

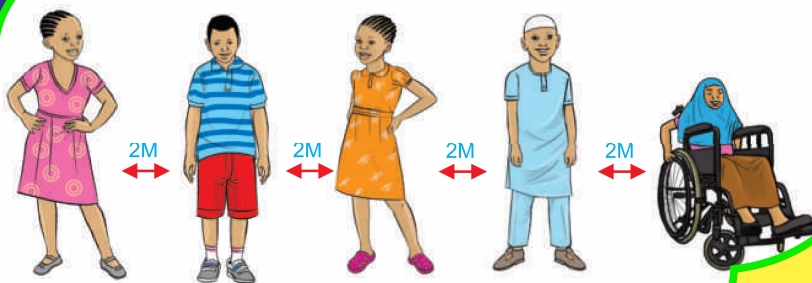
All About Coronavirus Disease (COVID-19)



A HANDBOOK FOR CHILDREN

on

Coronavirus Disease (COVID-19)



FEDERAL MINISTRY OF HEALTH

unicef 
for every child

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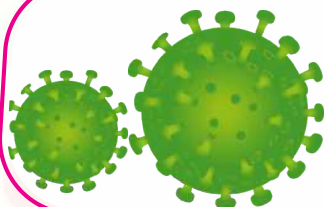
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What is Coronavirus or COVID-19?



Coronavirus is a very serious sickness that affects the respiratory system and lungs. It is called COVID-19 because CO stands for corona, VI stands for virus, D stands for disease and 19 stands for 2019.



When someone has COVID-19, they start coughing and have a fever and they are unable to breath properly.



There is no medicine for COVID-19 yet. But people who catch it can become well again if they are treated very early in a hospital with good care from doctors and nurses. Many people in Nigeria who were sick with COVID-19 are now well because they were treated early.



If people who catch COVID-19 don't get treated quickly, then they become very sick and may die from it.

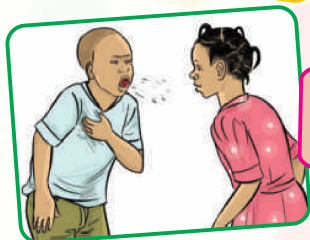


How do people catch COVID-19?

People catch COVID-19 through these ways:



when you inhale the droplets of an infected person when they sneeze



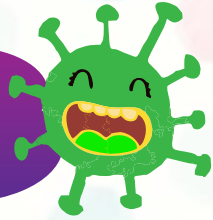
when you inhale the droplets of an infected person when they cough



when you touch a person who is sick with COVID-19, the surfaces they touch and then you touch your face

If you don't do any of these, then you won't catch COVID-19

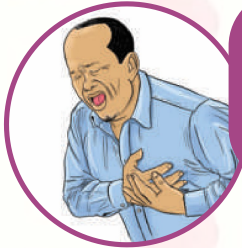
Who can catch COVID-19?



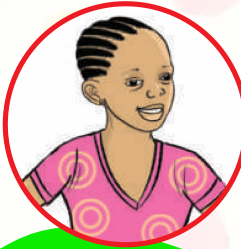
Everyone can catch COVID-19, but it affects these people more ...



Older people



People who are sick with other disease like diabetes, heart disease, etc.



children who are exposed to infected people and areas can contract the virus and have severe symptoms

It is important to protect all children from contracting COVID-19 including people with disability, pregnant women, refugees and migrants, marginalized and vulnerable groups like people who are internally displaced.



How can I protect myself from catching COVID-19?

There are a few smart things you can do so that you don't catch COVID-19 ...



Always wash your hands with soap and clean running water for at least 20 seconds



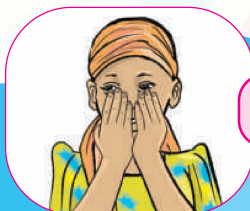
No shaking of hands



Cover your mouth and nose with a flexed elbow or tissue when you cough or sneeze. Dispose the used tissue immediately into a closed bin



Sanitize your hands using an 'alcohol-based sanitizer' always



Avoid touching your eyes, nose and mouth



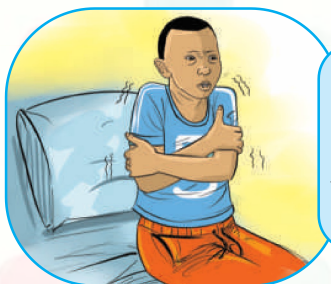


If you traveled from a place that is affected by COVID-19 or you come in contact with someone who is infected with COVID-19, you need to take responsibility by isolating yourself so that you don't infect others.

During self-isolation:



Stay in an isolated room with windows for 14 days



If you experience any symptoms like cough, fever or difficulty in breathing, a call should be made to the health authorities to take you for treatment



When you are in isolation, don't be worried or afraid. Try to keep yourself busy by e.g. reading, writing stories, singing, exercising and so many other fun things



Cleaning touched
surfaces and objects



staying at home
when you are sick



avoiding crowded areas



keep a safe distance of
about 1 meter away
from people including
a sick person

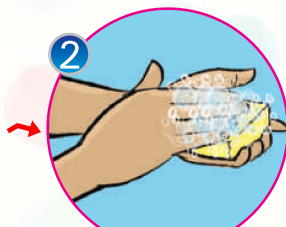


So if you have a fever, cough or
difficulty breathing, tell your parents
or guardian early so that they can
seek medical guidance for you.

How to wash your hands properly



1 Wet your hands with running water



2 Apply enough soap to cover your wet hands



3 Scrub all surfaces of your hands thoroughly – including the back of your hands, your wrists, between fingers and under fingernails – for at least 20 seconds



4 Pay particular attention to your thumbs



5 Press fingertips into the palm of each hand



6 Rinse thoroughly with running water



7 Dry hands with a clean cloth or air them to dry

An easy way to time it is by singing the full happy birthday song twice or the ABCDEFG song

When should I wash my hands?



In general and in the context of COVID-19 prevention, you should always wash your hands at the following times:

After blowing your nose, coughing or sneezing

After touching surfaces outside of your home, including money

Before, during and after caring for a sick person

After touching animals and pets

When your hands are visibly dirty

After visiting a public area, including public transportation, markets and places of worship

Before and after eating

After using the toilet

After handling garbage

After changing babies' diapers or helping children use the toilet



Don't believe
what is not true
about COVID-19!



Don't use chloroquine or buy other drugs to treat COVID-19. Allow medical experts to tell you what to take



People should not take alcohol against COVID-19



COVID-19 cannot be transmitted through mosquito bites



Taking a hot bath does not prevent COVID-19



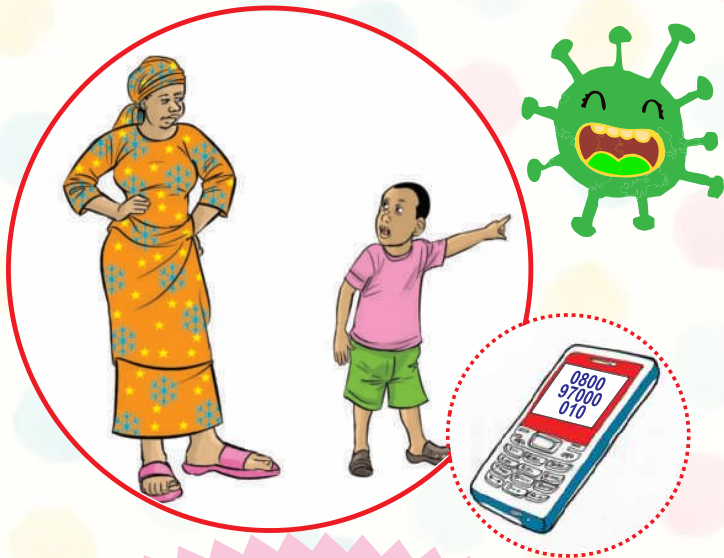
Don't stigmatize people
who are infected



When you are sick, you can pray.
But you must also call the health
authorities to request for a test so
that you can be treated medically
and receive good care from
doctors and nurses



COVID-19 does not only
affect rich people



If you have a fever, cough
or difficulty breathing, tell your
parents or guardian early so that
they can seek medical guidance for you.

And if you can reach a phone,
quickly call this NCDC toll free
number

080097000010





How parents Can Support Children Learning at Home

As a parent, you can help reinforce your child's learning by doing the following:



Show a positive attitude about education to your child



Establish rules and monitor your child's television, video game and internet use



Plan a daily routine with your child together. Factor in homework, reading, writing, drawing and playtime. Be flexible



Talk with your child- acknowledge their feelings and give them full attention



Encourage your child to follow education programs with your guidance through the internet, television, radio, books or use locally made reading materials



Stay in touch with your child's teachers at school, other parents and community groups

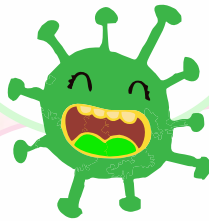
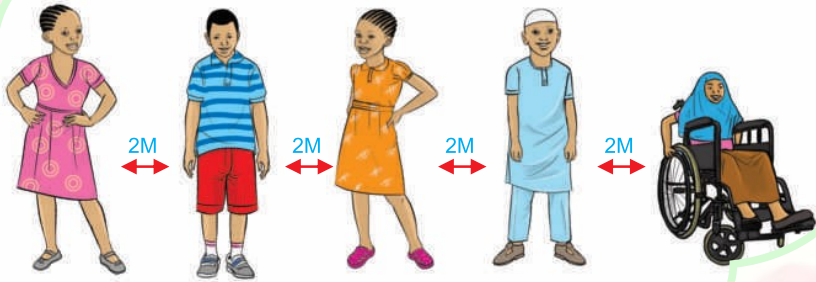


Teach your child some household chores like cooking, cleaning, sweeping, etc



Now that you know
what coronavirus disease
or COVID-19 is ...

Take responsibility
by telling your friends
about it and remember
to keep yourself and
others safe.



To know more about Covid-19 or if you or someone you know is showing signs of Covid-19 please call the number below:



NCDC Toll-free Number:
080097000010