

## Watching a Pandemic on Television

A pandemic is when many people in a large area become sick with the same illness. A new virus called COVID-19 has caused a worldwide pandemic. Each day there is news about the pandemic. People watch television for information. It's helpful to understand what I see and hear.



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Many children find that it is easier to learn about a pandemic with an adult. Adults have lived a long time. They have seen many serious reports on television and can answer questions. Talking with adults helps many children feel less confused and more comfortable again.

Reporters go to communities and hospitals to talk with experts. They talk to people about the pandemic and take videos and photos to show on television. What I see on television may not be happening now.



Other times, a newscast may be “live.” When this happens, what I see on television is happening at the same time someplace else.



Many newer televisions have a big, sharp picture screen. This makes it fun to watch my shows because it feels so *realistic*, like I am really there. When news about a pandemic is on television, it's helpful to remember that I am *not* there. Only the television is in my home, not the COVID-19 virus or the pandemic.



During a pandemic, my family may be home for a while. We may have new routines. Some routines will be about the same as before the pandemic. For example, if we usually have dinner at about 6 o'clock, and it's almost 6 o'clock now, we'll probably be having dinner soon. In fact, many other families will also be having dinner soon.



During a pandemic, children and adults may feel worried or concerned. They know that many people are very sick. It's safe and okay to feel uncomfortable for a while. Adults can help.



Very young children may be quite happy. They may not be worried or confused. This is okay. They are too young to understand about pandemics.

A very big pandemic will be on television for many days. The same video or story may be on tv many times. This may make it seem like a sad event is happening over and over, even though it happened once.



During a pandemic, people on television may use confusing words or phrases. For example, someone may say that our country is “at war,” even though our country is not fighting with another country. In this case, “at war” means that the pandemic is a problem for everyone and we are working hard to end it. Parents can help if I am confused by words or phrases that I hear on television.





As I grow, knowing about serious events on television may make it easier for me to understand what I am seeing, and to know what to do. It's safe to feel confused, sad, or concerned, and to ask questions. Many people feel that way about pandemics. There may be things we can all do to help.

