To check facts about Ebola, use reliable sources, such as the CDC website.

Be a good role model for your children by telling them about your personal preparations or actions that will reassure, not scare them.

Give your children practical advice to help them stay healthy. For example, you could start by talking about things that worked in the past when your child was sick. You might tell them that when you heard about Ebola in West Africa, you

If your children have incorrect information about Ebola, give the correct information clearly, using words they understand.

Listen for underlying fears or concerns and misinformation your children might have. For example, children might have heard about Ebola.

Here are some questions children may ask and some possible answers.

How to answer your children’s questions about Ebola

Here are some questions children may ask and some possible answers.

Is it true Ebola is killing lots of people?


Children may react differently depending on their age and level of development. For younger children, it is particularly important to keep your answers simple and direct. But even for older children, who may be confused or worried, it is best to start simply. Then ask them what further information they would like.

If children ask you a question that you don’t know how to answer, look to reliable sources of information, such as the CDC website, your pediatrician, or the health department.

Children see a lot of information on the internet, television, and social media. Nonstop exposure makes the risk seem bigger than it is.

Children and answer any new questions they may have about Ebola.

How do I know if I have Ebola?

The symptoms of Ebola, such as fever, vomiting, diarrhea, or a bad headache, can make it seem even scarier to a child. You can help your children understand what is happening here in the United States and in West Africa by talking about it. You can help your children understand what is happening here in the United States and in West Africa by talking about it. You can help your children understand what is happening here in the United States and in West Africa by talking about it.

How can I catch Ebola?

Ebola doesn’t spread like a cold or flu. If you do not come in contact with blood, feces, saliva, vomit, or body fluids of someone who has Ebola – call an adult to clean up blood or vomit.

If someone is feeling well, they don’t spread Ebola. But if you feel sick or are worried you are getting sick, please let me know.

With so much about Ebola in the news, chances are your children have heard about it. You can help your children understand what is happening here in the United States and in West Africa by talking with them directly. Not talking about Ebola can make it seem even scarier to a child.

You and your children are taking steps to try to keep everyone well.

If you are concerned about how your child is coping, contact a pediatrician, other primary care provider, or a qualified mental health care specialist.

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