

# COVID-19

## HELPING CHILDREN COPE

### SIGNS OF DISTRESS

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

Children in distress could display:

- Excessive worry, anxiety, or sadness



- Avoidance of activities they enjoy
- Returning to behaviors they have outgrown
- "Acting out" in teens or excessive crying in young kids

- Changes in their appetite or sleep
- Headaches, body pains, skin rashes

### 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 Updates - <http://cv.nmhealth.org/>

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New Mexico Children,  
Youth & Families Department