



# Jumbo's Guide on Coronavirus for Children



Hello children! Have you heard of a new virus around us?

1

The name of the new virus is Coronavirus or Covid-19. This virus makes people sick with fever, headache, dry cough, and even shortness of breath.

Do you know it likes to travel?



2

The Covid-19 virus likes to travel which means it is contagious, and can spread from person to person through their nose, mouth, eyes, and hands.

Doctors say that people with Coronavirus should be advised to...

- 1 Stay at home and rest.
- 2 Stay isolated.
- 3 Consult a doctor for medication to get well soon.



3

What can you do to keep safe?

4

- 1 Regularly wash your hands with soap and water while singing the "Happy Birthday song".
- 2 Stay inside your home as much as possible.
- 3 Wear a mask covering your nose and mouth whenever you step out of the house or when people come home.
- 4 Maintain a physical distance of 6 feet with people when you go out.
- 5 Always cough or sneeze in your elbow or a tissue paper.
- 6 Avoid touching your nose, mouth, and eyes with your hands.



Sometimes you may feel...

5



worried



sad



confused



nervous

It is fine if you feel sad or confused about what is happening but always share your feelings and questions with your parents and teachers.

To keep safe from the virus, remember you cannot...

6

- 1 ...go out to play in your building or garden or beach or a friend's house.
- 2 ...go to school.
- 3 ...go to the mall or market.



But you can do these things...

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- 1 Attend school virtually with your teacher and friends.
- 2 Play indoor games, dance, draw and paint.
- 3 Chat over a voice or video call with your family and friends.
- 4 Help your parents with household work.



How can you become a Corona Champ to #breakthechain?

- 1 Don't go out, stay at home.
- 2 If you have to go out, wear your mask and ensure that it covers your nose and mouth.
- 3 Wash hands regularly if you have touched something.
- 4 Always maintain physical distance from others.



If you have any questions about the virus, then you must ask your parents and/or teachers. Stay safe, Stay healthy.