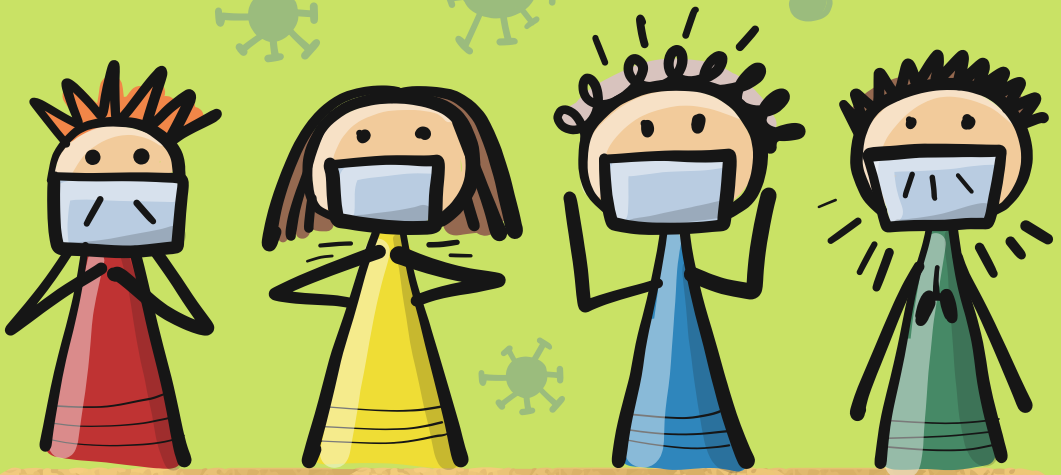


# COVID-19

## Handbook for

### Primary School Children

(Fun-Facts for Kids)



by Nurul Asyiqin Yusof, Marami Mustapa & Sanda Aung

# Dedication



To all children in the whole wide world, stay safe.



# Disclaimer

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# MEET THE WRITER

Nurul Asyiqin Yusof

## INTRODUCTION

Hi, I am Dr Nurul Asyiqin, a lecturer at International Islamic University Malaysia.

## ABOUT ME

I am a mother of 4 with a passion for teaching and learning. I have MBBS, MSc Human Anatomy and PhD in Human Anatomy.

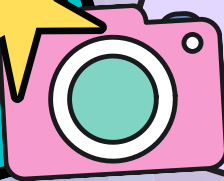
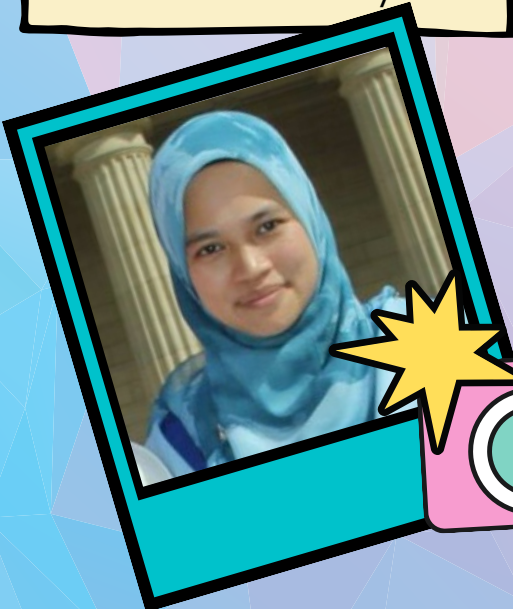
## FAVORITES

**food:** Laksa

**place:** Scotland

**colour:** Pink

**subject:** Anatomy



## CONTACT ME

**email:**

[drnurul@iium.edu.my](mailto:drnurul@iium.edu.my)

# MEET THE WRITER

Marami Mustapa

## INTRODUCTION

Hello! I'm Dr Marami, a lecturer at the National Defence University of Malaysia.

## ABOUT ME

I'm a daughter, a wife, and a mother to 3 musketeers. I have MBBS, MSc Human Anatomy and PhD in Neuroscience.

## FAVORITES

**food:** Durian

**place:** Turkey

**colour:** Purple

**subject:** Anatomy



## CONTACT ME

**email:**

[marami@upnm.edu.my](mailto:marami@upnm.edu.my)

# MEET THE WRITER

Sanda Aung

## INTRODUCTION

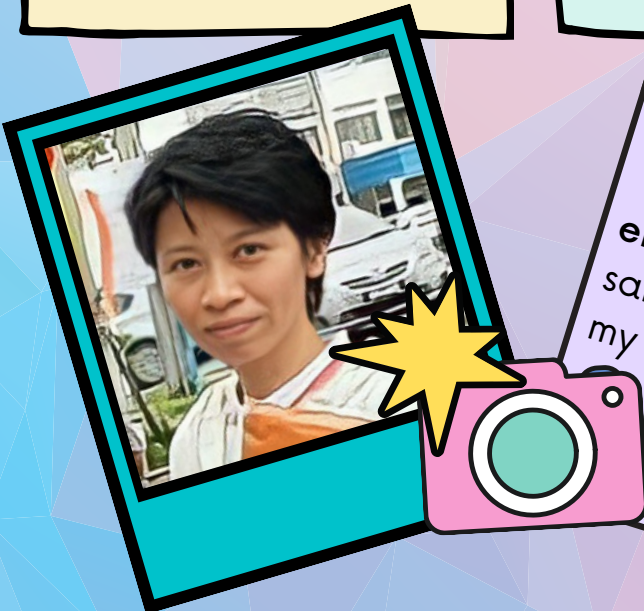
Hi, I am Dr. Sanda, a lecturer at International Islamic University Malaysia.

## ABOUT ME

I have MBBS, MMedSc (Pathology) and PhD (Medical Sciences). I am a cat lover. I have 5 cats.

## FAVORITES

**food:** Mata kucing  
**place:** Myanmar  
**colour:** Blue  
**subject:** Pathology

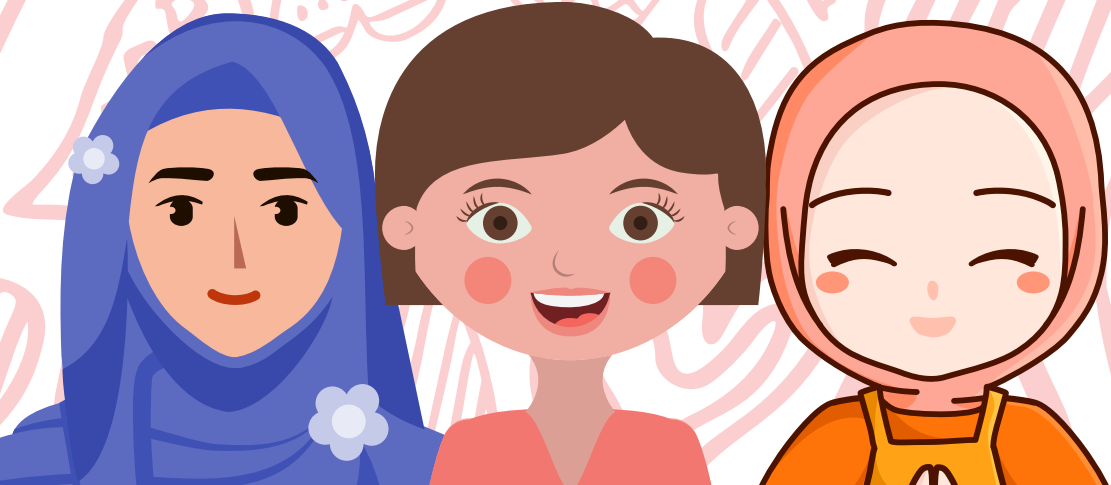


## CONTACT ME

email:  
sandaaung@iium.edu.  
my

# Acknowledgement

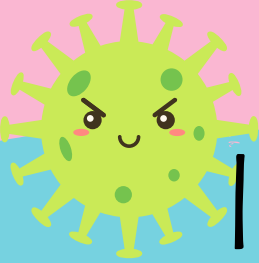
We would like to express our gratitude to our family, colleagues, and friends for their love and support towards the completion of this book.



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# Introduction



Who would think that one day we will live in the COVID-19 pandemic? It happened so fast that until now we are still in shock!

World Health Organization (WHO) have come up with precautions to protect us from COVID-19 infection.

Hence, this book is produced in a fun way for small children to understand the disease and how the virus spreads.



# Do you know what is COVID-19?

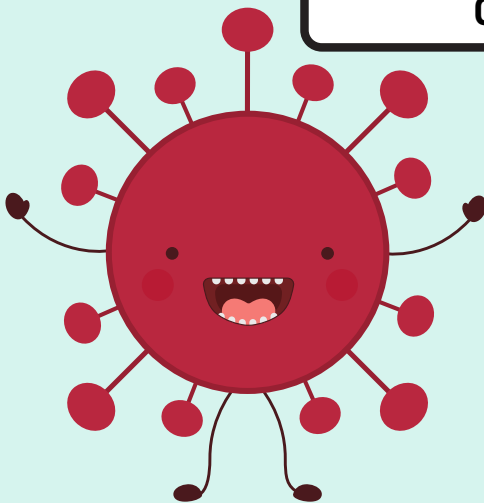
It's a disease of the respiratory organs - the pharynx, trachea and lungs.

Also known as the throat, windpipe and lungs. These are the organs that we use to breathe air, in and out.



# What causes this disease?

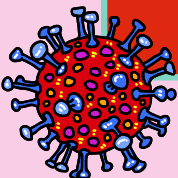
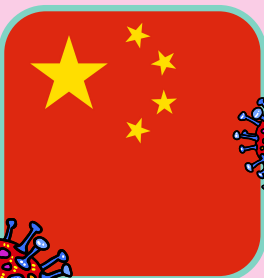
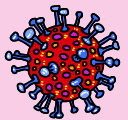
It is caused by a virus called SARS-CoV-2  
(Severe Acute Respiratory Syndrome Coronavirus 2).



Hi! My name is SARS-CoV-2

# Where was COVID-19 first detected?

According to World Health Organization (WHO), on 31st December 2019, they were informed of cases of pneumonia of unknown cause detected in Wuhan, China.



30th January 2020: the WHO declared the COVID-19 outbreak a global health emergency.



11th March 2020: the WHO declared COVID-19 a global pandemic.



# How does the infection spread?

The virus from an infected person can spread to others via large respiratory droplets to small aerosols through mouth or nose.



# How the virus can transmit to you?

You can get infected from a COVID-19 patient through these ways:



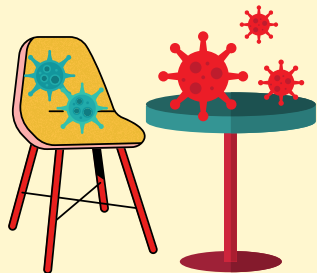
Sneezing



Coughing



Speaking

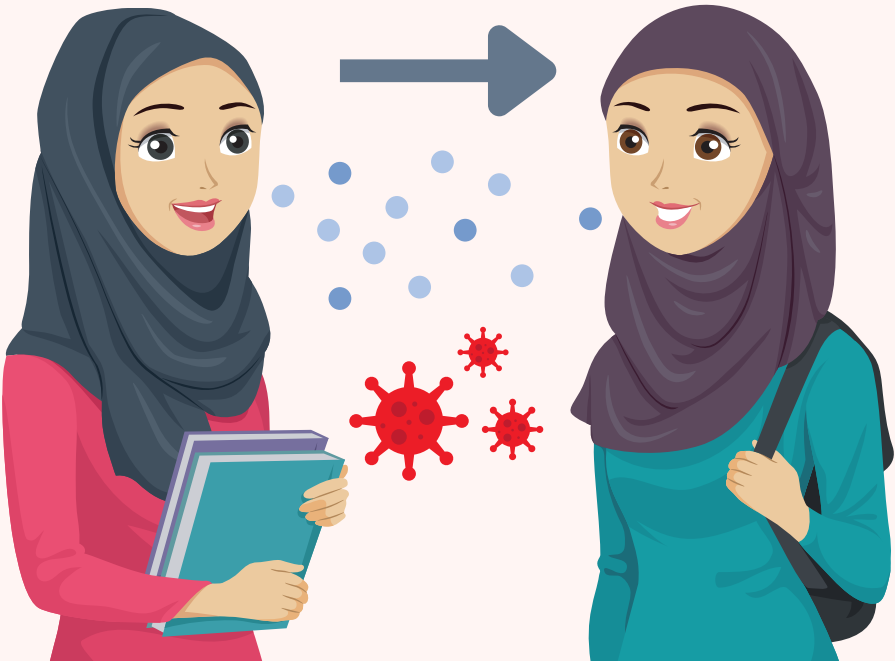


Contaminated surface



# BEWARE!!

The SARS-CoV-2 virus can be transmitted via aerosols, droplets or saliva.



# High-Risk Areas

The risk of COVID-19 spreading is especially high in places where these "3Cs" overlap:

**C**rowded places



**C**lose-contact settings, especially where people have conversations very near to each other



**C**onfined and enclosed spaces with poor ventilation





Loss of  
smell/taste



Dry cough



Tiredness

What are the  
symptoms?



Runny nose



Fever



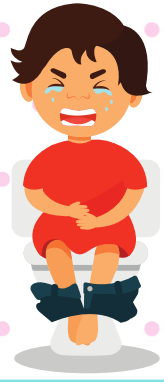
Sore throat



Headache



Conjunctivitis



Diarrhoea



What are the symptoms?



Body aches  
and joint pain



Skin rash



Nausea/  
vomiting



Confusion



Loss of appetite



High temperature  
(above 38 °C)

# Symptoms of severe COVID-19 disease

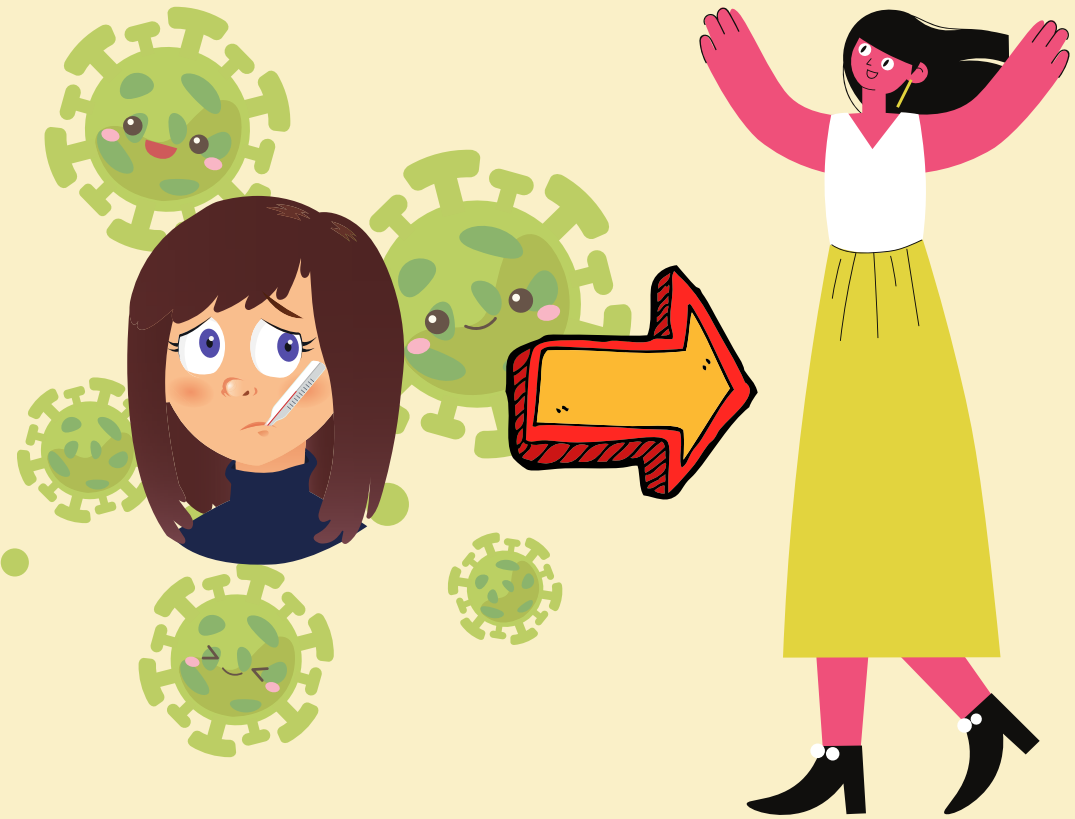


Shortness  
of breath

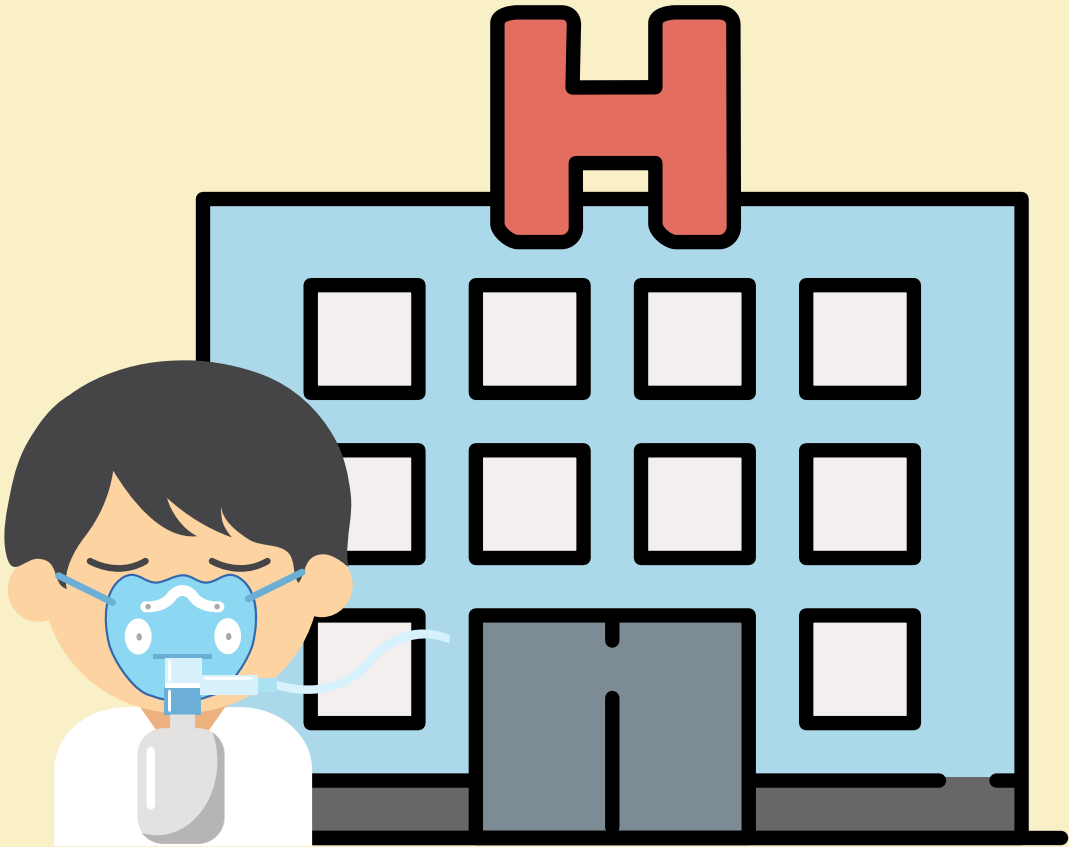


Persistent pain or  
pressure in the chest

The majority of infected people will develop mild to moderate respiratory illness/symptoms and recover without the need for any special therapy.



But, some will develop serious illness and need medical assistance.

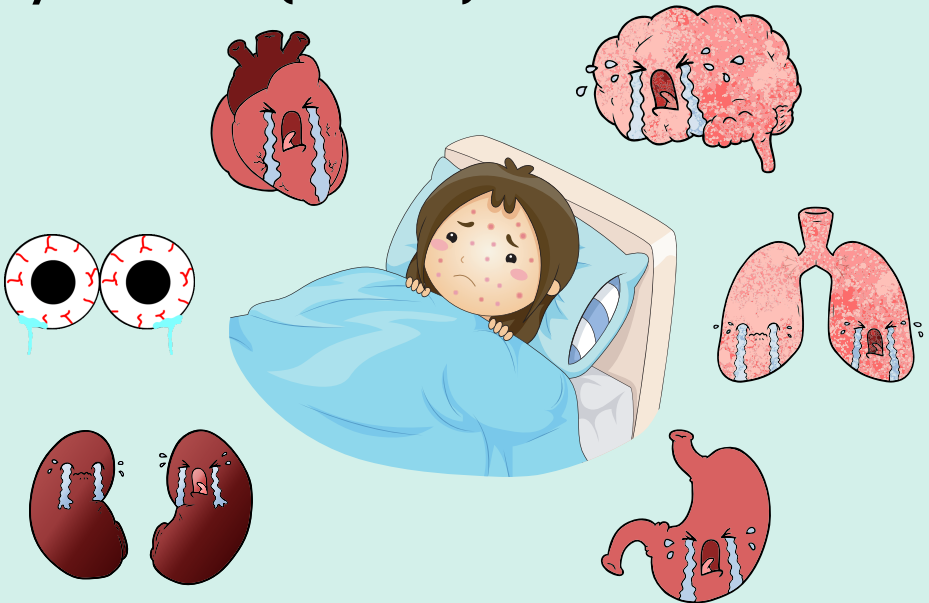


Older people with underlying medical diseases like heart disease, hypertension, diabetes, chronic respiratory disease, or cancer have a high risk to develop serious illnesses.





In children, the main COVID-19 infection complication is Multisystem inflammatory syndrome (MIS-C).



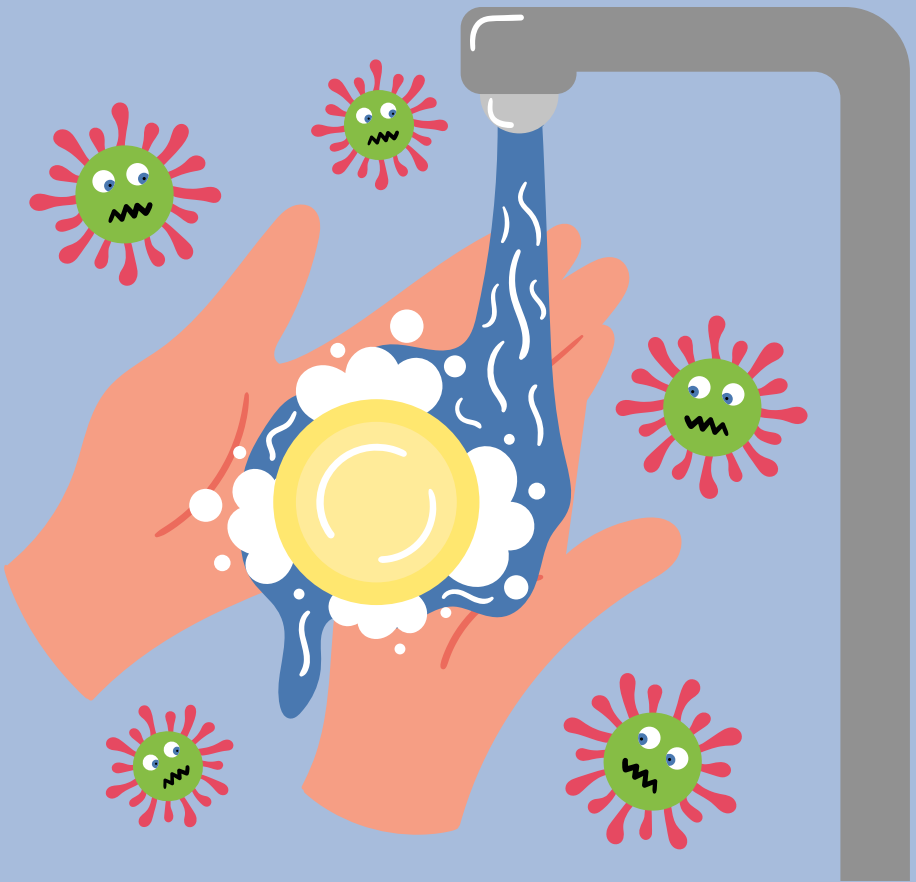
It is a condition in which multiple body parts such as the heart, lungs, kidneys, brain, skin, eyes, or digestive organs become inflamed\*.

\*Inflammation is one way the body reacts to infection, injury, or other medical conditions.

Anyone of any age can be infected and become seriously ill or die from COVID-19.



# How to Prevent ourselves from COVID-19 infection?



# Prevention

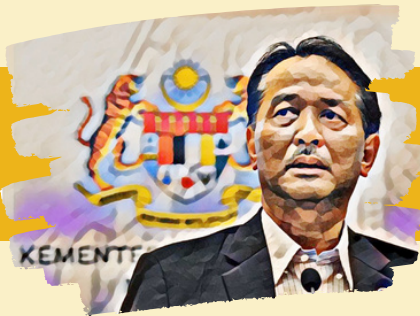


Wash your hands with soaps regularly.

Avoid touching your eyes, nose, and mouth.



Get information from trusted sources.



Cover your mouth when you cough using a tissue or the bend of your elbow.



# Handwashing



Wash hands with sufficient soap and clean water



2

Rub hands palm to palm



3

Scrub back of hands



4

Scrub between fingers



5

Back of fingers to opposing palm with fingers interlocked



6

Clean around each thumb



7

Rub fingertips into palm



8

Rinse hand with water



9

Dry hand with tissue

# Prevention

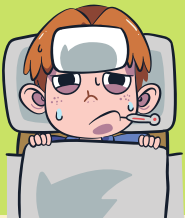


Avoid crowded places and close contact with anyone who has fever or cough.

Stay home if you feel unwell.



Seek medical care early if you have a fever, cough, and difficulty breathing—but call first.





# Prevention

and most importantly...

**WEAR A  
FACE MASK**

WHENEVER YOU GO OUT



# Types of masks



Do you know why it is important to wear a mask?

Yes, teacher. It helps to contain our respiratory droplets and particles.



Excellent! Mask also protects us from particles that were expelled by others.



Teacher, what are the different types of masks available in the market?



There are 2 types, cloth masks, and disposable masks.

What are the differences between cloth masks and disposable masks?





Cloth masks are made from fabrics.

## GOOD CLOTH MASKS:



Fit over the nose and mouth to prevent leaks.



Consists of multiple layers of tightly woven, breathable fabric.



Contain nose wire.



Made from heavy fabric that blocks light.

# CLOTH MASKS





Disposable masks are also known as surgical masks.

## GOOD DISPOSABLE MASKS:



Fit over the nose and mouth to prevent leaks.



Made of multiple layers of non-woven material.



Contain nose wire.



# DISPOSABLE MASKS



# When do children should wear a mask?

In areas where COVID-19 is widespread and physical distance cannot be maintained.



# Children and masks

Age 5 and under: No need to wear masks, except when the child is unwell.



Age 6-11: They can wear a mask when recommended with adult supervision.





Age 12 and above: The use of masks is the same guidance as adults.

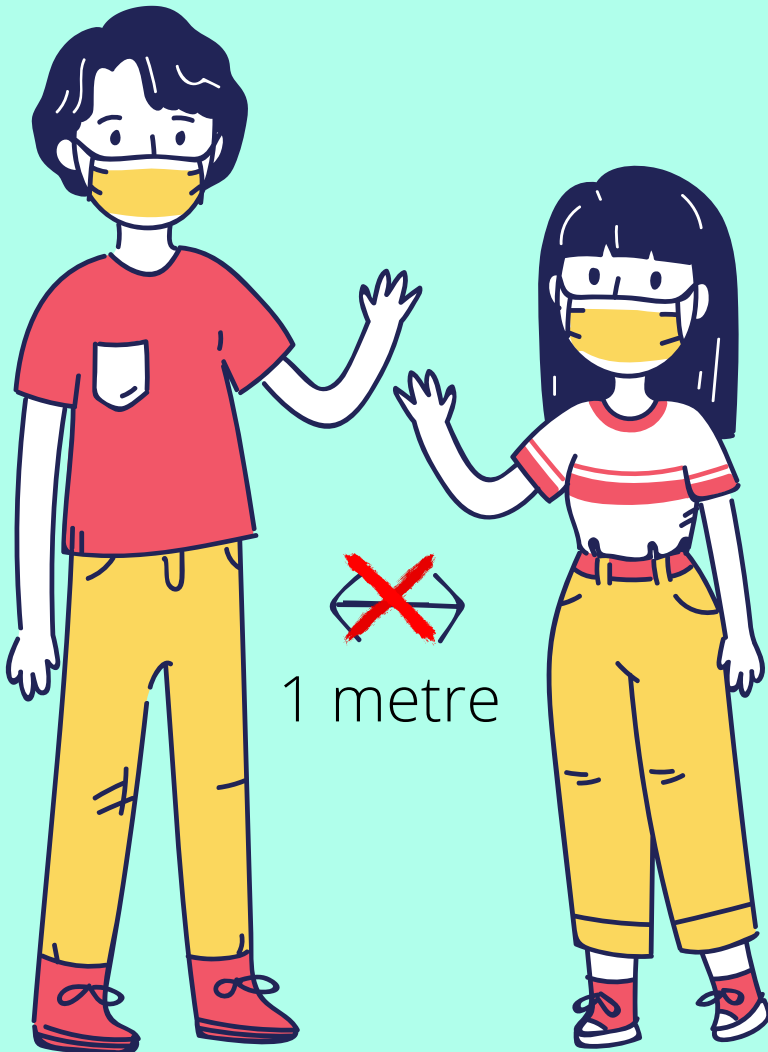


# What type of mask to use?

Children who has illness such as cancer should wear a medical mask as protection.



Healthy children should wear a fabric mask when they cannot distance themselves at least 1 metre from others.



# How to Properly wear a mask?

First, ensure the hands are clean before putting the mask on, as well as before and after the mask is taken off, and after you touch it at any time.

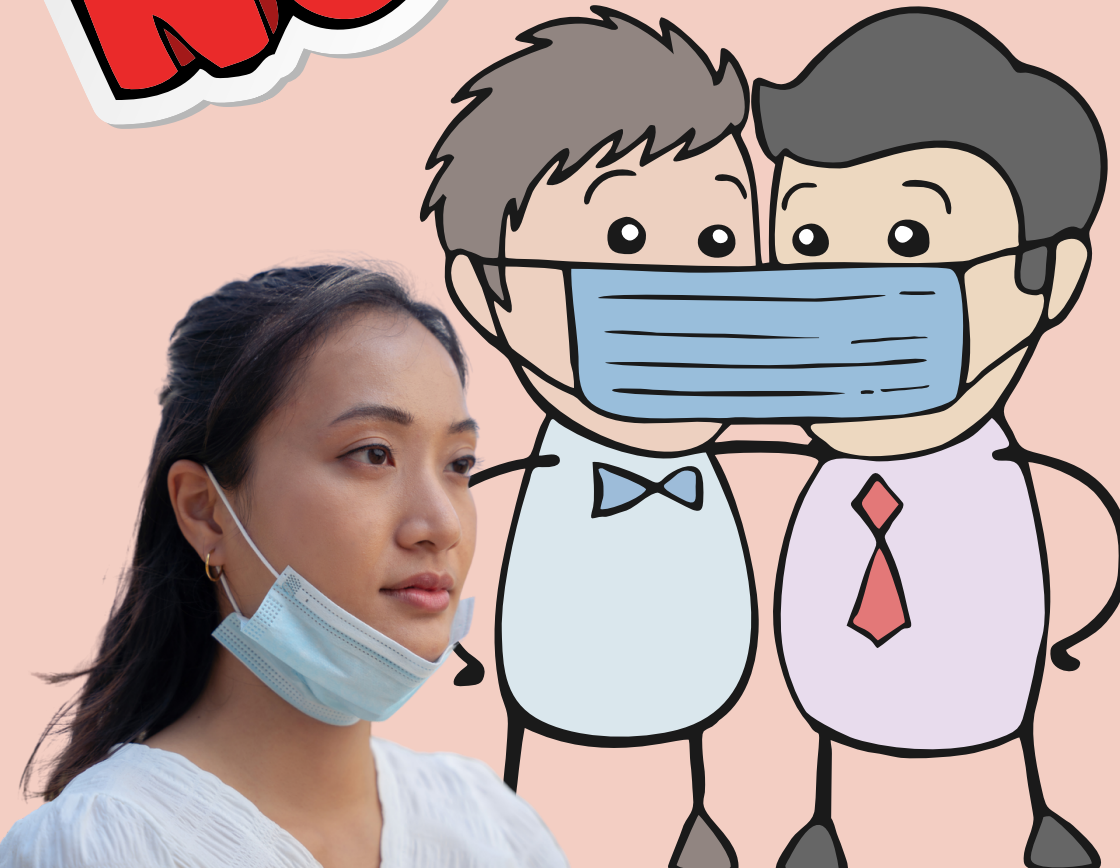


Next, make sure the mask covers the nose, mouth and chin.



Remember, not to pull it under the chin, and most importantly,  
**DO NOT SHARE IT!**

**NO!**



After the mask is taken off, store it in a clean plastic bag, and clean your hands.

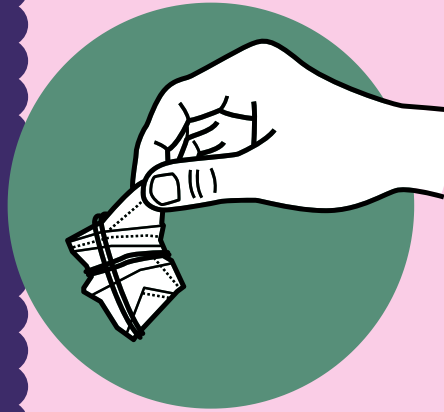


If you use a fabric mask, you need to wash it every day after each use.





As for a used medical mask, you need to dispose of it in a closed trash bin.





On your forehead



Under your nose



Only on your nose



On your arm

# The **DON'TS** of wearing Masks



On your chin



Hanging from one ear



Around your neck

# References

[myhealth.gov.my/en/proper-hand-washing/](https://myhealth.gov.my/en/proper-hand-washing/)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



STAY  
SAFE!

