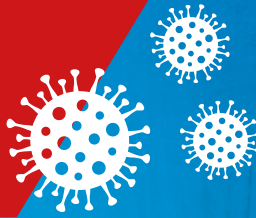


# COVID-19 Information for Young People



[www.rbwm.gov.uk](http://www.rbwm.gov.uk)



Royal Borough  
of Windsor &  
Maidenhead



Always wash your hands for a minimum of 20 seconds (or singing the 'Happy Birthday' song in your head twice). Especially if you've been outside.



Follow social distancing rules - maintain a distance of at least two metres (three steps or three big steps for younger children) between yourself and anyone who is not from your household or support bubble.



Follow your school or colleges' guidelines on face coverings and other safety measures to help protect you.



Respect your bubbles – don't socialise or get close to anyone outside of your bubble.



You may not be affected but your loved ones might be and particularly older relatives who are more at risk and could be hospitalised.

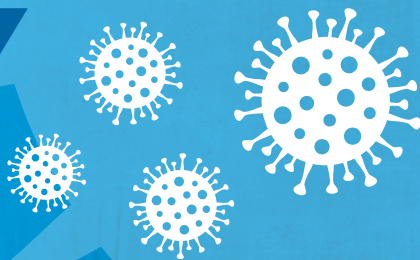


If you're under 18 and live across 2 families, you can move between both as usual. If you have symptoms of coronavirus, speak to your parents or guardians about staying in one home until you recover but both families should follow the isolation guidance for 14 days.



It is really important that you continue to limit the number of people you meet, even though this may feel difficult. The more people you meet, the greater chances there are of spreading the virus to others.

# Advice for parents on how to deal with COVID-19



- For more information on COVID-19 symptoms, self-isolating and testing visit [www.nhs.uk](http://www.nhs.uk)
- If your child has symptoms they must stay home and get tested online via [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119.
- Your child (and everyone else in the household) must isolate at home while you wait for the test result.
- If the test is positive your child must isolate at home for 10 days from when the symptoms started. The rest of the household need to isolate for 14 days.
- If the test is negative your child can return to school once well and household contacts can stop isolating and carry on as normal.
- We all need to follow these rules to help our schools stay open.

## Parenting tips

- Be there to listen: Ask the children and young people you look after how they are doing regularly so they get used to speaking about their feelings.
- Stay involved in their life: Show interest in their life and the things that are important to them.
- Support positive routines: Be a positive role model and support positive behaviours including regular bed routines, healthy eating and getting active.
- Encourage their interests: Being active, creative, learning things and being a part of a team are all good for mental health. Support children and young people to explore their interests.
- Take what they say seriously: help the children and young people you look after feel valued in what they say and help them work through difficult emotions.

Parenting can be tough, and it's important to make sure you look after your own mental wellbeing as well as your family's. Along with the benefits for you, doing so can also help you support others when they need it.

Visit [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)