



MEDICOVER

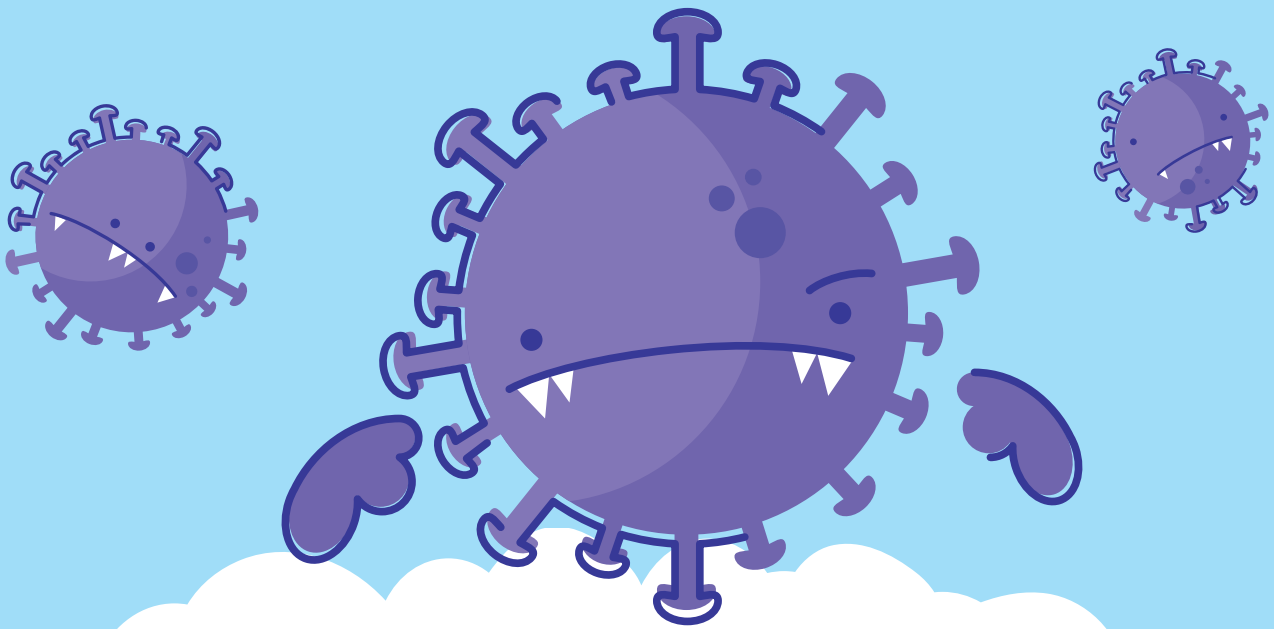
# CORONAVIRUS (COVID-19)

AWARENESS GUIDE FOR CHILDREN



15.12.2021 r.

Guide created for preschool and early school age children



# WHAT IS CORONAVIRUS?

Coronavirus is a very small but dangerous particle invisible to the naked eye. It moves in the air and settles on various objects. The virus only develops when it gets into the person's body through the eyes, nose or mouth. It can cause that an infected person gets sick and has problems like a cough, difficulty breathing, or a high fever

*DON'T WORRY THOUGH. CHILDREN GET SICK LESS OFTEN AND HAVE A Milder COURSE OF THE ILLNESS THAN ADULTS.*



## WHERE DID THE CORONAVIRUS COME FROM?

People probably got the coronavirus from animals, although we don't know that for sure. It started in China. It is also known that infected people can easily pass this virus to other people.



## CAN CORONAVIRUS FLY?

The virus does not fly by itself. It has no wings like a bird or a butterfly, but it likes to travel with us and is already in many parts of the world. Most often it moves in the air, „sticking“ to droplets of saliva and gets out when we talk, sneeze or cough. Such infected droplets „sit“ on our hands, door handles, desks, swings, and when we do not wash our hands and touch our mouths, the virus can easily enter our body

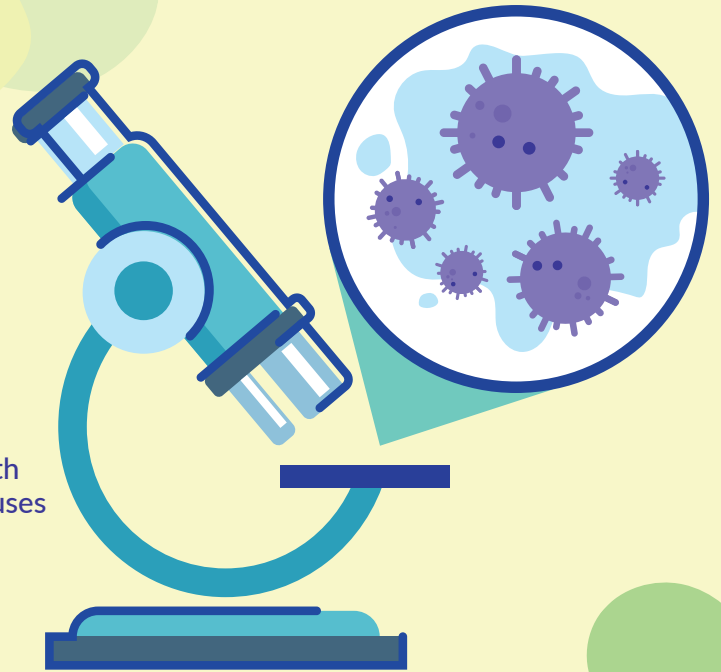
*THAT IS WHY IT IS SO IMPORTANT TO WASH YOUR HANDS THOROUGHLY AND OFTEN!*

## WHAT DOES CORONAVIRUS LOOK LIKE?

You can't see it, like, for example, dust fluttering in the air during cleaning because it is much, much smaller than that. However, we know what it looks like thanks to a special device – a microscope. It can take a photo of the virus and enlarge it, just like we can enlarge our photos on a mobile phone.

In appearance, the virus is similar to a ball covered with pointy spikes, like a cactus. The spikes, which the virus uses to attach itself to droplets of saliva, form a crown.

In Latin, a crown is 'corona' and that's why it is called **CORONAVIRUS**.



## WHERE'S THE CORONAVIRUS? I CAN'T SEE IT ANYWHERE

You can't see the coronavirus because it's very, very small. It is smaller than a grain of sand and even smaller than dust. Because of this, among other things, it is so dangerous as it is difficult to avoid something that we do not see. When **SNEEZING, COUGHING OR SPEAKING**, the virus can get onto various objects that we then touch, like **DOOR HANDLES** or **SWINGS IN THE PLAYGROUND**.



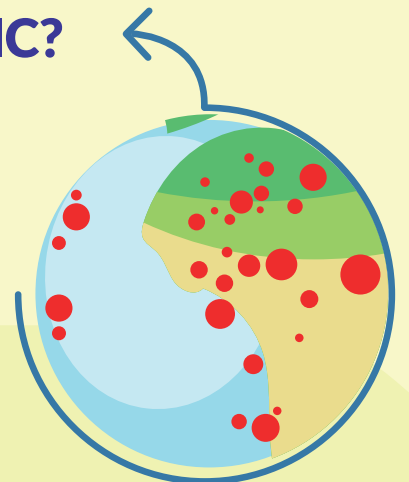
## WHAT IS A EPIDEMIC? WHAT IS A PANDEMIC?

In the fall, in China, a country very far away from us, a lot of people started to get sick at the same time from an unknown disease.

**IT WAS THE BEGINNING OF THE EPIDEMIC.**

Now people infected with coronavirus and sick because of it are found all over the world – **THAT'S WHY WE ARE TALKING ABOUT A PANDEMIC.**

An epidemic is when a given disease affects one country or place, a pandemic is when the disease occurs all over the world.



# HOW CAN I PROTECT MYSELF AGAINST CORONAVIRUS IF I CAN'T EVEN SEE IT?

Although the virus is invisible, we already know how to protect ourselves against it. You, like everyone else, need to be careful and follow some of the most important rules:

1.

Wash your hands very often and thoroughly **WITH SOAP AND WATER**  
As long as your favourite song lasts..  
**HOW TO WASH YOUR HANDS**  
[download](#)



2.

Do not touch **YOUR FACE, ESPECIALLY LIPS, NOSE AND EYES.**  
with your hands.



**PRINT,  
CUT OUT,  
COLORING,  
PLAY!**

3.

**DO NOT SHAKE HANDS**  
to say hello or goodbye  
- now it is not a sign  
of being ill-mannered.



4.

When **SNEEZING** or **COUGHING**, cover your mouth with a tissue or sneeze into a bent elbow  
(**THROW THE USED TISSUE INTO THE BIN AND WASH YOUR HANDS**).



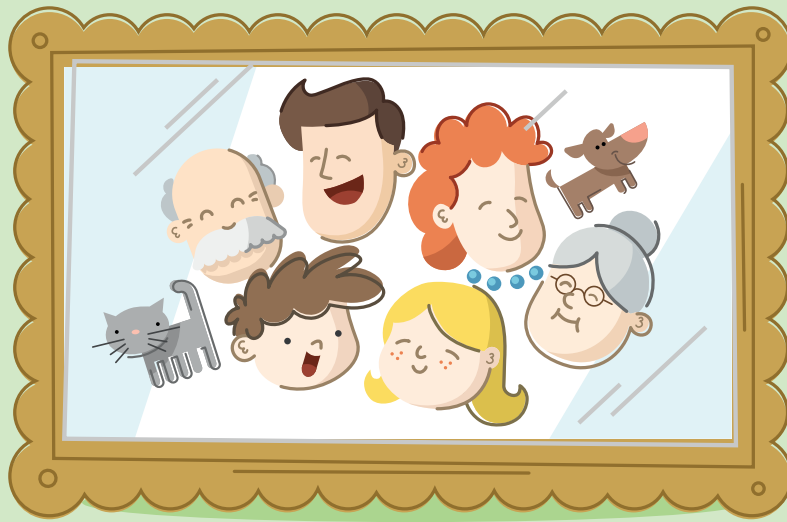
) "

Help parents to **KEEP ORDER AND CLEANLINESS AT HOME** for example, keep your toys clean.

\* .

In a closed space and when you are close to other people, **COVER YOUR NOSE AND MOUTH WITH A MASK OR SHAWL/SCARF** (children over 4 years old)





## IS CORONAVIRUS DANGEROUS FOR MOM AND DAD, GRANDMA AND GRANDPA?

The disease develops more often in adults, so both mom and dad can get it. However, it can be **MOST DANGEROUS FOR GRANDPARENTS.**

This is because they are older and weaker and usually have other diseases for which they take various medications. Therefore, they are less resistant to coronavirus and may go to hospital for treatment.

## CAN YOU DIE OF CORONAVIRUS? WILL ANYTHING HAPPEN TO MOM OR DAD?

It is possible for parents to become infected with the coronavirus, but this does not always mean serious health problems. The course of the disease is usually mild. Unfortunately, some older, ailing people who get sick can die. Therefore, to stay healthy and not get infected with coronavirus and to protect other people, we must all follow instructions and **WASH OUR HANDS OFTEN, WEAR MASKS AND GLOVES OUTSIDE THE HOUSE, OR STAY AT HOME.**

Adults and children over 5 years of age can get vaccinated, so that even if they contract the coronavirus, the consequences will not be as serious. A vaccine is a type of medicine that does not improve your health, but mainly prevents you from getting ill. It does this by teaching the body to fight off germs such as viruses and bacteria. Vaccines are like putting on a seat belt when you get into your car. The seat belt protects you in the event of an accident, and by wearing it no matter what, you'll always be prepared for the worst. Vaccines help your body prepare for a disease if you happen to come across it.

## CAN I VISIT THE GRANDMOTHER AND GRANDFATHER?

More and more people have taken the coronavirus vaccine. If your grandmother and grandfather are vaccinated, the vaccine should prevent them from getting sick. If not, you can talk to them on the phone or see ourselves at the computer.



## CAN I PLAY AT THE PLAYGROUND?

If the playgrounds are open, you can use them. However, remember not to touch your face with your hands while playing, and wash your hands thoroughly after playing. There may be coronavirus particles on the playground equipment because a sick person could have played on it. If you accidentally touch your face with unwashed hands, after playing on a slide for example, you can help the virus enter your body.



## WHY DO SOME PARENTS WORK AT HOME AND OTHERS GO TO WORK?

### WHY, WHEN THEY ARE AT HOME, CANNOT SPEND TIME WITH ME?

Some parents have professions that prevent them from working at home (e.g. doctors, policemen or bakers). Others, on the other hand, (e.g. journalists, office workers) can work from home. Although they are at home, **THEY MUST WORK TO HAVE MONEY FOR FOOD, CLOTHES AND TOYS FOR YOU.** That is why they cannot spend all day having fun, playing games, listening to music or reading books and watching cartoons.



## WHY DO PEOPLE WEAR FACE MASKS?

You see and try to understand the changes. For some time, people have been wearing face masks. That's because a lot of people are infected with coronavirus, but they don't even know it because they don't have a fever, they don't cough and they don't sneeze. However, such people can infect others, for example while speaking. Because we don't always know who is sick and who is not, we should all cover our mouth and noses when we are away from home close to other people.

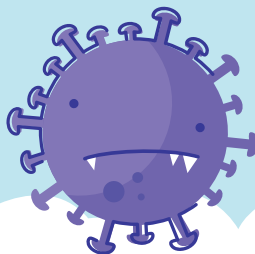
**WHY DO I HAVE TO WEAR A MASK / SCARF?**  
**I DO NOT LIKE MASKS / SCARVES OR MOM AND DAD IN MASKS.**



WE ALL HAVE TO TAKE CARE OF OUR HEALTH AND PROTECT THE OTHERS , who are weaker. Therefore, both parents and children who are at least 5 years old must follow the instructions and cover their nose and mouth when they are in closed spaces away from home and close to other people, if advised to do so. Remember that when wearing such a mask, mom and dad care about you and all the people who are nearby. We look different, sometimes funny, but imagine that we are similar to Ninja warriors fighting coronavirus.

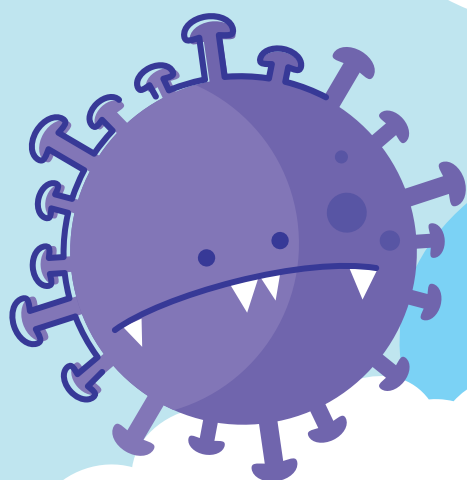


## WHEN WILL CORONAVIRUS END?



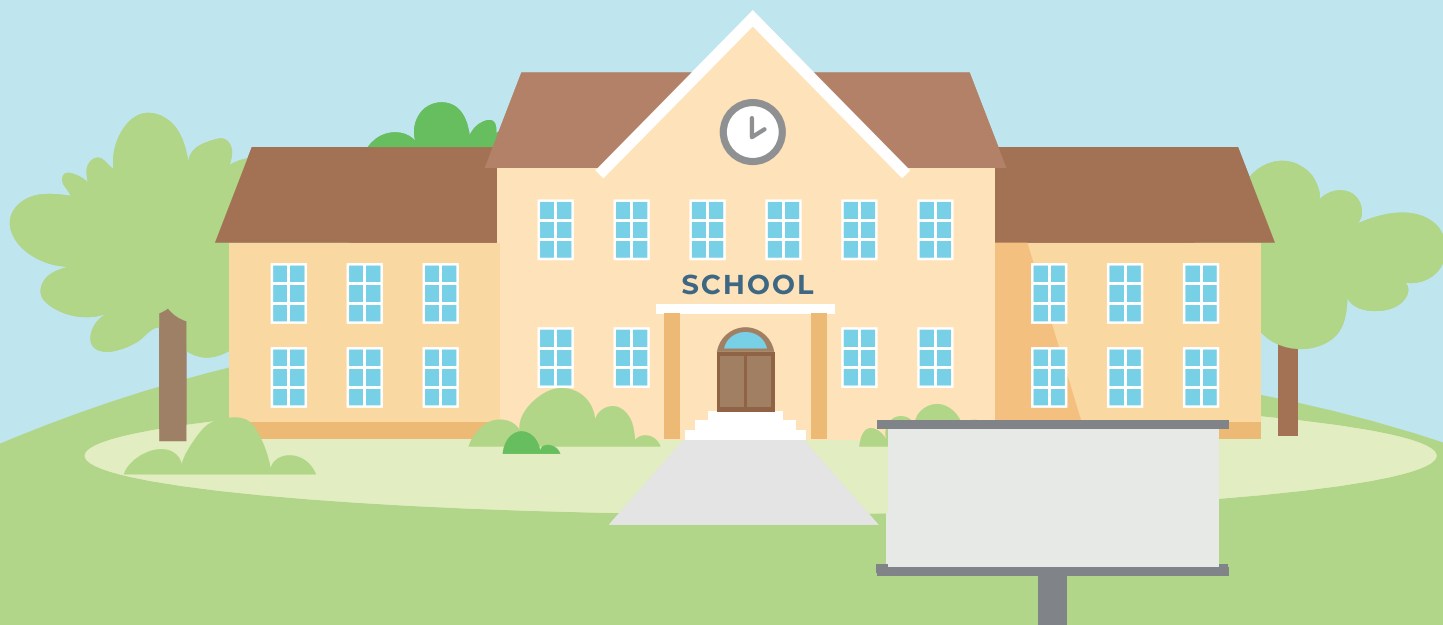
At this point we don't know how to get rid of this virus forever, and we don't know when people will stop falling ill. Fortunately, scientists have already developed **VACCINES** to protect against contracting the disease caused by the coronavirus. They are also constantly looking for medicines to help people get better as quickly as possible.

**DOCTORS, NURSES AND ALSO PARAMEDICS LOOK AFTER ALL PATIENTS** so that they recover as soon as possible.



## WHEN WILL EVERYONE BE ABLE TO ATTEND THE CINEMA, TO CONCERTS, MEET WITHOUT LIMITS WITH FAMILY AND FRIENDS?

It is not yet known when it will be finally possible to win the fight against coronavirus. We all experience different emotions, such as frustration, anger or sadness associated with these restrictions - these are not bad emotions. We can try to forget about them while playing, drawing, listening to your favourite music or reading fairy tales. Surely you will soon be able to enjoy meeting all the children, having fun and learning together  
- BUT FOR NOW YOU JUST HAVE TO BE PATIENT AND WAIT!



# RULES FOR TALKING WITH THE CHILD - ADVICE FOR PARENTS



## 1. REFER TO A SPECIFIC DISEASE

At the beginning of the conversation with the child, **YOU CAN REFER TO A SPECIFIC DISEASE** that the child has had before - recall and tell them how the doctor then ordered them to stay at home and they could not go to preschool. When their parent was at home, they did not go to work to look after the sick child by giving medicine, taking the child's temperature and spending time together.



## 2. TAKE INTO ACCOUNT THE CHILD'S LEVEL OF DEVELOPMENT AND VOCABULARY

A parent's conversation with a preschool and school child should take into account the child's intellectual development level, speech development level and vocabulary.

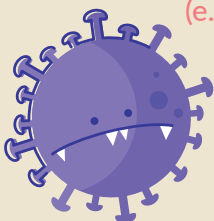
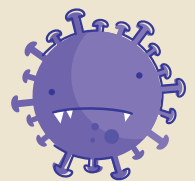
We **TALK TO THE CHILD IN A CALM ATMOSPHERE**, explaining briefly and factually the doubts they raise, answering all the questions asked in a language they understand.

## 3. GAIN RELIABLE KNOWLEDGE ABOUT COVID-19

[download PDF](#)

**IF WE ARE UNABLE TO PROVIDE RELIABLE INFORMATION WITHIN OUR KNOWLEDGE, WE CAN TELL THE CHILD THAT WE DO NOT KNOW SOMETHING AND PROPOSE LOOKING FOR IT TOGETHER**

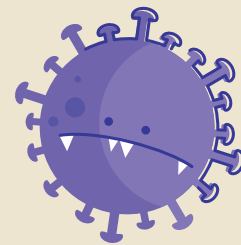
(e.g. a parent may use the Medicover Awareness Guide on COVID-19. Let us try to use specific examples as much as possible and refer to the child's direct experience.



## 4. DON'T SCARE THE CHILD

Restrict your child's ability to watch news or read information on the Internet about coronavirus. Children may misinterpret what they hear and may be afraid of something they do not understand.

**LET'S NOT GIVE CHILDREN DRAMATIC INFORMATION LIKE „WE ALREADY HAVE MORE VICTIMS“.**



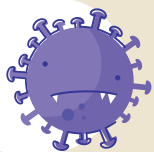
## 5. TAKE CARE OF YOUR CHILD'S EMOTIONAL NEEDS

In the current situation, in addition to preventing coronavirus infection, it is very important for parents of preschool and early school age children to **MEET AND SECURE THEIR EMOTIONAL NEEDS**.

Preschool children, because of their emotional development stage, are particularly **SUSCEPTIBLE TO EXTREME EMOTIONS** - from sudden sadness and crying to a burst of joy. Therefore, parents must understand this emotional lability and try to show with their behaviour how to deal with their emotions. It should be remembered that children of this age are not able to rationally explain some of their emotional behaviour, they still lack self-awareness (insight). In conversation, **LET'S BE A PARTNER FOR A CHILD**, do not underestimate the reported problems.

## 6. TAKE TIME FOR YOUR CHILD

To explain what is happening now, you need to **DEVOTE TIME TO THE CHILD, LISTEN**, to what they say during spontaneous play. Above all, **OBSERVE** their behaviour; whether any traumatic content related to what they saw on TV or heard in adult conversations, for example, does not appear in their play time. In extreme cases, a child may have post-traumatic stress disorder, **ANXIETY OR PHOBIAS, AGGRESSIVE BEHAVIOUR OR DEPRESSIVE SYMPTOMS** may appear. The feeling of „otherness“ of the situation may arouse justified anxiety, fear and loss of a sense of security. Remember that in such situations you can always use the help of an online psychologist.



## 7. PROVIDE YOUR CHILD WITH A CONSTANT RHYTHM OF THE DAY

**PLAN FIXED HOURS FOR MEALS, LEARNING AND FUN.**  
Maintaining a consistent routine will give your child a sense of security, help your child in their daily functioning.

## 8. DON'T LEAVE DIFFICULT QUESTIONS UNANSWERED

If we want to avoid disturbances in the emotional development of a child, we should provide the child with age-appropriate knowledge, even about death, as this will reduce fear and anxiety. It is **NECESSARY TO ANSWER QUESTIONS ABOUT DEATH FACTUALLY AND CALMLY**. At this age children are especially afraid, not of their own death, but of the death of their loved ones.

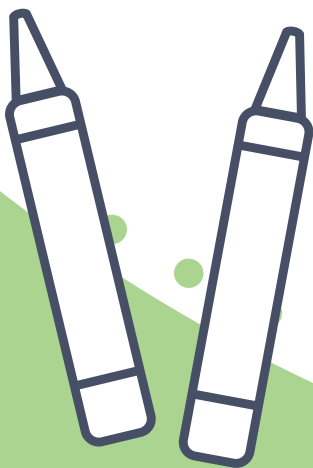
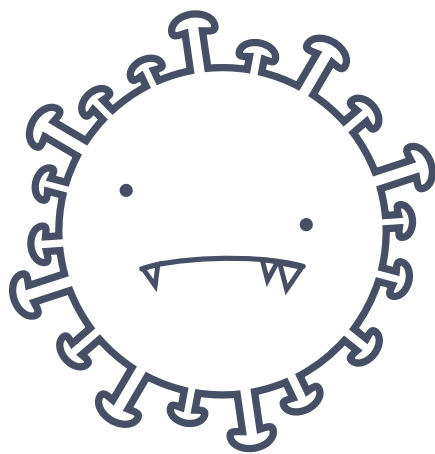
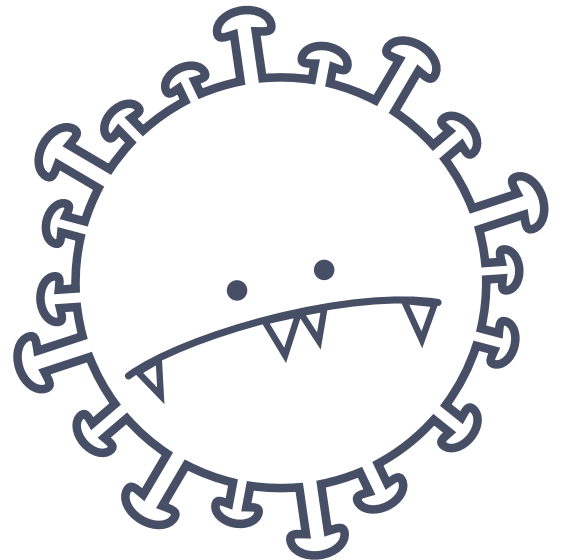
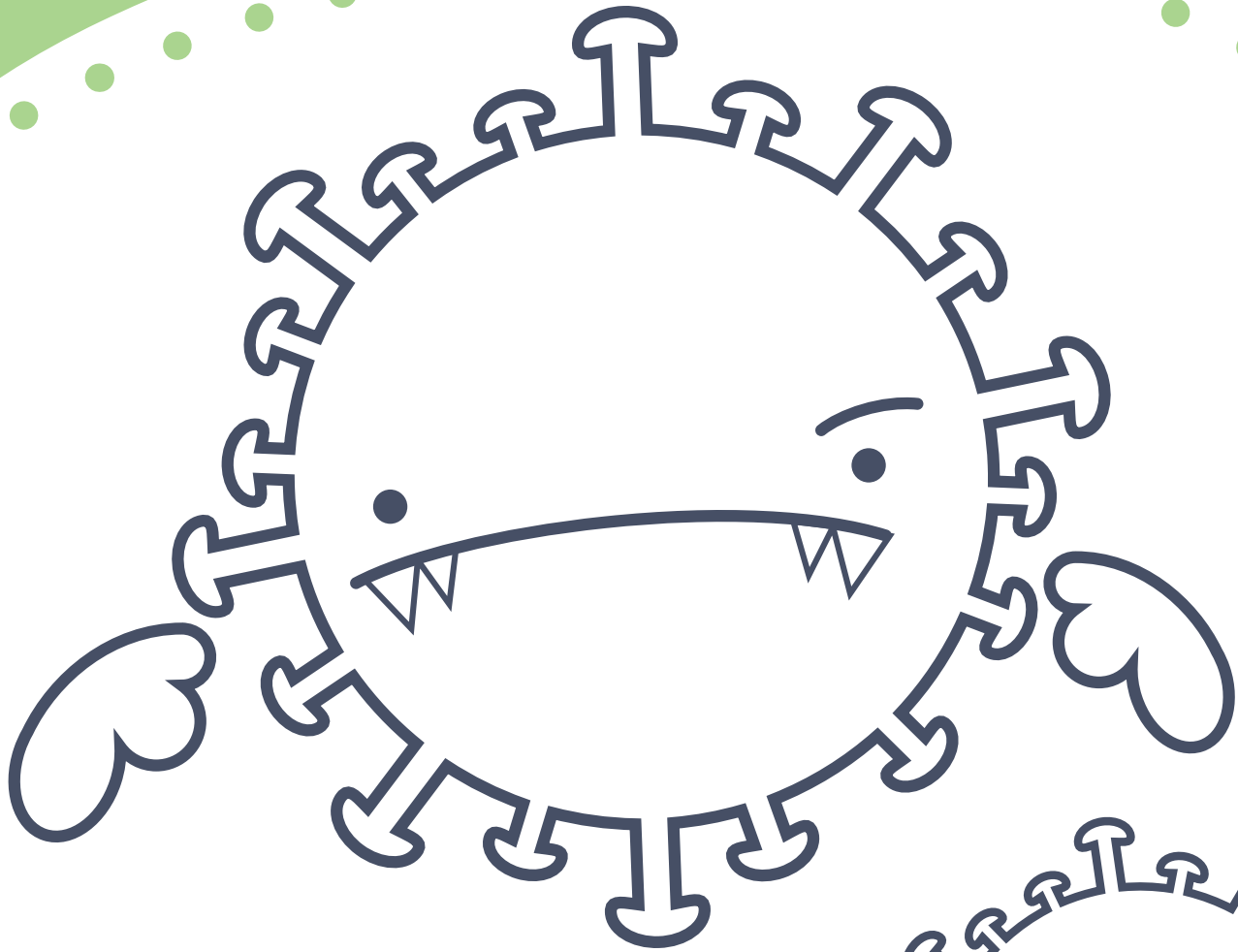
Around the age of 8, existential fears arise, the child begins to understand the phenomenon of the irreversibility of death, so unrealistic promises must not be made, e.g. that the deceased person will return soon, erroneously informing the child that the person is absent because they left. **SOMETIMES IT IS OUR ATTITUDE OF FEAR AND ANXIETY THAT CAN SPREAD TO THE CHILD.**



# COLORING BOOK



# COLORING BOOK



# COLORING BOOK



# COLORING BOOK



MATERIAL DEVELOPED  
BY **DR. BARBARA WIŚNIEWSKA**

– a specialist in clinical psychology of children and adolescents, and Medcover experts.

SARS-CoV-2 is a new coronavirus that we are just getting to know.  
That is why new reports from scientists, clinicians and state institutions appear every day. We monitor the situation every day especially for you.

All information about  
coronavirus

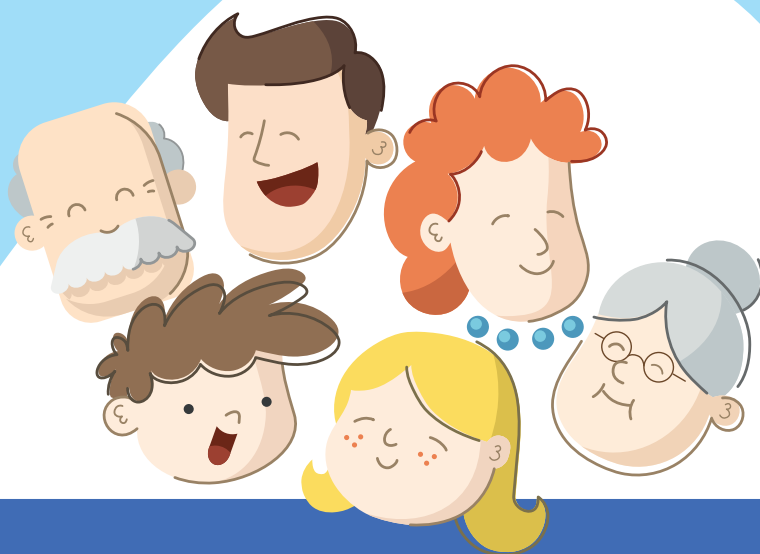


COVID-19 Awareness Guide  
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**My Hero is You. How kids can fight  
COVID-19!**

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