Protect yourself and others from CORONAVIRUS COVID-19

No handshakes or hugs during the coronavirus/COVID-19 outbreak! Wave, nod or bow!

A newly discovered virus is making a lot of people sick. You and other children where you live can help fight this new disease. You may have to change the way you do everything from greeting your elders to doing chores and meeting friends.

HOW TO DO IT

The virus spreads when little droplets of fluid fly from your lungs, through your mouth. The droplets can land on your hands, your stuff and on other people. Therefore, it is very important to keep a healthy distance from other people. Especially to your elders and people who have other serious health problems, because they can get very sick with coronavirus/COVID-19. Children mostly only get a very mild case.

2 meters

It can be difficult to keep a distance between you and elderly family members. That’s why it is so important to wash your hands and keep a distance from friends and others outside your home. Just do the best you can!

SMALL THINGS CAN SAVE LIVES!

Wash your hands
Wet your hands, lather with soap and scrub all surfaces of the hand for 20 seconds. Rinse hands and dry.

Wash often
Clean hands protects you and others. Wash whenever hands are dirtied and always, for example after toilet use and playing, before cooking and...

Sneeze in your elbow
Sneeze and cough in your elbow to prevent the virus from spreading to other people.

Sneeze in your elbow
... before and after eating
... after chores

Don’t touch your face
You can catch the virus by touching your mouth, nose or eyes – spots where the virus can get into your body.

Don’t touch your face
... before and after fetching water, etc.

Feel sick? Stay home.
Even if you only feel a little sick you must stay home. Most people don’t need medical help to get better. If someone still gets very ill, check the rules of your clinic or hospital and act in a way that doesn’t risk giving the virus to others.

HOW SICK CAN ONE GET?

Most people infected with coronavirus/COVID-19 only get a little sick. Like when you have a cold or the flu. Nearly everybody gets well again!

You have rights
As you stay safe during corona/COVID-19, please remember that you still have the right to protection from abuse, and the right to shelter, food, health, and education. Report any violation of your rights through the police toll free numbers, or seek help from a person you trust.

Listen to facts
There are a lot of stories and rumours going around about coronavirus/COVID-19. Many of these may not be true. Some want to scare you or make you buy something. Only listen to facts!

Talk to someone you can trust
It’s normal to feel sad, stressed, worried, scared or angry. It helps to talk to someone you trust, like an older family member or a teacher. Talking about your worries can help them too. Be kind to yourself and others.

Listen to facts

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