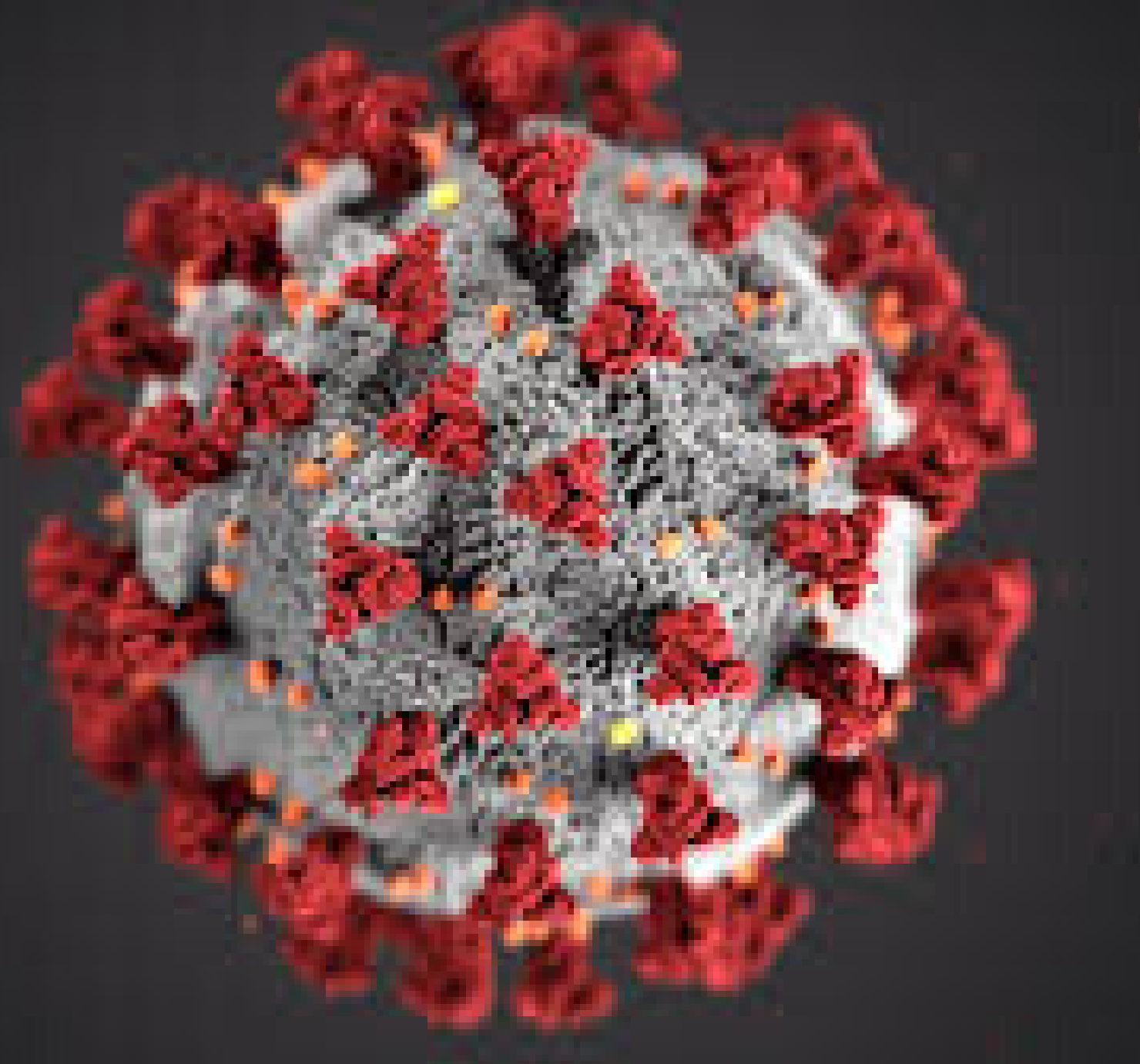




**ALL TO KNOW  
ABOUT COVID-19  
FOR YOUNG ADULTS**



# OVERVIEW



1. WHAT IS CORONAVIRUS?
2. HOW IS CORONAVIRUS SPREAD?
3. COVID-19 SYMPTOMS.
4. WHAT IS THE INCUBATION PERIOD FOR COVID-19?
5. CORONAVIRUS PRECAUTIONS.
6. WHY COVID-19 IS DANGEROUS TO YOUNG ADULTS.
7. SOME RELIABLE SOURCES TO GET YOUR INFORMATION FROM.
8. MYTH BUSTERS- CDC
9. MENTAL HEALTH: CHECKING IN.
10. THANKFULNESS PRACTICE.





**INTRODUCTION  
FOR PARENTS**



# INTRODUCTION FOR PARENTS



Dear parents,

I can tell you are doing an amazing job already - just by you purchasing this guide to help you address your child's concerns. WELL DONE!

Our job now, more than ever, is to make sure we keep our kids safe and be the support they need at these uncertain times.

We often forget how our fears, anxiety and worries can reflect on our children. Kids, like we all know, are like sponges, they absorb everything around them, including the good, the bad and the ugly.

They tend to have over exaggerated imaginations and can often create unrealistic horrific stories in their minds and be frightened by something they don't completely understand; so less is more, too much information can actually create more fears and anxieties. So, limit your family's exposure to news coverage of the pandemic, including social media.

This is the time to assess your child's anxiety and fear, especially if you already have a sensitive kid or a child with anxiety or panic disorder.

You might need to reach out to your child's Pediatrician if your child does not already have an established Therapist, or a Counselor/Psychologist/Psychiatrist. Don't forget, some schools might also have Counselors on board that your children can tap into.

Open communication is very important as a family right now and relying on the trusted facts is key to tackle their fears. That is why as a parent, you need to know the facts, find reliable sources to pull from.

Please stay safe, Stay Home and Save lives,

Yours in Wellness,

Bisi Emenanjo, APP, MHA.





## **SOME RELIABLE SOURCES TO GET YOUR INFORMATION FROM:**

- The Centers for Disease Control and Prevention (CDC)
- World Health Organizations (WHO)
- The National Health Service (NIH)
- The BBC Coronavirus Podcast (BBC)
- COVID-19 Facts website
- The New Scientist Podcast
- The Bill & Melinda Gates Foundation
- The London School of Hygiene and Tropical Medicine (LSHTM)

Remember, our job as parents is to protect our children, even though they think they might know what is going on already!





## **Suggested ways to ask your young adults about how they are feeling:**

- Always make sure you are being sensitive and emotionally open to your young adults and let them know it's normal to feel anxious sometimes and that you empathise with how they are feeling.
- Ask open-ended questions and try to remain calm and sympathetic as they express how they feel to you.
- Help them explore and understand their feelings. Opening up, being honest, and vulnerable about your own feelings and fears, can create trust between you and your young adult, causing them to open up to you about their feelings.
- Give your child your support and love; be affectionate by hugging them and telling them regularly that you love them. Your love lets them know you're there to help them cope when they are feeling anxious.





**Open-ended questions often begin with these phrases:**

- What are your feelings about...
- Will you tell me more about it...
- Who could help...
- What seems to help...
- How did you feel about...
- How frequently do you ...
- How important is...
- Will you explain more about...





## **Some suggested questions to start a conversation with your young adults:**

1. With all the talk about coronavirus, what is worrying at this moment? You know I am also concerned about the virus, maybe we can both share our fears.
2. What are the facts about the coronavirus? (share your facts and listen to theirs as well, it might be an opportunity to recognize some of their fears and anxieties).
3. What are your feelings about the coronavirus? (or whatever you notice have been bothering them lately; number of people affected, being on lockdown, the death rate (again point towards the fact) etc.
4. What would your life be like if this pandemic is not going on? (time to find the positive and not further depress them).
5. What do you think about the lockdown?
6. What are your friends saying about the virus? How are your friends dealing with it?



# Myth busters- CDC



- 5G mobile networks DO NOT spread COVID-19. COVID-19 is spreading in many countries without 5G mobile networks.
- Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19). You can have the virus no matter how hot or sunny the weather is, it is spread through droplets.
- You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life. Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies.
- Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease. You cannot confirm it with this breathing exercise, which can even be dangerous. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test.



# Myth busters- CDC



- Drinking alcohol does not protect you against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption can increase your risk of health problems.
- Taking a hot bath does not prevent the new coronavirus disease.
- Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).
- People of all ages can be infected by the new coronavirus. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.



**Check out  
Parent Guide: How to explain COVID-19 to your kids (Age 5 and above)  
[WWW.AJOWELLNESS.SHOP](http://WWW.AJOWELLNESS.SHOP)**





**Bisi is a Healthcare Provider licensed in the state of Maryland, U.S.A and has been practicing medicine for over 15 years. Dedicated and passionate about promoting the importance of living a healthy lifestyle through preventive medicine and wellness travel. Bisi's work over the years spans 3 different countries and she gains her inspiration through travel having visited over 15 countries.**

**Bisi is the Founder of Community Health Advocate, (CHA) an educational not-for-profit organization dedicated to increasing awareness of chronic diseases, communicable and non-communicable, and promoting preventive medicine to young adults and communities. CHA focuses on health development and improving the quality of personal healthcare globally.**

**Bisi is also the founder of AJO Wellness Group, a Wellness Travel Company whose philosophy is on Health, Spirituality, and Exploration. AJO provides women the space to come to; to reflect, to reconnect and to rejuvenate in the most beautiful destinations in Africa (Cape Town, Zanzibar, Kenya, Senegal and more).**

**“I strongly believe looking after yourself, taking time out and developing your health and wellness IQ can make a huge difference in living a WHOLE life”.**

**Bisi obtained her medical degree from Howard University, Washington DC and has a Master's in Healthcare Administration from University of Maryland, U.S.A.**

**WWW.AJOWELLNESS.COM**





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