CORONA O’CLOCK!

COVID-19 Emergency Hotline: 0800 029 999
COVID-19 WhatsApp Support Line: 0600-123456

This message is brought to you in partnership

This project is supported by the Government of Japan
1. PERSONAL HYGIENE

- Colour in with us!
- Clean all shared surfaces frequently
- Dispose of used tissues immediately
- Cough or sneeze into your elbow
- Wear your mask when in public
Hey Moesha, I’m happy that we are back at school, but am really worried about this Corona. What can we do to stay safe?

I know what you mean, Ike. We must make sure we keep the virus away from us and our homes, so let’s remember what Principal Nkosil said to us... frequently washing our hands for 20 seconds with soap and water or with alcohol-based hand sanitiser.

Yes, and to avoid touching our eyes, mouth and nose with unwashed hands because our hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

I hope I will not forget all this information because mina, I touch my face often.

There is one more thing to remember also.

What now??

Always cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.

And if you cough onto your mask make sure you wash it when you get home.

Hay’bo! I wash my mask every day, it is the hygienic thing to do.

Eishh, now you sound like Principal Nkosil.

Hahahaha, bye chommie.

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2. PHYSICAL DISTANCING

Complete the phrase on the board.

The letters of the phrase on the board fell on the ground. Can you put the letters back on the board in the correct order?

Luckily the letters fell directly under the board and you can pick them up from there. Good luck!
Hey! Ke where are you? You sound far from me.

Physical distancing, my friend, remember it’s Corona O’clock – keeping a distance of 1.5metres when out in public is another way of protecting yourself and those around you from possible infection.

When someone coughs or sneezes, they spread tiny droplets into the air. If they have Coronavirus, the droplets can infect others who breathe them in. The virus can also spread when the droplets land on surfaces or on people’s hands.

I guess “Koko the long cane” will come in handy then! I can use her when I need to check if the people around me are adhering to the physical distancing rules.

But I often rely on my hands to tell me where I am and so I touch a lot of surfaces all the time.

I know what you mean, but you just have to remember to wear your gloves and/or sanitise your hands just as often and avoid going to crowded places because it is more difficult to maintain physical distance in that situation. That is why staying at home is also the best way to maintain physical distancing.

I will have you know that Koko is Sepedi for Granny and my Grandma got me this cane, hence Koko.

Ohkay! I see, quite genius there Moesha. Now, go pay for the bread and milk so we can go home, and Koko doesn’t have to wait too long for us to get back. And let’s not forget to sanitise our hands again when we leave the shop.

Heh, heh, and you know I have always wondered, why do you call your long cane Koko?

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PHYSICAL DISTANCING

Keep a distance of 1.5metres from others when out in public
Stay at home if feeling unwell
Always check local regulations before attending or hosting an event
Wear your mask when out in public

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3. KNOW THE SYMPTOMS

FEVER  
COUGH  
LOSS OF SMELL  
LOSS OF TASTE  
SHORT BREATH  
SORE THROAT  
TIREDNESS

These are the most common symptoms of COVID-19. Can you find them in the grid below? The words can go horizontally, vertically, diagonally, forwards or backwards, so look carefully! I’ve done the first one for you.

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Hey Moesha, we are passing Hopkins Medi-clinic, didn’t you say you want to become a doctor? You could work here one day.

Yes! I will be Dr Moesha one day and in times like these, I will be able to tell you if you have the novel coronavirus.

Aai, wena maan! You are even calling it by its fancy name – it’s COVID-19.

Yes, Coronavirus disease 2019, that’s what COVID-19 stands for. It is an illness caused by coronavirus.

Okay, Dr Moesha, what are the symptoms to look out for if I suspect I have COVID-19?

The most common symptoms are: Coughing, Fever, Sore throat, and Shortness of breath. That is why the daily form that we must complete at school asks you these questions. If you have some of these symptoms you might have to go for a test.

The best would be to seek medical attention but call the COVID-19 Emergency Hotline on 0800029999 in advance. They will direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections. There is also a WhatsApp Support line 0600123456 for more information.

Shooo, you are definitely ready to become Dr Moesha.

Oh yes! Remember to keep safe and follow COVID-19 regulations so that you can also #LiveYourDream.

**KNOW THE SYMPTOMS**

- Cough
- Fever
- Sore throat
- Shortness of breath

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