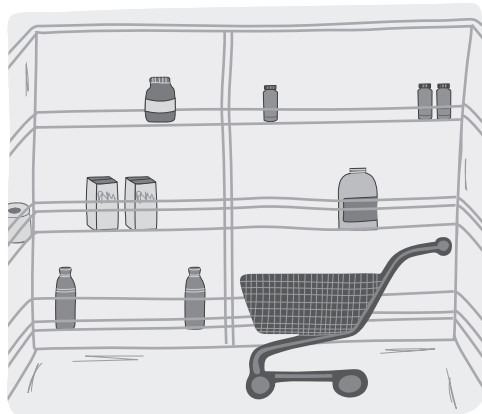
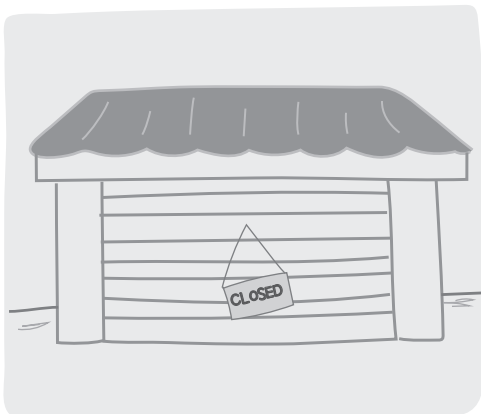


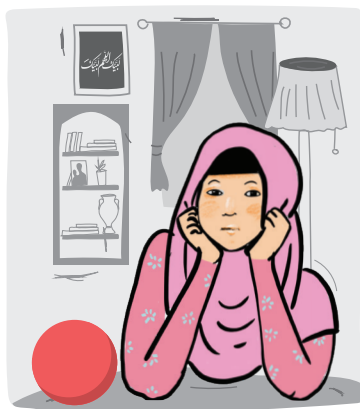


It's a bright and sunny day, but the streets are empty and silence looms all around.



Shops and supermarkets are open, but the shelves are empty. The school gates are locked and there is not a single person on the streets.

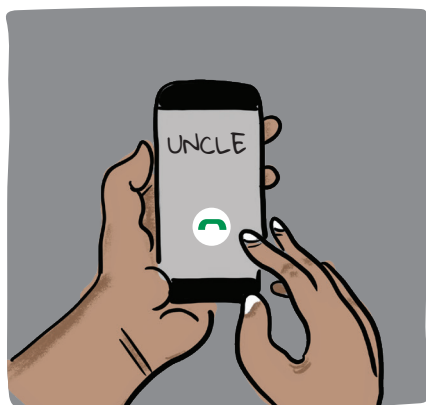




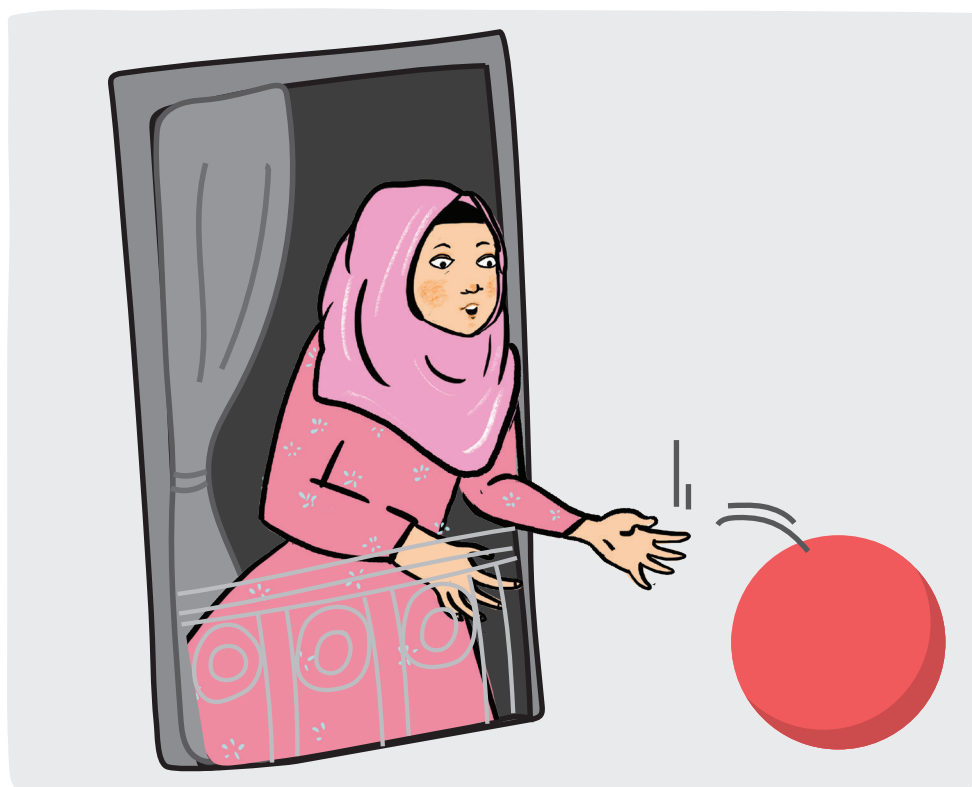
Schools are closed. Amina, Oliver, Tara and Akachi are all stuck inside their houses. They are bored as they are not allowed to step out of the house.

Uncle, what is this Coronavirus that everyone is talking about? Are we all going to die? There are so many people suffering. I hate being at home and not being able to play with my friends. What do we do?

Akachi, relax. Coronavirus is just like a lot of other respiratory viruses which already exist and spread through human droplets. I'll send you a message with all you need to know about what Coronavirus is.



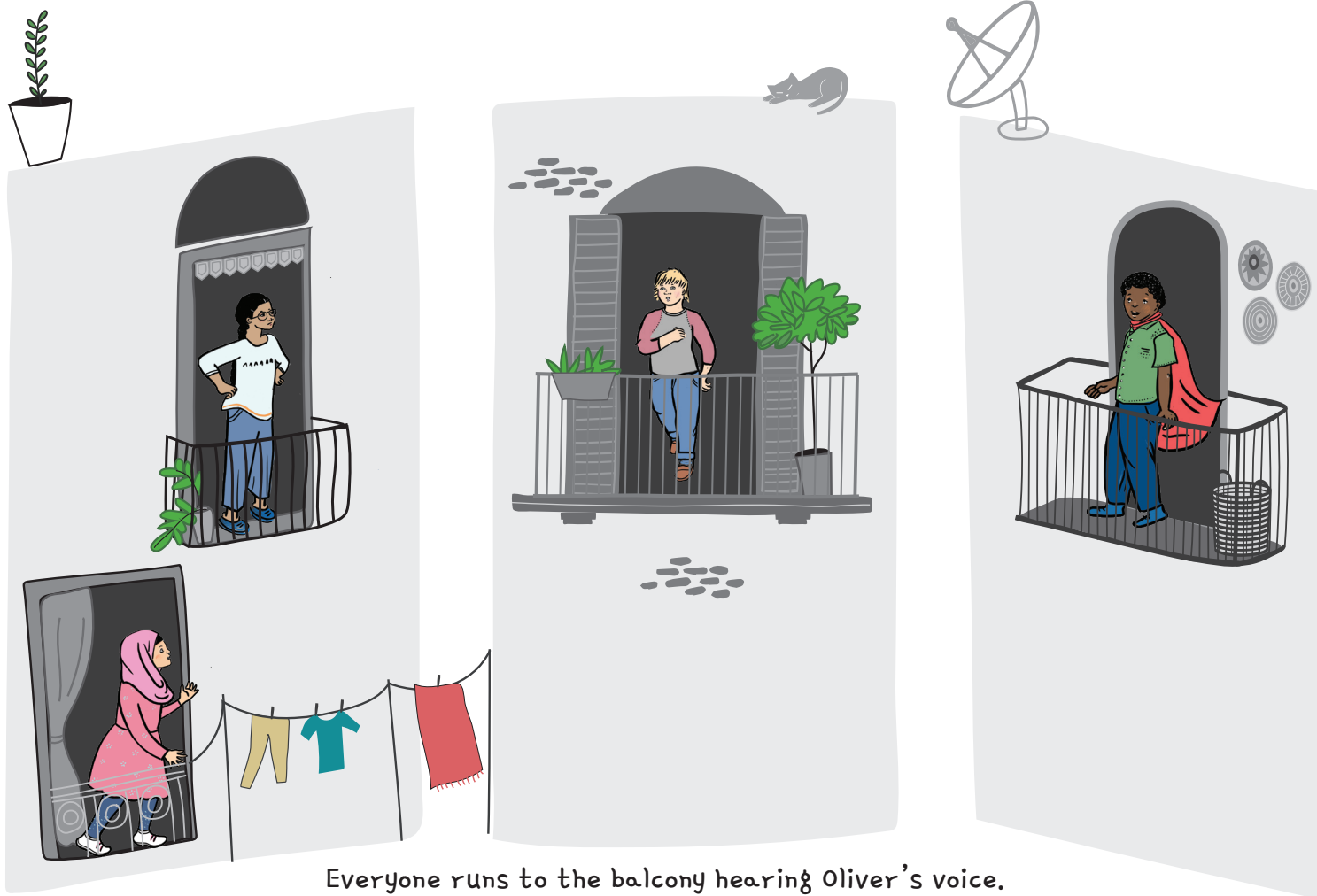
Frustrated, Akachi decides to find an answer. He calls up his uncle who is a very well-known doctor and works in the city.



We see a ball drop in front of Oliver's window.



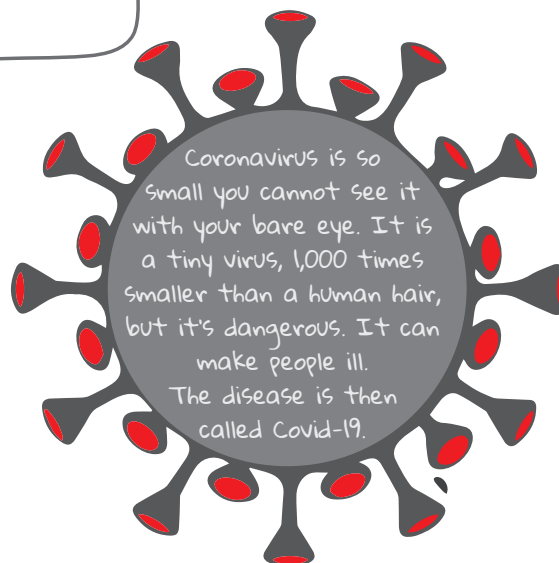
He screams and runs out.



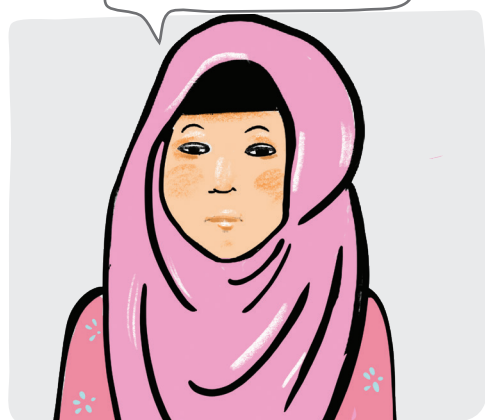
Everyone runs to the balcony hearing Oliver's voice.



This is not Coronavirus.
THIS IS!!!



I knew this already.



Of course Amina, you already knew.



What happened to you Amina?
You look sad.





It's my little sister's birthday tomorrow. We had a party planned for her, but my parents have cancelled it. Now she is crying, and I feel very bad for her.

I really don't think it's fair to ask a little girl not to celebrate. No one around us has the virus so it must mean we are safe.



Guys, this is for precaution. Precaution is key right now.

Coronavirus doesn't respect borders, it can appear everywhere, in Africa, Asia, America, Europe... in big and small cities and even in villages.

Exactly, it doesn't seem to matter whether we live in a city or a village - the virus can reach there. Cities seem to be more affected because they are all so crowded.



Yes, and if someone with Coronavirus sneezes, coughs or shakes hands with someone else, the virus can jump and land on other, healthy people. Coronavirus can enter their body through the mouth, eyes or nose.

But how do we know if we are sick because of Coronavirus? My mother sneezed once this morning. Do you think Coronavirus has caught her? Is she going to die?



One sneeze doesn't mean anything. But you can have Covid-19 even if you don't feel really sick and you can still infect other people. This is the reason why Coronavirus spreads easier than the annual flu.

If Coronavirus gets inside our body, it can multiply. Our immune system fights a battle with the virus, and from this we can get a high temperature and a cough. People who already have problems with their health and people older than 50-60 years, like our grandma and grandpa, can get seriously ill. Sometimes they have to be treated in a hospital to save their life.





But I still feel bad for Amina's sister. She should be able to celebrate her birthday.

Amina's parents are doing the right thing and protecting not just her sister but also everyone who might have attended the birthday party.



Stay at home and only interact with your closest family members.



Keep a distance from your grandma or grandpa even if they live with you.



Don't go out unless you really have to, like to buy food.

It's called social distancing.

OK. Then Amina you too should cheer up. Your family is protecting everyone.

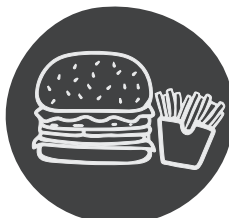


Social distancing is the single most important thing everyone needs to do right now. It is a very effective way to avoid spreading the virus and to make sure that the virus cannot land on your body. That's also the reason why many schools are closed - in the cities and villages - and you may not be able to meet with your friends for a while.

My parents said social distancing also means you avoid groups of people. No gatherings.



No cinema



No eating at a restaurant



No playground



No big sport event



No village gatherings



No birthday parties



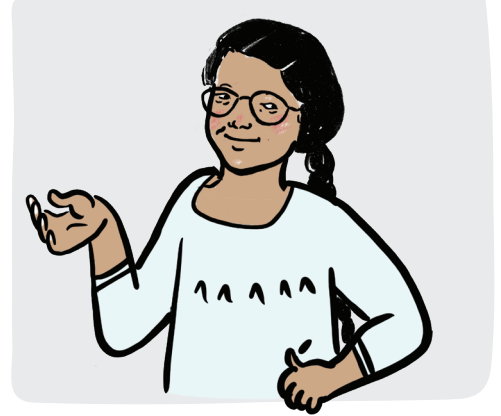
Yes, break the chain. Be really careful and don't let Coronavirus into your body.



But we can't stay inside all the time. We may need to get out of the house to buy food or to see a doctor. What then?



You are right, Oliver. But there are simple things we can do to minimize the risk when we absolutely have to go out.



For one, don't kiss, hug or shake hands for greetings anymore.



Just smile or say "Hi".



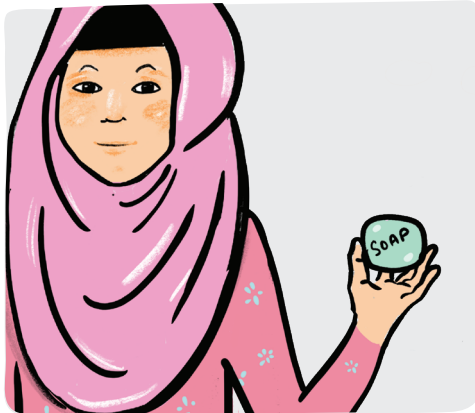
Keep a distance of 1.5 meters to other people.



And if you have to sneeze or cough, do this into your elbow.

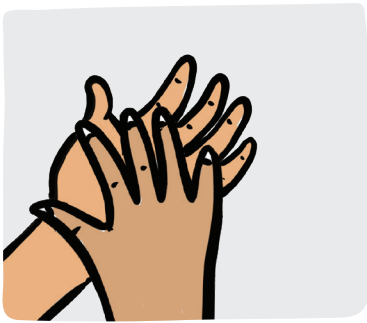


And always wash hands with soap when you get back home.



Yes, wash your hands with soap and water for at least 20 seconds like this:

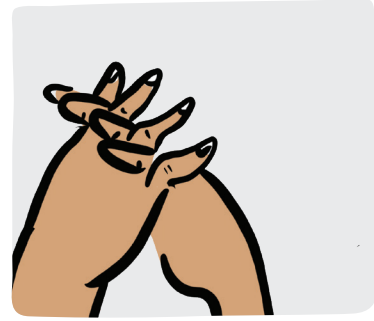




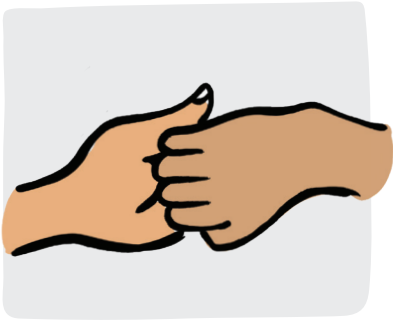
1. Palms



2. Back of hands



3. Between fingers



4. Back of fingers



5. Thumbs



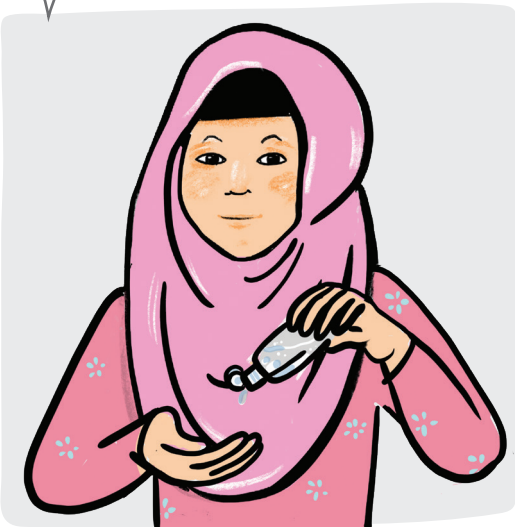
6. Fingertips



7. Wrists

This way Coronavirus can't stay on your hands

If you don't have water and soap around you make sure you have an alcohol based handrub or try the best you can to not touch your face with your hands until you are able to wash your hands.



Guys, if we all together take care not to let Coronavirus into our body or infect other people, we will slow down the spread of the virus. Until then we can play indoor games, read books and get our homework done. Let's share everything we know with everyone we know. We are the Team that can prevent Coronavirus from spreading.



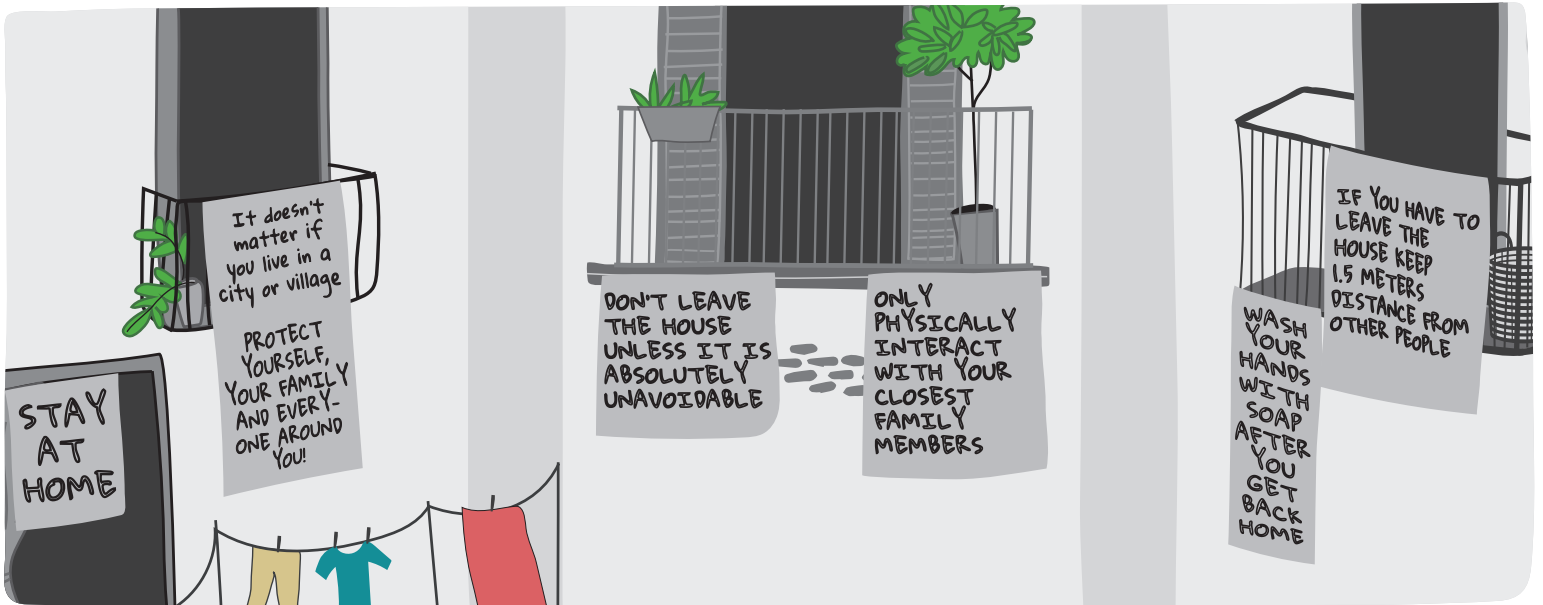
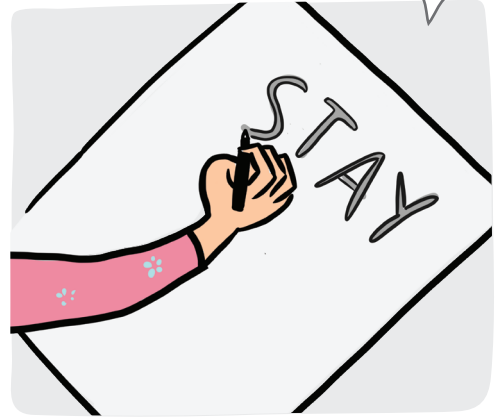
I'll text everyone I know.



I'm going to ask my parents to share this with all their friends... over the phone of course.



And while we're at it, let's share the key messages with all our neighbours, too!



NEXT DAY...

