

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art elements that resemble circuit boards or neural networks, with lines connecting to small circles.

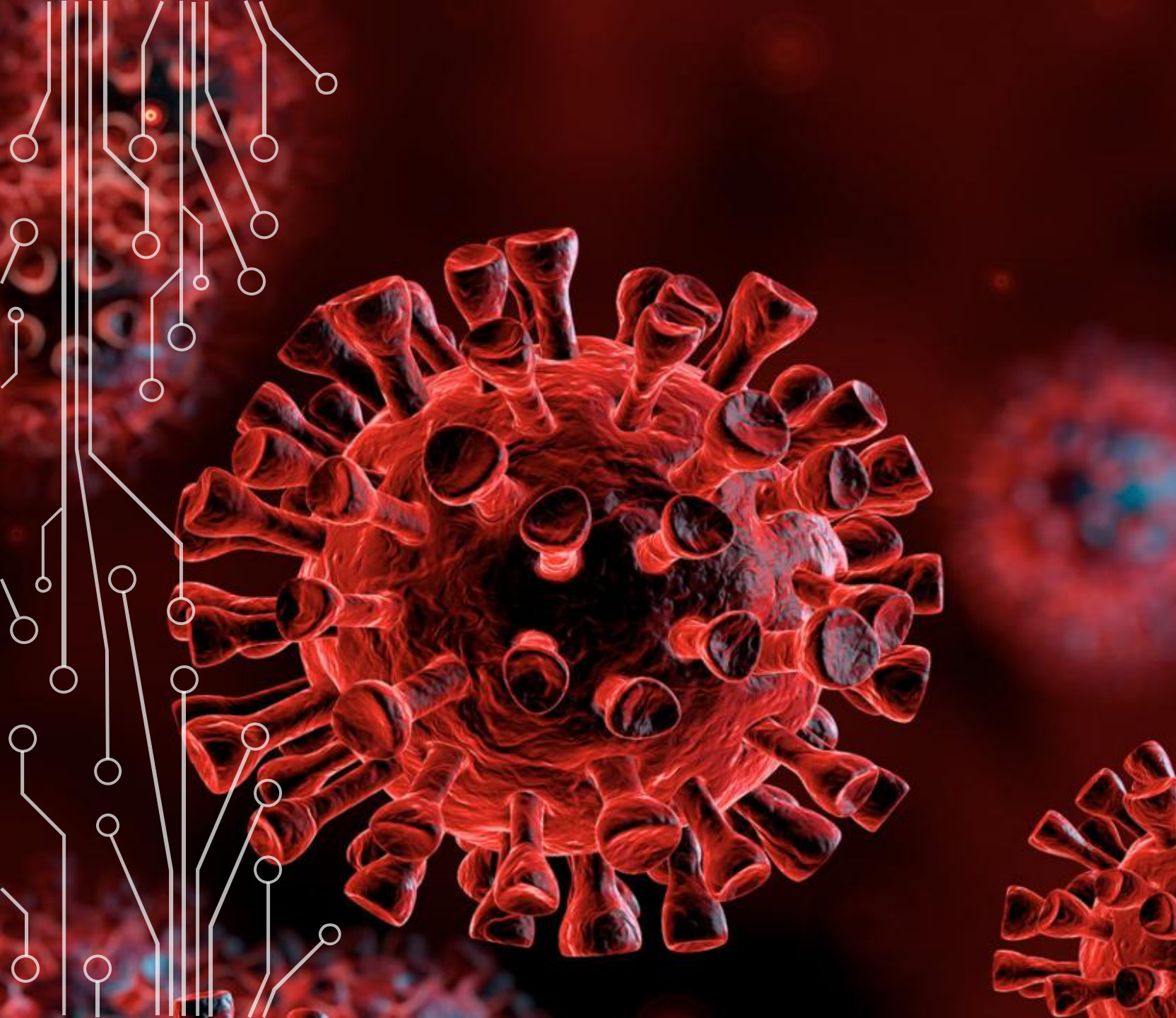
Perinatal Families

THRIVING OVER THE SUMMER BREAK

By: Olivia Johnson, Psychological Assistant Intern

COVID-19 VIRUS

- A disease that spreads mainly from person to person, mainly through respiratory droplets when an infected person coughs or sneezes.
- A person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- Spread is more likely when people are in close contact with one another (within about 6 feet).



SHELTER IN PLACE

- Shelter in Place order (March 19, 2020)





NEWBORN SIBLING AND THE COVID-19 VIRUS

(FROM THE PERSPECTIVE OF A CHILD)



CONFUSED



SCARED



ANXIOUS

NEWBORN SIBLING AND THE COVID-19 VIRUS

(FROM THE PERSPECTIVE OF A CHILD)



- **Questions about the pandemic**
 - **Social distancing**
 - **Breastfeeding**



NEWBORN SIBLING AND THE COVID-19 VIRUS *(FROM THE PERSPECTIVE OF A CHILD)*

- **Recognize your child's feelings.**
- **Provide reassurance.**
- **Questions about the pandemic.**



IDENTIFYING AND RESPONDING TO CHILDHOOD BEHAVIORS



- Scared
- Confused
- Anxious
- Overwhelmed
- Change in eating and sleeping habits
- Unexplained aches and pains
- Withdrawn behavior



IDENTIFYING AND RESPONDING TO CHILDHOOD BEHAVIORS

- **Showing forms of dependence (e.g., clinging, refusing to sleep alone)**
- **Separation anxiety**
- **Temper tantrums**
- **Aggressive behavior**
- **Bedwetting**
- **Hyperactivity**



CHILDHOOD ANXIETY, DEPRESSION AND ISOLATION



INFANTS AND TODDLERS

0–2 YEARS OLD

- **Cannot understand that something bad in the world is happening, but they know when their caregiver is upset.**
- **They may show the same emotions as their caregivers or they may act differently**

CHILDREN

3-5 YEARS OLD

- **May be able to understand the effects of an outbreak**
- **Upset by news of the outbreak**
- **Trouble adjusting to change and loss**



**CHILDREN
6-10 YEARS OLD**

- **Fear going to school**
- **Stop spending time with friends**
- **Trouble paying attention**
- **Aggressive for no clear reason**
- **Act younger than their age**

**CHILDHOOD ANXIETY, DEPRESSION
AND
ISOLATION**

**YOUTH AND ADOLESCENTS
11-19 YEARS OLD**

- **Harder to cope**
- **Denial**
- **Routine response “I’m okay”**
- **Physical aches or pains complaints**
- **Physical symptoms**
- **Arguments or risky behaviors**

TALKING WITH CHILDREN DIFFERENT AGE GROUPS DURING AN INFECTIOUS DISEASE OUTBREAK

- Emotional and verbal support
- Keep normal routines
- Ask what might help them cope
- Use gentle words
- Spend more time
- Encourage Recreational activities
- Maintain consistent routines
- A mental health professional
- Grief support



RESPONDING TO POST SHELTER-IN-PLACE



- **Staying at home is difficult.**
- **Reduce the chances of being infected or spreading COVID-19.**
- **Washing your hands with soap and water.**
- **Keeping at least 6 feet from other people.**
- **Avoiding crowded places.**

SITUATION IN FRESNO COUNTY

Last updated: June 17, 2020 at 4:23 PM

Total Cases: 2,900 (+112)

77 (Travel-Related)

1,293 (Close Contact)

1,076 (Community-Spread / Unknown)

454 (Under Investigation)

Total Deaths: 61 (+4)

Ever Hospitalized: 279 (+5)

Recovered: 839* (+29)

Total Individuals Monitored by FCDPH to Date: 5,349

Currently Being Monitored: 1,830

Test Results Received and Processed: 34,566**

Tests Conducted at FCDPH: 1,746

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