

To all of the teens during this crazy pandemic:

We hear you! We hear your frustration! Maybe your senior prom had to be cancelled or your spring break plans with your friends. All of these things can be disappointing. We get it—everyone is missing out on things they were excited about. It IS a huge bummer.

With the COVID-19 pandemic reaching its peak in the United States, it is important to continue to social distance from your peers to help slow the spread and have you get back with your friends this summer! As of April 22, 2020 in Illinois alone, there have been nearly 37,000 confirmed positive cases and growing daily.

The best way YOU can help stop the spread of COVID-19 is to stay quarantining at home, continue to social distance, and wash your hands regularly! Try singing the chorus of your favorite song out loud or in your head while you wash your hands. It makes the 20 seconds go by quicker.

You should also be paying close attention to how you feel. If you have just ONE of these symptoms, please tell your parents and then together call 847-HEALTH9 (847-432-5849) and talk to a NorthShore clinical expert. The expert may recommend testing.

- Loss or decrease in the sense of smell
- Loss or decrease of the sense of taste
- Fever – temperature of 100 or higher
- Cough
- Congestion
- Runny nose
- Sore throat
- Shortness of breath
- Flu-like body aches

Your mental health is important to pay attention to as well. If you are feeling anxious or lonely, be sure to reach out to someone you trust and prioritize connecting with friends online. Video chats are more fulfilling than simply liking photos on Instagram. Make it a challenge to yourself to reach out to three friends a day to check-in on them, because we all need support right now. Continue to stay connected to your friends through social media platforms, video calls and text messages, not through direct social interactions. Hey, you never know, you could become the next big TikTok star! Additionally, if you would like to contribute by sending words of encouragement to our frontline healthcare workers, you may send notes, letters, videos, or cards to supportnorthshore@northshore.org.

The sooner everyone stays in so this virus can get out, the sooner you will be back doing your everyday things you enjoy doing most! Attached you will find an infographic that helps explain COVID-19 in a silly way but we hope that it can be helpful and valuable to you during this time! Remember, we are ALL in this together. Do your part in helping stop the spread of this virus. You are doing a GREAT job and let's challenge ourselves to do even better than that!

Sincerely,



Michael S. Caplan, MD
Chairman of Pediatrics
NorthShore University HealthSystem



Monica Joseph, MD
Pediatrician
NorthShore University HealthSystem

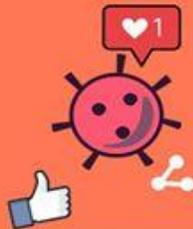


IF CORONAVIRUS WERE A VIRAL SOCIAL MEDIA POST....



How to Talk to Teens about COVID-19

Adina Levitan, MS, CCLS



OMG, CORONAVIRUS! I HAVE TO SHARE THIS POST!

Coronavirus is like a viral social media post. When people share, like or post a photo or video, it gains more views and more people see it, eventually, "going viral."

The same goes for COVID-19. When people SHARE and SOCIALIZE in close proximity, COVID-19 has the ability to spread.



SHARING A POST DOESN'T AFFECT ME. WHY SHOULD I CARE?

You may share a post or a meme that you think is funny and it doesn't bother you. However, that post or meme could be offensive, insulting, or painful to someone else. By not sharing a post, you are helping someone else from feeling upset or sad.



COVID-19 is most harmful to elderly people, people who are immunocompromised or immunosuppressed. When you do not practice social distancing and share space with others, you put them at a greater risk for getting sick.



SO HOW DO I STOP A VIRAL POST?

The best way to stop a viral post from spreading is easy: don't share it! Don't like it! Don't comment!

For COVID-19, the best way to prevent it from spreading is to stay away from others. Stop sharing germs by being in close contact to others. Wash your hands regularly with soap and water.



WHEN WILL THE VIRAL POST STOP SPREADING?

The less people who share, like or comment, the more likely it is to stop spreading around. Therefore, it is your job to just close the app and stop sharing! Practice social media distancing!

COVID-19 works the same way. The less social interactions we have with others, the less opportunity the virus has to spread.



BUT I REALLY LIKE SHARING MEMES AND POSTS.

This is only temporary. Given current events, sometimes it is best not to share or post certain images, memes or videos. Find another way to express yourself that will not hurt others.

Dance to your favorite music; draw a beautiful picture; read a new book or call a friend!

COVID-19 will stop spreading when we maintain social distancing and practice good hand hygiene. These small actions WILL SAVE LIVES.