

Information for Parents on Coronavirus

What is the coronavirus

- A very contagious virus
- The government has taken measures to reduce the risk of infection and to relieve hospitals
- To stay safe and healthy, stay at home!
- You may leave the house for: Grocery shopping, work, going for a walk (only alone or with people you live with)
- Observe hygiene: Wash hands often (with soap), keep your distance (when shopping and walking)

General suggestions for the whole family

- Maintain routines even when you are at home: Wake up at the same time, get dressed, eat, study, engage in leisure activities and sleep on time
- Daily planning: When to study, eat, play, etc
- Social contacts via video phone: Fixed times when you call your family
- Exercise: Watch exercise videos on the Internet or go for a walk outside
- Limit media consumption: It's not a holiday! Watch TV or use the computer only now and then
- Stay informed but limit news consumption
- Remember: This situation will pass
- Get help in case of an emergency

Suggestions for everyday life with children

- It is not a holiday: Stick to daily routines
- Get up, get dressed, eat breakfast, engage in study time and free time in the afternoon
- Study time: See tips for studying. IMPORTANT: It is not your job to correct your children's work. It is sufficient if it is completed.
- Teachers are available by telephone on school mornings to advise you
- School social workers are also available for you
- Leisure: Limit media consumption at all costs! Playing games, exercising in the home, drawing, doing arts and crafts, going for a walk outside are allowed activities!
- Possibilities of withdrawal for all persons: Create a room or place to retreat to
- Explain the situation to your child
- Opportunities to keep busy: Painting, baking, listening to music, dancing, moving around the house (physical exercises suitable for children), going for a walk

Suggestions to avoid conflicts

- Allow yourself to go for a walk on your own
- Everyone may withdraw when needed
- Before an argument escalates, take a time out (go for a short walk or to another room if possible)
- If your anger becomes too much: Before the conflict escalates - go away, punch a pillow or scream into it, engage in sports
- Talk about feelings in the family
- Call friends and family to vent
- Allow your children to talk with friends over the phone

Suggestions against boredom

- Fixed work and study hours each day
- You can do things that you might not have the time for otherwise: Preparing elaborate meals, baking, cleaning, organizing and clearing out things
- If available: Play board games

What to do in case of violence

- Call to relieve stress: Many aid organisations can be reached by telephone
- Don't live out violence: Negative thoughts might increase at the moment, notice them and get help soon (go for a walk alone, do sports to relax, call friends)
- Get help before it is too late

When you get sick

- Visits to the doctor only in very urgent cases
- Call the doctor's office first
- Prescriptions and sick notes are available by telephone

Help in crisis situations

Rat auf Draht: 147, crisis hotline for children and adolescents

Frauennotruf (women's helpline): 0800-222-555 around the clock, free and anonymous (in case of violence and other crises - counselling sessions)

Opfer Notruf (crisis hotline for victims): 0800-112-112, free and anonymous

Gewaltschutzzentrum (violence prevention center): 0316 774199, in case of incidents of violence

Bereitschaftsdienst Jugendamt (youth welfare office on-call service): +43 316 872-3043 (at night and on weekends: +43 316 872-5858)

Männerberatung (men's counselling service): 0800-246-247

Telefonseelsorge (pastoral telephone service): 142

Psychiatrische Soforthilfe (psychiatric emergency aid): 01-31330

Kriseninterventionszentrum (crisis intervention centre): 01-4069595

Kinder- und Jugendanwaltschaft (children and youth prosecution service): 0676/8666 0609, for children, adolescents and young adults