COVID-19
HELPING CHILDREN COPE

**SIGNS OF DISTRESS**
Children in distress could display:
- Excessive worry, anxiety, or sadness
- Changes in their appetite or sleep
- Headaches, body pains, skin rashes
- Avoidance of activities they enjoy
- Returning to behaviors they have outgrown
- "Acting out" in teens or excessive crying in young kids

**SUPPORTING CHILDREN**
Talk with them
- Reassure them
- Address rumors
- Answer questions

Set a good example by taking care of yourself
- Wash your hands
- Avoid touching your face

Limit their exposure to media and social media coverage of the event

For behavioral health support, call the NM Crisis and Access Line at 1-855-662-7474

**IF YOU'RE SICK...**
Coronavirus symptoms include fever, difficulty breathing and dry cough.

If you have those symptoms, stay home and call the New Mexico Department of Health hotline at 1-855-600-3453 for guidance.

For child care, financial, insurance and other questions, call: 1-833-551-0518.

For Updates - [http://cv.nmhealth.org/](http://cv.nmhealth.org/)