



# 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.



### Sneeze in your elbow

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



### 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.

### 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...



... after chores

... before and after eating



... before and after fetching water, etc.



## 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!

DRY COUGH

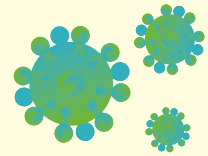
DIFFICULTY BREATHING



FEVER

## 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.



The newly discovered coronavirus causes the new disease COVID-19. You can't see the coronavirus with your own eyes but through a magnifying microscope it looks like this!



### 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.



### 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.

A message from The World's Children's Prize Foundation



With support from the Swedish Postcode Lottery.