

MIA LEARNS

About COVID-19



Who We Are

CRANE is passionate about keeping every child and every adult beneficiary safe. Together we are a network of over **3,000** workers from **140** organisations, schools and churches who are working together for children. Together we can count **136,410** children (**72,099** directly impacted by CRANE Collaborations and **64,311** by member activities). CRANE will continue to bring together child care workers, duty bearers and other stakeholders for collaborative action so that we will see transformational change in the lives of children at risk.

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Episode 1

Signs and Symptoms of COVID-19

School has just been closed and little Mia and her Dad are walking home

Mia: Papa, the teacher said there's a nasty bug going around making people sick. What do I need to know about it?



Papa Mia: Well sweetie...It's a new Corona Virus called COVID-19. Doctors are still learning about it. The scientists are trying to find a cure for it. It's like a really bad flu that spreads from one person to another. The virus can get into your lungs through your Mouth, Eyes and Nose if you come into close contact with someone that already has it.



Mia: How do we know if a person is sick?
Papa Mia: Most people have symptoms like fever, a cough and difficulty breathing



Mia: What should someone do if they have these symptoms?

Papa Mia: If they have any symptoms, they must stay at home. But if they feel very unwell, they should contact the special medical helplines. They will come and test them and get them help.

call on: 0800203033 or 0800100066



Mia: How do I keep away from the virus?

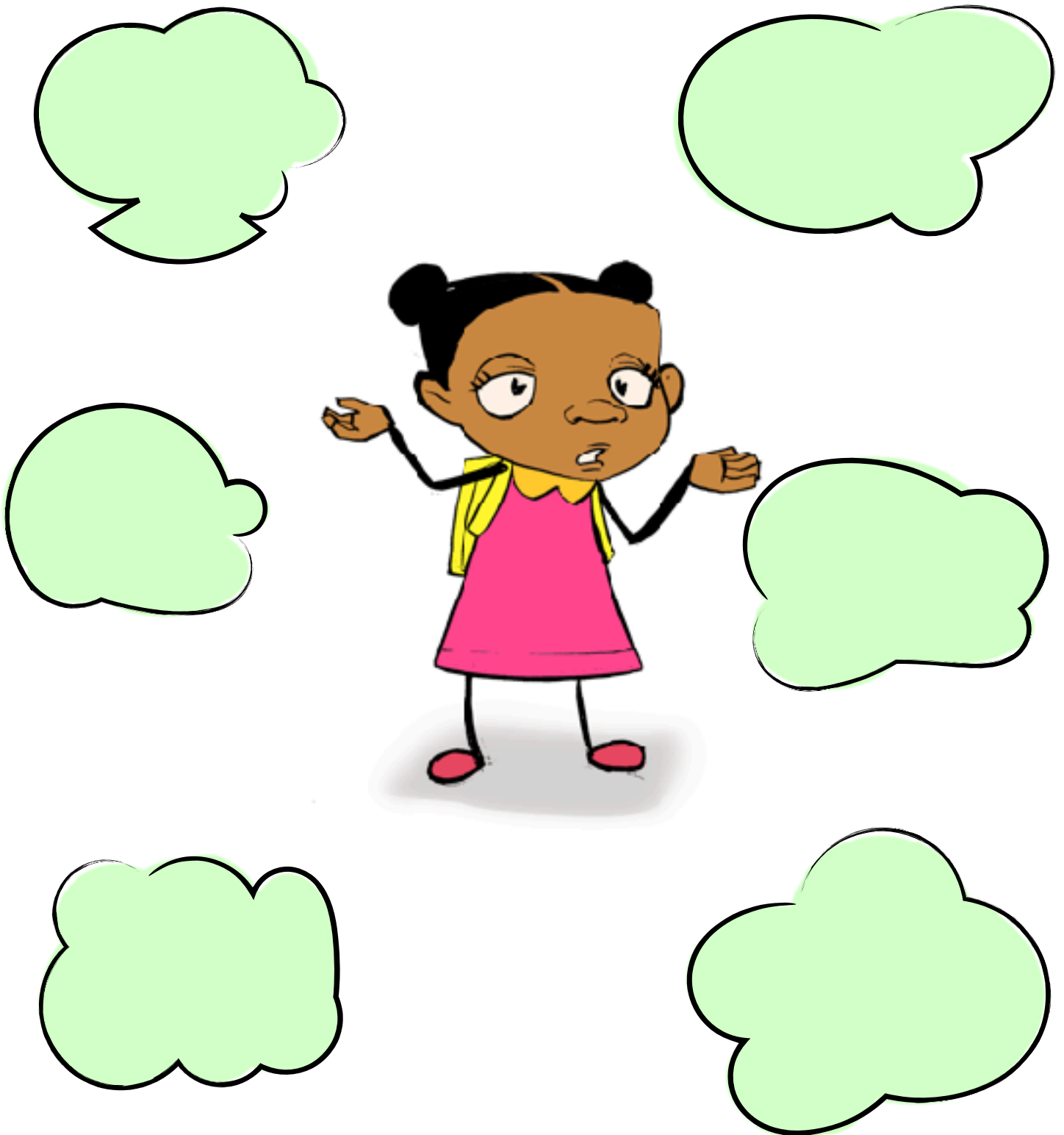
Papa Mia: We have to be really careful because we can't see where it is.

So we have to stay at a safe distance from everyone who doesn't live in our house – up to 2 metres away! We are home, mum will tell you more.



ACTIVITY FOR CHILDREN

**What are the signs and symptoms of
COVID-19?**



Episode 2

Keep Safe from COVID-19

When they get home, Mum is excited to see Mia and welcomes her back from school

Mia: Mama, Papa has just been telling me we have to stay at a distance from others to keep away from the COVID-19 virus.

Mama Mia: That's right, Mia. And to help you keep safe, I want you to change into your home clothes now and take a shower. I will put your clothes in some soapy warm water and then wash my hands. Come...let me show you how we need to wash our hands properly...



Mia: The teacher told us we had to sing Happy Birthday when we washed our hands. It was very funny!

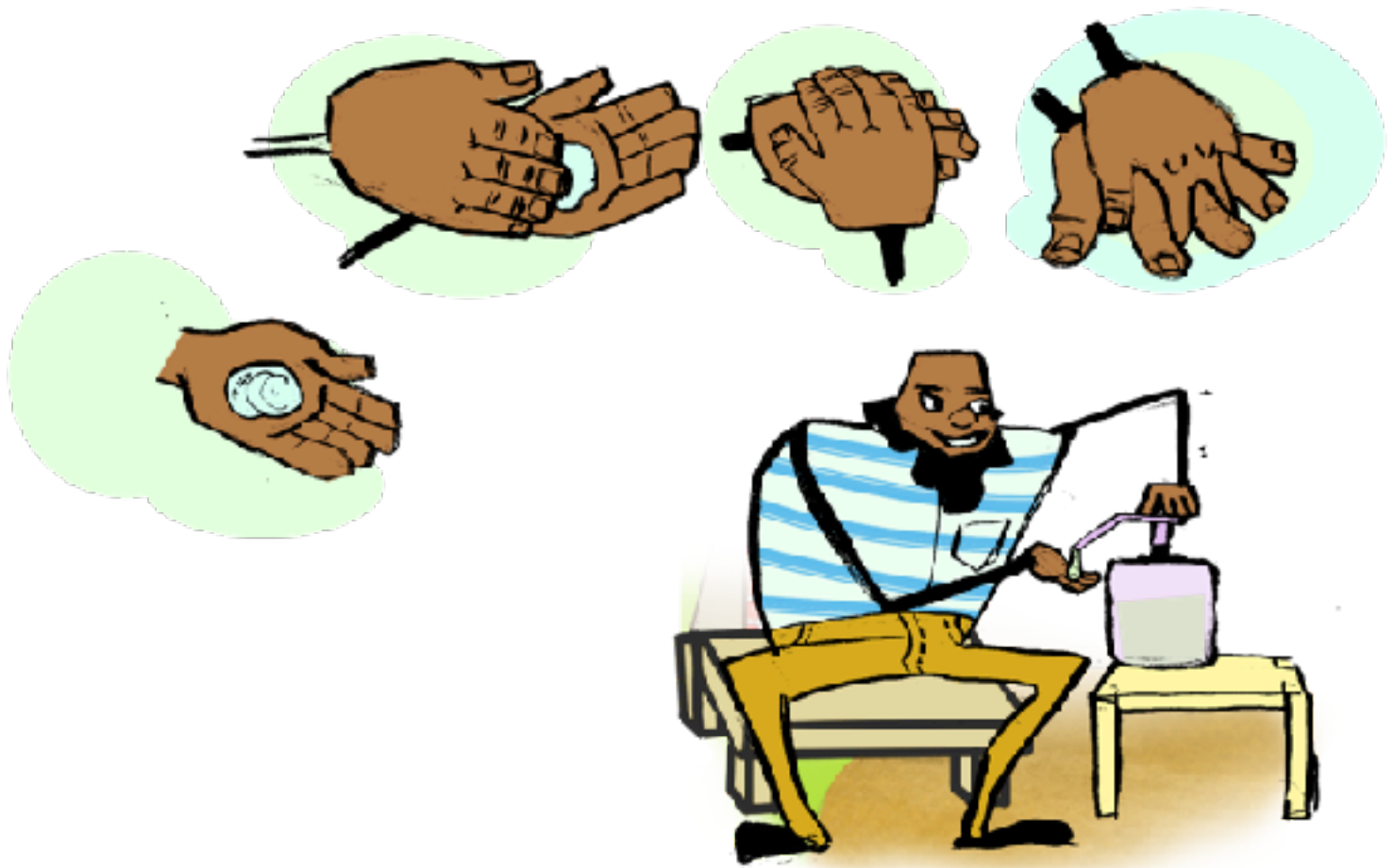
Mama Mia: That's good! Did you scrub all your fingers and your thumbs?

Mia: I tried, Mama!

Mama Mia: Well done! Imagine that when you wash your hands, you are turning them from 'danger red' to 'good green'!



Papa Mia: Mia, you need to wash your hands every hour. If you cannot find soap and water, you can use this special hand sanitizer instead...Squirt and scrub, squirt and scrub! See...



Mama Mia: We can also use this detergent to wipe the surfaces around us in case the virus is there.

Papa Mia: In fact, anywhere our fingers have touched need cleaning often. Where do you think we should wipe?

Mia: Mmmm...the door handle, the padlocks, the light switches...

Papa Mia: Yes, and then remotes, and the phone!



Mama Mia: Remember, don't touch your mouth, eyes and nose because that's how the virus gets inside you.

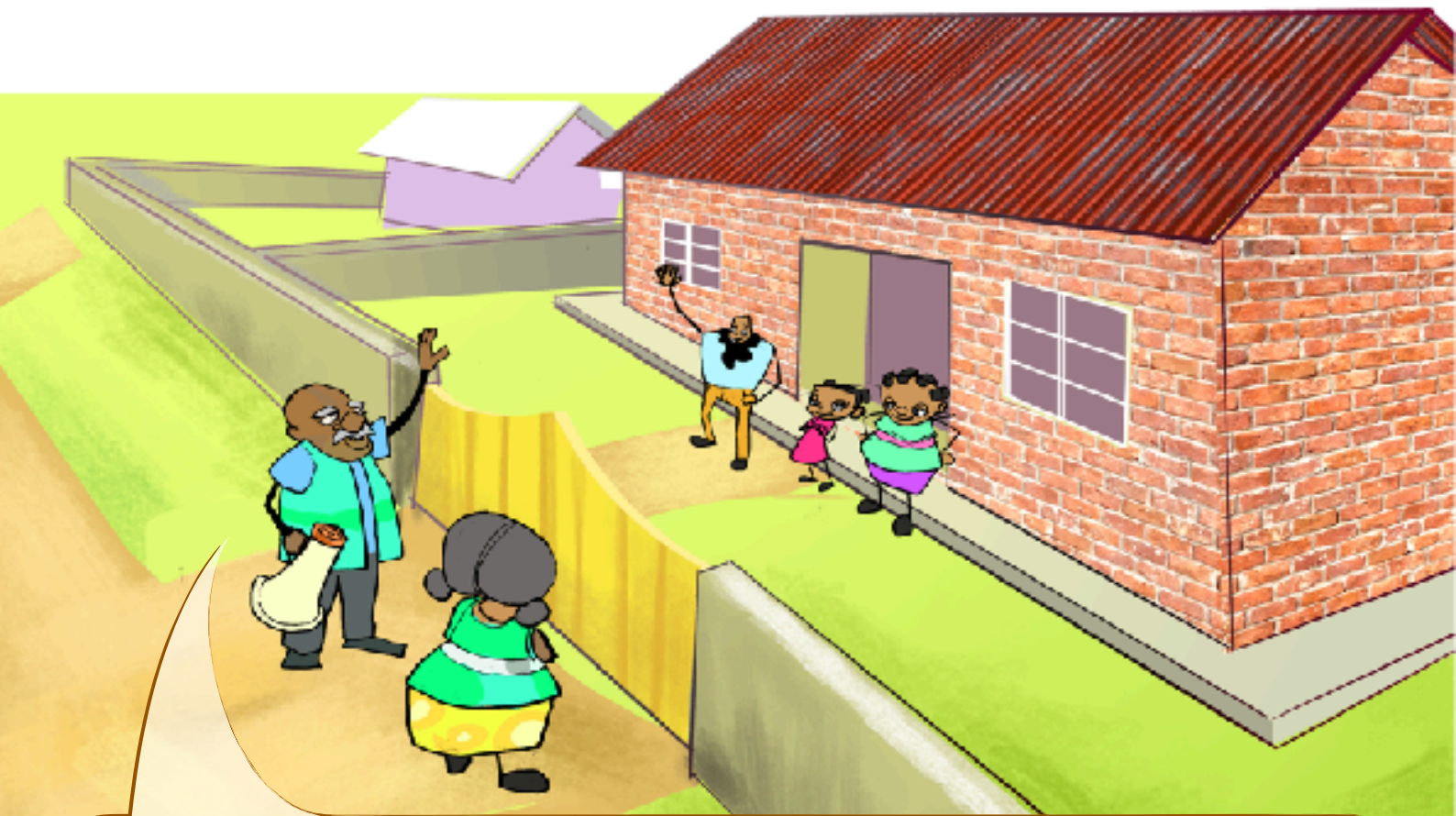
Mia: Mum, when they sent us from school, they also told us not to go visiting our friends. Why?

Mama Mia: Well, Mia, we all want to stay safe. We don't know if we have carried the virus home with us, or if they have, but if we stay at home as much as we can, then we will all be safe.

Mia: Oh...I think I understand, but that's hard!



As they are talking, a man and a lady from the village health team call from outside the gate.



Papa Mia: Hello! Thank you for checking on us!

We are all home safely. I am sorry you can't come in today!

Village Health Team Woman: Well done, Papa Mia! Make sure you stay home unless you need to buy food or medicine. And don't forget, if you must shop, stay at least 2 metres away from others.

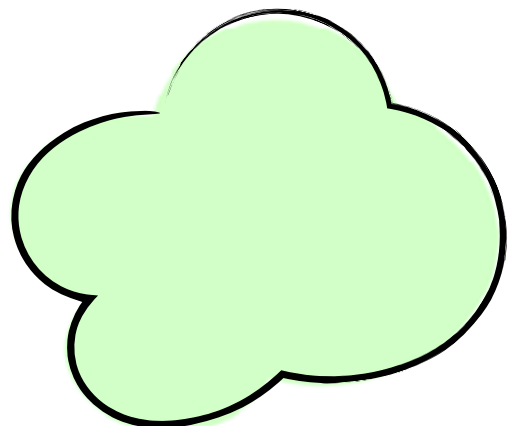
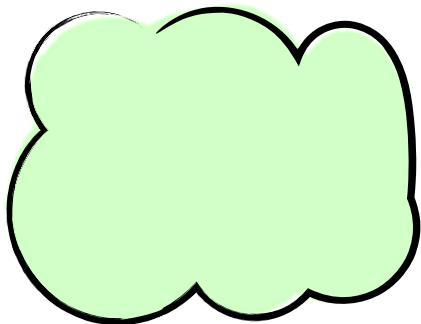
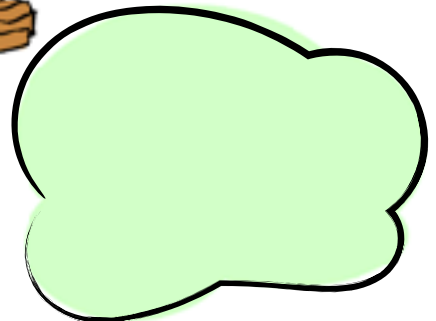
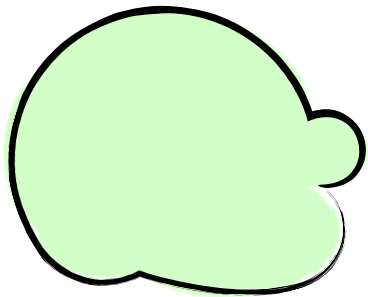
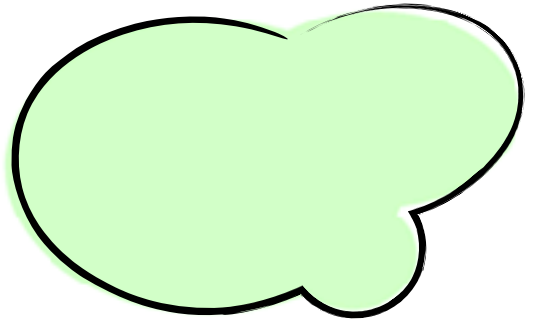
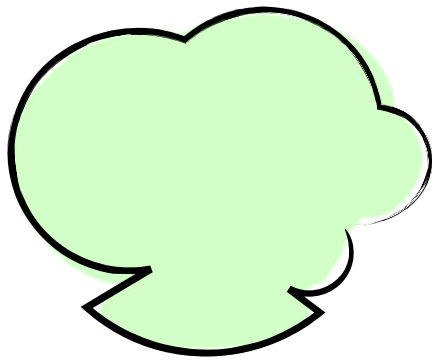
Village Health Team Man: Great! Please remember, sneeze into a tissue and throw it in the dustbin. And if you have a fever, cough or find it hard to breathe, stay at home, call us on the phone, and a doctor will come and check on you.

Papa Mia: Thank you! Stay well!

Village Health Team Woman: Yes, and you stay calm and help Mia with her school work. And don't forget to call your mum and check on her too. You can deliver food to her gate, but don't go in and see her – you never know what you will be carrying to her!

ACTIVITY FOR CHILDREN

How can we keep ourselves safe from COVID-19?



Episode 3

Myth Busters

**Mia and her parents talk about
COVID-19 myths**

Mia: Mama, the children at school thought they could still go and play football together. Football has only stopped in cold countries. Is that right?

Mama Mia: No, Mia. It's not. The virus is here too. They mustn't go and play football. The virus is all over the world now.



Mia: But what if we played skipping and didn't go near each other, then we come home and bathe?

Papa Mia: Bathing will not stop you catching COVID-19. Mama and I will find games to play with you at home. Let's agree when we will all do our work and when we will play games.



Mia: Okay. But I have had my vaccines. Won't that protect me?

Mama Mia: No Mia. We took you for those vaccines to protect you from other diseases. They have not found a vaccine for COVID-19 yet.



Mia: Can the virus be transmitted through mosquito bites?

Papa Mia: No Mia, mosquitoes won't give you the virus. COVID-19 is a respiratory virus which spreads through droplets when an infected person coughs or sneezes or through droplets of saliva. So we still need to sleep under our treated mosquito nets, but that won't stop COVID-19.



Mia: Papa, I heard the Village Health Lady tell you not to visit your mum. Isn't it only old people who die from COVID-19?

Papa Mia: No, Mia. Sadly anyone can get COVID-19. Even healthy people, and doctors, can get it if they are not careful. But people who are already unwell or have asthma, diabetes, or heart disease are at greater risk.



Mama Mia: I heard someone saying that if you eat garlic it will help you!

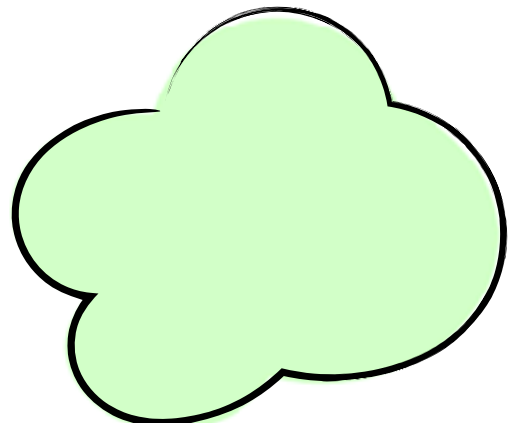
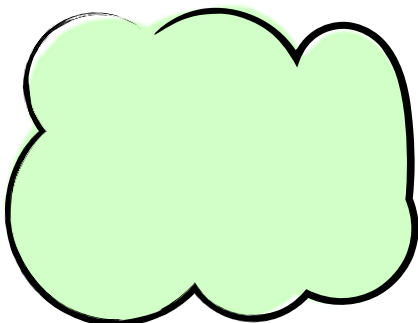
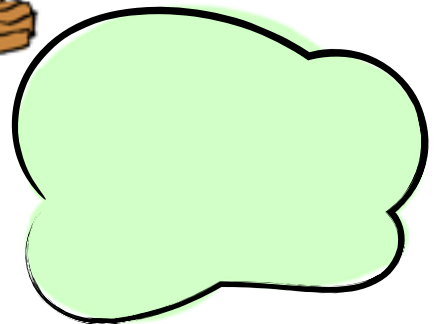
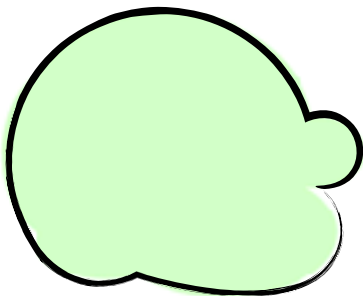
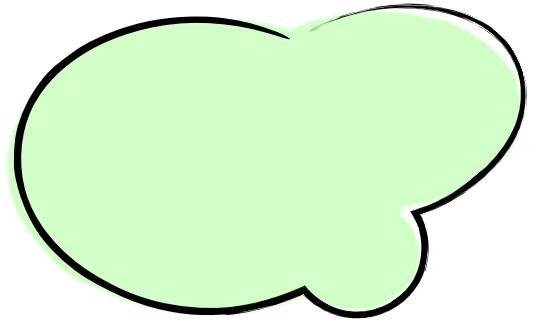
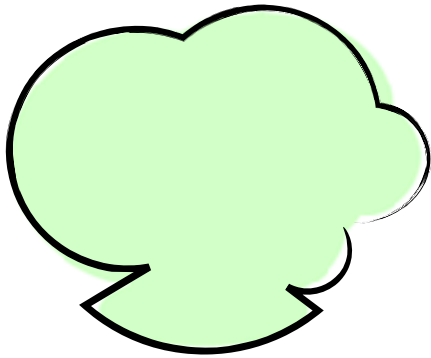
Papa Mia: That's not true. We need to eat healthy foods and lots of fruits to stay well, but garlic or any other foods aren't a medicine to cure COVID-19.

Mia: Well, that's good! So that means we can eat more fruits with our food!



ACTIVITY FOR CHILDREN

What can we do at home to keep
ourselves from being bored?



Episode 4

Going to the shop/market

Papa Mia goes to shop to buy foodstuffs
for the family. As he is entering the
shop . . .

Mr. Kasumba: Papa Mia, you are very welcome but please first wash your hands before coming into the shop.

Papa Mia: Oh, thank you Mr Kasumba! That's great! Otherwise I would have used my hand sanitizer!

Mr. Kasumba: You know, some people are complaining, but it's for our own good. Our hands touch many things and we do not know what germs we are carrying from there. And if you don't mind, can you stay that side of the rope for a moment? We only allow one person in the shop at a time and people have to be 2 metres apart. Those are the marks you see on the ground. You will be able to come in very soon. If you like, I can help you.



Papa Mia: That is very kind. Can you give me the items on this list please?

Mr. Kasumba: Please read them for me.

Papa Mia reads the items out and Mr. Kasumba sets them apart.



Mr. Kasumba: Please put the money in this basket. However, I am also taking mobile money payment. Maybe we can do that?

Papa Mia: Oh. That's a good idea! That will stop passing the virus on the money! At least I brought my own bag...That is also saving the environment!





Papa Mia goes back home and finds Mia playing.

Mia: Welcome back Papa. I hope your hands are still green.

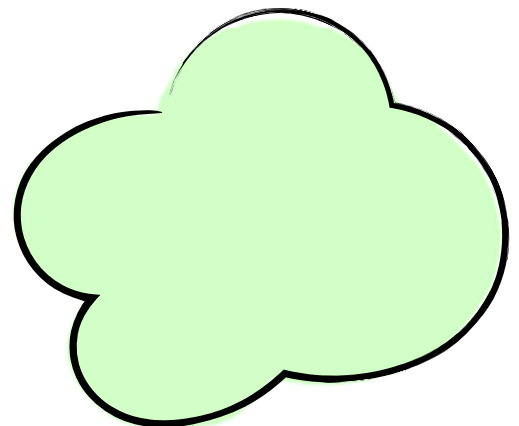
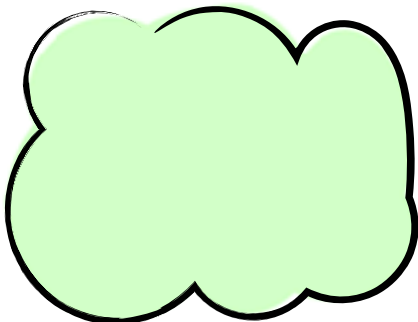
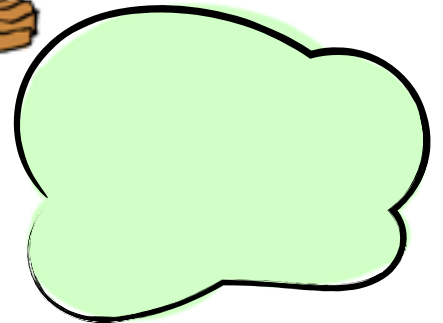
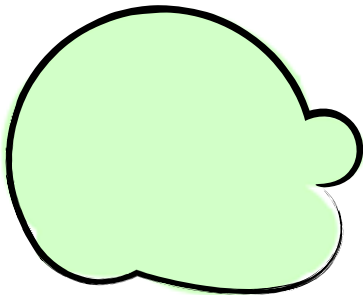
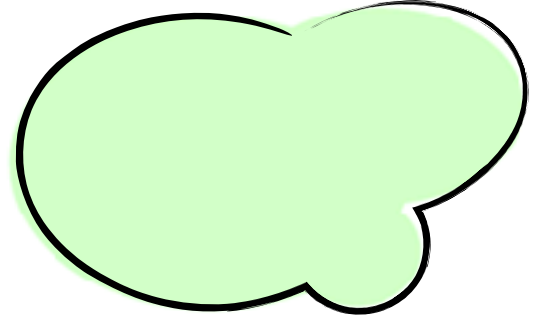
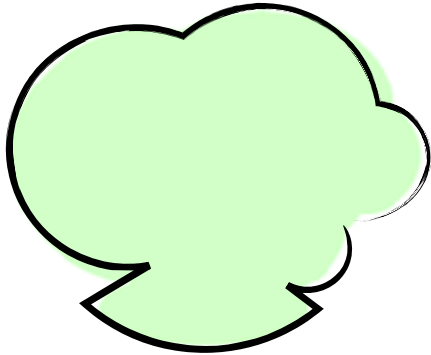
Papa Mia: Ah! You are a good virus stopper, Mia! Let me put this bag down and wash my hands from red to green right away!

Mama Mia: Welcome back Papa Mia. Please can you place the food in the kitchen for me, as you go and change.

Papa Mia: Thank you Mama Mia

ACTIVITY FOR CHILDREN

**If we are sent to the shop to buy something,
how can we keep ourselves safe?**



Episode 5

When a neighbour falls sick

As they sit down to eat

Papa Mia: When I was walking home, I heard the person behind me saying that Tom the carpenter has been taken into quarantine because he has COVID-19.

Mama Mia: Oh no!

Mia: What is quarantine?



Mama Mia: It's self isolation period of time or a hospital bed away from others.

Papa Mia: At least he will get the best treatment there. Apparently he went to the borehole to fetch water. On his way back, he bought some eggs from a girl in the village who was coughing seriously. He must have gone too close to her. Now he has a very bad headache and a fever that won't go away. Tom called the doctor. They tested him and found he had COVID-19.



Mama Mia: What about the girl?

Papa Mia: They have taken her for treatment. They have tested their families as well. But this reminds us that we need to stay at home. I will go to Mr Kasumba's shop only as he is very strict with his customers.

Mia: What about people who don't have money to go to Mr Kasumba's shop?

Papa Mia: The LC is giving food to these families. I think we can give them some of our food from the garden as well. I will call the LC and ask him to collect it from the gate .



Mama Mia: But what about the borehole, have they done anything there?

Many people visit it

Papa Mia: The LC got a team to fumigate the areas around the borehole and the market to keep all of us safe. They also have put hand cleaning facilities at the borehole and marketplace so people can wash their hands.



Mama Mia: Mia, do you still remember what signs to watch out for?

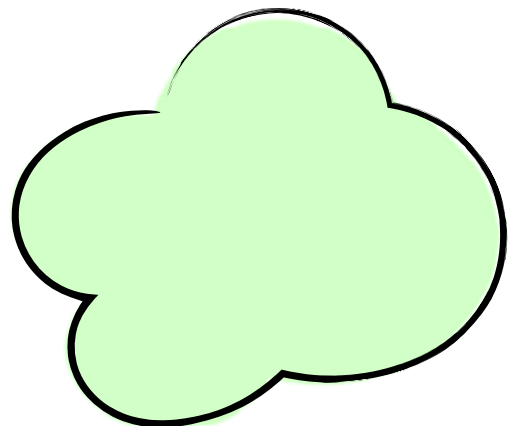
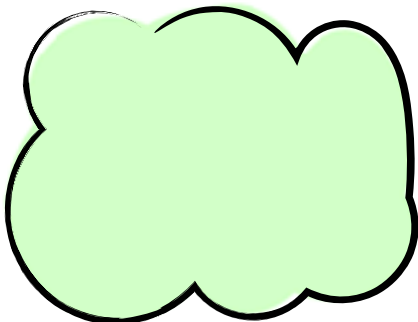
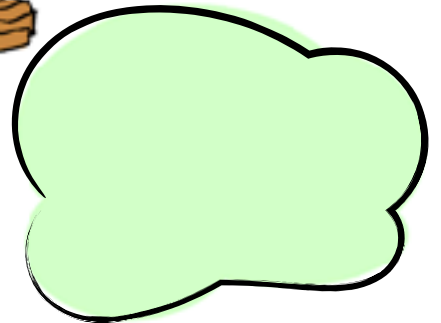
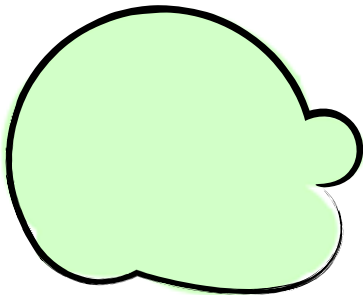
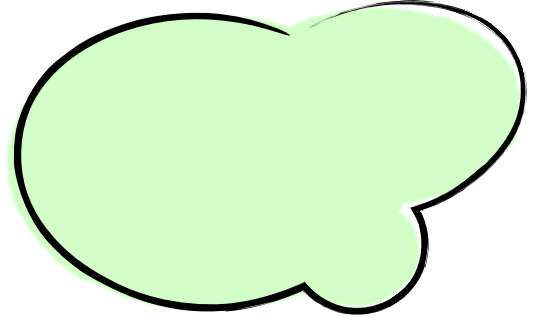
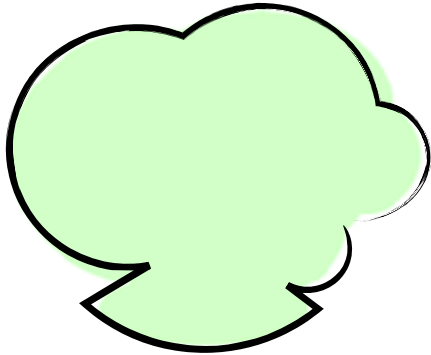
Mia: Yes. runny nose, dry cough and difficulty breathing...and then we call the numbers provided by the Ministry of Health and inform them if we get sick. They will take us for treatment.

Papa Mia: But remember, some people do not show those signs, which is why staying at home and social distancing is necessary.



ACTIVITY FOR CHILDREN

**What could I do to help people around me
who don't have enough food to eat?**



Episode 6

Supporting a neighbour

A few days later, Mia learns that one of her friends is sick.

Mia: Mama, Papa says my friend Francis is in quarantine. I wish I could visit to support him.

Mama Mia: Yes Mia, he is there. But he is safe. We can call him instead of visiting.



Mia: Hi Francis, how are you and your family doing?

Francis: Not bad, we are just missing everyone.

Mia: We miss you too, but know that we care and are all staying home and not visiting anyone.

Francis: How are you handling staying home?



Mia: Not bad. We are doing activities together as a family.
Francis: That sounds fun. I will ask my parents if we can also do the same in my family.



Francis: Mia, thank you so much for calling.

Mia: That's okay Francis. It's not that I am afraid to come and visit you; it's that we are not allowed to. I talk to my parents about my fears. They listen to me and encourage me. They also correct any wrong ideas that I have.

Francis: That's good. I hope more families can have time together to talk about their fears and encourage each other.

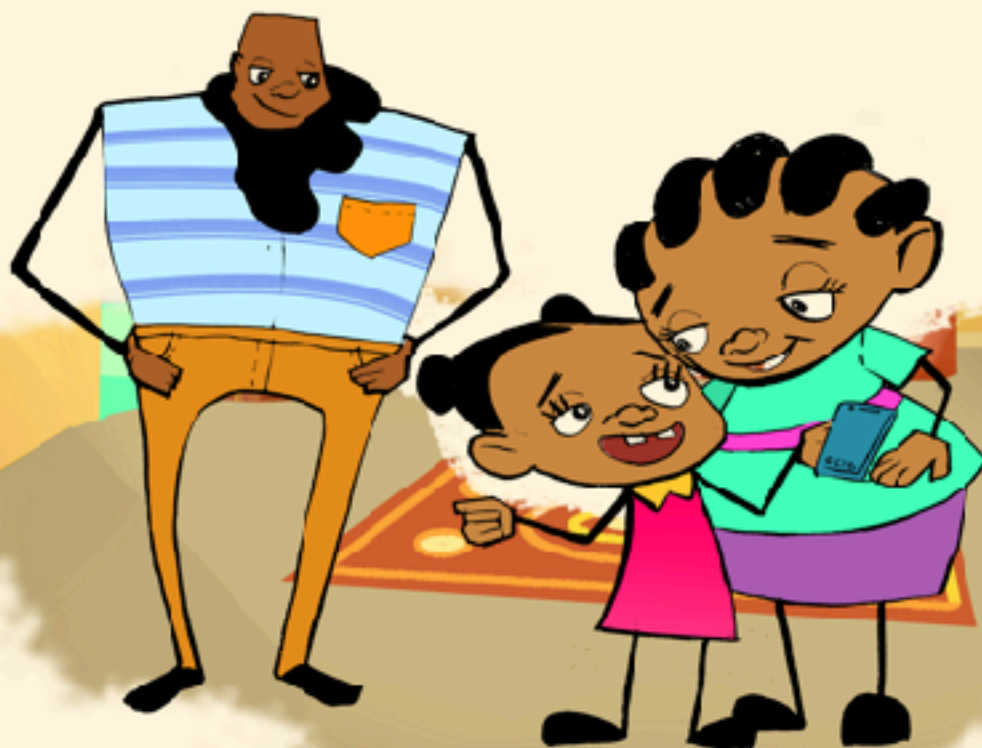


Mama Mia: How was Francis?

Mia: He and the family are doing well. He was very glad I called

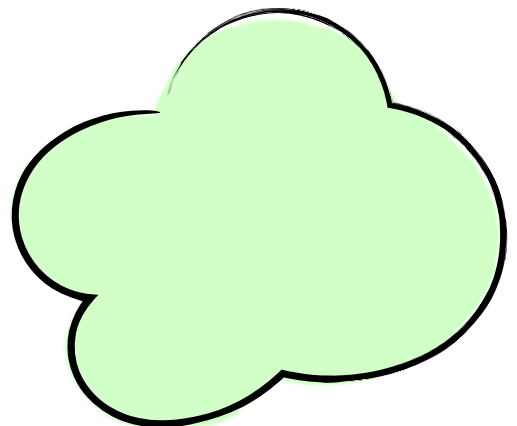
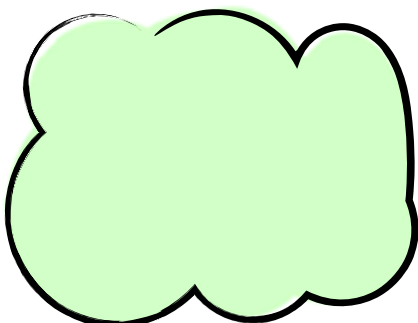
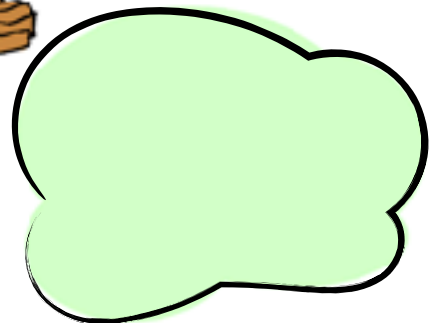
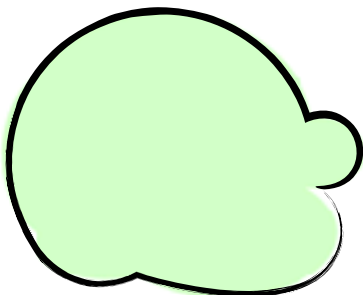
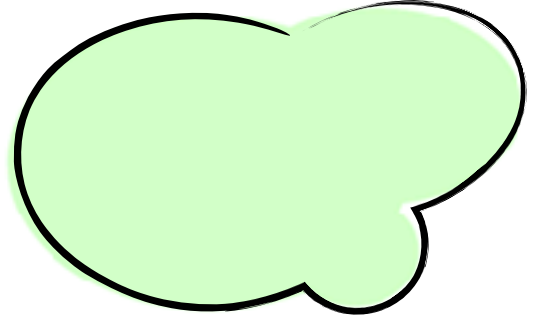
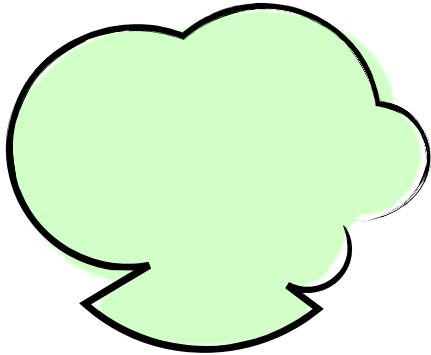


Mama Mia: It's good that you called him. We need to show understanding and concern to those affected by COVID-19 and check on them regularly. It must be difficult



ACTIVITY FOR CHILDREN

What can we do to support and
encourage those affected by COVID-19?









This is **Grace**, the green hand.
Grace is doing everything to keep
away from COVID-19 and keep others
safe too.



Grace:





-  Washes with clean water and soap
-  Covers the nose and mouth when she sneezes and coughs
-  Avoids close contact with anyone with cold or flu-like symptoms
-  Stays home when sick



This is **Robert**, the red hand.
Robert however, thinks he is
stronger than COVID-19 and it
won't get him



Robert:

-  Doesn't wash with clean water and soap
-  Touches the soft parts of the face (eyes, nose, mouth)
-  Reaches out to touch healthy, healthy-looking and sick people alike
-  Doesn't stay home when sick

Keeping Children Safe From Abuse As Well

Talk instead of beating
Protect from Sexual Abuse
Encourage house chores not child labour
Mum and dad stop fighting