

The Adventures of **MUNA**

A kid to kid guide on coronavirus



Ugochi Obidiegwu

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Dedication

To you my dear friend.

I want you to learn these safety tips so that you can protect yourself and other children in the world. May we be safe and happy always.

I love you.

Hello, will you be my new friend?

Hello, my name is
Munachimso but everyone
calls me Muna. You can call
me Muna too. If you are just
reading about me for the
first time, I am a 7 year old
girl who shares stories to help
you stay safe from fire, falls,
injuries and other accidents
affecting children like you.

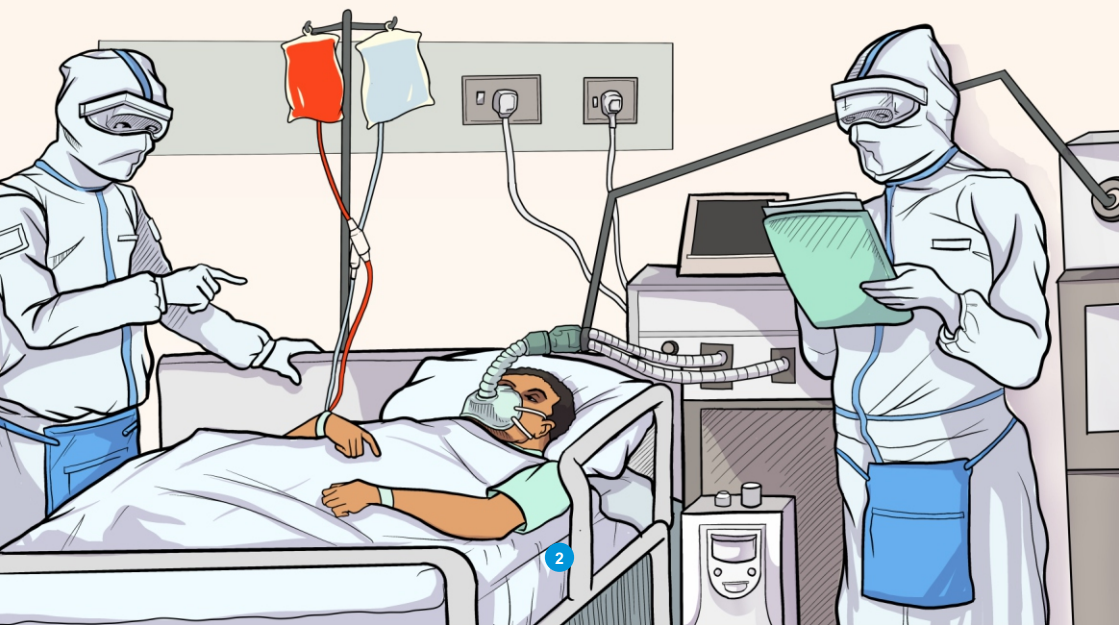
You can check out my other
stories.



A Pandemic

Have you heard what is going on in the world? Many people are dying of a new type of Coronavirus.

In Nigeria, the government has shut down schools and I hear it is happening in other countries too. My mummy says the government is trying to protect us so that we do not fall sick.



What is coronavirus?

My mummy and daddy taught Bobby and me about it. Bobby is my younger brother. They said they learned about it from the information shared by the World Health Organisation (WHO). The World Health Organisation is a special agency of the United Nations responsible for international public health.



This is what I learned.

Coronavirus is a disease that can spread from one person to another. It spreads through close contact with someone who has it. This particular one that has led to many people dying started in 2019, so it is called Coronavirus disease 2019. The short form of the name is COVID-19. It is like a common cold but the virus attacks our ability to breathe well. For some people, the symptoms are mild and they get well soon but for some others it might get very serious and lead to death.



The symptoms are:

Fever, cough and difficulty breathing.

So whenever you feel this way you must tell your daddy and mummy about it so, they can call for medical help. But mummy says it is better to prevent it.

How to prevent it:

1) We must wash our hands regularly with soap and water after coughing and sneezing, after using the toilet and when our hands are dirty. We must also wipe our hands with a clean cloth or paper towel after washing them. The trick is to wash your hands for a minimum of 20 seconds and you can sing the birthday song when you do it.



2) We must not touch our eyes, nose and mouth with unclean hands

3) We must only sneeze and cough into a bent elbow. The bent elbow must cover our nose and mouth so that we do not spread particles. If you sneeze into a tissue, you must throw it away immediately and wash your hands.

4) When you are around other people, maintain social distancing. Social distancing means that you do not stand too close to another person. Always give space of at least 1 meter. Also, avoid crowded places.

5) If you are sick, you must report it early.

6. Stay at home to prevent the spread of the virus .



Daddy says there is no current treatment but scientists are working hard to provide a cure. For now, we must take precautions.

Dear friend, I hope you are staying safe?
I don't want anything to happen to you. See you in my next adventure.

New word

Pandemic: According to the WHO, a pandemic is a worldwide spread of a disease.

Activity

1. What are the symptoms of COVID-19?

2. How can you prevent it?

3. How long should you wash your hands?

4. When should you wash your hands?

5. If you feel sick, what should you do?

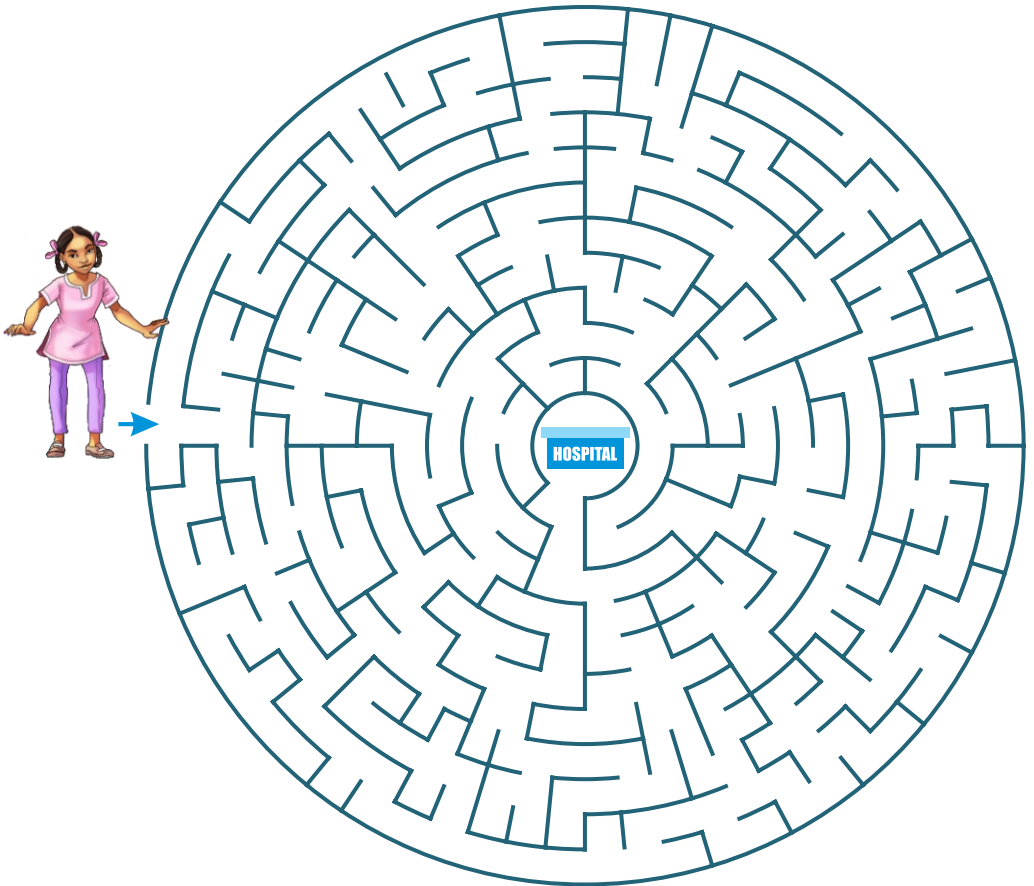
Colouring activity

When coughing or sneezing you must use a bent elbow or a tissue. Colour this picture of Muna and Bobby practicing how to cough or sneeze correctly.



Maze

Can you please help show our friend
how to get to the hospital.



ABOUT THE BOOK

A short guide to help children understand COVID-19 and stay safe.



ABOUT THE AUTHOR



Ugochi Obidiegwu is passionate about increasing safety consciousness in Africans, most especially in children because she wants to reduce the number of accidents arising from human error. She does this through organising safety education events, creating innovative safety products, social media advocacy and training of children in schools through her Train Them Young Initiative (#2TYI). She believes that focusing on children early would lead to future behaviour modification.

You can get the Muna books on
ulomka.com/product-category/books/

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