

# Keto and Zuri learn about COVID-19





## HOW TO READ THIS BOOK

This book was written to help children stay healthy and informed about COVID-19.

Parents, caregivers and educators can read the book to children, encouraging them to enjoy and comment on the illustrations and the things that Keto and Zuri discover along the way.

A few questions at the end of the book will help you continue this important conversation and help children continue learning about how to stay healthy.

This book was created using the World Health Organisation's guidelines for COVID-19.

[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)





Keto and Zuri are brother and sister and the best of friends. They love to run outside, play at school, dance and make silly faces.



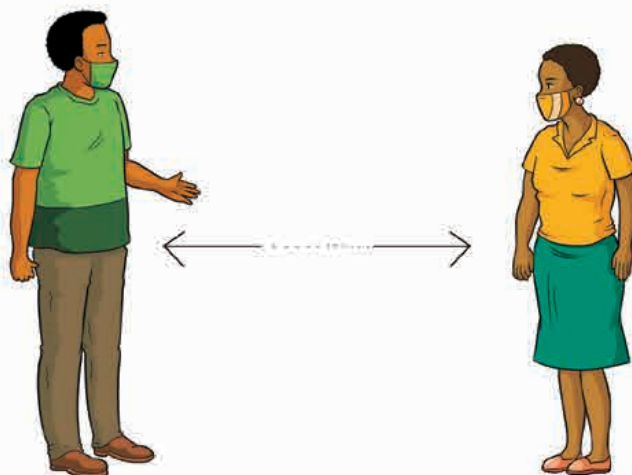
Lately, they have noticed that the big people are behaving a bit differently these days.



They wear masks over their noses and mouths.



They don't come close to each other.



They are home a lot more and...



...now they have new rules.



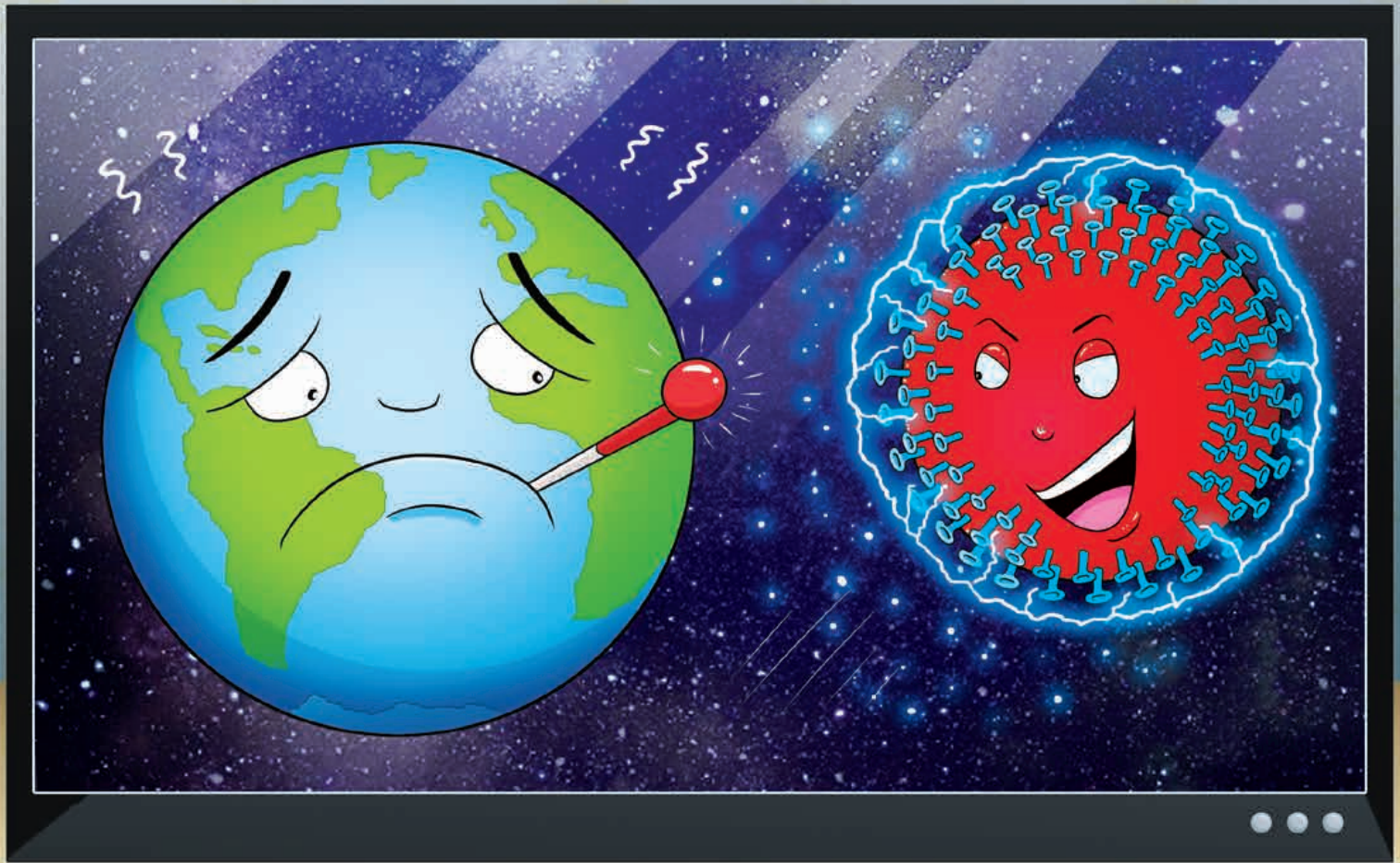
Keto,  
come wash your  
hands!

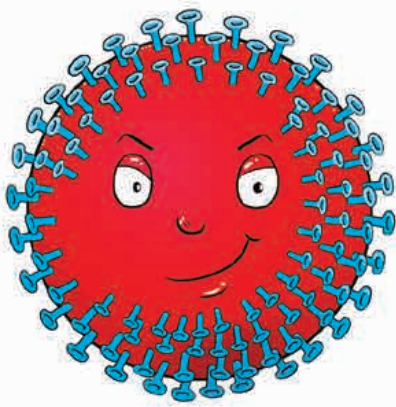
Zuri,  
put your mask  
on!





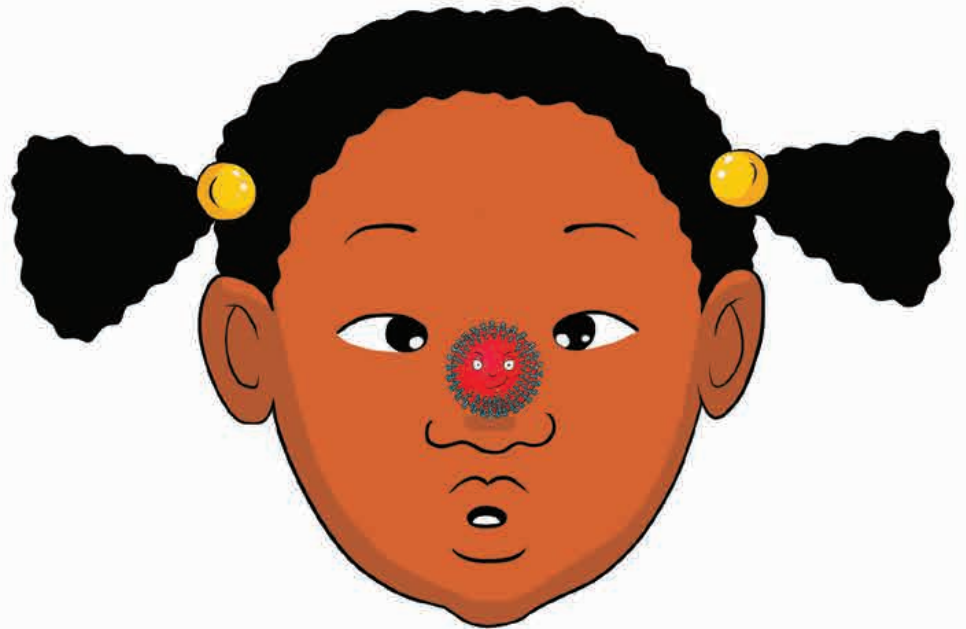
All of this is because of a new virus called SARS COV II that is making people all around the world sick.



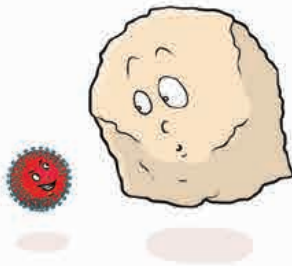


A virus is very small.

It's smaller than Zuri's nose...



Even smaller than  
a grain of sand!



So small you cannot see it without  
the help of a microscope.





The virus can be passed from one person to another person in tiny droplets when people cough, sneeze or speak.





A person can also get the virus if they touch a droplet and then touch their own nose, eyes and mouth without washing their hands first. If everyone wears a face mask, we can help stop the virus in these droplets from spreading.



Wearing a face mask protects both the person wearing the mask and the people around them. That's why it's so important to wear your mask when you are with other people and to wash your hands with soap to make sure that you wash off any droplets you may have touched. You can also clean your hands with alcohol-based hand sanitizer.



Many people who get the virus do not notice anything wrong and they may not know that they are sick. Some people who do get sick from this virus get a fever and a cough and may find it difficult to breathe.



Some can't smell well...



...some can't taste well and some have an upset tummy and feel sick.



But most people who feel sick get better soon if they are treated by the doctor. Unfortunately, some people die if they become very sick, if they don't get treatment in time or if they do not get medical treatment at all.

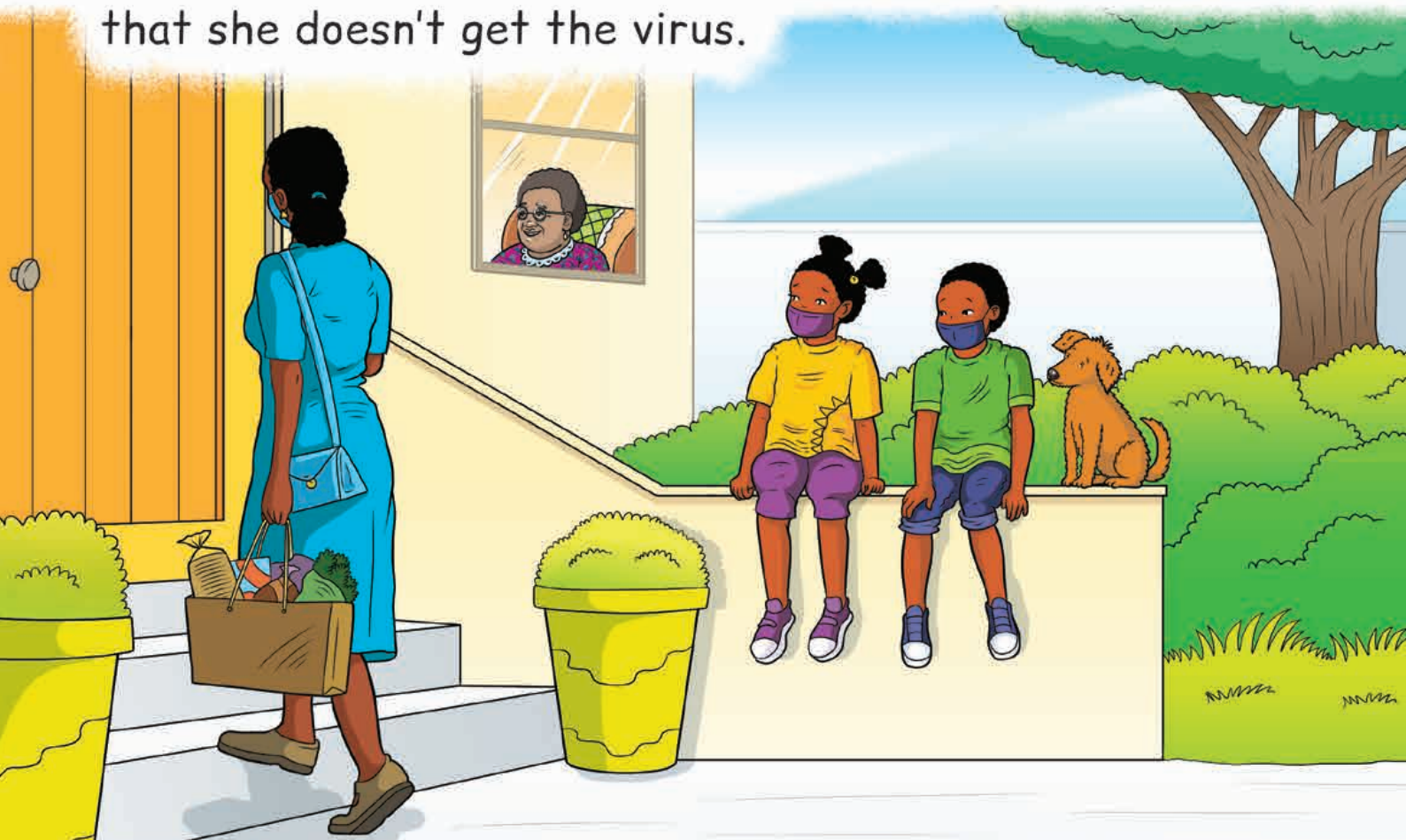




Older people, like your grandparents, or people who are already ill, might get very sick from this virus. We have to protect them so that they can stay as safe and healthy as possible.



That's why Keto and Zuri can't visit their favourite aunt right now. They have to be really careful so that she doesn't get the virus.





People can get tested to see if they have this virus. If someone tests positive for COVID-19, they will be asked to stay away from others for a while to prevent them from spreading the virus to other people.

This can stop more people from getting sick.



Scientists made a special medicine called a vaccine that can prevent people from becoming sick even if they are exposed to the virus.

Many countries are already giving the vaccine to people but it will take time before doctors can get the vaccine to everyone in the world. Children cannot take the vaccine until doctors tell us that it is safe for them.





In the meanwhile, Keto and Zuri make sure that they stay healthy by wearing their masks when they are with people, keeping some distance between themselves and their friends...



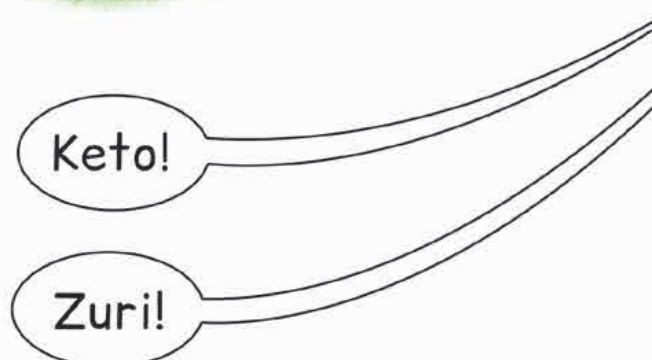
...not touching their noses, eyes or mouths...



...coughing or sneezing into a tissue or a bent arm...



and of course...





...always washing their hands.

Wash your hands with soap and water for as long as it takes to count to 20 slowly...

Or rub on hand sanitizer and wait for it to dry.







## LET'S TALK

COVID-19 is the disease caused by a newly discovered virus called SARS-CoV2. But that's a really long name so people also just call it coronavirus.

In this story, Keto and Zuri learned with us how to protect ourselves from getting sick, or spreading the virus to others.

### Let's see how well you remember?

1. Keep some \_\_\_\_\_ between you and others.
2. Wear your \_\_\_\_\_ when you are with people who are not in your household.
3. Try not to touch your \_\_\_\_\_.
4. Cough and sneeze into a tissue or your \_\_\_\_\_.
5. Remember to wash your \_\_\_\_\_.

Remember Keto and Zuri's advice for the best way to wash your hands. Wash with soap and water for as long as it takes to count to 20 slowly or rub on hand sanitizer that contains 70% alcohol and wait for it to dry.

ANSWERS: 1. DISTANCE, 2. MASK, 3. FACE, 4. ELBOW, 5. HANDS



