

Little hands matter

Help us build WASH stations in Pre-Schools

unicef 
for every child



COVID-19 CORONAVIRUS

EXPLAINED TO PARENTS OF
YOUNG CHILDREN

Based on the **World Health Organisation** guidelines

FIRST THINGS FIRST



I am COVID-19. I am a new Coronavirus. Here are some facts about me.

WHAT IS THE CORONAVIRUS OR COVID-19?

Coronaviruses are a large family of viruses which may cause illnesses that are known to cause infections that impacts on your lungs and your breathing. These include the common cold, flu and serious forms of pneumonia.

The most recently discovered coronavirus causes **coronavirus disease COVID-19** and it was unknown before the outbreak began in Wuhan, China, in December 2019.

SYMPTOMS (signs of infection)

The symptoms (the signs that show that a person may be infected with the virus) are very similar to that of a common cold or flu. It may include signs such a fever, feeling tired, coughing, aches and pains, nasal congestion(also called a stuffy nose), runny nose, sore throat or diarrhea (a runny tummy). If you, your child or any family member show any of these signs, please seek medical attention

Your health care practitioner will do the necessary examinations, tests and provide you with all the information that you need.

IMPORTANT
Do not self- medicate! Call your clinic or doctor ahead of your visit or the National Institute Communicable Diseases (NICD) hotline:
0800 029 999

Did you know?
Most people, about **8 in every 10**, recover from this disease without getting very ill or needing special treatment.

PROTECT & PREVENT



Here are some good ideas on how to protect yourself against me - the COVID-19 virus

IT STARTS WITH YOUR HANDS

What is so special about our HANDS?

MOST infections are spread through your hands and the hands of others.

That is why keeping your hands clean is the easiest and most effective way to prevent that you picking up germs and viruses that will make you ill.

WASH your HANDS regularly with soap and water

Handwashing with soap and running water is the **best way** to prevent the spread of germs and viruses.

Wash your hands often with soap and running water for **20 seconds**.



I and my other coronavirus family members are very scared of soap and water!



The easiest way to know how long 20 seconds are, is to sing 'happy birthday' two times or to sing the first verse of our national anthem, *Nkosi Sikelel' iAfrika*.



REMEMBER, wash your hands with soap and water - and assist your child to wash his or her hands properly with soap and water.

This will not only help with the prevention of diseases but also create **healthy habits** that will last a lifetime.

Did you know?

Regularly washing your bare hands with soap and running water offers more protection against catching COVID-19 than wearing gloves.

(World Health Organisation)

More about your HANDS

From the HANDS to the EYES, MOUTH AND NOSE

When our hands are not clean and we touch our (or other people's) **eyes, nose** or **mouth** - we spread germs and viruses.

Try to avoid touching your or your child's eyes, nose or mouth unnecessarily, and if you must, wash your hands before you touch these areas.

Teach this to your child from a young age. **Another healthy habit** that will last a lifetime.



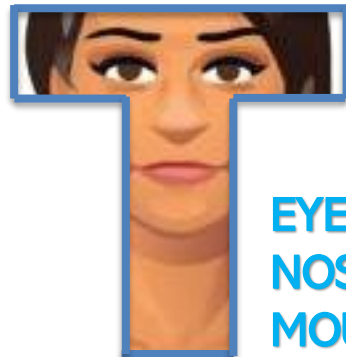
I am COVID-19 and I love dirty hands. Dirty hands take me to other parts of your body.

DON'T TOUCH the T-zone!

Never put your finger in or on your eyes, nose or mouth

Did you know?

Our hands **touch many surfaces and objects every day**. This is how germs and viruses get from these surfaces and objects to our hands – and then when we touch our eyes, nose or mouth, these germs and viruses enters our bodies.



EYES
NOSE
MOUTH

Even more about your HANDS

From HAND TO HAND

When we greet each other, we often do that by shaking hands or hugging. It is time to learn a new way of greeting that will help us to protect ourselves from germs and viruses.

It is called the 'elbow greet'.



COVID-19 just loves to meet other people. I then can go and visit their bodies too.

DO IT LIKE THIS:

1. Bend your arm and **extend your elbow** to the person that you want to greet.
2. He or she should **do the same**.
3. Then you greet by **touching elbows**. **It's cool**.
4. And we should **teach our children** to do the same.



AVOID

The following when you greet other people:

- shaking hands
- hugging
- kissing, even on the cheeks
- High 5's
- Fist greets
- Thumb greets

A quick summary about HANDS

1. Most infections are spread through your **hands** and the hands of others ✓
2. Wash your **hands** regularly with soap and running water for 20 seconds. ✓
3. When our **hands** are not clean and we touch our (or other people's) eyes, nose or mouth we spread germs and viruses.
4. Greet with ✓ the ELBOW greet. Do not shake **hands**. ✓

COUGHING

CATCH your cough or sneeze

When we cough and sneeze, droplets leave our mouths and noses into the air – about one meter around us.

If you cough or sneeze, cover your nose and mouth with a flexed elbow or tissue.

Remember to throw the tissue away in closed dustbin after using it.

Teach your child to do the same when he or she coughs or sneezes.



I am COVID-19 and I can travel for short distance from your mouth and nose when you cough.



Now these are smart ways to put a travel ban on me and other viruses or germs.

If you
COUGH or **SNEEZE**,
cover your
nose and mouth
with a **tissue** please

REMEMBER

Wash your hands with soap and water every time after you have coughed or sneezed. And teach your child the same habit.

Another healthy habit to learn from an early age.

COUGH AND SNEEZE...



INTO YOUR ELBOW, PLEASE!

ONE METER DISTANCE

Keep at least **one (1) meter distance** between yourself and anyone who is coughing and sneezing. The droplets from a sneeze or cough cannot travel that far in the air!

Avoid touching people unnecessarily.



Even if I am in the droplets that leave your mouth. We cannot travel that far by air.



AVOID CROWDED PLACES



I love crowded places. It makes it easy for me to visit other people.

In crowded places like shopping centres, places of worship, community gatherings, and others, we are very close to other people. Lots of people touch the same surfaces that we do; coughs and sneezes are very, very close to us. This creates opportunities for germs and viruses to spread very quickly.

If you can, avoid these places or go at times when there are not many people.

WHEN YOU FEEL SICK

STAY AT HOME WHEN SICK

If you feel sick or your child feels sick - stay at home. In this way you protect yourself, your child as well as other people. Remember to seek medical help immediately as well.

Do not go back to work if you have not fully recovered or send your child back to the early childhood development programme or school before he or she has not fully recovered.

As COVID-19, I shows the signs of infection that very similar to that of my other family members - the common cold or flu.



IF YOU OR YOUR CHILD HAVE COVID-19 (the new Coronavirus)

If your health care practitioner confirms that you or your child has the COVID-19 (newest Coronavirus), **do not panic**. They will tell you what to do and prescribe any medication that you or your child may need.

Here are a few things to keep in mind:

1. Eat healthily (this helps the body to fight the virus)
2. Drink lots of fluid (water)
3. Avoid contact with other people (in this way we prevent other people from getting the virus too)
4. Engage with your child and tell him or her about his or her illness in a calm and comforting manner
5. Stay at home until fully recovered
6. Monitor the symptoms. If it gets worse contact your health care provider

How Do I Wash My Hands?

1 • Wet your hands thoroughly with clean water and use soap

2 • Rub your palms together to scrub

3 • Rub between your fingers

4 • Rub the back of your hands

5 • Clean underneath your nails

6 • Wash your wrists

7 • Rinse your hands thoroughly with clean water

8 • Dry your hands with a clean towel



When Do I Need To Wash My Hands?

- Before handling food



- After changing a baby's nappy

- After using the toilet



- Before feeding a baby and others



- Before you eat



- After handling rubbish or waste

How To Make a TIPPY TAP

When washing your hands with soap and running water, You should not open the tap fully. Be wise with the water usage when using this method

Step 1:

What you need to make the tippy tap:

- Plastic bottle with a screw-on cap
- Medium plastic tube
- Pliers
- Screwdriver
- Short piece of metal wire
- Candle
- Rope
- Bar of soap



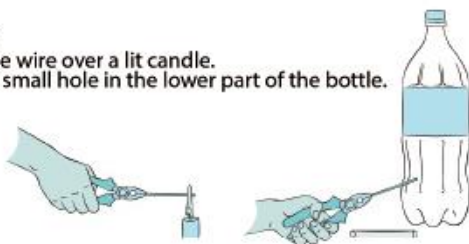
Step 2:

Clean the bottle well.



Step 3:

Heat the wire over a lit candle. Make a small hole in the lower part of the bottle.



Step 4:

Push the plastic tube through the hole of the bottle, the tube should fit tightly.



Step 5:

Push a hole through the soap with the screwdriver.



Fill the bottle with water and replace the cap

When the cap is tight, no water should flow through the tube.

When the cap is loose, the water should flow out in a stream from the tube.

Step 6:

When you are sure it works,

hang it on a shelf where people can use it for hand-washing.

Keep soap nearby, by threading the soap with string and tie it to the bottle.

