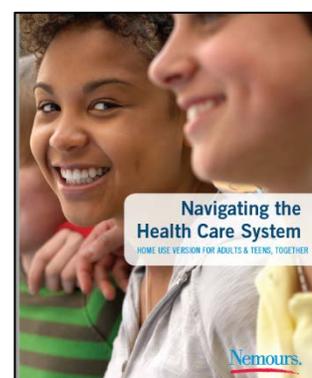


Resources to Build Adolescent Health Literacy During Social Distancing

This information is a supplement to *Navigating the Health Care System*- an adolescent health literacy curriculum created by Nemours Children's Health System. For more information please email NTHCS@nemours.org or visit the program website: <https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>.

➤ Resources for Parents/Guardians

1. [Home Use Version of the Navigating the Health Care System workbook](#)- for adults and teens, together. This version was created for adults to use with the teens in their lives. Answer Key included. 😊 Share the information as formally or informally as you see fit- some may discuss over dinner, others may use lessons as part of home school.
2. [Owning Your Own Health Checklist](#)- a one-page checklist of basic tasks and skills teens should master as part of becoming responsible for their own health. For adults and teens, together.
3. The [Understanding Coronavirus \(COVID-19\) pages of KidsHealth.org](#), from Nemours Children's Health System- has articles and videos for parents, teens, kids, and educators.



KidsHealth from Nemours

for Parents | for Kids | for Teens | For Educators

KidsHealth / for Parents / Coronavirus (COVID-19)

Coronavirus (COVID-19)

Reviewed by: [Karen A. Ravin, MD](#)

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What Is Coronavirus (COVID-19)?
At the end of 2019, a new type of coronavirus began making people sick with flu-like symptoms. The illness is called coronavirus disease-19 — COVID-19, for short. The virus spreads easily and has now affected people in many countries.

What Are the Signs & Symptoms of Coronavirus (COVID-19)?
COVID-19 causes a [fever](#), [cough](#), and trouble breathing. Some people have a [sore throat](#). Symptoms are a bit like those people have with a [cold](#) or [the flu](#). The virus can be more serious in some people, and may lead to illnesses like [pneumonia](#).

en español Coronavirus (COVID-19)

MORE ON THIS TOPIC FOR:

Parents	Kids
Coronavirus (COVID-19): Your Questions Answered	
Coronavirus (COVID-19): Social Distancing With Children	
Coronavirus (COVID-19): How to Prepare Your Family	
Coronavirus (COVID-19): How to Talk to Your Child	
Coronavirus (COVID-19) Pandemic: What to Do if Your Child Is Sick	

View more

4. [Coronavirus: How to Talk to Kids \(YouTube video\)](#)- A helpful video brought to you by Nemours KidsHealth

5. [How I Can Protect Myself \(handout\)](#) - Provides a summary of advice from the Centers for Disease Control and Prevention (“the CDC”) to help protect you from the Coronavirus. (This is a supplement to the “Where Do I Go” activity in the module one of the Navigating the Health Care System curriculum.)
6. [Where To Get Care in a Pandemic \(handout\)](#) - Pandemics change the way we get care. For example, during a pandemic going to your doctor’s office may not be the healthiest option for you or for the people in the office. This handout provides a summary of advice on where and how to get care. (This is a supplement to the “Where Do I Go” activity in the module one of the Navigating the Health Care System curriculum.)

➤ Resources for Teachers & Other Presenters

1. [NTHCS Digital Activities](#)- By going to the teacher/presenter page, a teacher can assign one or more activities from the NTHCS participant workbook to teens. Teens complete and return the activities- all through the portal. A simple, streamlined resource- especially for those who suddenly find themselves teaching virtually.
 - [CLICK HERE](#) for a quick start guide with screen shots and instructions.
2. Teachers presenting the information virtually may want to email students a copy of the NTHCS workbook.
 - [CLICK HERE](#) to download the NTHCS Participant Workbook in English.
 - [CLICK HERE](#) to download the NTHCS Participant Workbook in Spanish.

“

Just wanted to let you know I started using the Navigating the Health Care System curriculum this week online with my seniors. **It has made my lesson planning so easy for these weeks of distance learning. The digital option for them to complete and submit to me has been such a time saver!** It is such fun and useful material for them. Thanks again for your help with this!

– *Patty C, registered nurse and health careers teacher*

”

3. Curriculum Supplements- These handouts are intended to supplement the “Where Do I Go” activity in module one of the Navigating the Health Care System curriculum.
 - [How I Can Protect Myself \(handout\)](#) - Provides a summary of advice from the Centers for Disease Control and Prevention to help protect you from the Coronavirus.
 - [Where To Get Care in a Pandemic \(handout\)](#) - Pandemics change the way we get care. For example, during a pandemic going to your doctor’s office may not be the healthiest option for you or for the people in the office. This handout provides a summary of advice on where and how to get care.

4. The [Understanding Coronavirus \(COVID-19\) pages of KidsHealth.org](#), from Nemours Children’s Health System- has articles and videos for parents, teens, kids, and educators.

➤ **Reminder About Full Curriculum**

If you want to access and use materials from the full suite of NTHCS materials, here’s where to find them...

1. You can access overview information about the program at this link:
<https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>
2. From this page, you’ll click on the “**FULL CURRICULUM**” box, which will take you to the registration and log-in page: <https://www.movinghealthcareupstream.org/sign-in-or-register/>
 - a. Before you can access the actual lesson plans and materials, you’ll need to register and log in. You’ll need to provide your name, email, state, and organization to register.
3. Once registered and logged in, you can download and review / use all of the materials on this page:
<https://www.movinghealthcareupstream.org/navigating-the-health-care-system-zip-files/>
4. One of the downloadable files is our **Facilitator’s Guide**. We strongly suggest that you start with that document first since it walks you through everything one needs to know and do as they prepare to present the lesson plans.