

AISHA AND MOSES

strong against

CORONAVIRUS!



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Aisha and Moses are playing outside.

Normally they would be at school right now, but school is closed. The teacher has told them about a disease that is affecting us and many people around the world! The teacher explained very carefully that this disease is the reason why children cannot go to school anymore. At first, it was hard to understand, but because Aisha listened very carefully she understands why it is so important to stay at home right now.

Moses still does not understand what is going on because to be honest, he did not pay a lot of attention when the teacher was talking about the disease.

Moses is a very active boy who cannot sit still for very long, he only wants to play outside with his ball and be with his friends.

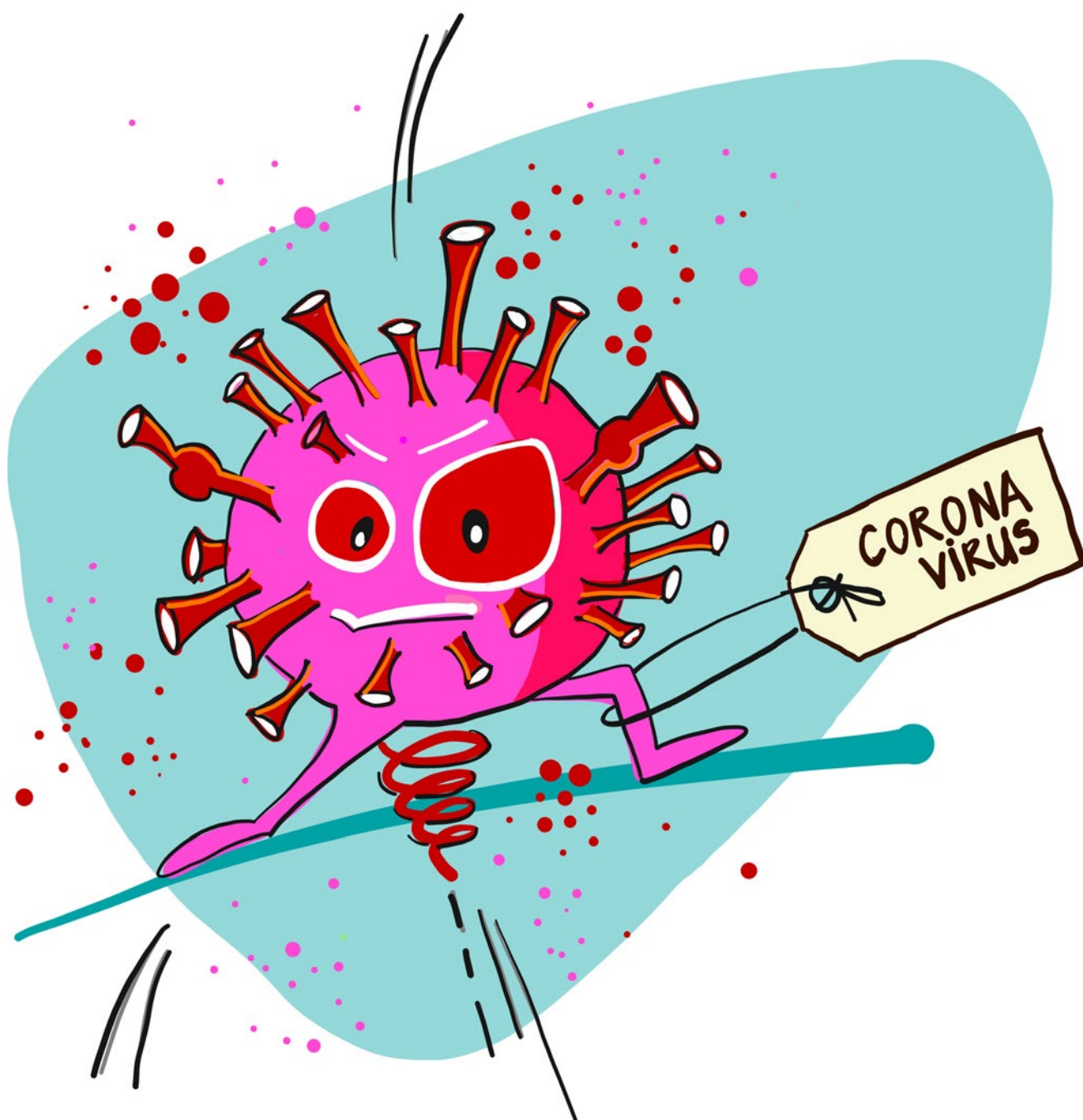
But today, being here with Aisha, he wants to learn everything about this disease that everyone is talking about. Moses has been a little worried seeing all the people around him behaving differently. And besides that he is not allowed to see his friends at school anymore because he has to stay home. He takes the ball in his hands and sits down on the ground.



"Aisha," Moses asks. "Can you tell me again what our teacher told us about this disease and about the virus?"

"Of course," Aisha says and she sits down on the ground too. "The name of this virus is **Coronavirus**. A virus is a very small kind of germ that you cannot see. It is a very dangerous virus." "But why is it dangerous?" Moses asks, "If you cannot see it!"

"That is exactly the problem," Aisha says. "Because we cannot see the virus it does not mean it is not here. It can be here, it can be everywhere! The coronavirus, or as doctors call it COVID-19, is dangerous because it can make you very sick. It can feel a lot like having the flu. It can give you a fever, it can make you cough and you can get a headache from it. The coughing can hurt a lot because your lungs can also get infected, sometimes so much that you can hardly breathe."





Moses is silent for a moment, but then he asks:

“But I still don’t understand why we are not allowed to go to school anymore?”

“Because the virus is very contagious.” Aisha says. “Contagious means that the virus can be spread from person to person very easily. Like when you have mud on your hands and you touch your face, the football or your friend. Have you seen how quickly then the mud gets everywhere?”

“I have!” Moses says.

“So, it is the same with the coronavirus. If you cough or sneeze; if you touch someone or shake their hand, the coronavirus can be passed on from you to that other person. The virus can be everywhere. You can carry it without even knowing it.”

“How is that? I can see mud when I touch someone. I know that,” Moses says.

“Well, it is different from the mud, because you cannot see the coronavirus. Carrying it does not mean that it will make you sick! You might not cough or have a fever, but you can pass it on to someone else. Then, they can get sick or pass it on to someone else. This way the virus will spread to more people and many people can get sick.”

“So, if we cannot see it...where is it?” Moses asks eagerly.

"The virus is everywhere! In the marketplace where everyone goes to buy sweet potatoes, onions, tomatoes and spinach. It can be in the bus, the church, the mosque and also at school. At those places people are very close to each other and then the virus can easily go from one person to another. That is why we are not going to school anymore, or why we pray at home!"

"So, what do we do?"



To prevent the virus from spreading, there are rules for everybody.

Wash your hands with soap and water for 20 seconds and wash them as many times as possible per day, because the virus can be on your hands.

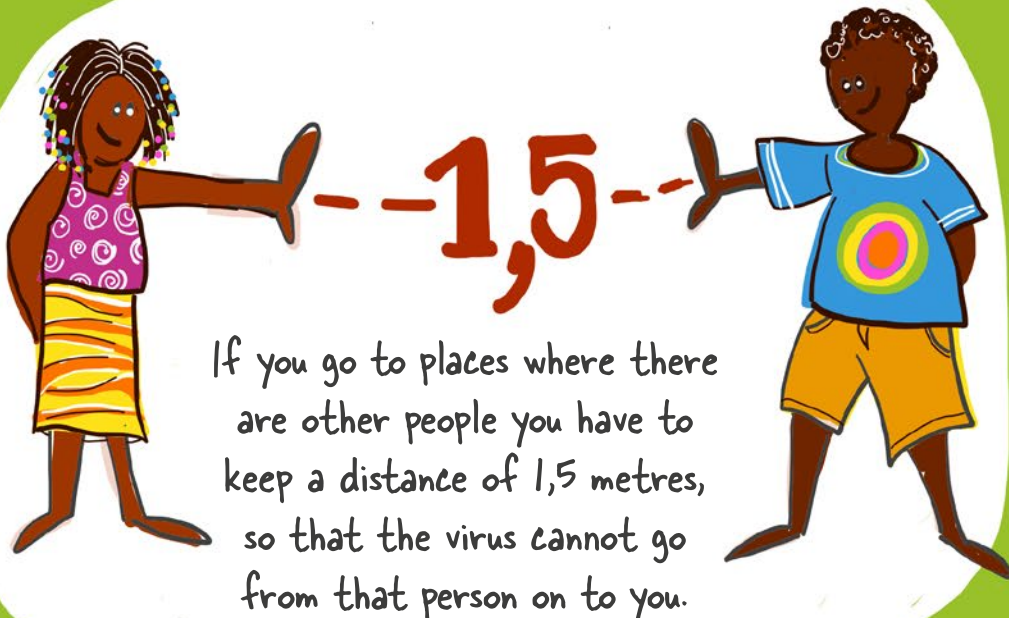
HOW DO YOU PROPERLY WASH YOUR HANDS?



Cover your mouth with the inside of your elbow when you have to cough or sneeze.



Don't touch
your mouth, nose or eyes.



If you go to places where there
are other people you have to
keep a distance of 1,5 metres,
so that the virus cannot go
from that person on to you.

Stay away from people
who have signs of having
the flu.



Try to protect yourself
by wearing a face mask when going
out into the streets.

Stay at home as much as possible. Only
go out if it is really necessary. That
means playing at home a lot, sadly not
with your friends.



Do not shake hands or
hug people. Wave or say hello
from a distance!



“And you know, Moses, especially older people or people who are not very strong can become very sick from this virus, so we all have to protect and help each other as much as we can. People are helping other people by giving them soap to stay safe or by giving them food packages if they do not have enough money for food. Other people help by praying.

If you become sick you will have to see a doctor and you might have to go to hospital. At the hospital, doctors will take very good care of you and do everything to help you get better. They wear special clothes to protect themselves from the virus, because you have to understand that also doctors can get the virus. And when they become sick they will not be able to help patients. That is why they have to protect themselves with special clothes.”

“Aah”, Moses has been listening to Aisha very carefully. He thinks it all very confusing but he thinks that Aisha is very clever to know all these things.

But now he wants to play again, he has been sitting still for too long. He gets up and wants to take Aisha by the hand and dance with her, but Aisha says: “No Moses, you cannot take my hand and dance with me, that is not very clever. We have to keep 1,5 meters away from each other. They call it social distancing. We have to think of other games to play now. But at this moment I think it is better for us to go home and play with the people who are living in our own house, so we make sure everyone stays safe!

But if you really miss me you can ask one of your caregivers if they allow you to use their phone so you can call me, and we can talk to each other.”





"Now I understand everything, Aisha, thank you for explaining it to me. I don't like it but if we ALL follow the rules, than we can CONQUER the coronavirus. Then we can go back to school again and we can play, dance and hug."

"Eventually everything is going to be okay!"

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