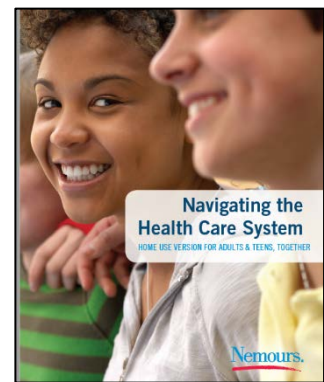


Resources to Build Adolescent Health Literacy During Social Distancing

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*

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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.
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