



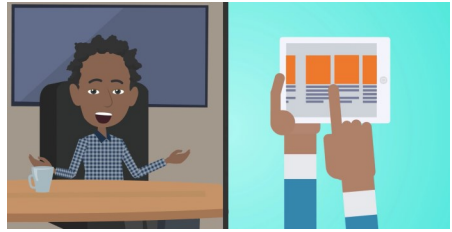
Talking about COVID 19



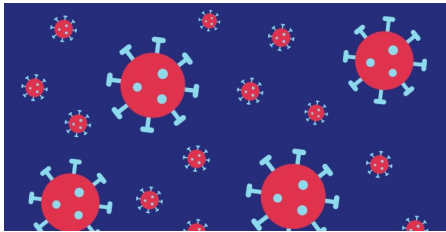


My name is Fatima.

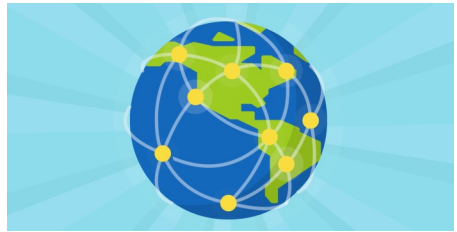
I thought you might like to know a bit more about this Coronavirus everyone is talking about.



There is so much on the news and internet about it that it can be a bit confusing, so let me tell you what I know.



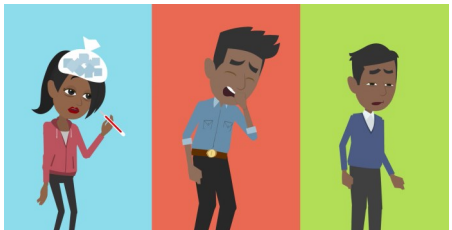
Coronaviruses are a large family of viruses that cause different illnesses, including the common cold.



Coronavirus has been causing illness around the world over the last few months and they have given it a special name 'COVID 19'.



COVID is short for 'Coronavirus disease' and the 19 is because it started in 2019.



People who catch COVID 19 usually have a fever for a few days, then a dry cough.

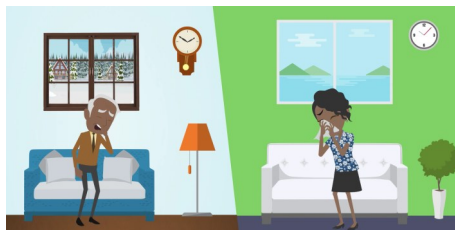


Some people get breathing difficulties which can become serious and they may need to go to hospital.

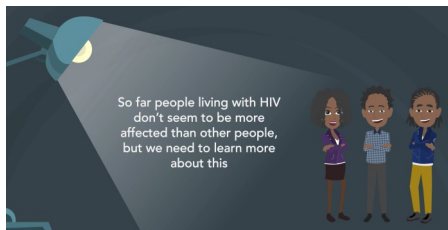
Some people also get a sore throat and chest pain.



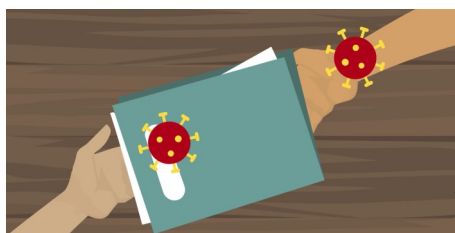
Most people have mild symptoms and recover after a few days, especially children.



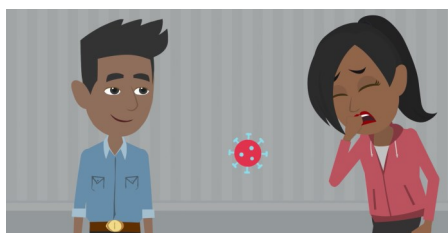
However older people, people with weaker immune systems and people with illnesses such as asthma and TB can have more serious symptoms, so we need to make sure we do everything we can to stop the spread of the virus



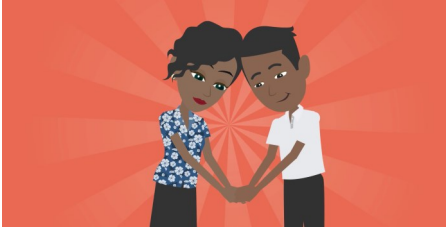
So far, people living with HIV don't seem to be more affected than other people, but we need to learn more about this. What we do know is that adhering to ARVs will make your immune system stronger so you are better able to fight infection.



People with no symptoms can still pass the virus on so we need to protect ourselves and others all the time.



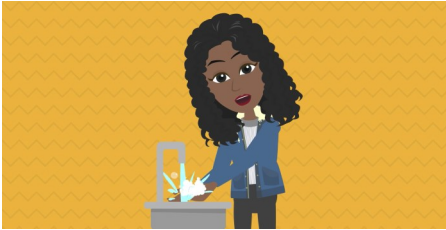
You can get the virus if someone with the virus coughs or sneezes close to you.



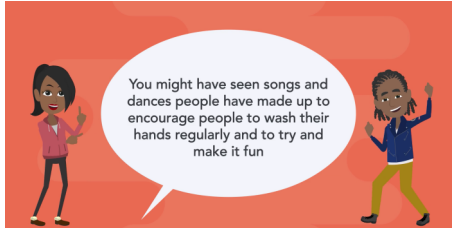
You can also catch Coronavirus if you have close contact with someone who has it, or if you touch something that they have touched and later touch your face.



There are lots of things you can do to keep yourself safe from the virus and protect the people around you.



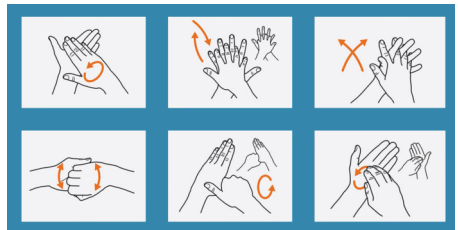
The most important one is washing your hands.



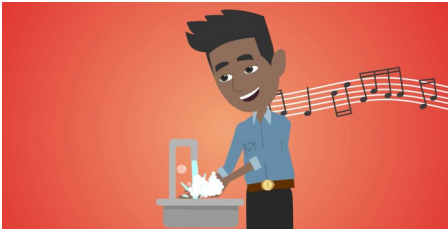
You might have seen songs and dances people have made up to encourage people to wash their hands regularly and to try and make it fun.



You need to wash your hands for 20 seconds.



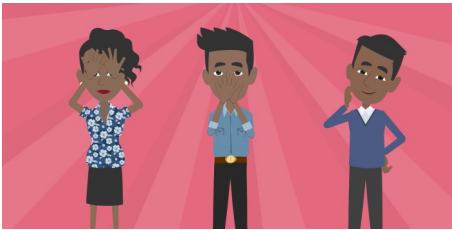
Make sure you do both sides of your hands, your nails and between your fingers.



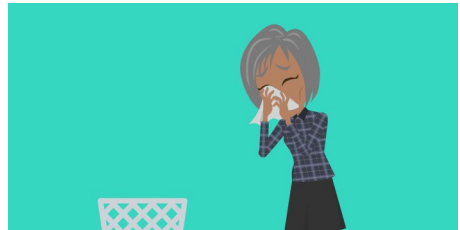
You can choose your favourite song and do all the actions to it.



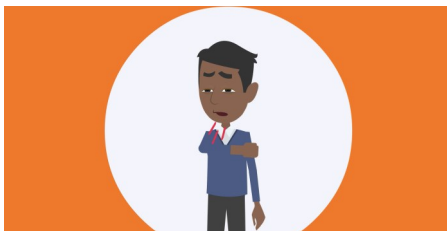
You can use hand sanitizer as well but washing with soap is the best method.



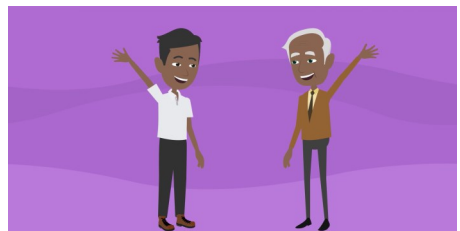
It is also important you do not touch your eyes, nose and mouth especially if you are in public places and might come into contact with the virus, as this is how it enters your body.



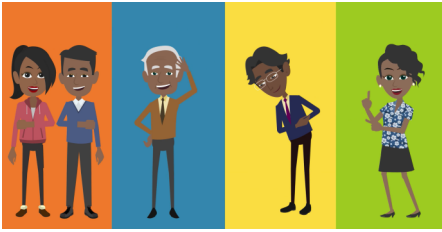
If you cough or sneeze use a tissue and throw it away immediately....



...or cough into your elbow as you can't touch your face with your elbow!



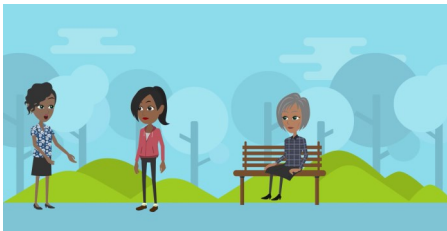
A lot of people have stopped shaking hands or hugging people when they meet.



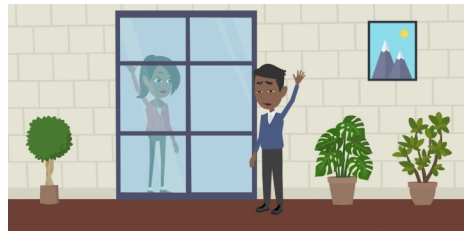
It can feel strange not to have contact with people but you can design your own clever ways to greet each other. You can bump elbows, wave, bow or do a little dance!



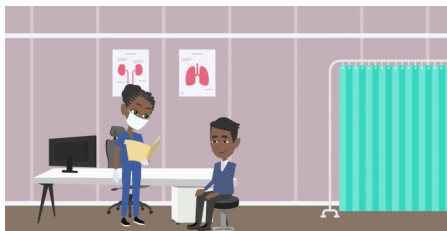
People are being asked to stay indoors, it is important you do not go to places with lots of people at the moment, even if they seem healthy, as someone may be infected and spread the virus to you.



It is safest to be in open spaces and to keep at arm's length distance from all the people you meet! You might hear people calling this 'social distancing'.



If you have symptoms of COVID 19 you should stay at home to protect other people.



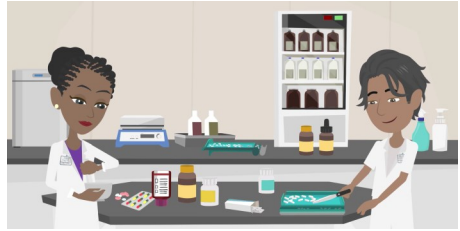
Clinic staff will advise you what to do and the government is sharing lots of useful information.



COVID 19 is a new virus so there are lots of things we don't know about it.



This is why there are so many stories on the TV and news.



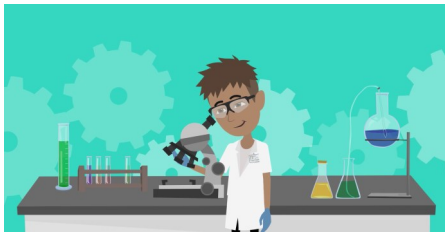
Every day scientists and decision makers are trying to find the best way to protect people and slow down the spread of the virus.



With everything changing and lots of questions we can't answer, people may be feeling worried or anxious. You might feel the same. It is normal to feel like this.



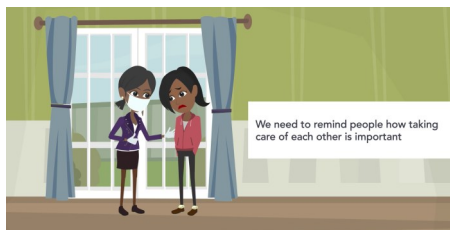
It is important to remember that lots and lots of people are helping to keep you safe - doctors, nurses, teachers, caregivers, scientists.



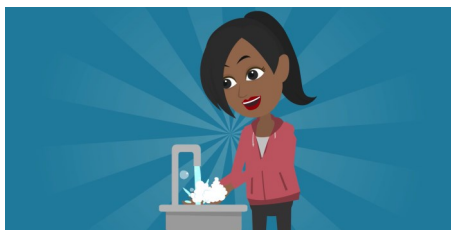
And people are working all over the world to develop better treatments and vaccines.



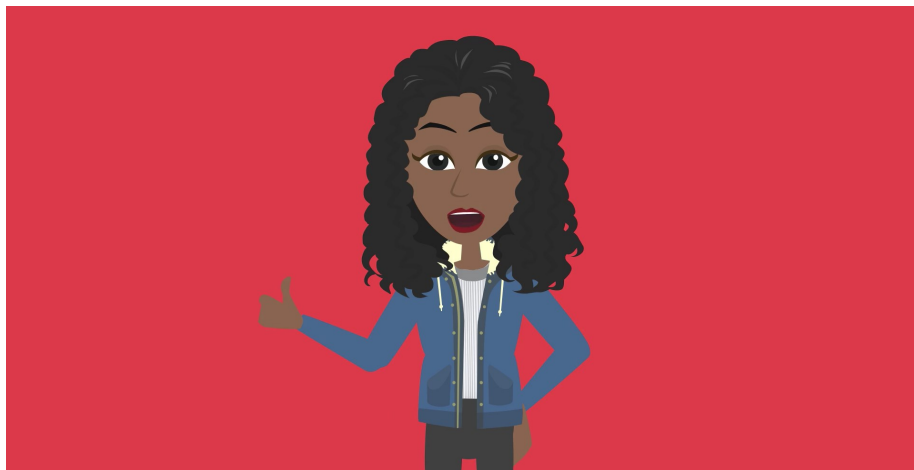
Because we don't know everything about the virus, people are worried about where it is coming from, what the source of it was. But the most important thing to focus on is that COVID 19 can affect anyone from anywhere, it doesn't matter where people come from, we all need to look after each other.



We know about how stigma can hurt people and isolate them. We need to remind people how taking care of each other is important.



So keep washing your hands, listen to advice about how to protect and support yourself and others.



And ALWAYS BE KIND.

Written and produced by Zvandiri Youth

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