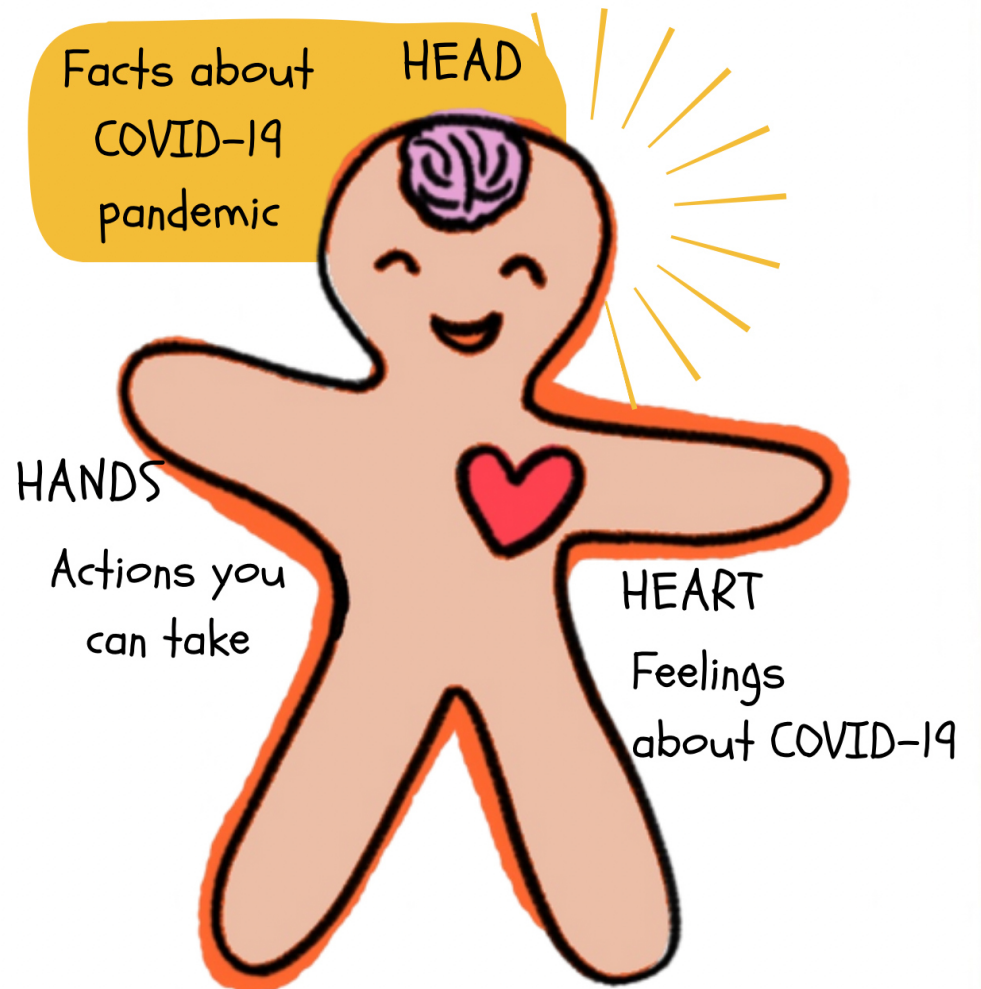


If you are sad,  
if you are scared,  
talk to a trusted friend,  
a trusted adult  
or call for help.

You are not alone.



Hey Kids! Here is a message  
about COVID-19!



Core Message 1: What is COVID-19?

COVID-19 is a disease that has spread all over the world.



It is in the coughs and sneezes of people with the disease and on the things they touch.

Some people get very sick with COVID-19.



Other people may not know they have the disease but can still pass it to others.

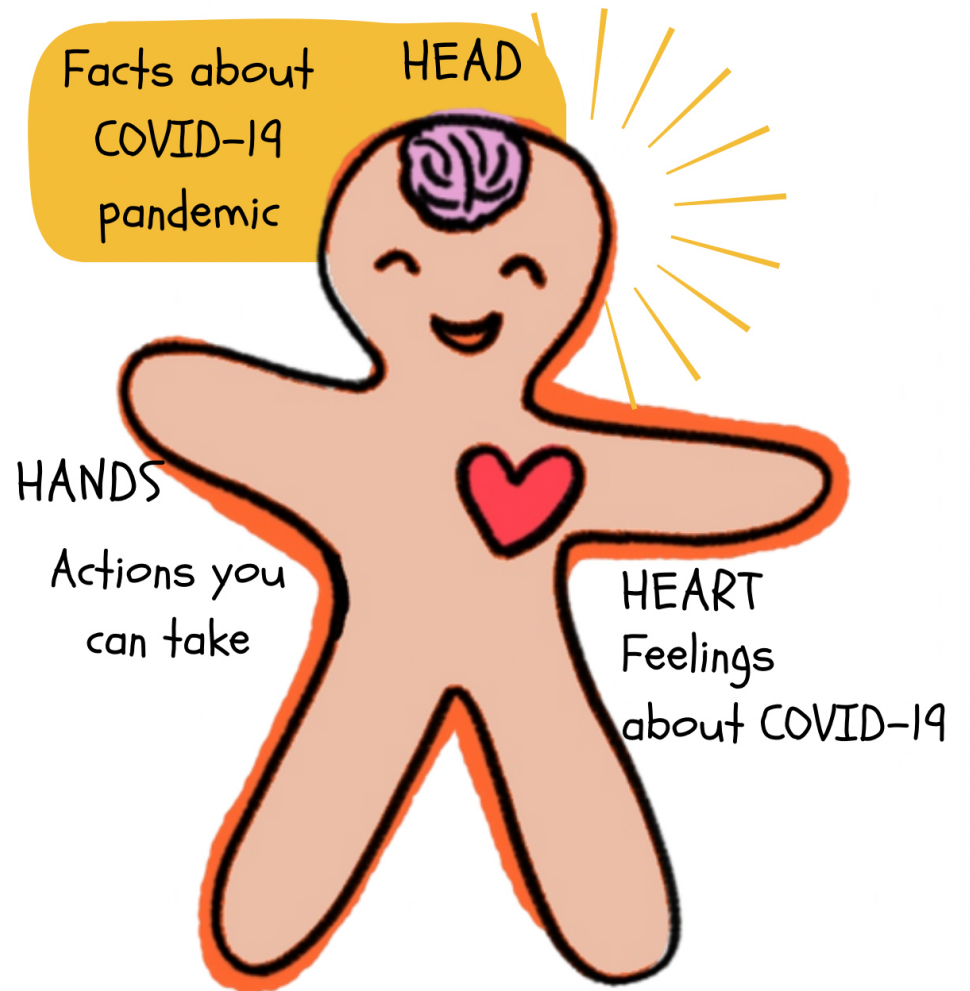


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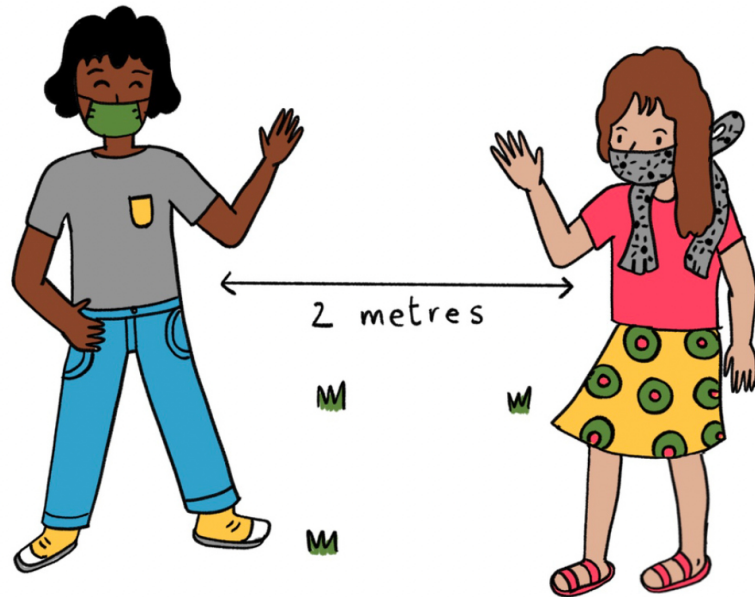


Hey Kids! Here is a message  
about COVID-19!



Core Message 2: How do we stop the  
spread of COVID-19?

SAFE PRACTICES can prevent COVID-19. Stay home if you feel unwell.



When you are away from home

- keep 2 metres away from others
- cover your mouth and nose with a mask

WASH HANDS often with water and soap or ashes or use hand disinfectant.





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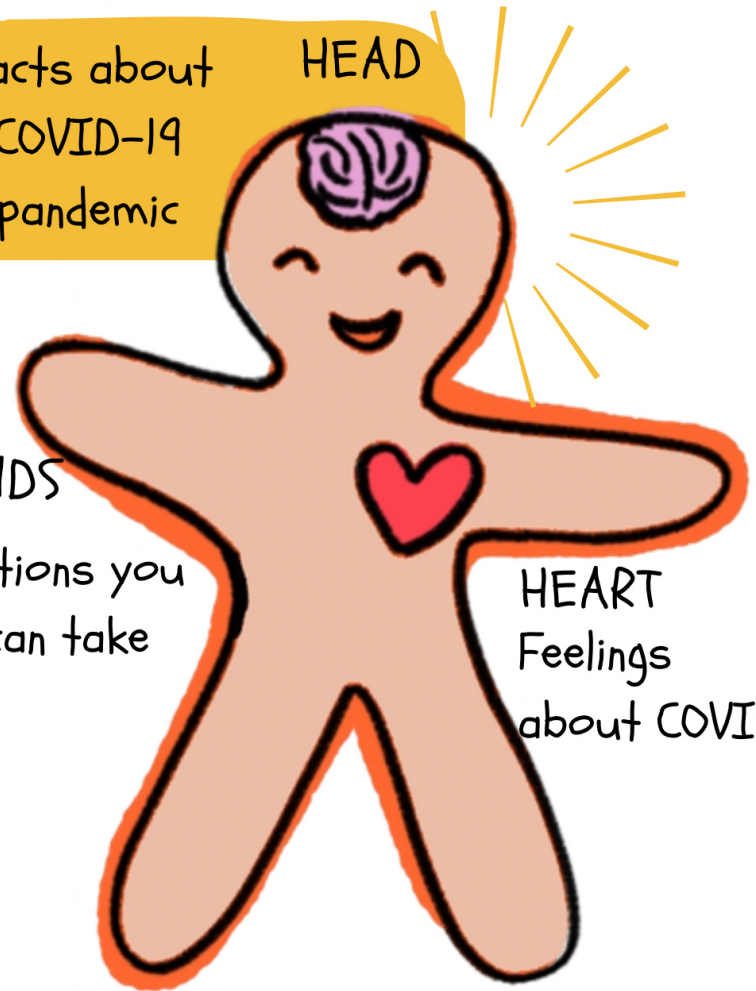
Facts about  
COVID-19  
pandemic

HEAD

HANDS

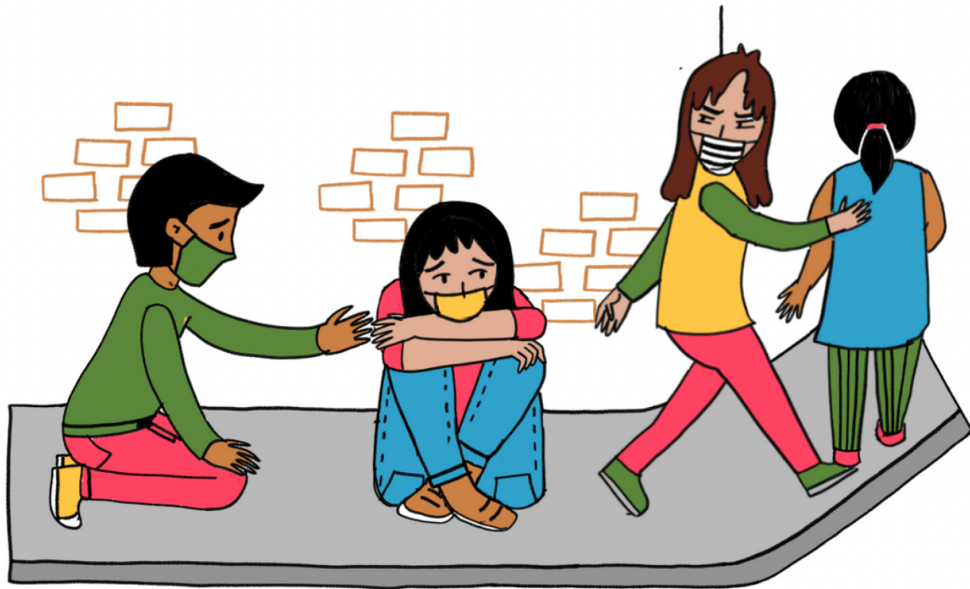
Actions you  
can take

HEART  
Feelings  
about COVID-19



Core Message 3: How do we be kind in  
COVID-19?

When people have COVID-19, others might treat them badly.



It could make their problems worse.

It may cause a person to avoid getting the help they need.



It is important to be kind to everyone.

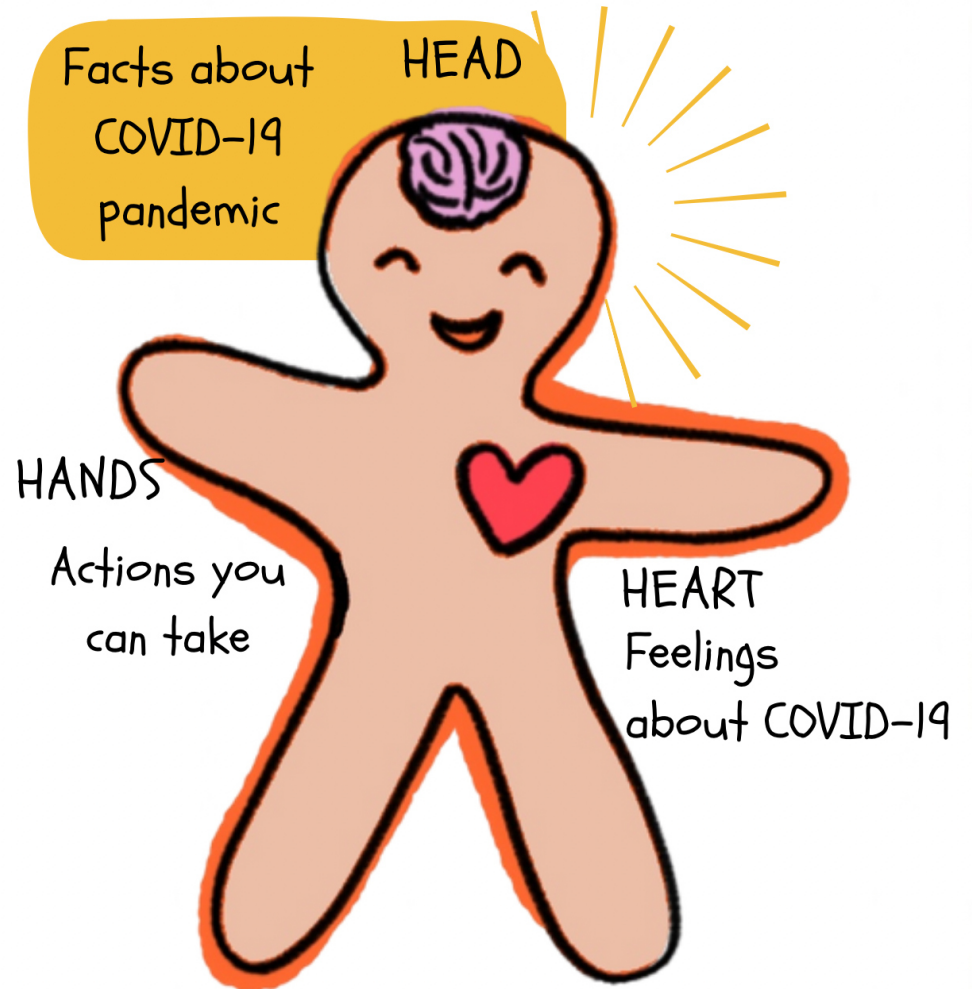


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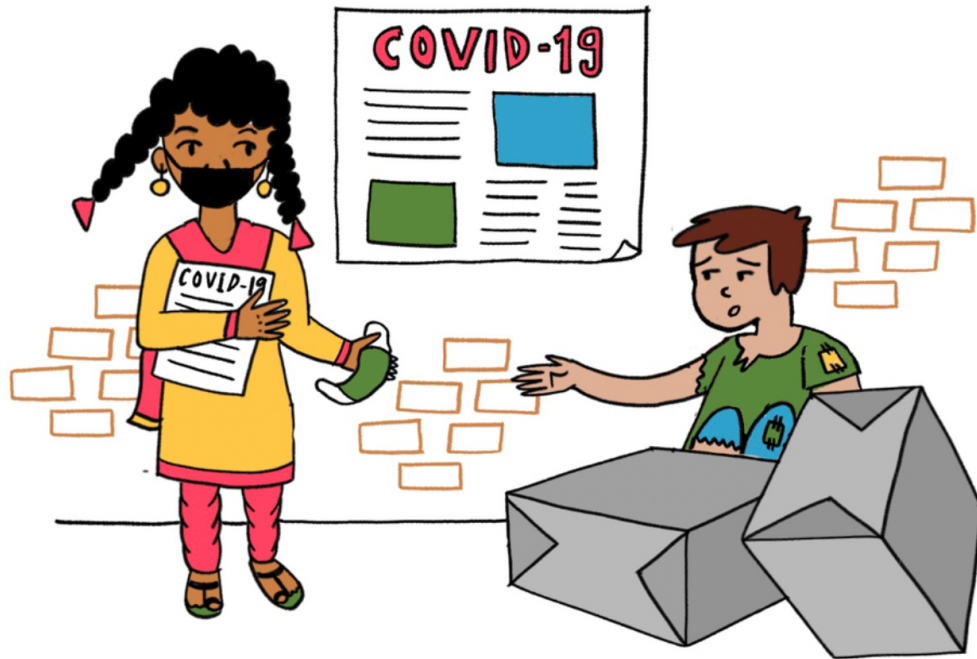
Hey Kids! Here is a message  
about COVID-19!



Core Message 4: How do we help all  
children be safe?



There are some children who live in very difficult situations.



They may not know about COVID-19 and how to keep safe.

These children are often hidden and deserve extra help. Girls also need help to stay safe.



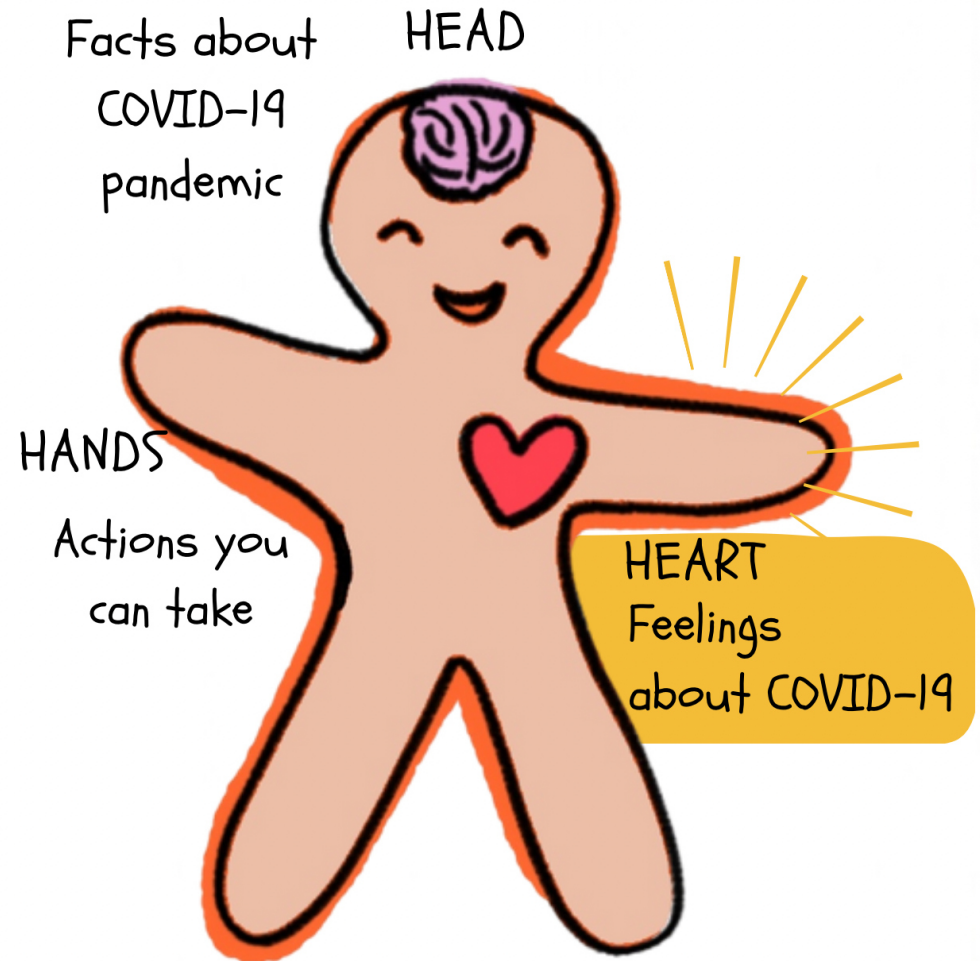
All children have a right to information on COVID-19 and to be safe.

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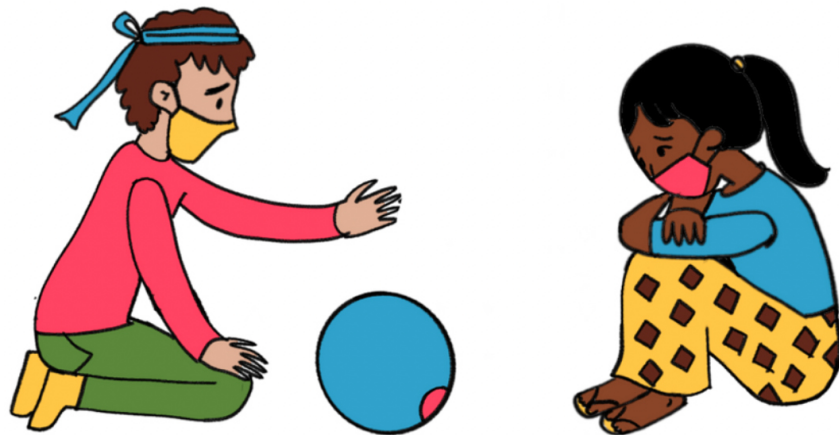
Hey Kids! Here is a message  
about COVID-19!



Core Message 5: How do we feel?



It is normal to feel worried, sad, and confused about COVID-19. You are not alone.



Things are different from before.

You may be frightened to see people behave differently.



Talk to a trusted adult about your feelings.



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CONTACT



[www.childtochild.org.uk](http://www.childtochild.org.uk)

Hey Kids! Here is a message  
about COVID-19!

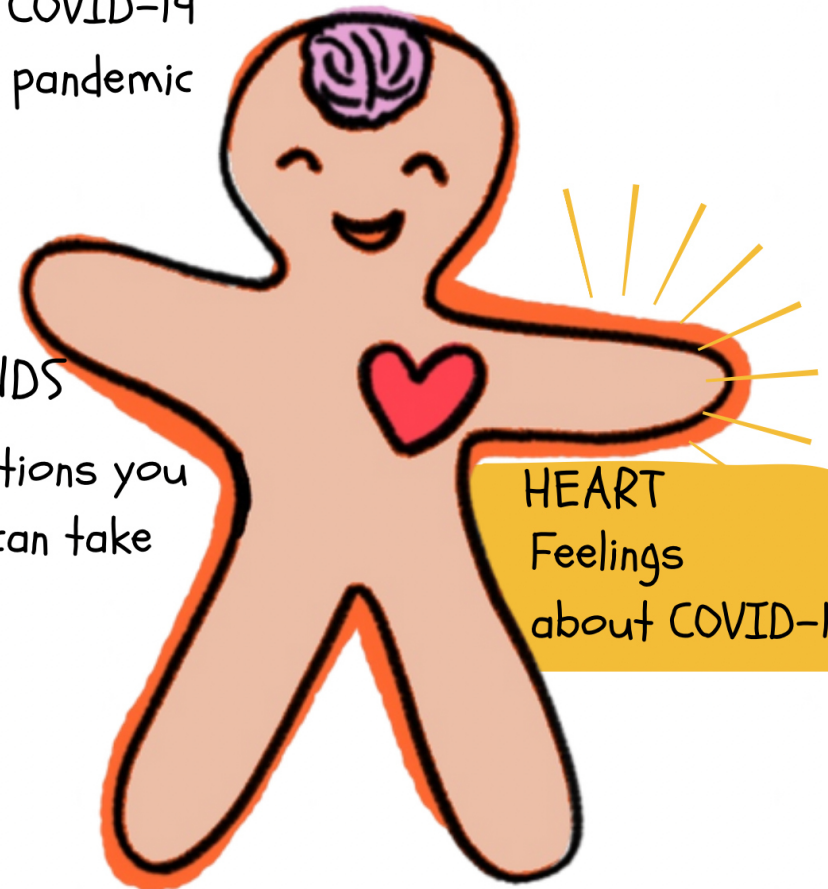
Facts about  
COVID-19  
pandemic

HEAD

HANDS

Actions you  
can take

HEART  
Feelings  
about COVID-19

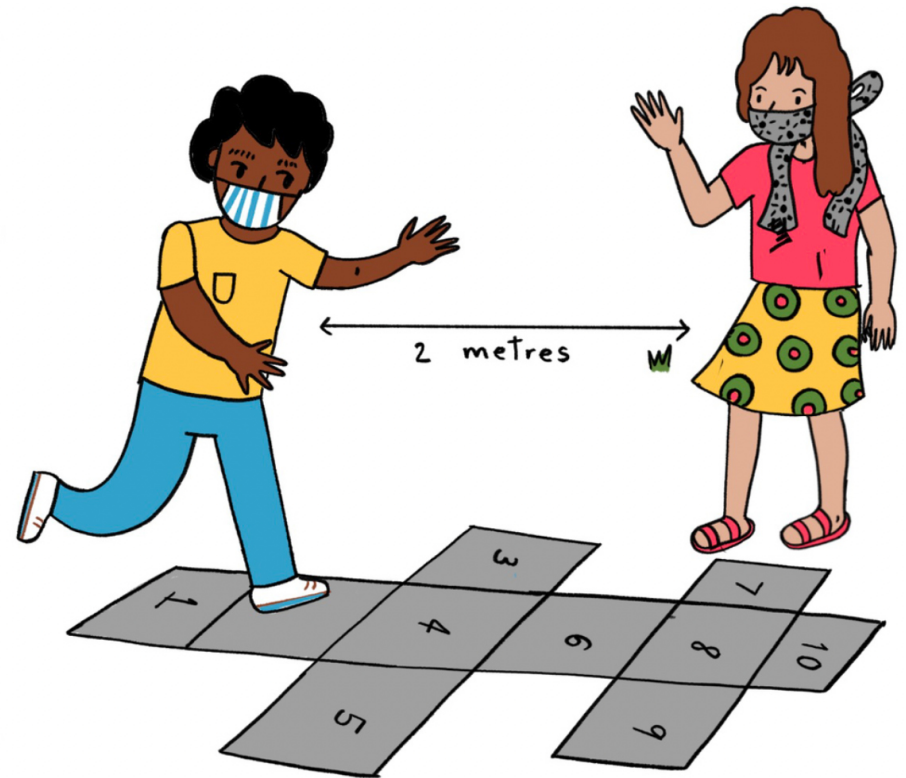


Core Message 6: How do we help our  
friends?

COVID-19 has made life hard  
for many children.



All children need friends.



Be a good friend.



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[www.childtochild.org.uk](http://www.childtochild.org.uk)

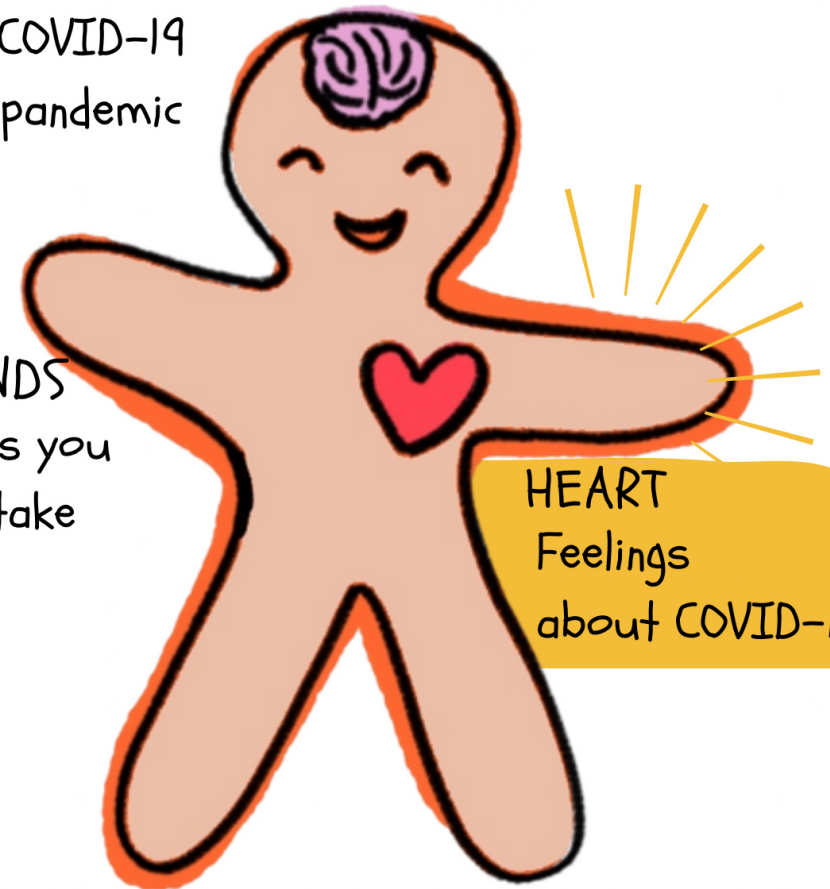
Hey Kids! Here is a message  
about Covid-19!

Facts about  
COVID-19  
pandemic

HEAD

HANDS  
Actions you  
can take

HEART  
Feelings  
about COVID-19



Core Message 7: What do we do to  
feel well?

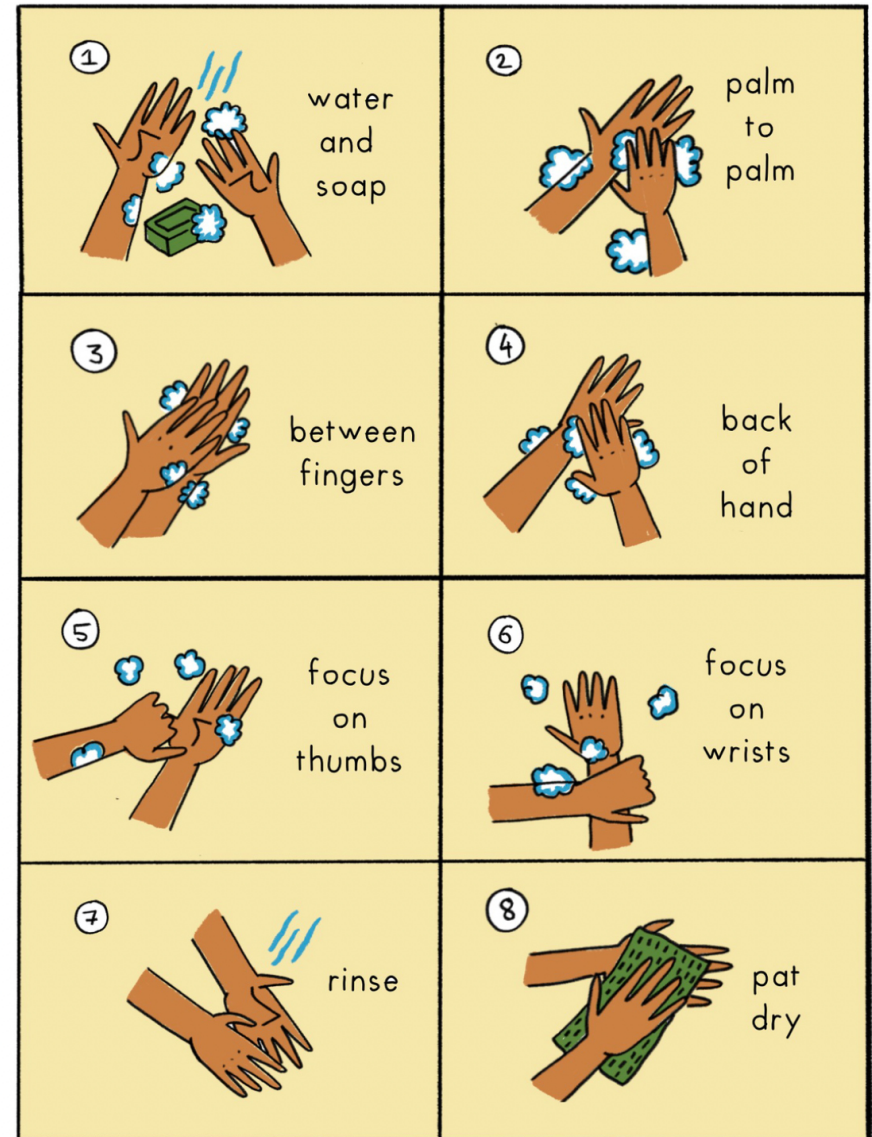


The pandemic will not last forever. Stay healthy. Keep up your immunizations.



Follow your health treatments.

## Continue washing your hands

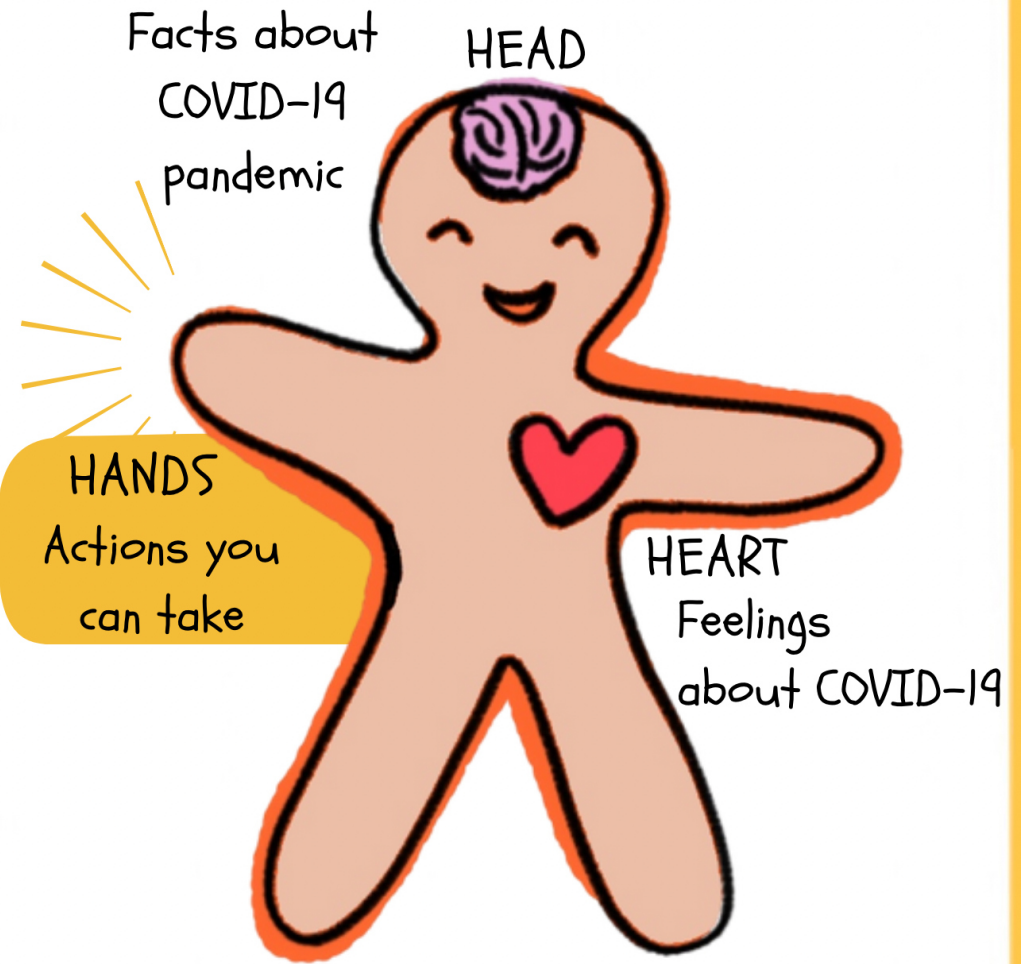


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Core Message 8: How do we stay  
strong and happy?

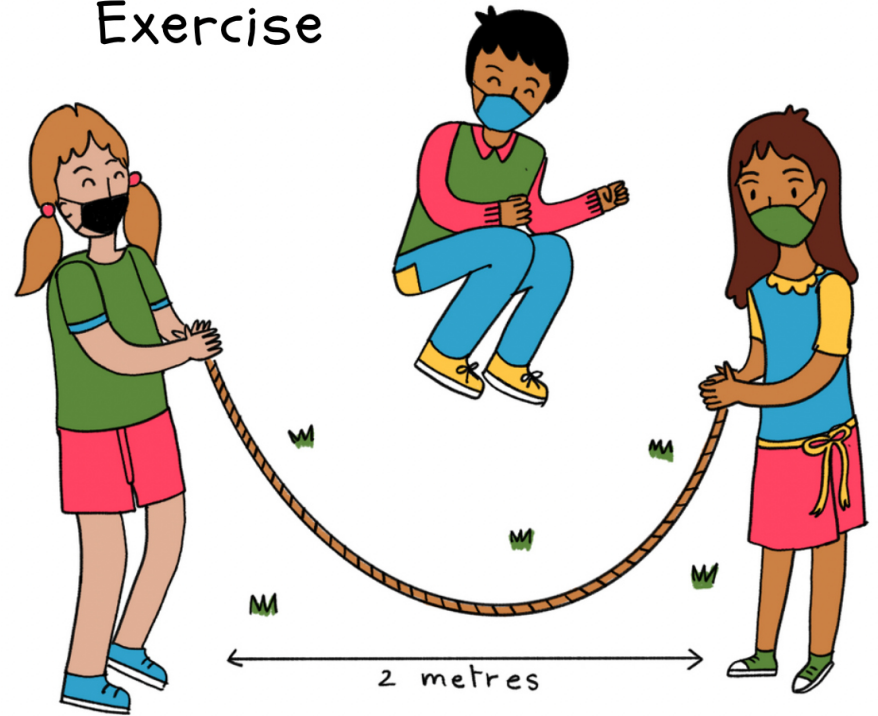


Take care of yourself.



Eat food that is good for you.

Exercise



Rest at night.

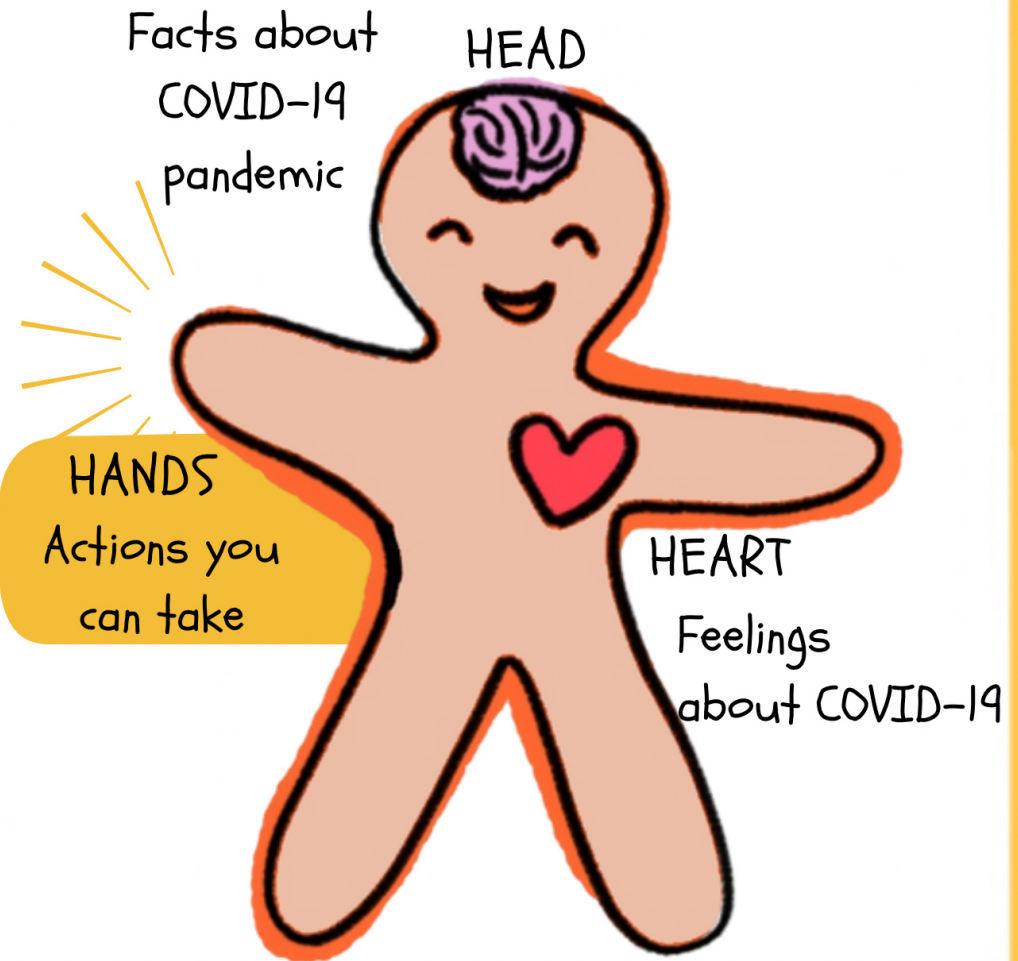


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Core Message 4: How do we help each  
other?

Be a hero.



Help others.

Keep girls safe.



Be kind.

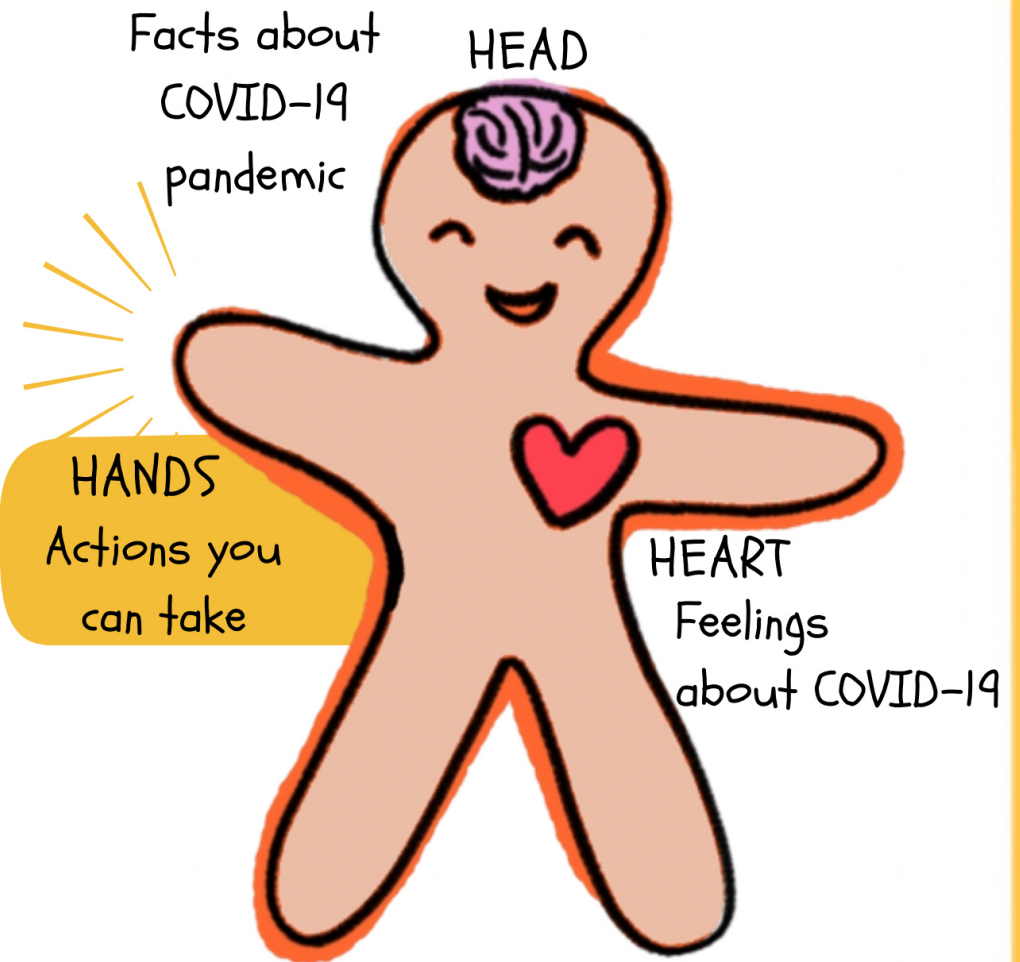


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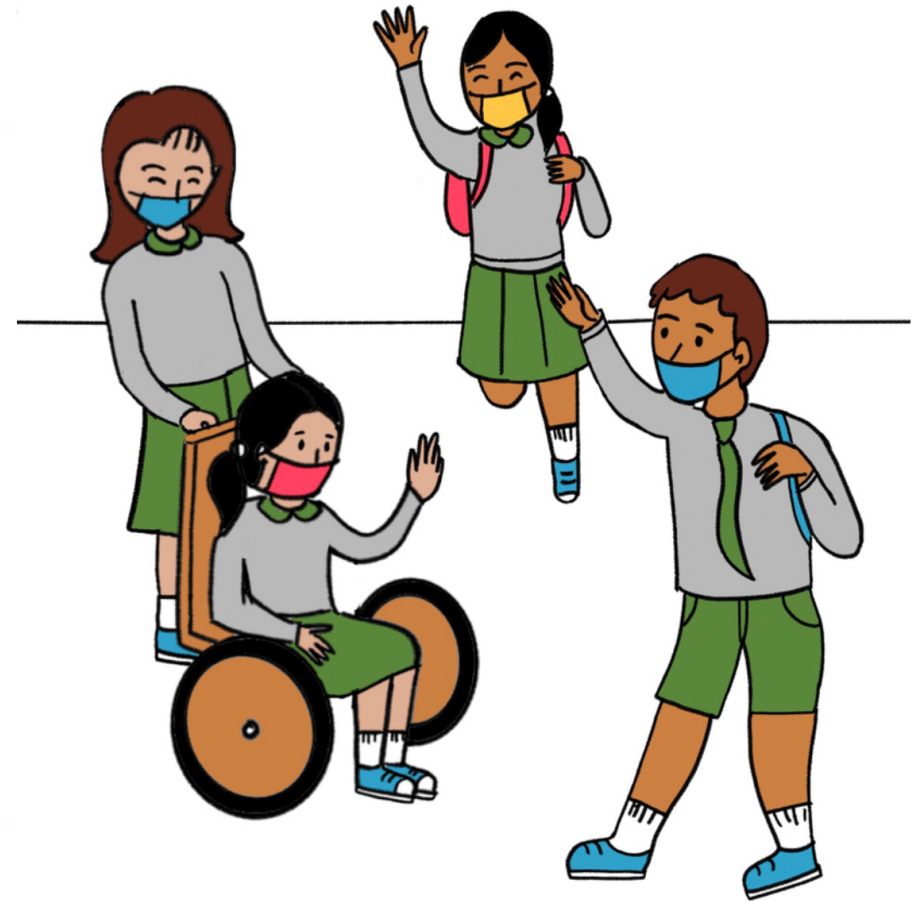
Core Message 10: How do we keep  
learning?

Keep learning.



Help others to learn.

Go back to school when it is open.



Help girls and children with disabilities return as well.