

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!

Facts about
COVID-19
pandemic

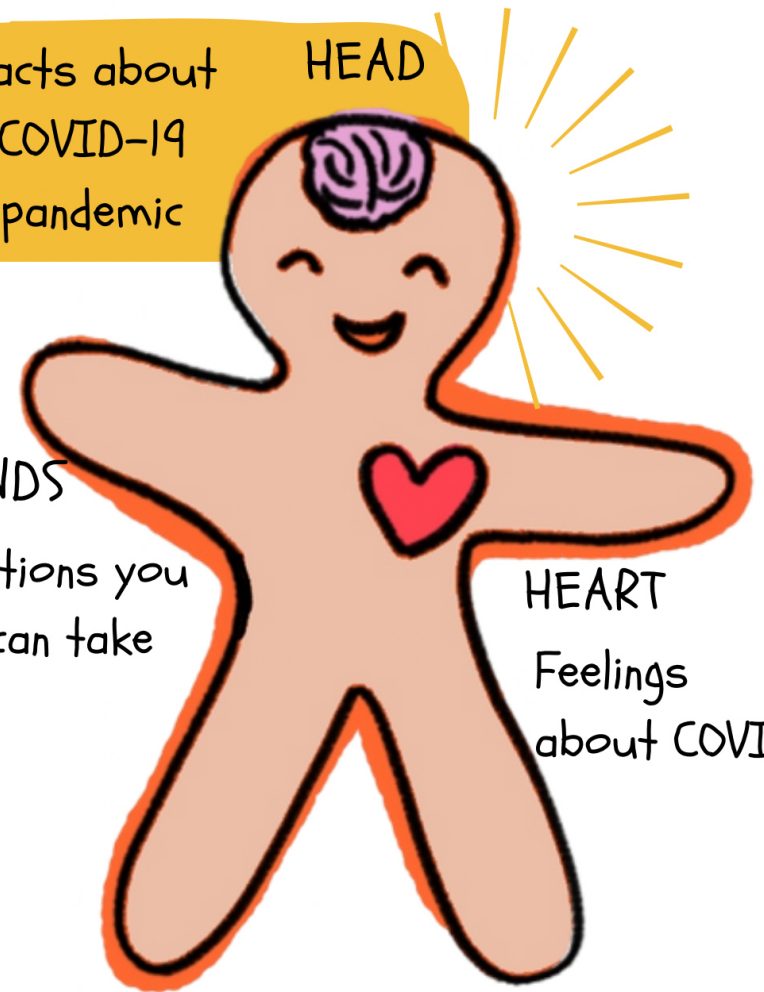
HEAD

HANDS

Actions you
can take

HEART

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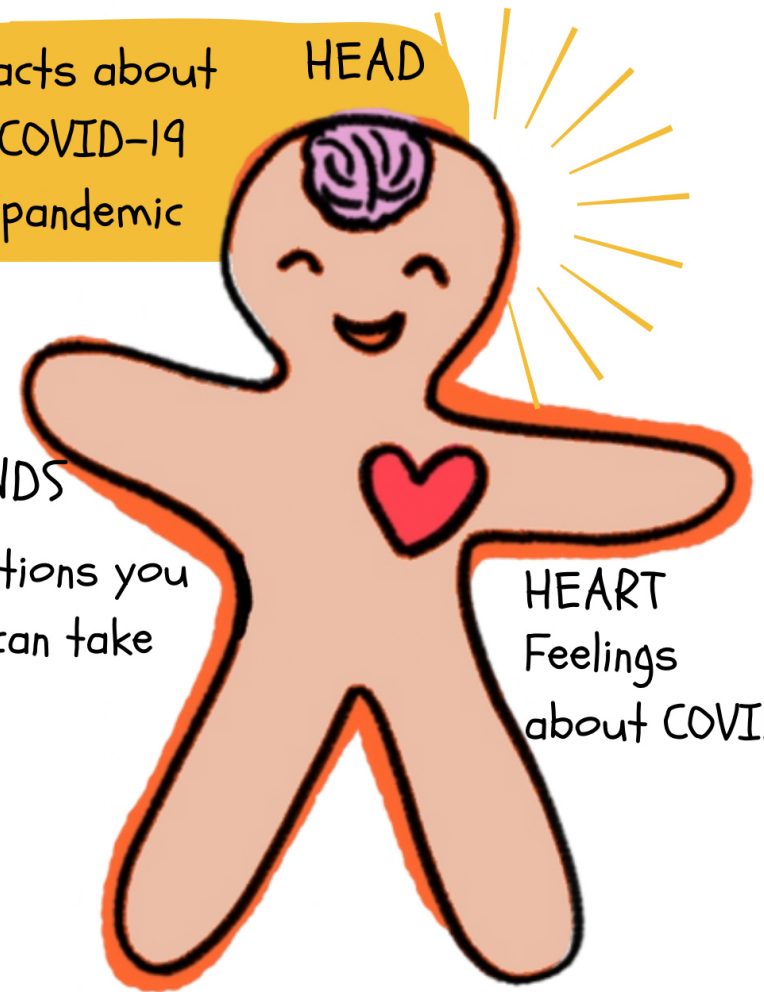
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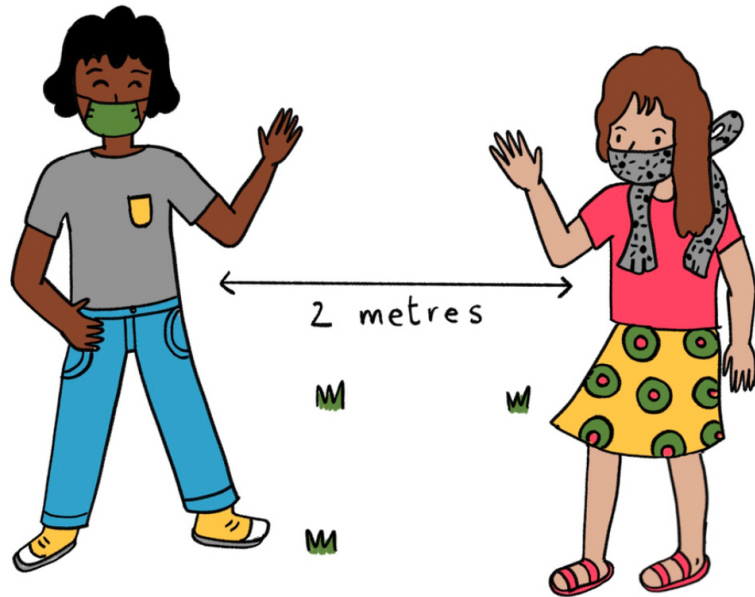
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Core Message 2: How do we stop the
spread of COVID-19?

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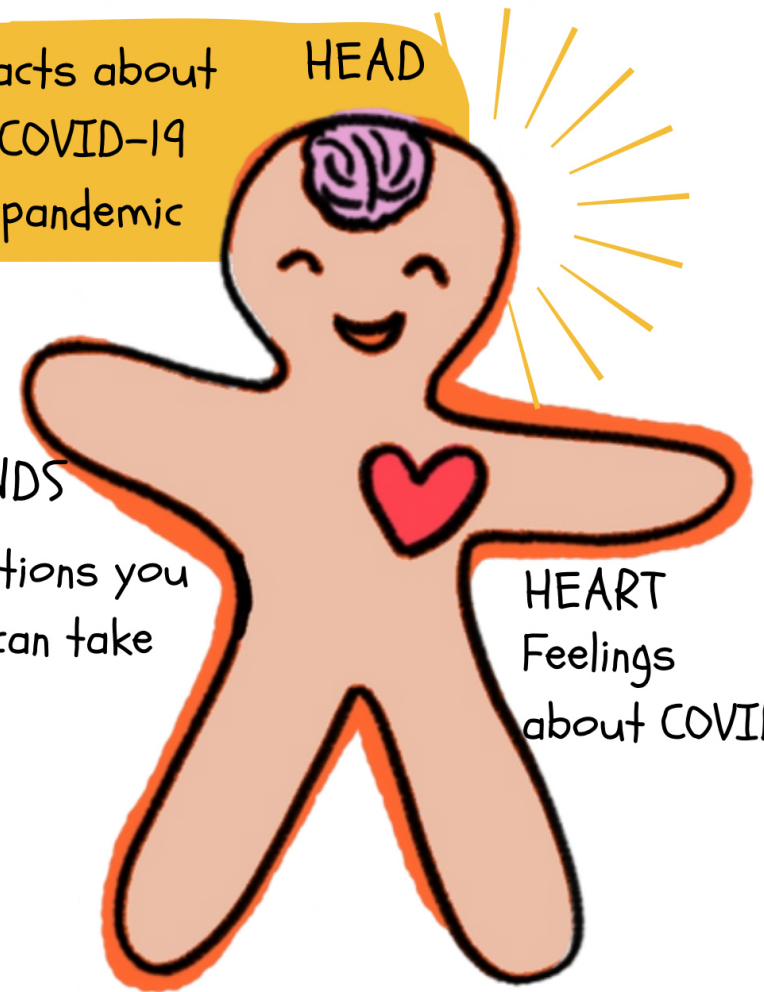
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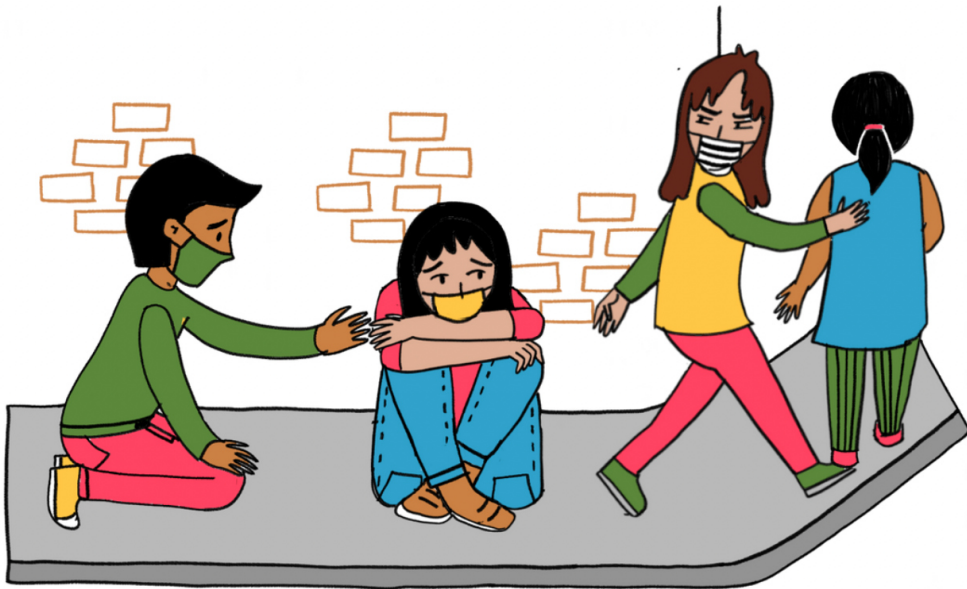
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Core Message 3: How do we be kind in
COVID-19?

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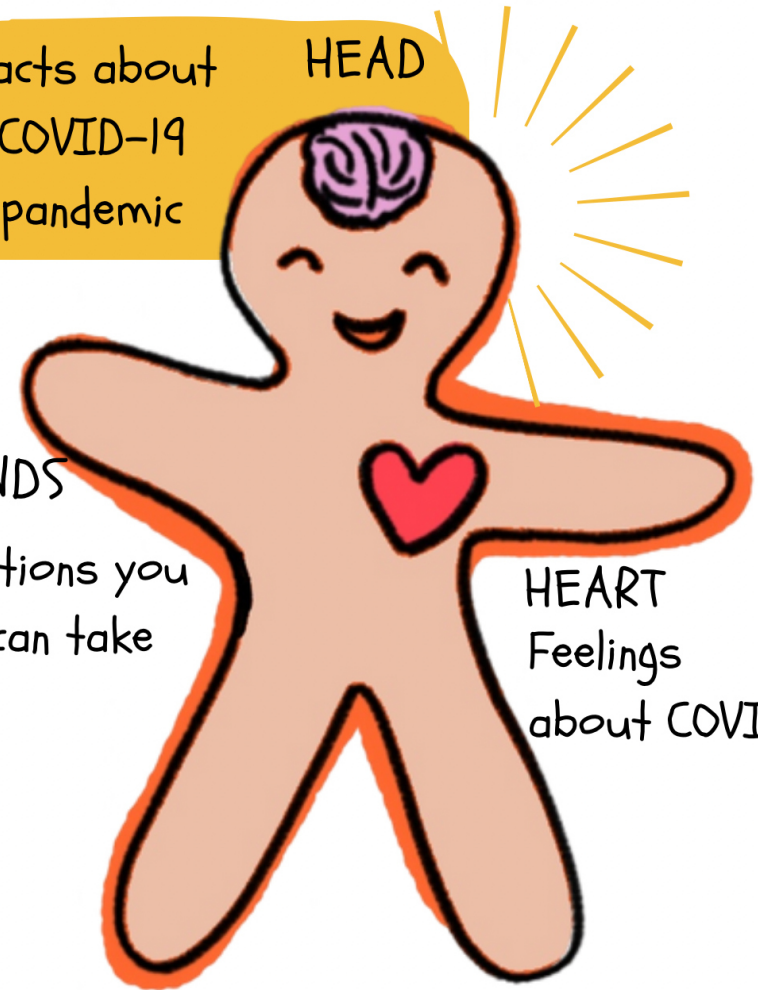
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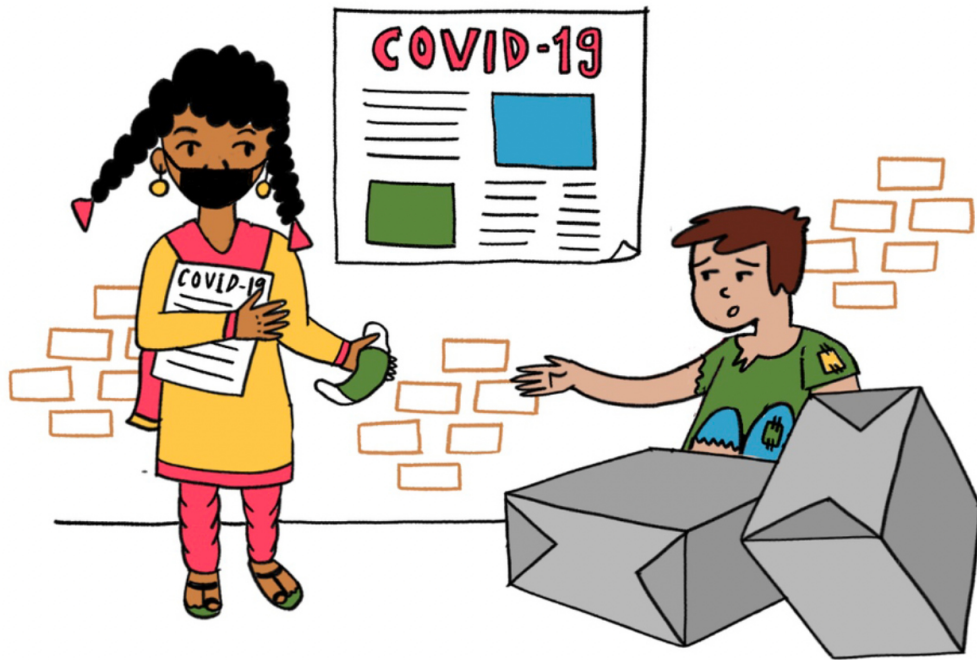
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Core Message 4: How do we help all
children be safe?

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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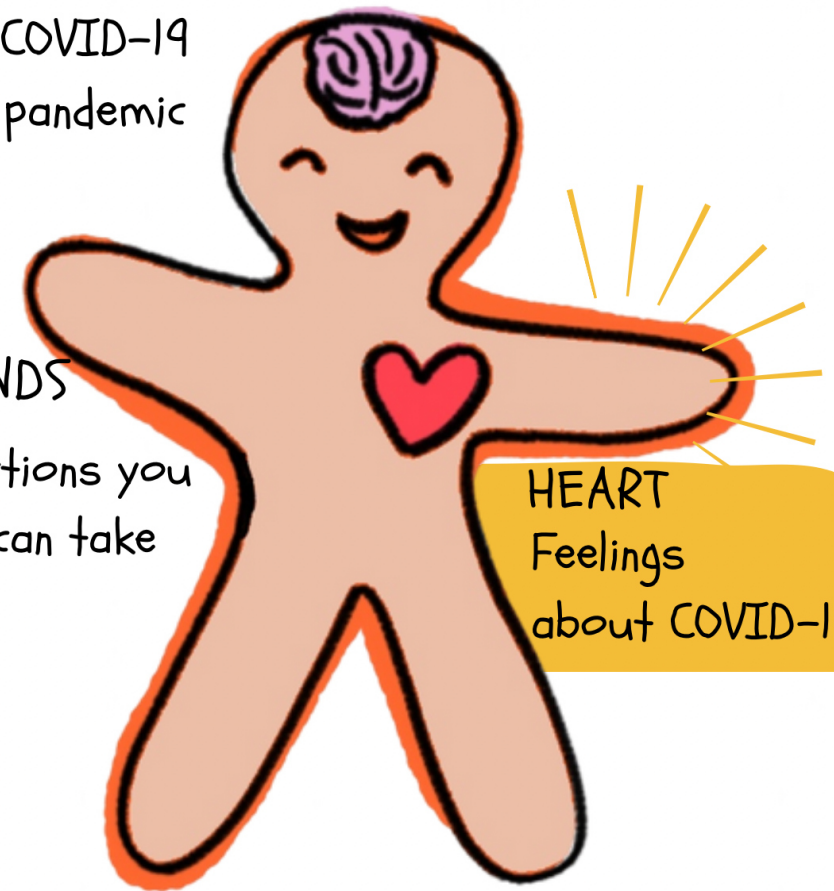
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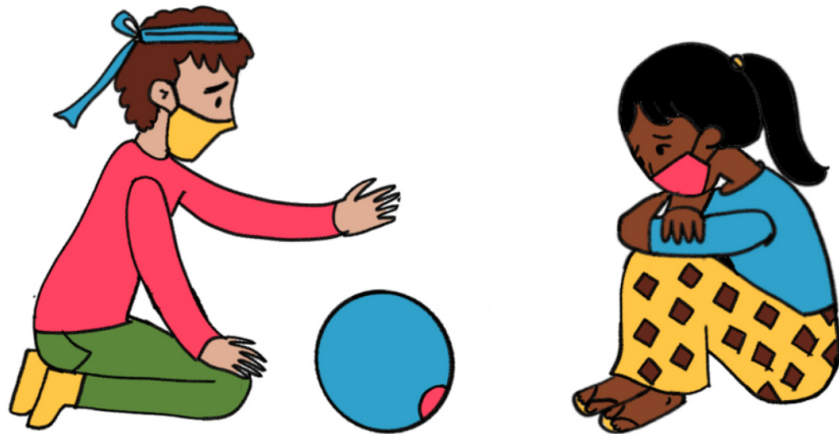
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Core Message 5: How do we feel?

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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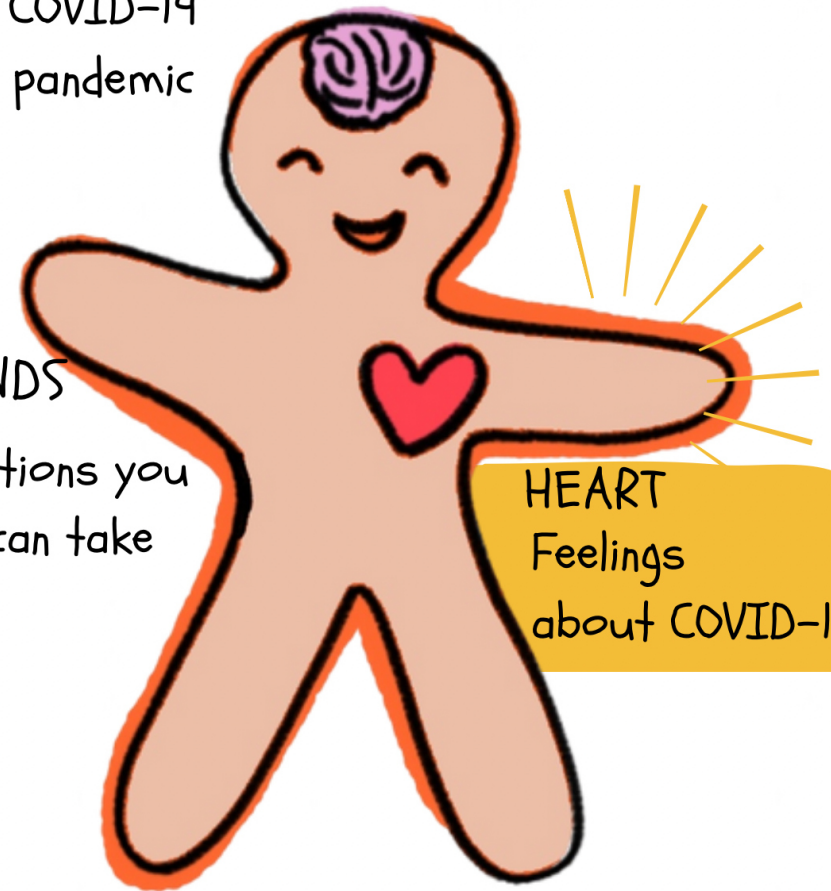
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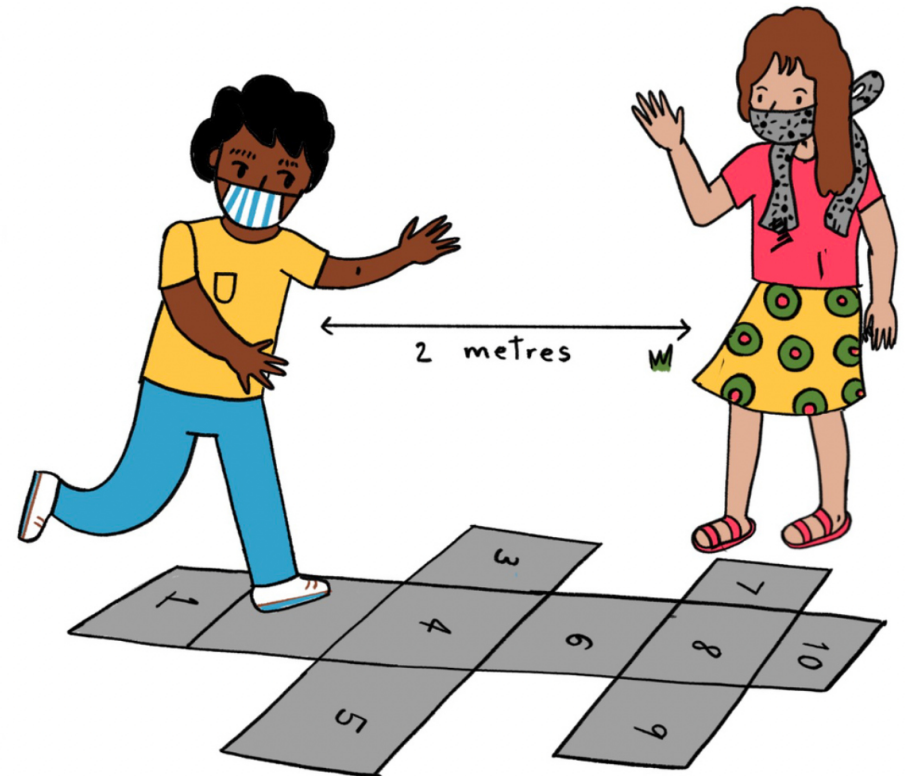


Core Message 6: How do we help our
friends?

COVID-19 has made life hard
for many children.



All children need friends.



Be a good friend.

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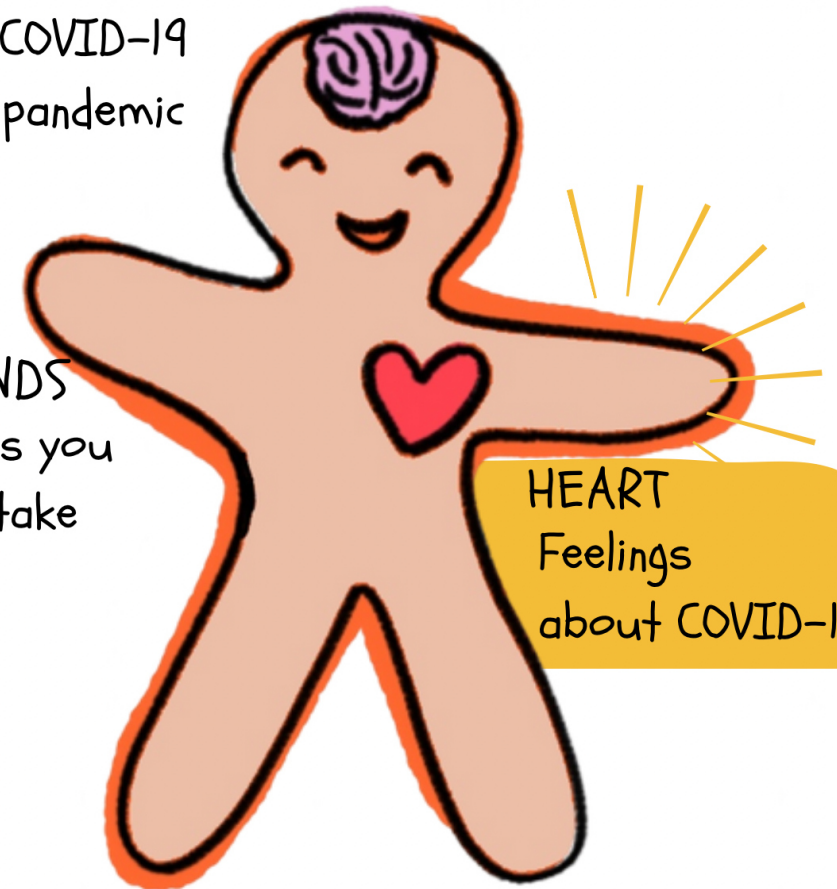
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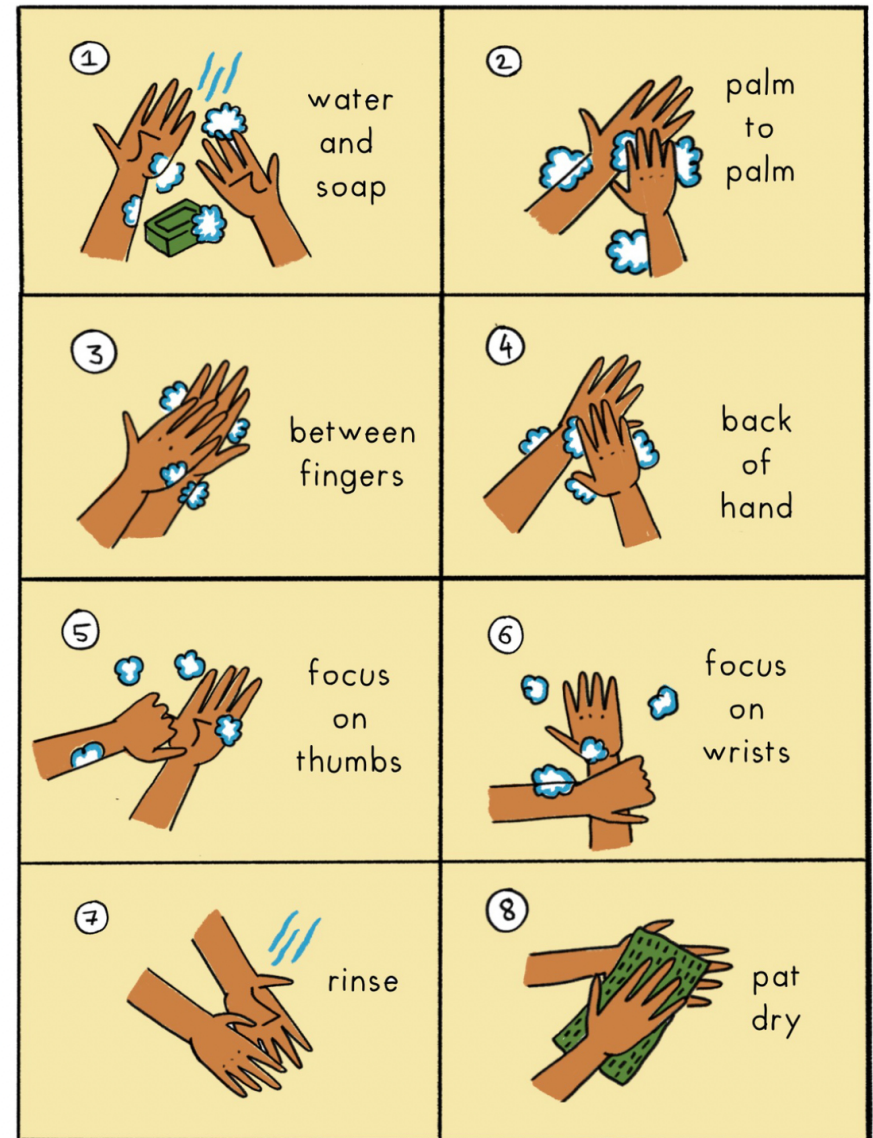
Core Message 7: What do we do to
feel well?

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



Follow your health treatments.

Continue washing your hands



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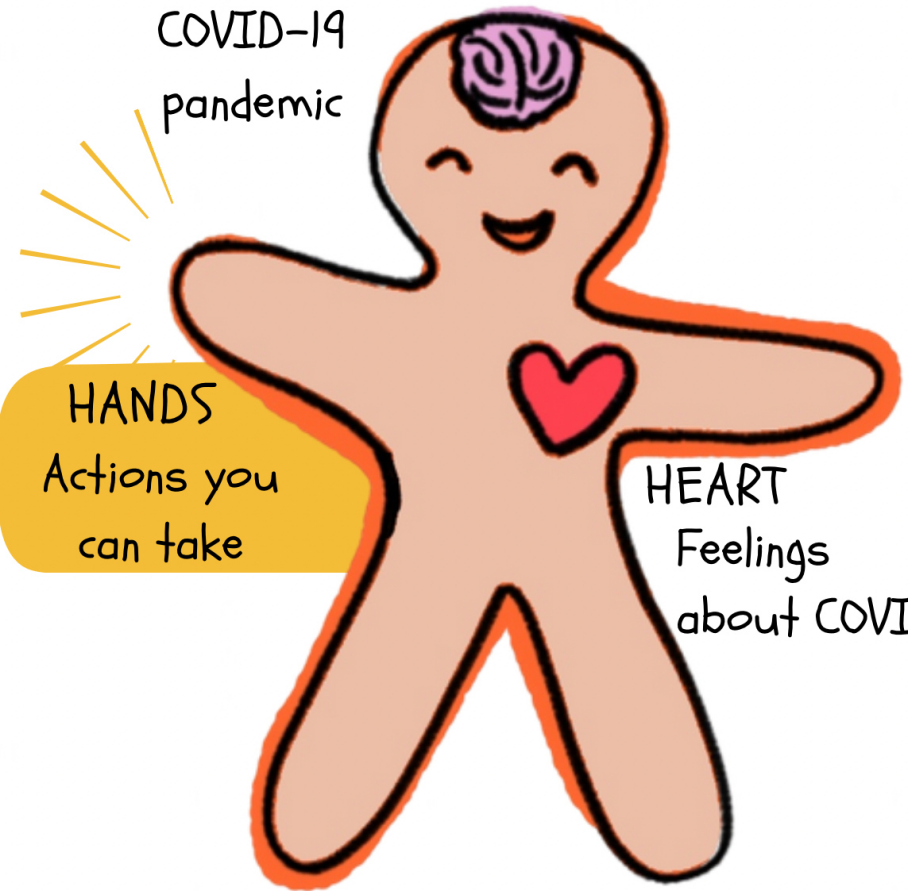
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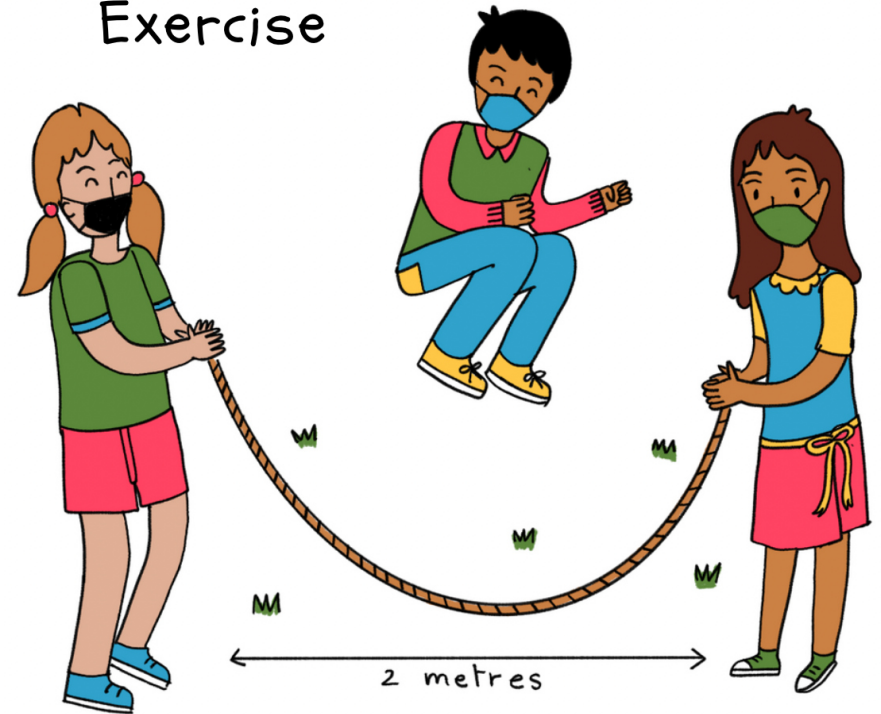
Core Message 8: How do we stay
strong and happy?

Take care of yourself.



Eat food that is good for you.

Exercise



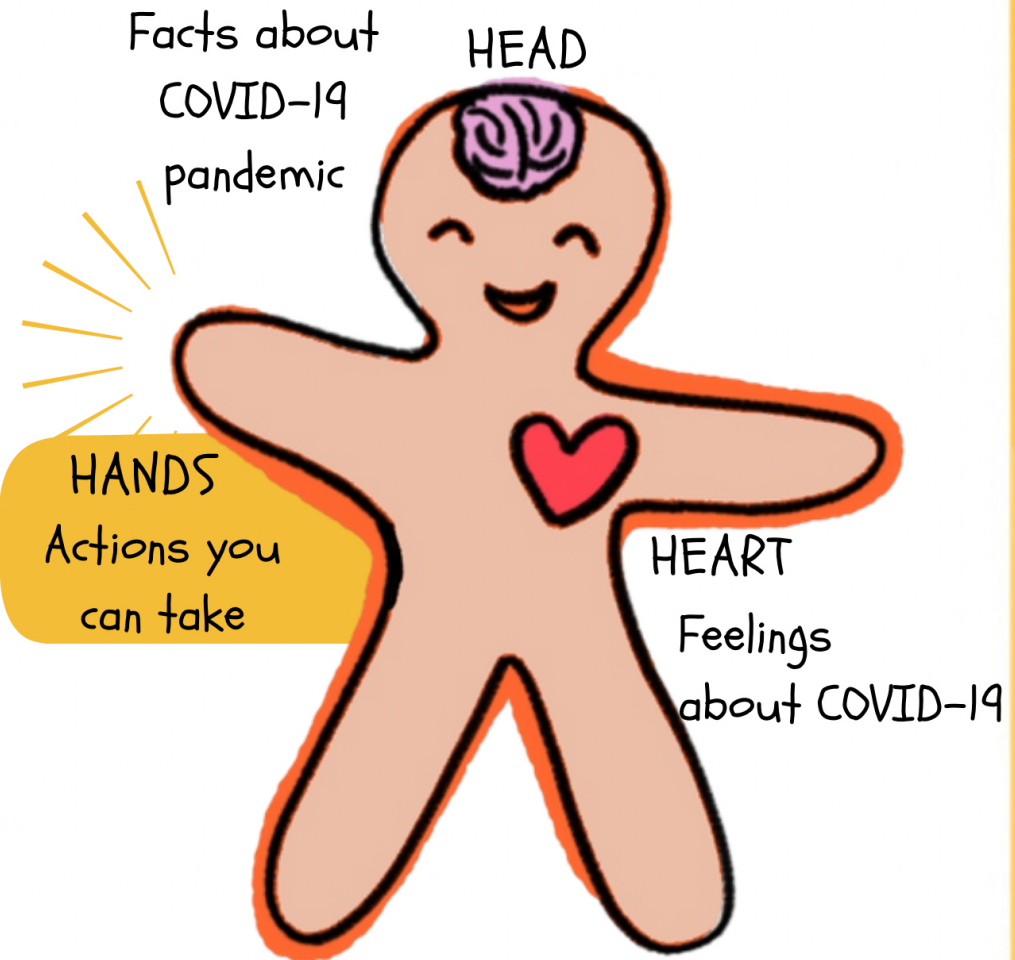
Rest at night.

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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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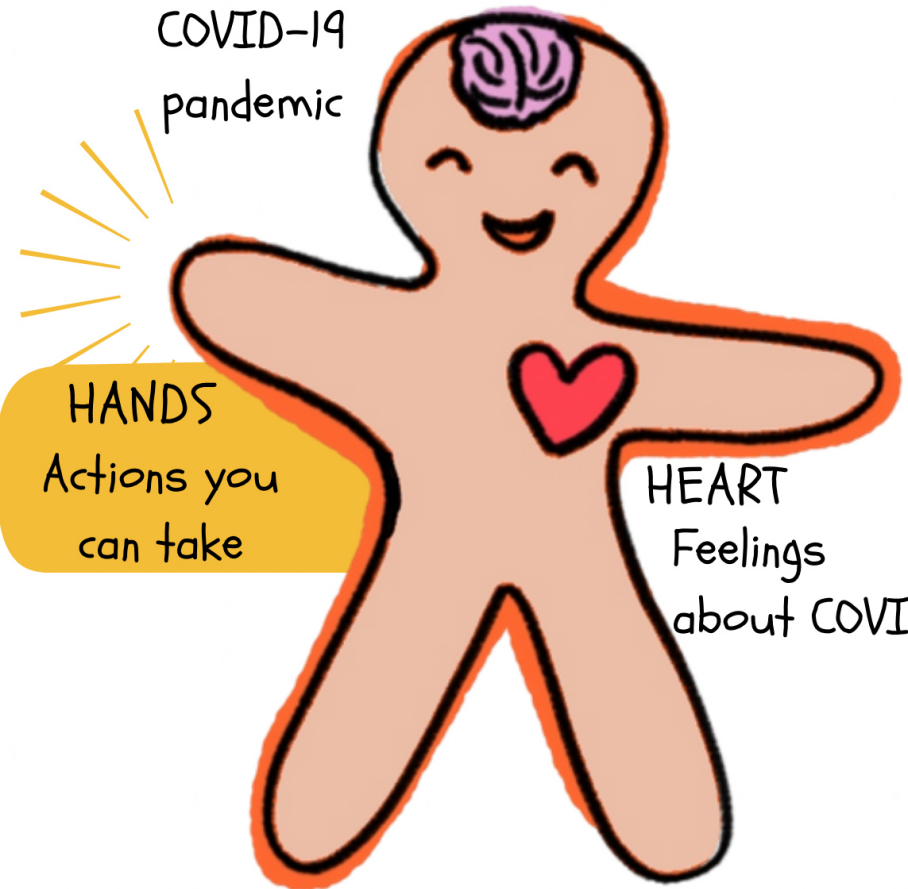
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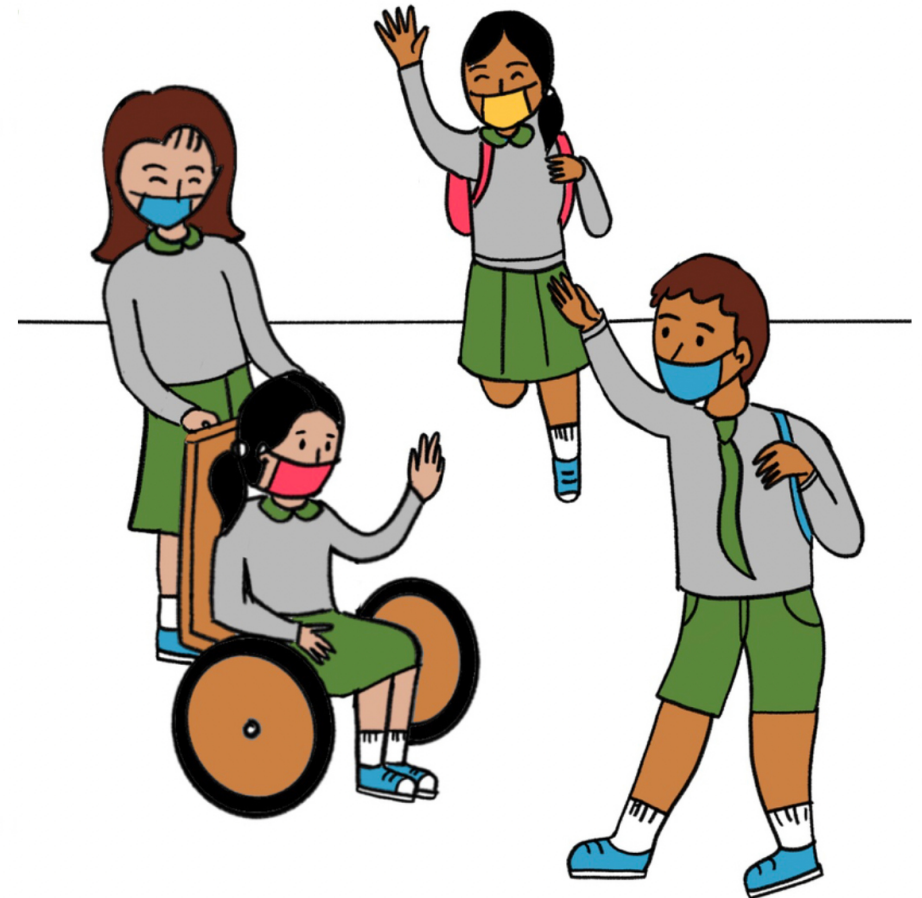
Core Message 10: How do we keep
learning?

Keep learning.



Help others to learn.

Go back to school when it is open.



Help girls and children with disabilities return as well.