WHAT CAN YOU DO ABOUT COVID-19?

Children's Activity Book

MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS

WHAT IS COVID-19?

Around the world, many people are very sick with COVID-19. You might have heard your parents or loved ones talking about it.

COVID-19 is a disease that you get from a newly discovered coronavirus, which is named for its crown-like spikes. Coronaviruses are very common, and can make you sick by causing infection in your nose, sinuses and throat.

People who have COVID-19 usually get a fever or a cough. They might feel weak and tired very often. Sometimes they have a fever, and they might have a hard time breathing. Some people who have COVID-19 feel so sick that they have to stay in the hospital for some time. Some people who have COVID-19 feel just fine, but they have to stay home alone for around two weeks so that they don't get anybody else sick.

ACTIVITY: Find ten hidden coronavirus images throughout the book.

This book is in black and white, so you can have fun coloring every page!

How Do You Get COVID-19?

The virus can remain on surfaces like tables or doors, and it can travel through the air too. You might get sick with COVID-19 if someone who is sick with it sneezes or coughs when talking to you or when they are near you. If they touch something, and then you touch it too, you might also get sick.

Look at the jumbled letters below. Can you find the hidden words?

COVID19 **Sneeze** **Cough**
Virus **Fever**

```
                                    T
        Y                    T              Q
        C      F Y B O Z J C P
        V      V A O N V I N F 1 9
  F        O   T D E P T J T P E H      A
        A S   G J 1 9 U O N D F V I D
  D     T   A Q U E A I Y H R S E L
  V Z K T C S N E E Z E J 1 9 R M      C
  I O U M O L Q S C V Z R F U L A
  R 1 9 O V I D 1 O H N G J
  P U G U T H M A A V M R T D
  S O C P G N V S I E E D
  Y I Z M R U S F D A T
  C O U G H         T 1
  M                 S   9
        T
```

How Do You Protect Yourself from COVID-19?

Here are a few tips to follow so you can avoid getting sick with COVID-19. Look at the key below, and try to crack the code.

A = △ B = ◆ C = ◉ D = ◓ E = ▢ F = ▯ G = ▽ H = ▼ I = ▽

J = ◇ K = ◆ L = ○ M = ↑ N = ◈ O = ◆ P = ◑ Q = ◔ R = ↓

S = ▭ T = ▬ U = ← V = → W = ▢ X = ◬ Y = ◭ Z = ✶

1 ▢ ▢ △ ↓ △ ↑ △ ▬ ◆

especially if you have to go out or if there are many other people around you.

2 ◓ ◆ → ▯ ↓ △ ◆ ← ↓ ↑ ◆ ← ▭ ▽

when you cough or sneeze. You can do this with tissue, which you should throw away properly after you use it. If you don't have tissue, cough or sneeze into your elbow.

3 ▢ △ ▢ ▼ △ ◇ ← ↓ ▽ △ ◆ ◉ ▭ ◇ ▢ ▭ ▢ ◈

especially: ...before eating.
...after going to the bathroom.
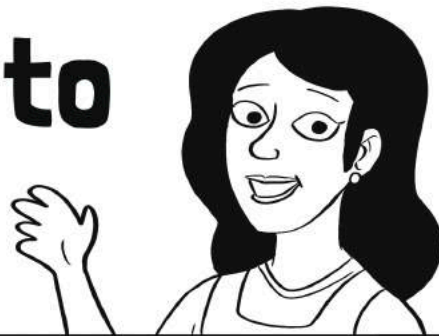...after you cough or sneeze.
...after you remove your mask.

4 △ → ◇ ▼ ◉ ◓ ◆ ◇ ▬ △ ◓ ▭ ▢ ▼ ▭ ▼ ▬ ▽ ◉ ◆ ◑ ▯ ◆ ◑ ◉ ▯

especially if they have a cough, a cold or a fever. Avoid crowds too!

5 ▼ ▢ ○ ◑ ◓ ○ ▯ △ ◆ △ ◆ ◓ ◓ ▼ ▽ ▼ ◇ ▯ ▯ ◑ ▭ ▭ ← ↓ ▯ △ ◉ ▭ ▭

especially things that are touched by a lot of people.

6 ▭ ▭ ○ ○ ○ △ ◈ ← ↓ ◉ △ ↓ ▯ ◇ ▭ ▭

if you feel sick, especially if you have a cough, a cold or a fever.

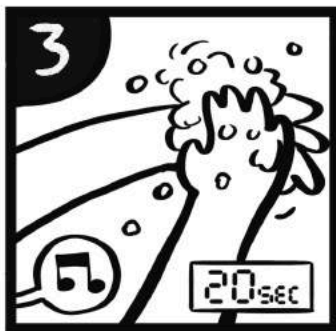# Do You Know How to Wash Your Hands?

When you wash your hands, you are removing germs and bacteria that might make you sick. Color the box if you have followed the instructions correctly!

Wet your hands using clean, running water.

Using a bar of soap or liquid soap, rub the soapy bubbles on the front and back of your hands, between your fingers, and under your fingernails.

Scrub your hands together for at least 20 seconds. The longer you scrub, the more germs you remove. While you are washing your hands, you can count to 20, or sing a song!

Rinse your hands under clean, running water.
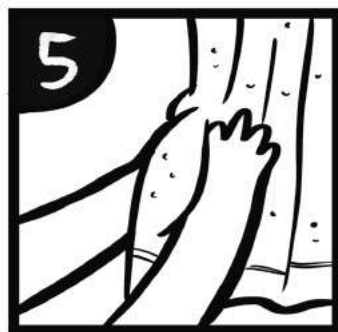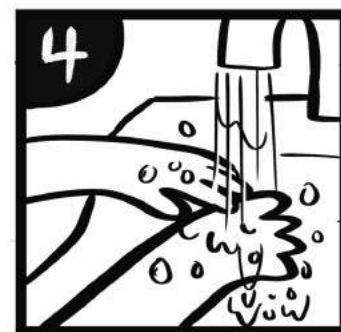
Make sure to dry your hands completely with a clean towel, or air dry. This is important, because germs can be transferred more easily between wet hands.

If you don't have water and soap, you can use rubbing alcohol or hand sanitizer. Just make sure to wash your hands as soon as you can!

Guess the Picture!

These are tools that healthcare workers might use to check if you are sick with COVID-19 or some other disease. Can you look at the picture and guess the name of the tool?
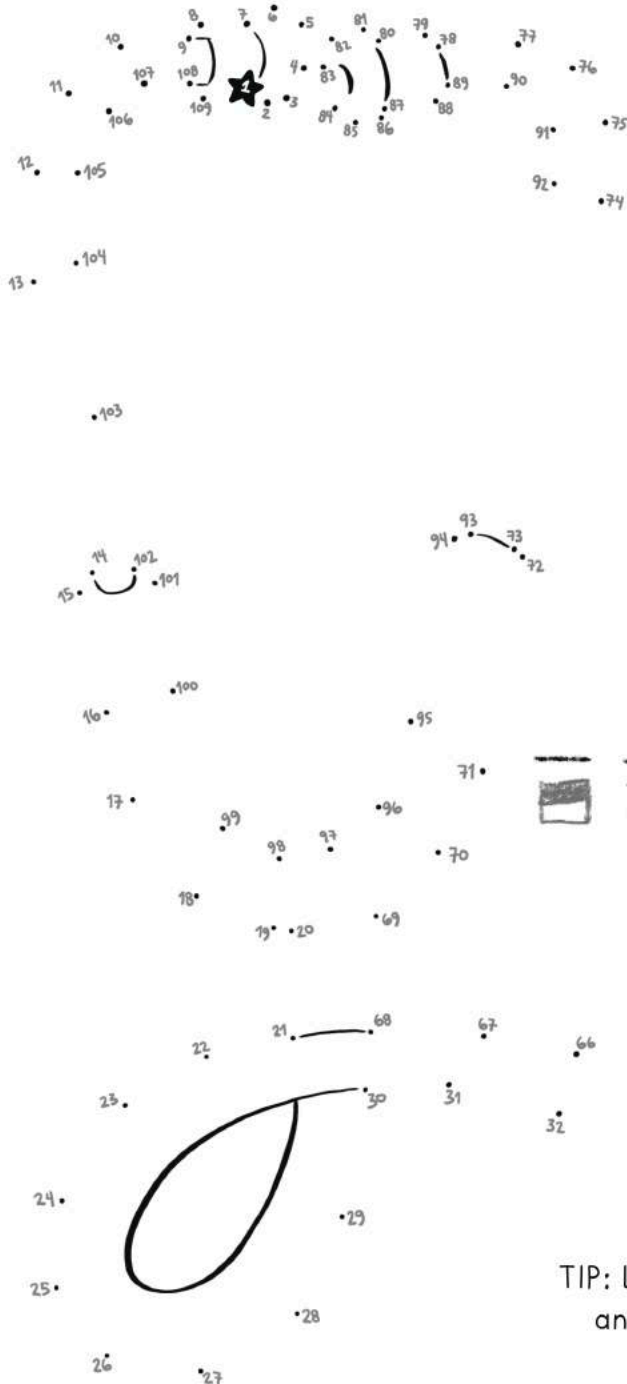
This is something that can be used to listen to how you breathe, or how your heart beats. One part goes on your chest, or on your back, and the other ends go in the healthcare worker's ears. Connect the dots to see a tool that doctors use to check if you are sick with COVID-19 or something else.

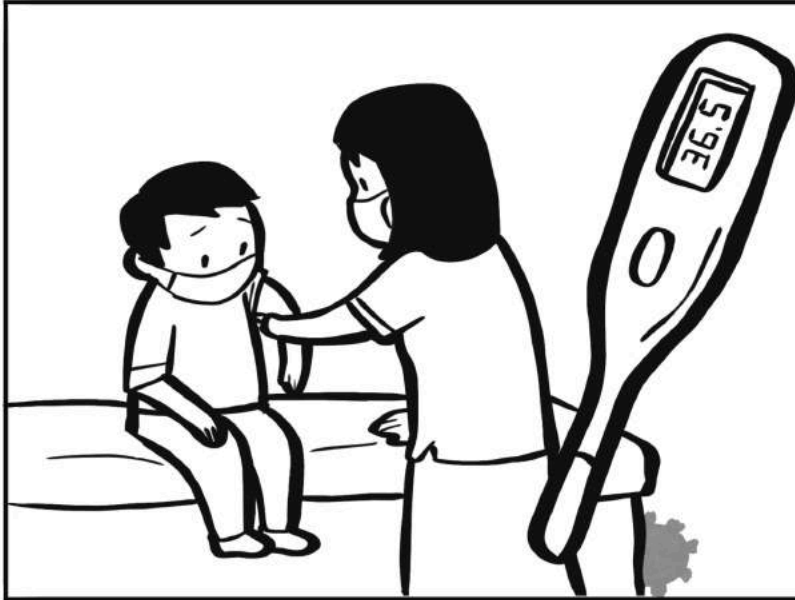Have you ever seen one of these before?
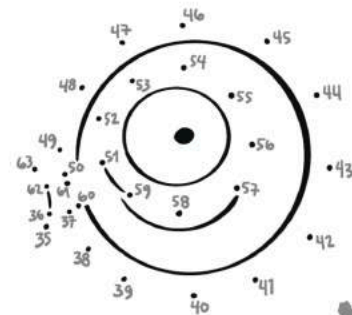
TIP: Look at the key on page 2, and try to crack the code.

ANSWER: Stethoscope

Can You Guess What This Is?

When you go to a hospital or a clinic for a check-up, a nurse might use one of these, to check your temperature.

They might have a digital one that they put on your forehead for a few seconds.
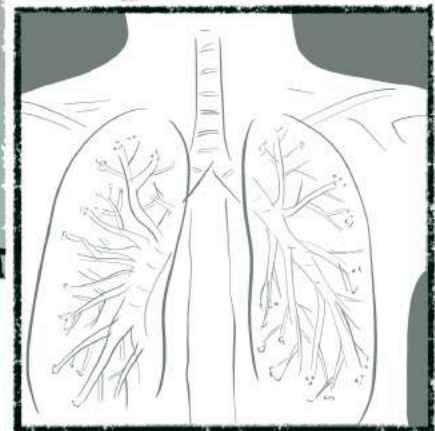
Have you ever seen one of these?

Look at the key on page 2, and try to crack the code.

ANSWER: Thermometer

Guess the Picture!

If you are having trouble breathing, this might be used to take a picture of your lungs. If you have broken bones, this is used to take a picture of your bones so that a doctor can help your bones get better.

TIP: Use the code on page 2 to discover the name of this machine!

ANSWER: X-ray

Meet the Healthcare Workers

These are healthcare workers.
They can help you if you are sick.

A doctor might use a stethoscope to check how you are breathing, or how your heart beats.

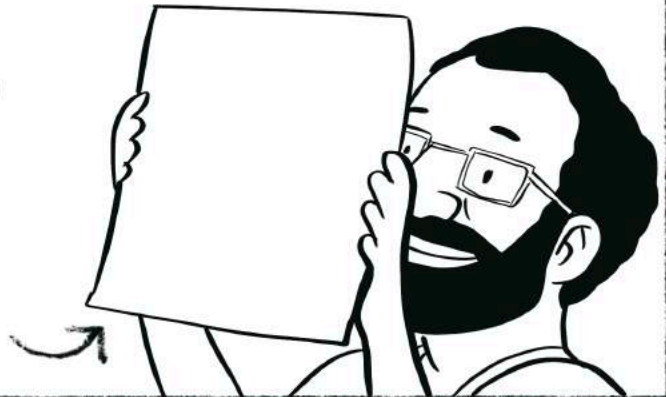Help the doctor by drawing her stethoscope.

A nurse might use a thermometer to check if you have a fever.

Help the nurse by drawing his thermometer.

If you are having trouble breathing, a laboratory technician might do an X-ray to check your lungs.

What does the lab technician see in his x-ray film? Can you draw it?

To help you get better, the healthcare workers might give you medicine for your fever, or medicine to help you breathe.

Wear a Mask

You might have seen many people on TV or outside your house wearing masks. Wearing a mask will help to keep you from getting sick. If you are sick, you should wear a mask so that other people don't get sick.

Do you know how to wear a mask correctly?
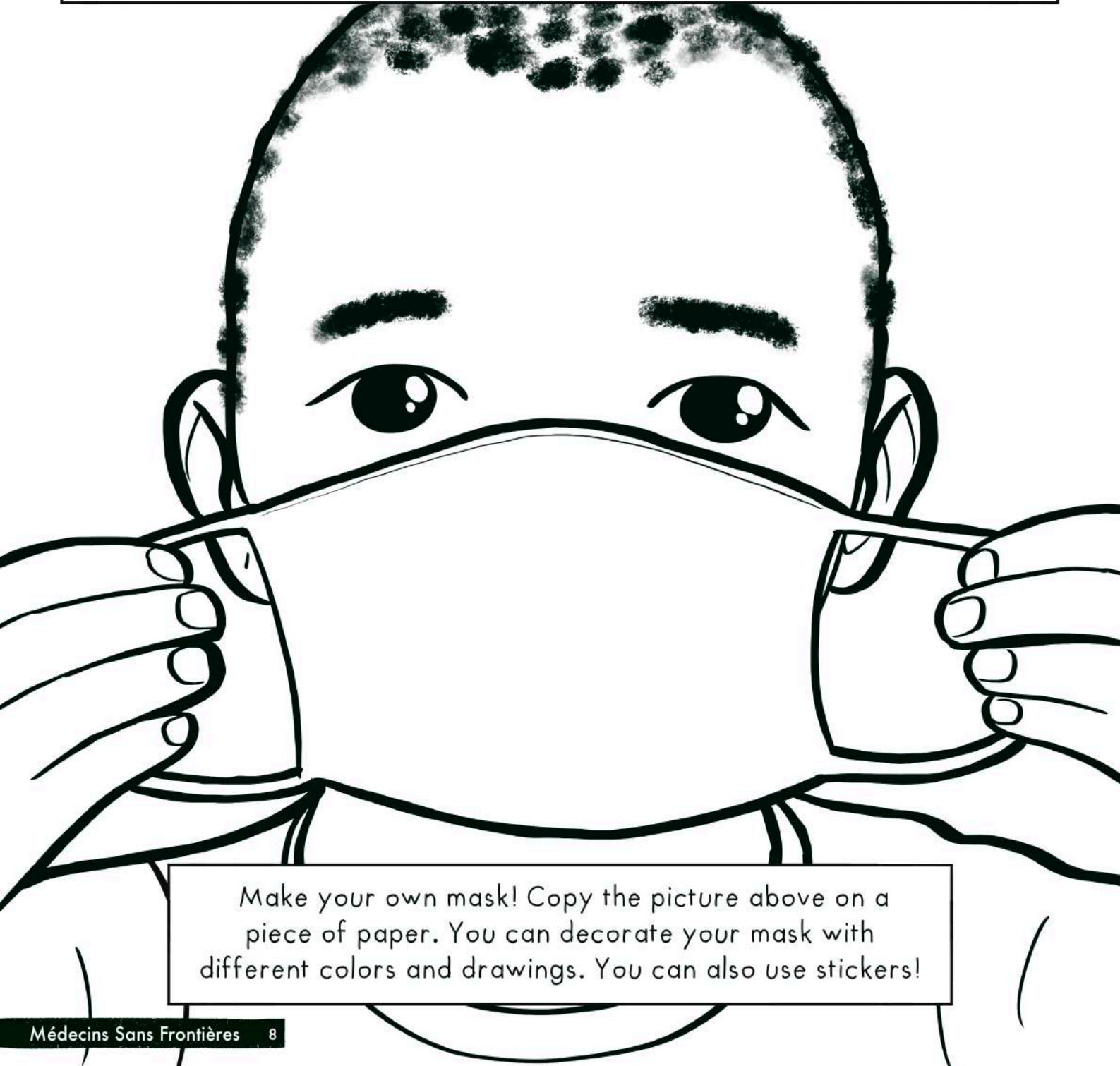
Make your own mask! Copy the picture above on a piece of paper. You can decorate your mask with different colors and drawings. You can also use stickers!

How to Wear a Mask

A mask can be very helpful in keeping you safe from COVID-19, but only if you are wearing it correctly!

Can you match the instructions to the correct picture?

1 Fully cover your nose, mouth, and chin. ○

2 Avoid touching the outer surface. ○

3 After using your mask, touch only the strings. Put the used mask directly in the garbage bin, and wash your hands. ○

4 Change the mask when it gets damp and do not reuse or clean your mask. ○

5 Never share your mask with other people. ○
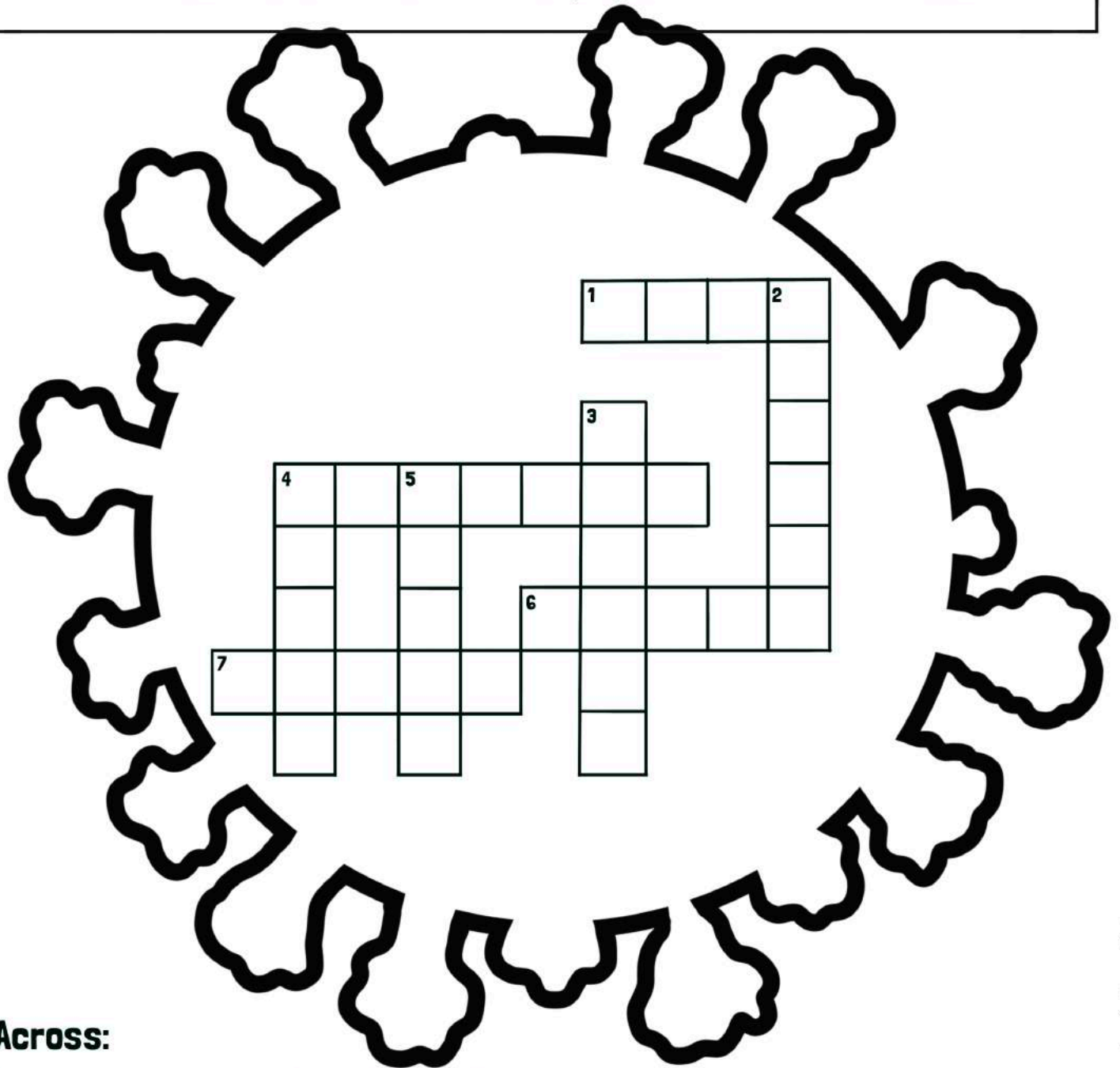
A

B

C

D — TRASH

E

ANSWERS: 1-C, 2-E, 3-D, 4-B, 5-A

For parents: Please make sure your child is using a proper protective mask.

COVID-19 Crossword

Can you answer the crossword puzzle? If you can't guess the words, take a look at the other pages of this book for clues.

Across:

1. This is what you have when your nose feels stuffed, and you have to blow your nose.

4. This is a type of medicine that can keep you from getting sick

6. A nurse might use a thermometer to check if you have this.

7. Doctors listen to this part of your body to check how you are breathing.

Down:

2. This is a healthcare worker who can help you feel better.

3. This is one way for the virus to spread.

4. This is what gives you COVID-19.

5. Sometimes you do this when your throat is itchy.

Are You Scared or Worried about COVID-19?

It's completely okay to feel worried or scared. It's also okay if you are not sure about how you feel. What are the things that make you feel worried or scared? Write them down below. If you like, you can talk to a grown-up about your feelings and thoughts.

I feel ...

I hope...

I can...

What can you do to feel better?

Take a Breath

- Close your eyes.
- Slowly, take a deep breath, all the way into your belly. If you can, count from 1 to 5 while breathing.
- Slowly let the breath out. If you can, count from 1 to 5 while breathing out.
- Do it again until you feel better.

Take a Break

Do something that makes you happy. Play some nice music and sing or dance. Sit down and read your favorite book. Maybe you can do some arts and crafts.
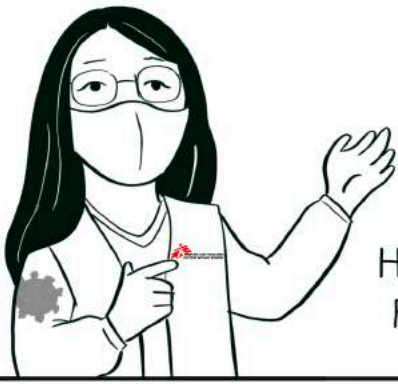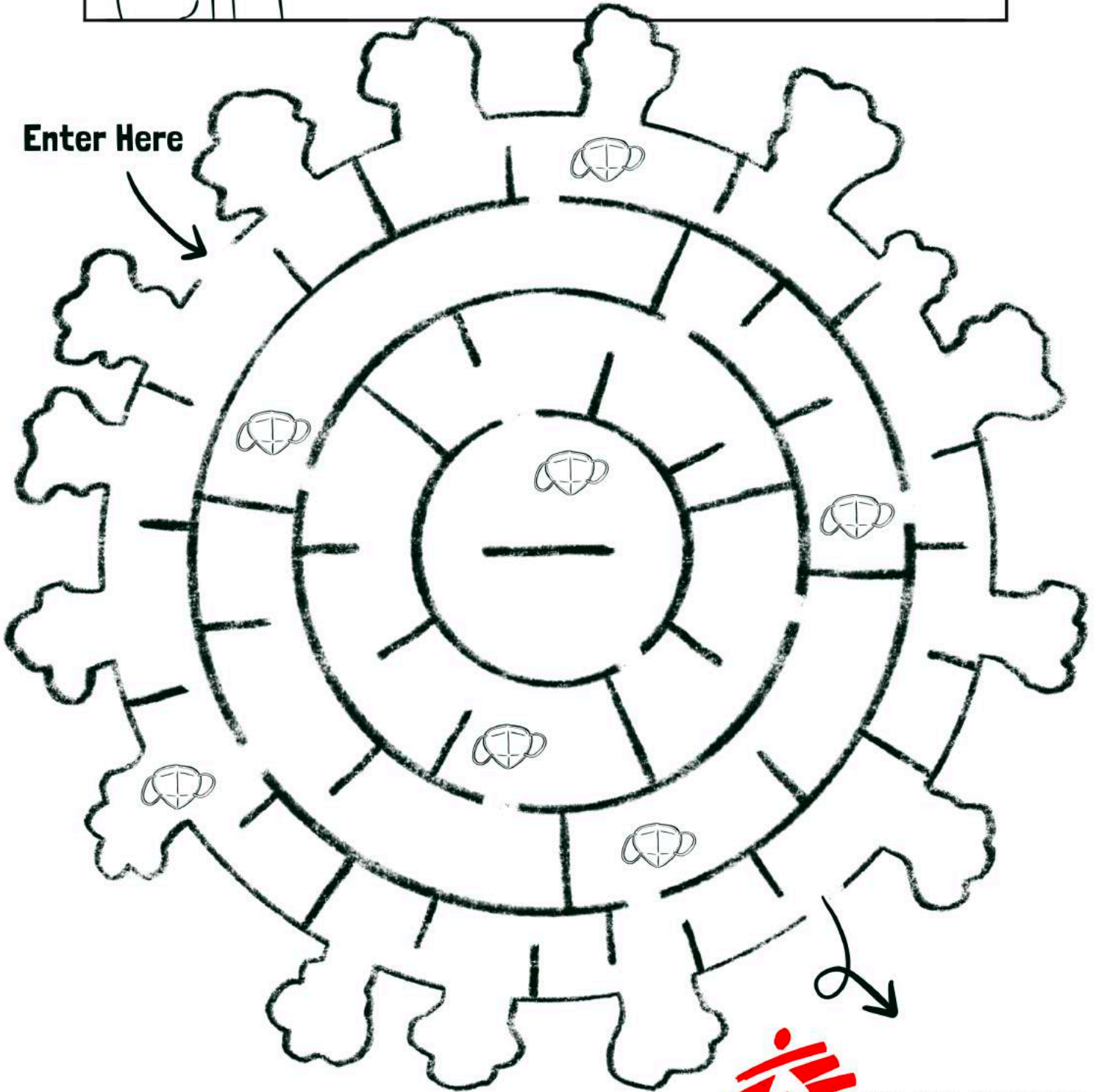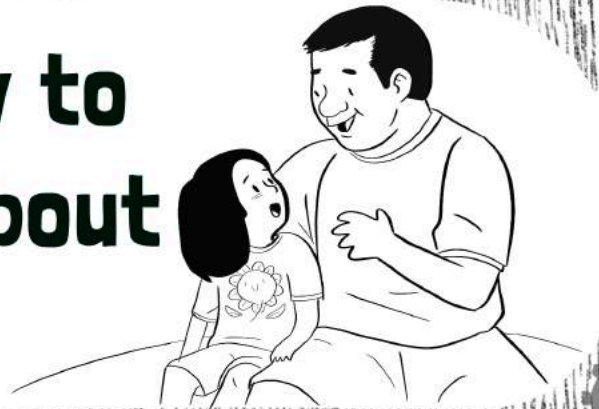
Protection Maze

How can you stay safe from COVID-19?
Follow the mask clues to the MSF logo!

Enter Here

MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS

For Parents: How to Talk to Children About COVID-19

It's easy to get stressed or anxious when thinking about COVID-19, no matter how old you are. But it may be especially stressful for children who may not understand what's happening, especially if they have been quarantined or if a family member has gotten sick. Here are a few things you can do when you talk to children about COVID-19:

1. Stay calm. Children will react not just to what you are saying, but also how you say it.

2. Let them know that it is okay and even natural to feel upset. Share with them how you deal with your own stress so that they can learn how to cope.

3. Let them know that you are available and willing to listen and to talk. They have probably heard you talking about the virus with other people, and may ask you questions.

4. Avoid using words that put the blame on others and lead to stigma.

5. Monitor what children see or hear, especially on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19.

6. Provide accurate information that is appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 online may be based on inaccurate information.

7. Teach children habits that help reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then to throw the tissue into the trash.

8. Teach children how to help others safely. If there's someone in your community who is sick, and needs to self-quarantine, you can talk to them about helping with grocery or food delivery.

9. Remind them that everyone has to do their part so that we can all overcome this pandemic. Doctors, nurses, healthcare workers and other frontliners have to take care of those who are sick, while other people and children have to stay home.

Have you heard of Doctors Without Borders?
We are also called by our French name,
Médecins Sans Frontières (MSF).

We're a big group of doctors, nurses, logisticians, and all kinds of people. We are in more than 70 countries all over the world to help people in need get medicine and treatment. And guess what? We help children too. We give them vaccines so they don't get sick with diseases like measles, and we give them medicines so they recover from illnesses like COVID-19. If kids get hurt because of a big disaster or other kinds of trouble in places where they live, we help treat them too.

For parents: Médecins Sans Frontières (MSF) is an international, independent, medical humanitarian organisation that delivers emergency aid to people affected by armed conflict, epidemics, pandemics, natural disasters and exclusion from healthcare. We offer assistance to people based on need and irrespective of race, religion, gender or political affiliation.

For more information, visit https://msf-seasia.org/
Copyright (c) 2020 Médecins Sans Frontières

MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS