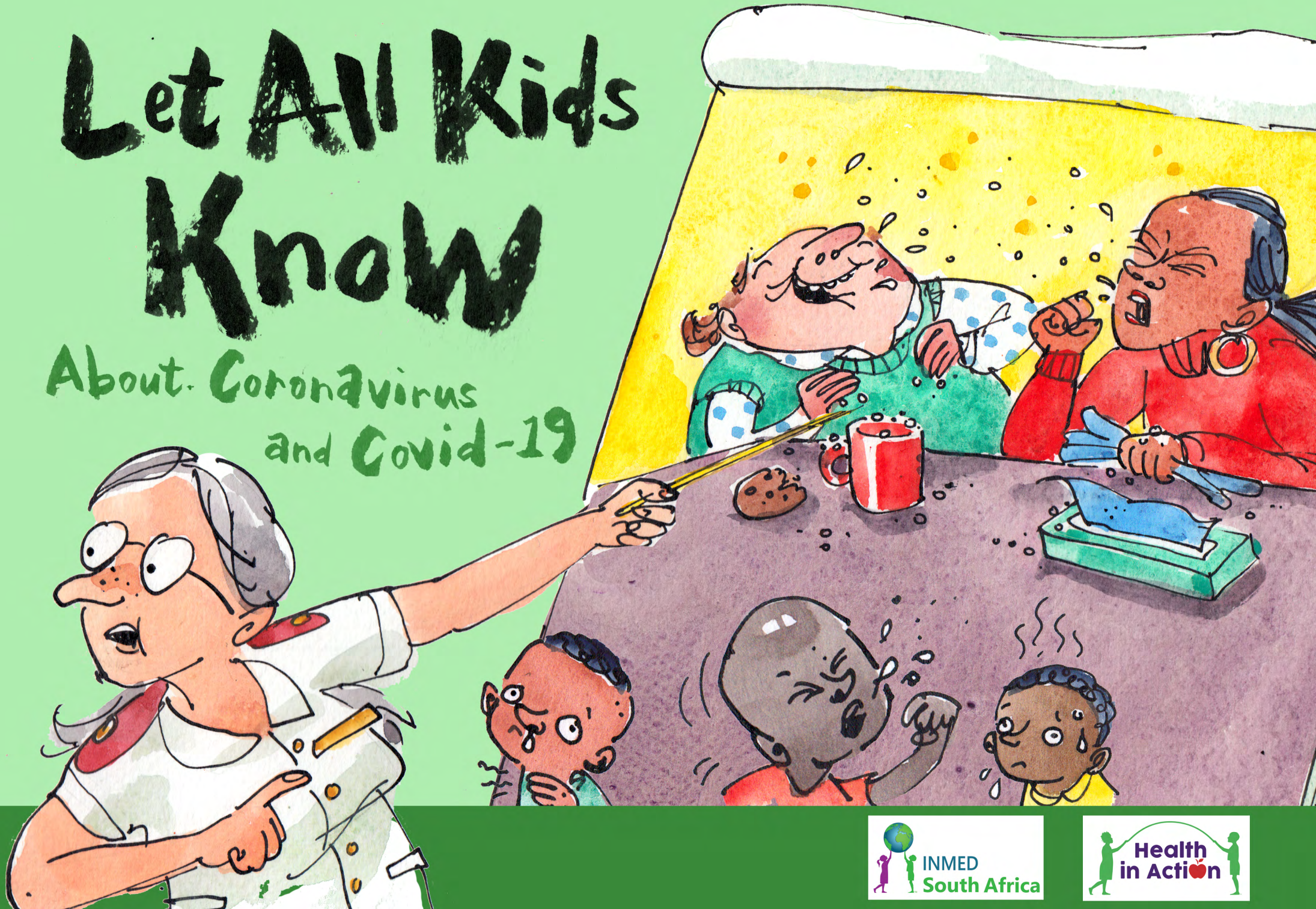


Let All Kids Know

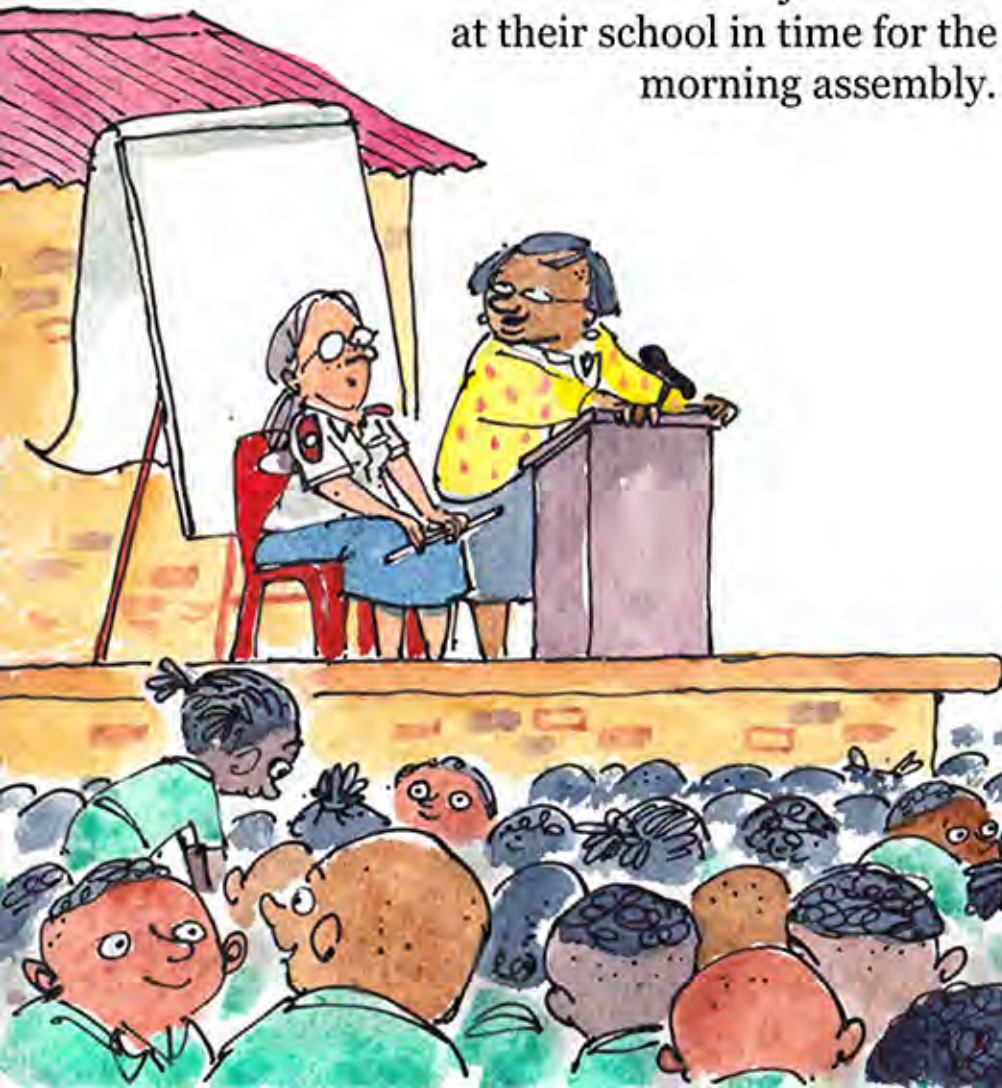
About Coronavirus and Covid-19



LET ALL KIDS KNOW

About Coronavirus and COVID-19

It was just another Monday morning in the dusty streets of Soweto. Jimmy and his best friends Muzi and Sam had just arrived at their school in time for the morning assembly.



All the other children had already started taking their seats in the school hall to listen to the regular weekly message from the school principal.

Jimmy whispered, "I wonder why do we have a nurse in the assembly this morning? I hope we won't be vaccinated today."

"Ohh no! I really hope not, you know I'm very scared of needles. I think I want to go back home," said Muzi.

"Just hang on, let's hear what the principal will say," said Jimmy.



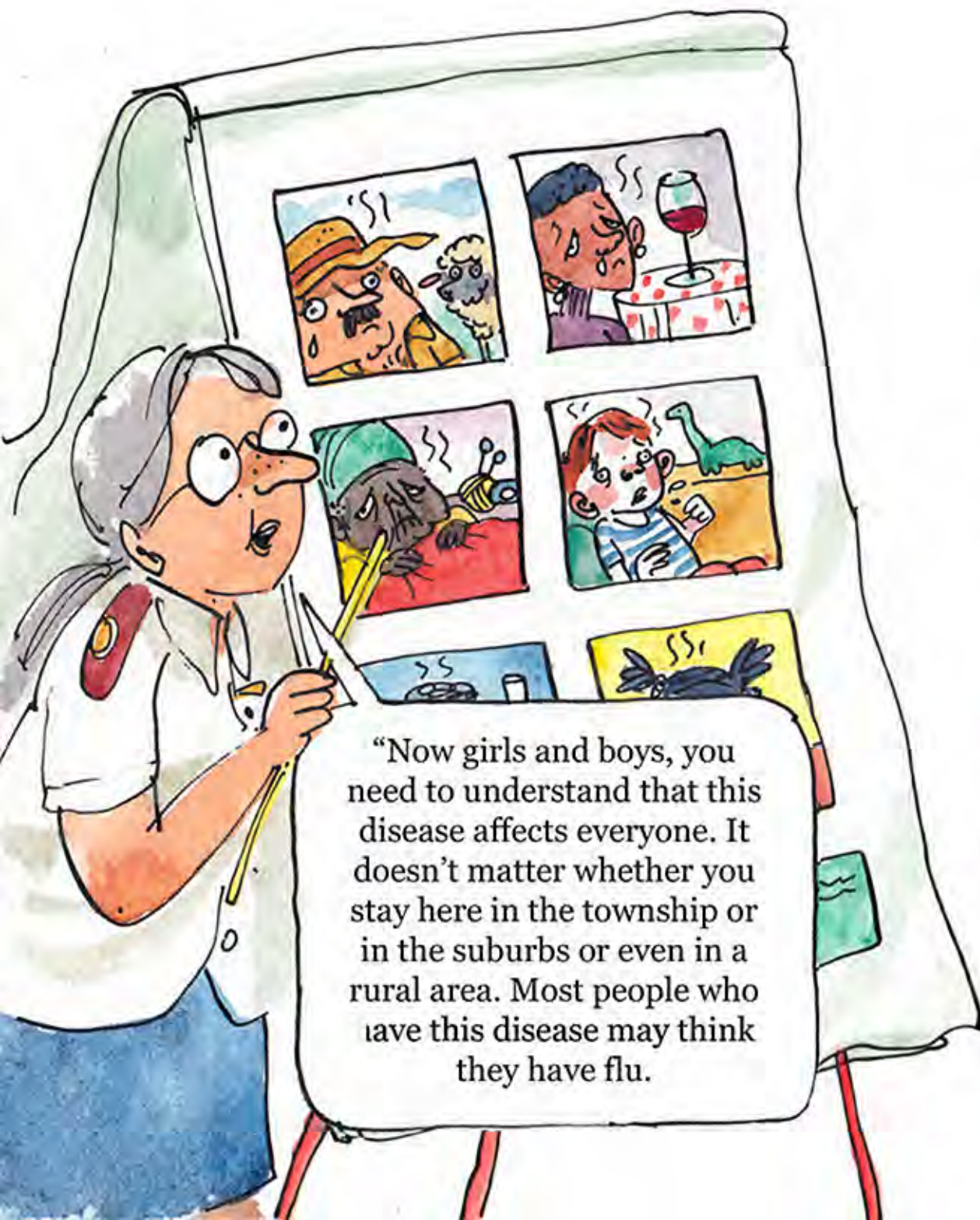


“Good morning, boys and girls”, said the school principal Mrs. Chauke with her husky voice. “Today we have a special visitor from our local clinic to share a very important message with us. Please welcome Sister Melk.”

Other kids were now starting to worry as to what the nurse would say. “Today I want to tell you about this new infectious disease called COVID-19, which is caused by a recently discovered coronavirus,” said Sister Melk. “Sadly, this disease makes a lot of people around the world sick including young and old.”

Now worried, Jimmy raised his hand to ask a question. “Yes, Jimmy,” said Mrs. Chauke. “Sorry, Ma’am. This virus, what does it look like?” asked Jimmy, looking worried.

“Unfortunately, you can’t see this virus with your naked eye. You’d need a microscope to see it. Just like in this picture, it looks like a crown with spikes at the end, you see,” said Sister Melk.



"Now girls and boys, you need to understand that this disease affects everyone. It doesn't matter whether you stay here in the township or in the suburbs or even in a rural area. Most people who have this disease may think they have flu.

"So can anyone tell me what flu symptoms you know?" asked Sister Melk.



"I often get runny nose and sore throat when I have flu," said Muzi.

"I get fever and struggle to breathe when I have flu," said Jimmy.



"I usually start coughing when I have flu," added Sam.

"You're all correct," said Sister Melk.

"These are the most common flu symptoms, so if you have a fever, cough and have difficulty breathing, please talk to your parents about it. And if it gets worse, ask them to take you to the nearest clinic. Older people are more likely to have serious illness from COVID-19, so please share this information with your parents."

Sister Melk also explained to the children how this virus is spread. “This virus spreads through small droplets from the mouth or nose when someone with COVID-19 coughs or exhales. These droplets land in the mouths or noses of people who are within a few meters—possibly being inhaled into their lungs. These droplets can also land on nearby objects and surfaces.

“That is why it is important to not touch your face, eyes or mouth, and to wash your hands frequently with soap and water.”



Sister Melk added that it is important to keep a distance from a person who is sick.

The children were now listening attentively but also starting to worry.

Muzi raised his hand to ask a question. "I'm so scared of this virus. What can we do to protect ourselves?" he asked.

"You don't have to worry much. We are doing all we can to prevent the spread of this disease," said Sister Melk, adding that we can all help by practicing the following things:



Wash your hands regularly and thoroughly with clean water and soap, and avoid touching your face, hands and mouth.

Cover your mouth and nose with a bent elbow when you cough or sneeze and avoid shaking hands with or touching others.



Keep at least a 2-meter distance between yourself and others.

Stay at home. From time to time, our President will make announcements regarding this virus. At times he will ask you to stay at home and it's important that you do so.



If you have to leave your home, please make sure that you wear a cloth face mask.

"Thank you so much for listening to me, and please make sure you also talk to your parents if something worries you about this virus," said Sister Melk.

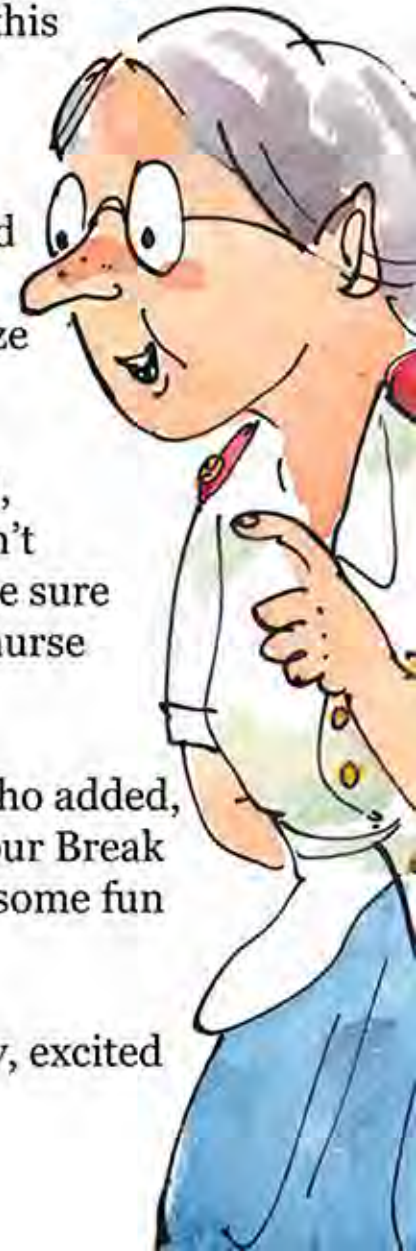
Mrs. Chauke took to the podium to thank Sister Melk and announce that schools would be closing for a while to minimize the risk of spreading the virus.

As the kids were leaving the hall, Jimmy said to his friends, "I don't want to catch this virus. I'll make sure that I do all the things that the nurse told us today."

"Me too," said Muzi and Sam, who added, "You know what, let's ask Juju our Break Time Buddy to give us ideas on some fun activities to do at home."

"Yeah, let's go now," said Jimmy, excited at the idea.

THE END





A cartoon illustration of a boy and a girl looking at a large self-test form. The boy is on the left, peeking over the top edge. The girl is on the right, peeking over the bottom edge. At the top of the form, a small brown creature with large eyes is peeking over the top edge. The form is titled "COVID-19 SELF TEST" and contains a table with questions and a "Tick your answer" section with "Yes" and "No" columns.

Question	Tick your answer	
	Yes	No
Do you have a cough?		
Do you have a cold?		
Do you have diarrhea?		
Do you have a sore throat?		
Do you have body aches?		
Do you have a headache?		
Do you have fever?		
Do you have difficulty breathing?		
Do you experience fatigue?		








If you have many of the symptoms on the list, do not panic. Ask your parents to seek medical help and isolate yourself in a safe place in your home so you do not infect others.

Myths about the coronavirus

Hello, Boys and Girls:

During this time, a lot of people are spreading false information about the virus. Here are some of the statements about COVID-19 that are false:

	Eating garlic can help prevent infection with the coronavirus.	FALSE
	Taking a hot bath prevents the coronavirus.	FALSE
	There is a vaccine or cure for coronavirus.	FALSE
	Government will send helicopters to spray our communities to kill the virus.	FALSE
	Parents should dispose of money as it is infected with the coronavirus.	FALSE

Helpful resources for you

- The Department of Basic Education has provided educational resources for learners to catch up on their school work, and these may be accessed **here**.
- INMED South Africa has also developed a resource page with more information about COVID-19. Click **here** to access the site.
- For further information on the virus, you can also contact the Department of Health Coronavirus (COVID-19) 24-hour hotline number – **0800 029 999**.

This book was developed by INMED Partnerships for Children to provide safety information to protect children and families during the COVID-19 pandemic. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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