

The Center for Families Resource Library at St Louis Children's Hospital is reaching out to offer you some resources for the families you treat. Our center has received many questions about COVID-19 from the community and numerous requests from parents on how to help their children cope during the pandemic. We want to share the links below that contain the most reliable and updated information on COVID-19 that we have found. Feel free to share with your families. If you would like multiple copies printed, contact us at **314-454-2350** or CenterforFamilies@bjc.org and we can send them either to you or to the families that prefer paper copies. Be sure to tell us how many you need and the address where we should mail them.

- **What You Need to Know About COVID-19:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- **SLCH.org FAQ's:** <https://www.bjc.org/Coronavirus/FAQ>
- **Pandemic Flu:** <https://kids.niehs.nih.gov/topics/healthy-living/pandemic-flu/index.htm>
- **How to Prepare:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
- **What to Do if You Are Sick With COVID-19:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>
- **How to Talk to Your Child about Coronavirus:**
<https://www.nytimes.com/2020/03/18/opinion/coronavirus-children.html?referringSource=articleShare>
- **Talking to Your Children about Tragedies and Other Events:**
<https://healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

Thank you,

Center for Families Resource Library

St. Louis Children's Hospital
One Children's Place, Rm 3200E
St. Louis, Missouri 63110
☎ 314.454.2350 | 📠 314.454.6421