

unicef   
for every child

# COVID-19

By Martha Keswick + Mariko Jesse + Timothy Sim

Stay Safe and Smiling!



Grand Mistress Fu and the COPE Squad, a team of disaster risk reduction agents, are in lockdown at The COPE Academy.

Our mission is to help keep you  
**SAFE and SMILING**  
through COVID-19.

You can also hear other  
children's lockdown diaries.

Listen carefully!



*Grand  
Mistress Fu*

*Sense*



Woof woof!



*Rescue*

# Now COPE, what do we know about COVID-19?

It is a kind of virus, also known as the coronavirus.

The main symptoms are a cough, a fever and difficulty in breathing.

The virus is so tiny, that you can only see it under a microscope. It spreads fast through the coughs and sneezes of those who are sick and when they touch the people and things around them.

We need to be ready.



## The COPE Squad

C

Candy

O

Ollie

P

Ping

E

Eddy

# STAY WELL

Wash your hands with soap and water whilst singing your favourite song for 20 seconds!



Great job, Rescue!



Cough into your elbow or a tissue... and throw it away carefully. Follow the rules on wearing a mask. Do not touch your face, especially your eyes, mouth or nose.



Nice pose, Ollie!

Dance online with your friends.

Exercise at home. Try some yoga.



# STAY ACTIVE



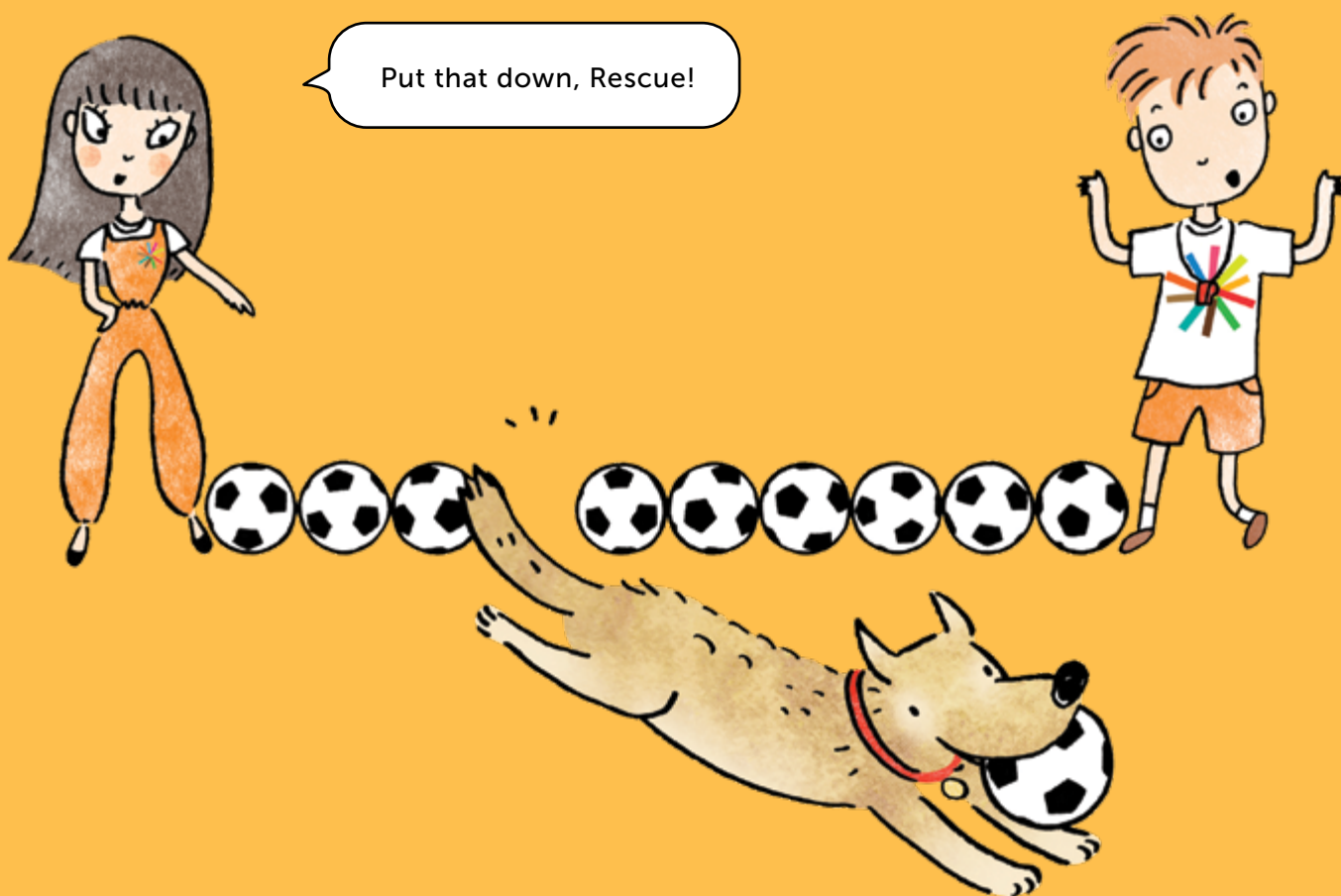
Play snakes and ladders – make sure to clean it afterwards. Write a lockdown diary.



# STAY SAFE

Tell your parents if you feel unwell. Maintain safe distancing (10 footballs).

Do not share utensils or towels, unless they have been properly washed.



It's OK to feel sad and bored. Chat with friends. Try your best to stay on top of home learning – ask your family to read with you.

Play cards with your grandparents online.



Your turn, Sense!

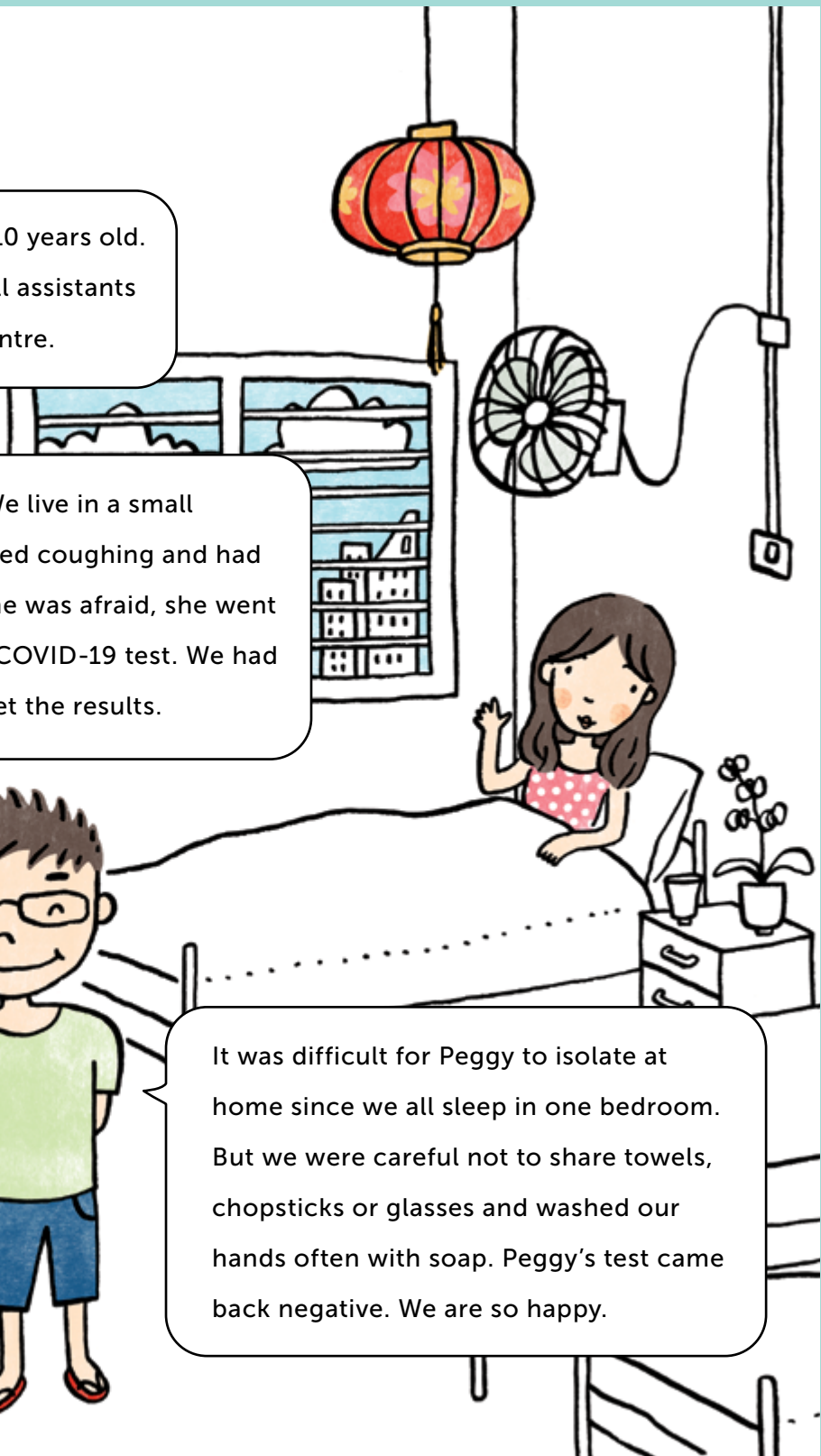
STAY SMILING

## SINGAPORE

Hullo! I'm Gabriel. I'm 10 years old.  
My parents work as stall assistants  
in a famous Hawker Centre.

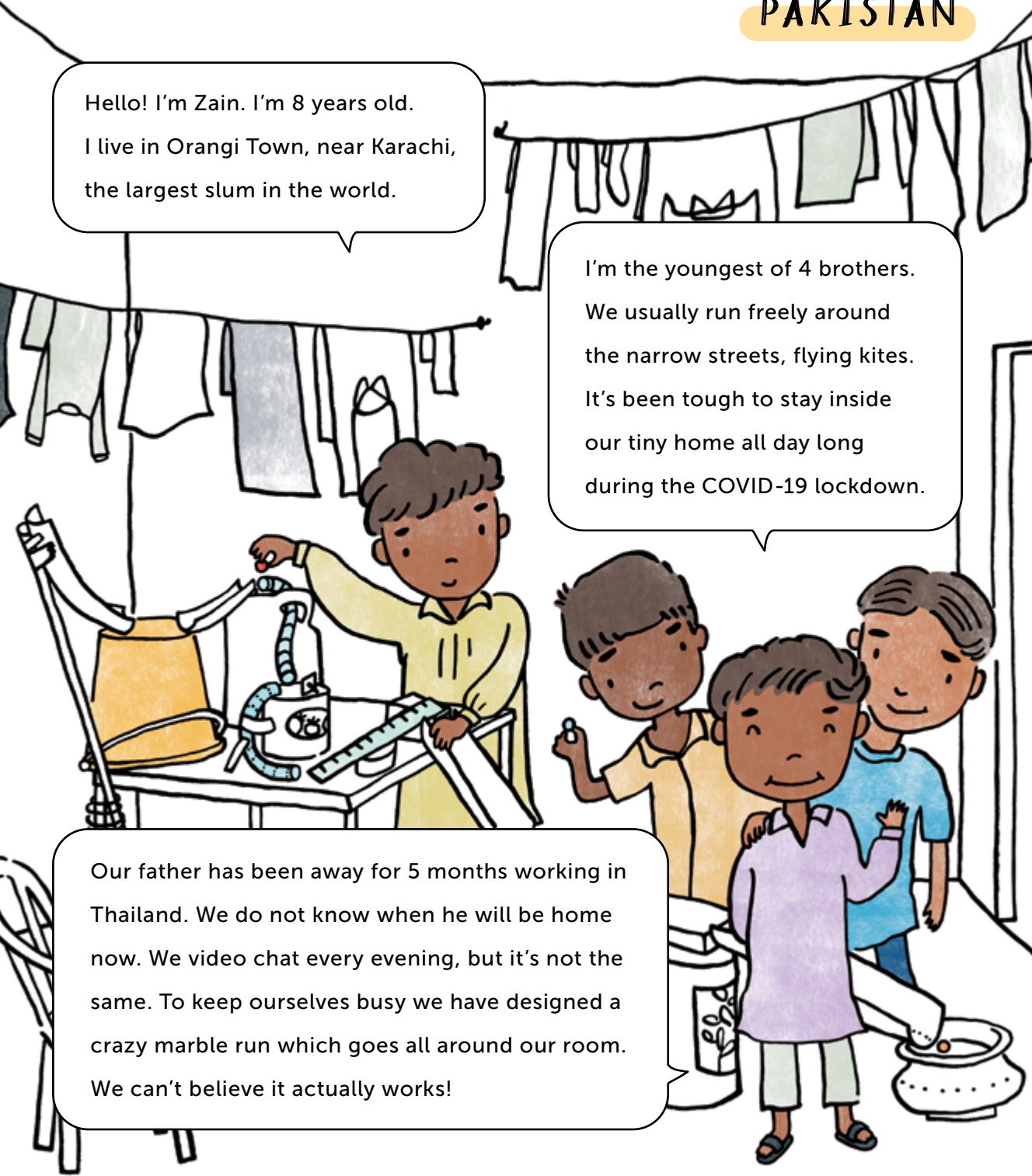
My sister Peggy is 17. We live in a small  
apartment. Peggy started coughing and had  
a fever. Even though she was afraid, she went  
to the hospital for the COVID-19 test. We had  
to wait a few days to get the results.

It was difficult for Peggy to isolate at  
home since we all sleep in one bedroom.  
But we were careful not to share towels,  
chopsticks or glasses and washed our  
hands often with soap. Peggy's test came  
back negative. We are so happy.





## PAKISTAN



Hello! I'm Zain. I'm 8 years old.  
I live in Orangi Town, near Karachi,  
the largest slum in the world.

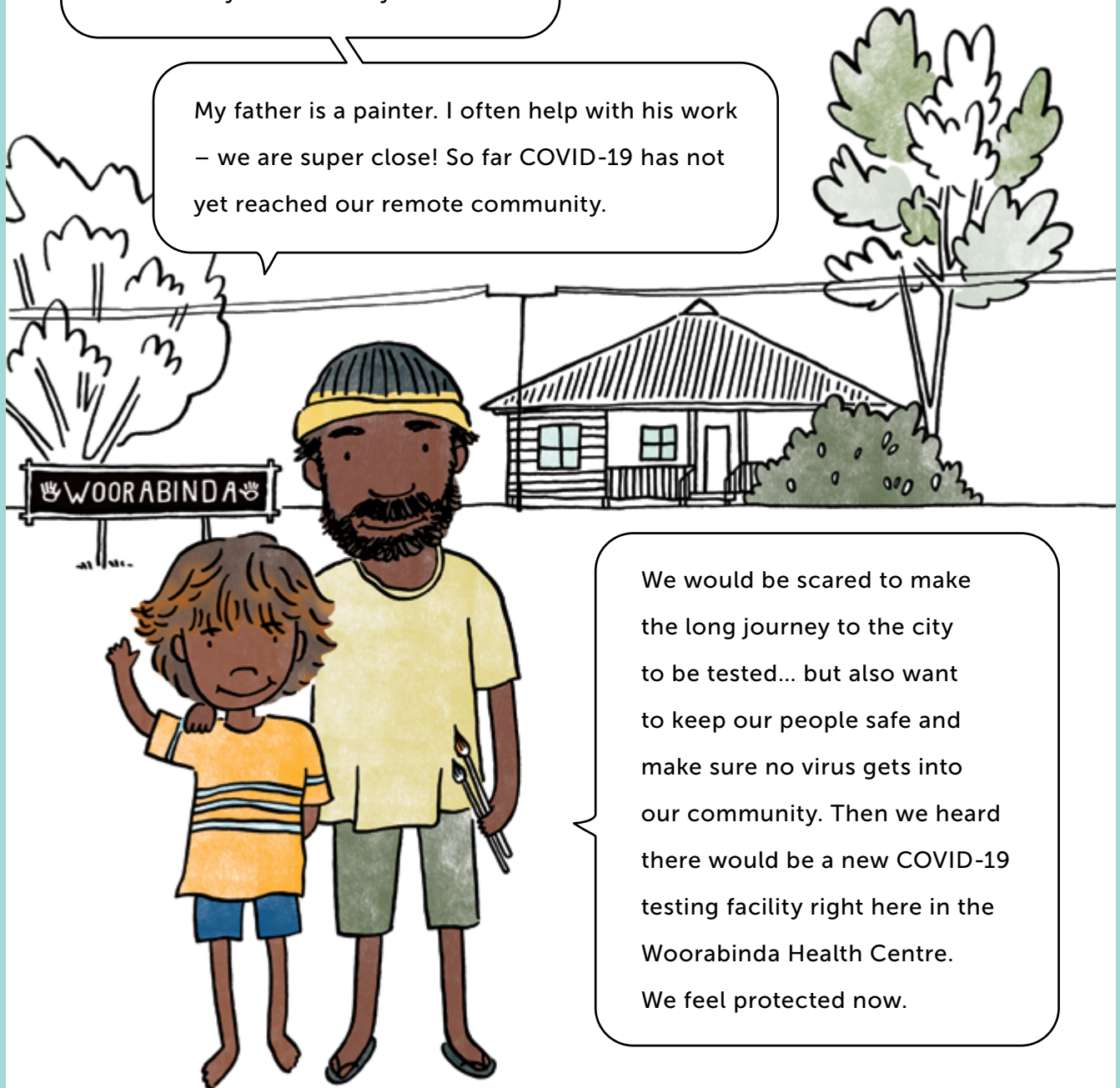
I'm the youngest of 4 brothers.  
We usually run freely around  
the narrow streets, flying kites.  
It's been tough to stay inside  
our tiny home all day long  
during the COVID-19 lockdown.

Our father has been away for 5 months working in  
Thailand. We do not know when he will be home  
now. We video chat every evening, but it's not the  
same. To keep ourselves busy we have designed a  
crazy marble run which goes all around our room.  
We can't believe it actually works!

## AUSTRALIA

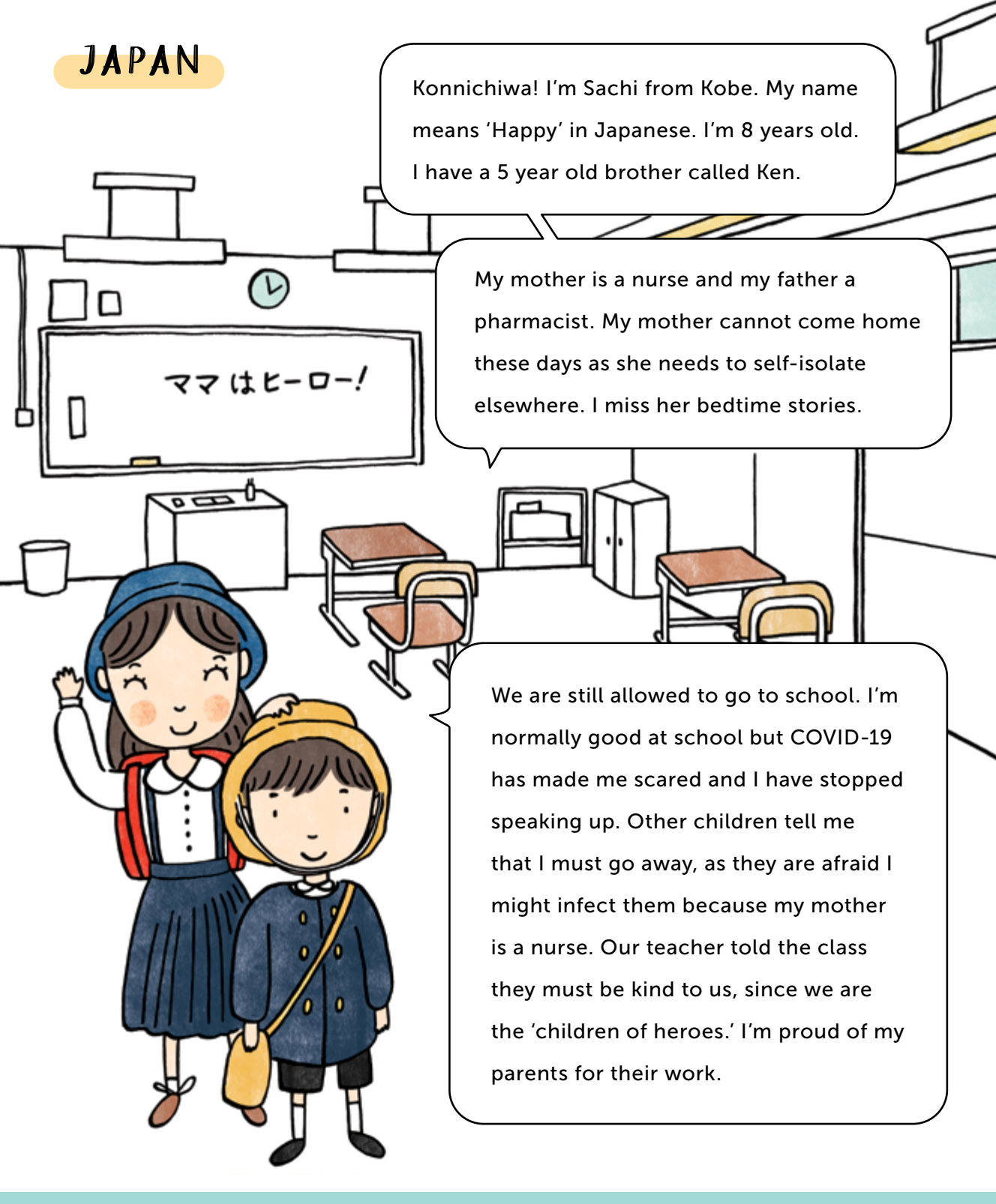
G'day! I'm Waru. I'm 12 years old.  
I live with my father in a small town  
far far away from the city.

My father is a painter. I often help with his work  
– we are super close! So far COVID-19 has not  
yet reached our remote community.



We would be scared to make  
the long journey to the city  
to be tested... but also want  
to keep our people safe and  
make sure no virus gets into  
our community. Then we heard  
there would be a new COVID-19  
testing facility right here in the  
Woorabinda Health Centre.  
We feel protected now.

## JAPAN



Konnichiwa! I'm Sachi from Kobe. My name means 'Happy' in Japanese. I'm 8 years old. I have a 5 year old brother called Ken.

My mother is a nurse and my father a pharmacist. My mother cannot come home these days as she needs to self-isolate elsewhere. I miss her bedtime stories.

We are still allowed to go to school. I'm normally good at school but COVID-19 has made me scared and I have stopped speaking up. Other children tell me that I must go away, as they are afraid I might infect them because my mother is a nurse. Our teacher told the class they must be kind to us, since we are the 'children of heroes.' I'm proud of my parents for their work.



## SCOTLAND

Hi. I'm Grace. I am 14 years old and live in Glasgow.

COVID-19 hit the UK hard. During lockdown, Mum started coughing. She was so brave and went straight off to be tested. It turned out to be a simple cold but at least we knew.

Mum says the most needy such as ethnic minorities and those living in care homes are the worst hit... but then again princes, prime ministers, and famous actors and actresses have also come down with the virus. Seems like COVID-19 spares no one. We have a new hospital here in Glasgow just for COVID-19 patients. We love our health workers and clap every Thursday to thank them for looking after us.



# STAY WELL

Keep washing your hands. Try not to touch your eyes, mouth or nose. Wear a mask if you feel sick.



# STAY ACTIVE

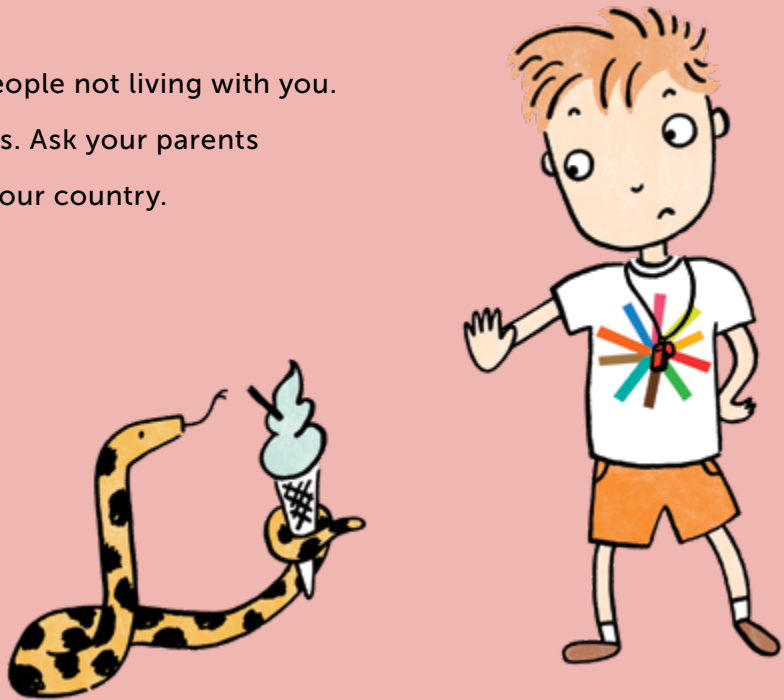
Keep dancing with your friends online.  
Carry on baking! Build a box fort.





# STAY SAFE

Keep physical distance from people not living with you.  
Avoid sharing snacks and drinks. Ask your parents  
about the latest guidelines in your country.



# STAY SMILING

Keep chatting and hugging your grandparents  
online. Have a laugh with your friends! Listen  
to each other's lockdown diaries.

Let's keep up the good work!  
Become COPE COVID-19 Champions!

Spread the word!

*Stay SAFE and SMILING!*



And remember, we are all

**IN THIS TOGETHER!**





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