

## ***Frequently asked questions***

This is a difficult, and uncertain time for us all. Most of us are feeling overwhelmed and frightened about our health, our family, as well as often facing sudden financial hardship. The way we are working and our daily routines will change significantly for a while. The following provides some advice and guidance about how to manage during these times.

Many of our students are able to understand some of the current coronavirus situation and may ask questions. As adults we may not have all the answers, which can be difficult for us and our children. The following aims to give you some ideas about how to approach discussions:

*Question: Will I die?*

*Answer:* It seems that children and young people don't tend to have the illness very badly and some do not even realize that they are unwell. Children do not tend to die of coronavirus.

*Question: Why do we have to stay inside?*

*Answer:* If you or anyone in your household have any of the signs of coronavirus, it is really important to stay inside and not meet with anyone apart from the people in your house. This is so that you don't give the infection to anyone else and make them unwell. You need to stay inside for 14 days and not have anyone come over to your house. This might be difficult for you if you are used to being out and about and seeing lots of people but there are things that you can do to make it easier (please see advice on self-isolation)

*Question: If I get coronavirus, how long will I feel ill for?*

*Answer:* Normally just a few days. Most people have a dry cough (where you don't bring up any mucus when you cough), a fever or temperature, and some people have shortness of breath. Most people get better within a week. But even if you feel better, it is still important to stay inside for 14 days from the start of feeling ill to make sure you don't give the infection to anyone else.

*Question: Is my grandparent going to die?*

*Answer:* Older people (over 70 years old) and people who are very ill anyway are more likely to have a more severe form of the illness and become more unwell. This is why we need to think carefully about seeing our grandparents at the moment to make it less likely that they catch the illness.

*Question: When is coronavirus going to be finished?*

*Answer:* It is difficult to say because even the experts are not completely sure. The government is working closely with scientists on this and are letting us know when there is a change.

*Question: When can I go back to school?*

*Answer:* Again it is difficult to say. The schools will be following the advice of the government and will reopen as soon as they can. The government will let us know when it is the right time.

*Question: Are we going to run out of money?*

Your answer to this will depend on your own personal circumstances. However, where possible try to keep conversations about financial worries between the adults. There is little children can do to practically help with finances and listening to or taking part in discussions about it will create more anxiety for them.

*Answer:* The government is planning how to support people who can't earn as much money at the moment so that they and their families will have enough.

*Question: Is there going to be enough food for everyone?*

*Answer:* The government is helping supermarkets to make sure that there is enough food for everyone, especially old and sick people who might find it hard to get to the shops.

Links

NAS website

PHE website

NHS website

Carol Gray's social story for more able students:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>