

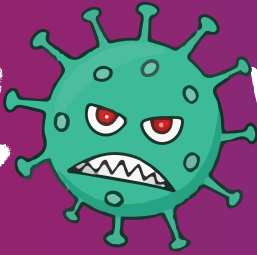


PUBLIC  
HEALTH  
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# An E-Book for young children on COVID-19

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It's evening time and during the current COVID-19 outbreak, everybody is staying at home. 8 year old Shirin and 9 year old Tirth are neighbours and are talking to each other across their balconies.



Kem che Tirth,  
Come let's play?



I don't like  
 rona  
vacation  
as we can't go  
out and play.

We can't Shirin. We  
are on a Corona  
vacation. If we go out,  
Coronavirus will catch us



Even I don't like it  
but I am using  
this time to learn  
chess and play music

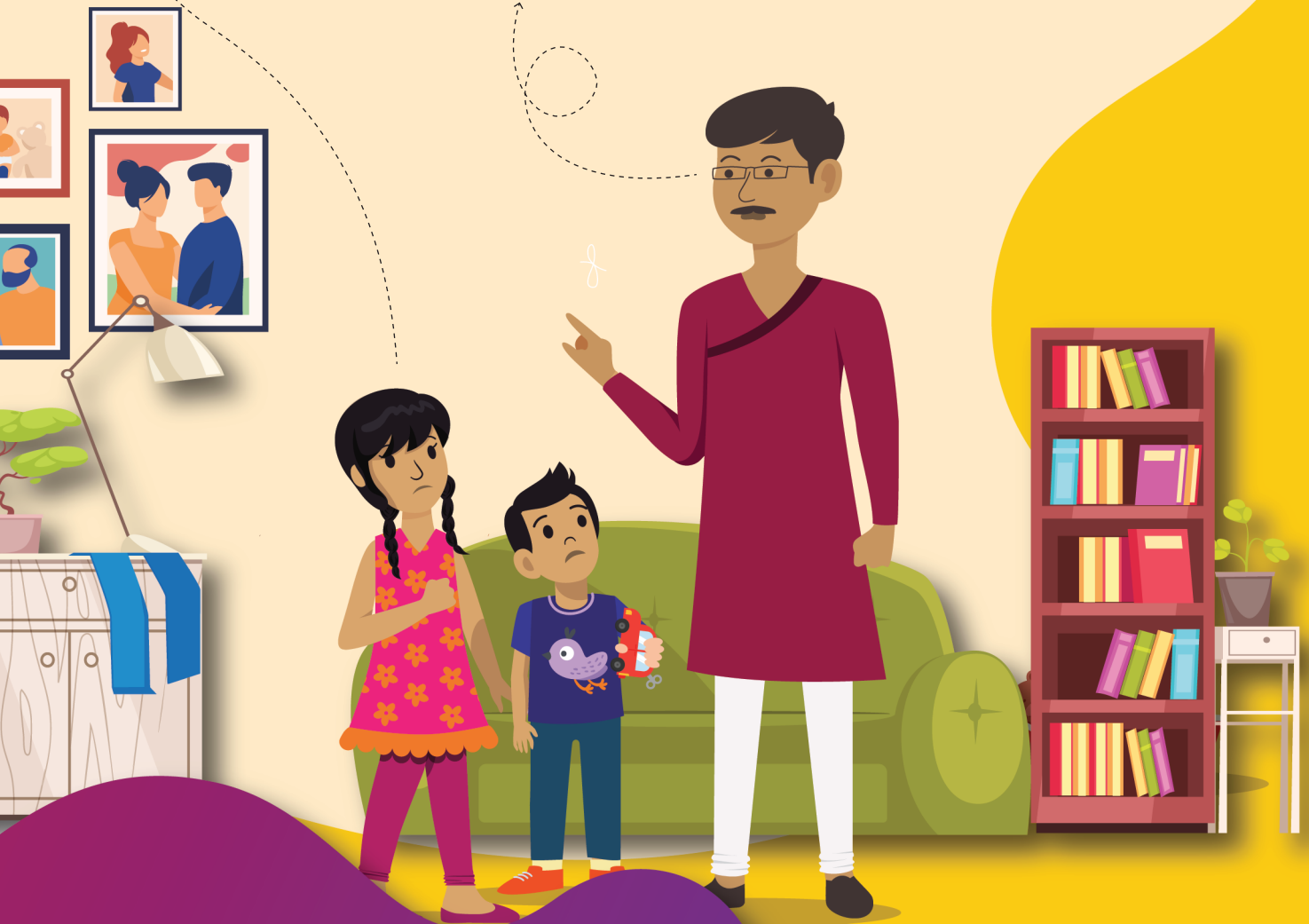


Shirin and her younger brother, Rahul, are upset as their father refuses to take them out to play


Dad, we are bored.  
Can you please take us  
out somewhere?



No children, we cannot go out as there is a lockdown due to COVID-19. In a Lockdown everyone should stay inside their homes and all playgrounds, picnic spots, malls, shops are closed, to stop Coronavirus from spreading.



The kids go to their mother to ask her what is this Coronavirus and COVID-19.



Mom, what is this  
Coronavirus and  
what is COVID-19?

Coronavirus is a new virus which  
causes the infection COVID-19.  
Coronavirus are tiny germs  
which enter our body and make us ill.

Even I got cold and cough last winter.

Yes beta, but you did not get it due to Coronavirus.  
This virus can cause cough, sneezing and fever  
and can make us very ill at times. Some people become more ill  
and have difficulty in breathing and must go to the hospital.



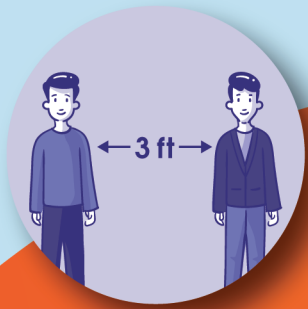
If a person has Coronavirus infection, he can pass on the virus to people who are sitting or standing close to him when he coughs or sneezes. Now these newly infected people can pass on the virus to others and the chain of infection grows. More and more healthy people get the infection and become ill. A single person can infect lots and lots of people in just a few days.



**But at times, a person with Coronavirus may or may not look ill or feel ill at all. These people can also spread the virus.**



# We must Break the Chain



Children, we must always remember to keep at least 3 feet distance from others, wear a mask which covers our mouth and nose well, and regularly wash our hands with soap and water for at least 20 seconds.

Okay dad. We promise to do all these things. But you must take us to the park soon.

Promise, I will take you out to play when the lockdown ends.



Rahul is worried for his grandparents and goes to their room to learn a little more about Coronavirus. His grandfather tells him not to worry but to always wash his hands before coming into their room, and to sit at least 3 feet from them and to always sneeze in the crook of his arm, so that the drops from his nose and mouth don't fly in the air.



Daadu, don't you and Daadi get bored sitting in in your room all day? Dad said we should not hug you anymore because of this Coronavirus.

Your dad is right. Daadi and I are now old and not as active as you children. The Coronavirus can attack us more easily and we can fall ill. That is why we spend most of our day in our room.

Rahul comes back again after washing his hands and brings food for his grandparents.



What will you do now  
when you meet someone?

I will greet everyone with a Namaste.  
And, I am going to wash my hands regularly,  
to keep myself and my family safe

Shirin and her father are standing in the balcony watching the mother buy vegetables from the vendor. The father explains that while they stay indoors, there are lots of brave Corona heroes like the vegetable sellers, milkmen, cleaners, policemen, nurses doctors, who continue to work daily to provide essential services in the community.



Dad, can this vegetable vendor get infected with Coronavirus?

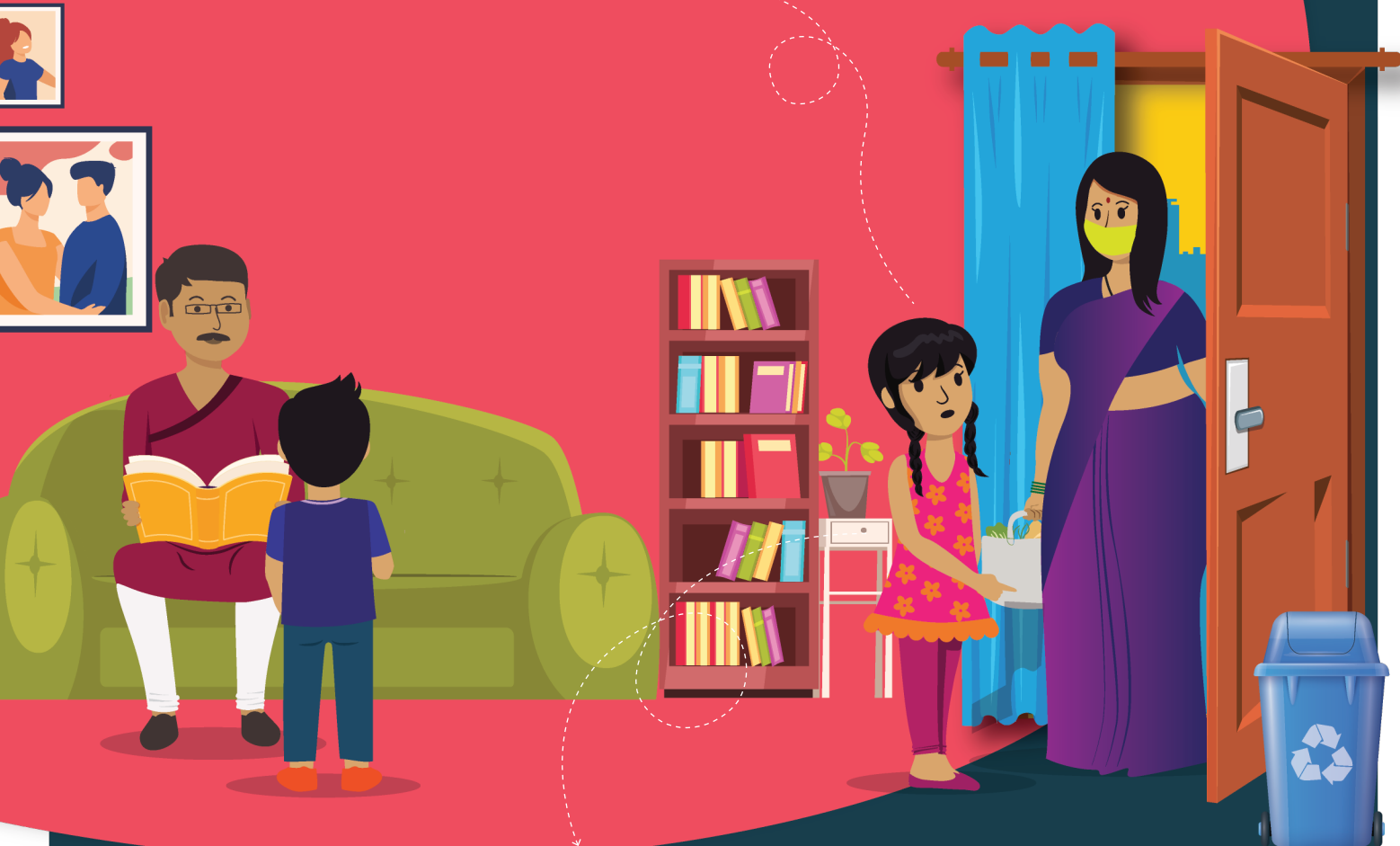
Yes he can. But to avoid it, he is wearing a mask and so is your mother. People like him, who go out to work daily to make sure we get our daily needs, are our **HEROES**. We should always respect them and their work.



When we enter the house we must be very careful not to bring Coronavirus inside. We should always remove our shoes outside, dispose our masks safely and wash our hands with soap and water.



So now we know that vegetable sellers, milkmen, cleaners, policemen, nurses, doctors are our new super heroes.



Children you both can also help the community by making masks at home. Come and help me.



**Tightly knit cotton material, like a T-shirt. (A scarf can work. The fabric should be big enough to fold several times and cover your nose and mouth.)**

**Two rubber bands or hair ties (also here)**

### **How to Assemble It:**

1. Cut straight horizontally across 7-8 inches from the bottom of a T-shirt. Lay the material out flat in front of you and turn it so the side that used to be the bottom of the T-shirt (it's usually double stitched) is facing left or right.
2. Fold it from the bottom to the middle, and from the top to the middle. Repeat this step a second time.
3. Loop a rubber band or hair tie around each end (left and right), leaving a few inches of fabric, so each side looks like a candy wrapper.
4. Fold the excess material over the band, with each side meeting in the middle, adding another layer to the mask.
5. Put a band over each ear, making sure the material fits snugly to your face. The pressure on your face should keep the material and rubber bands in place.



# ACKNOWLEDGEMENT

The novel Coronavirus is changing the way we interact in our daily lives. We can stay healthy and prevent the virus from entering our homes and protecting our families by following a few simple steps and practices.

The book on Coronavirus for children has been conceptualised and designed keeping in mind the nuances of the Indian context and to empower children with simple practical information so they are our “ambassadors for good health.”

**This is a collaborative effort by the team at the Public Health Foundation of India**

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**Let us all work towards a Healthier India  
and in our fight against COVID-19.**

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