



WHO DO I WANT TO BE DURING COVID-19?

FEAR ZONE

I...

- COMPLAIN FREQUENTLY
- FORWARD ALL MESSAGES I RECEIVE
- GET MAD EASILY
- SPREAD EMOTIONS RELATED TO FEAR AND ANGER

LEARNING ZONE

I...

- IDENTIFY AND ACKNOWLEDGE MY EMOTIONS
- RECOGNISE WE ARE ALL TRYING OUR BEST
- STOP COMPULSIVELY CONSUMING WHAT HURTS ME
- START TO GIVE UP WHAT I CANNOT CONTROL

GROWTH ZONE

I...

- ADAPT TO NEW CHANGES
- THINK AND APPRECIATE OTHERS
- HAVE EMPATHY FOR MYSELF AND OTHERS
- LIVE IN THE PRESENT AND FOCUS ON FUTURE
- WILL BE HONEST WITH MY EMOTIONAL STATE AND SPREAD HOPE



N/A IS A STUDENT. SHE IS HARDWORKING AND HAS GOALS TO ACHIEVE IN LIFE. BUT DUE TO COVID-19, HER SCHOOL LIFE HAS DRASTICALLY CHANGED AND NOW, SHE IS AT HOME. TOGETHER WITH HER FRIENDS, SHE IS FINDING WAYS TO COPE WITH THE SITUATION IN THE HOPE THAT HER DREAMS AND ASPIRATIONS WILL STILL COME TRUE.



welcome to the nia universe!

TOMA



NURSE KISULI



KEVO



ZAWADI



ELIZA



MICHI



NANA



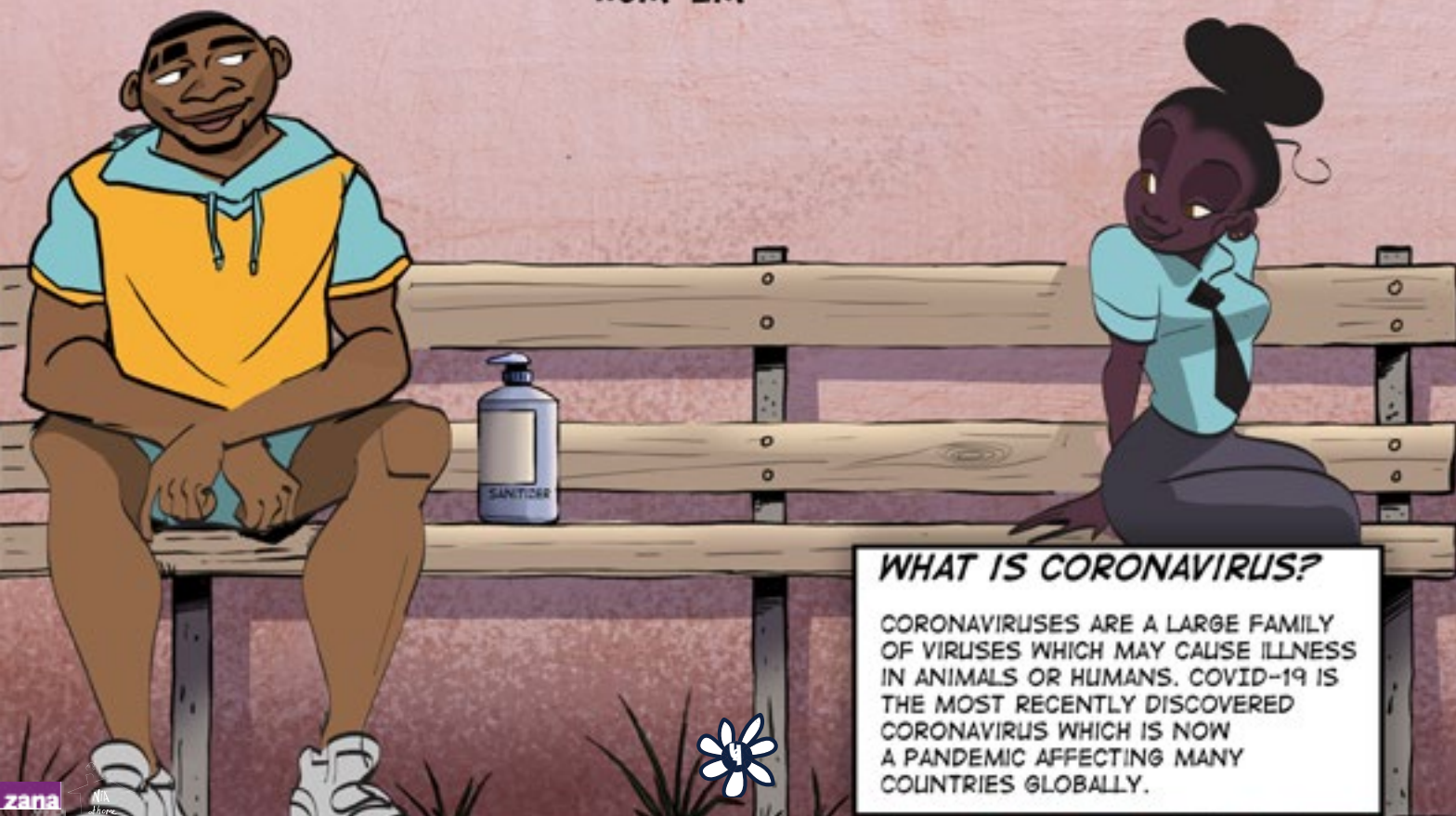
OJ





- ❖ CORONAVIRUS WILL BE WITH US FOR A LONG TIME. WE NEED TO KEEP OURSELVES SAFE AS IT MIGHT TAKE YEARS TO GO AWAY
- ❖ CORONAVIRUS IS REAL. IT IS NOT A HOAX OR FAKE NEWS
- ❖ BY PROTECTING OURSELVES AND OTHERS WE WILL ALL BE SAFER
- ❖ FOR NOW, THERE IS NO CURE FOR CORONAVIRUS


← 1.5M-2M →



WHAT IS CORONAVIRUS?

CORONAVIRUSES ARE A LARGE FAMILY OF VIRUSES WHICH MAY CAUSE ILLNESS IN ANIMALS OR HUMANS. COVID-19 IS THE MOST RECENTLY DISCOVERED CORONAVIRUS WHICH IS NOW A PANDEMIC AFFECTING MANY COUNTRIES GLOBALLY.



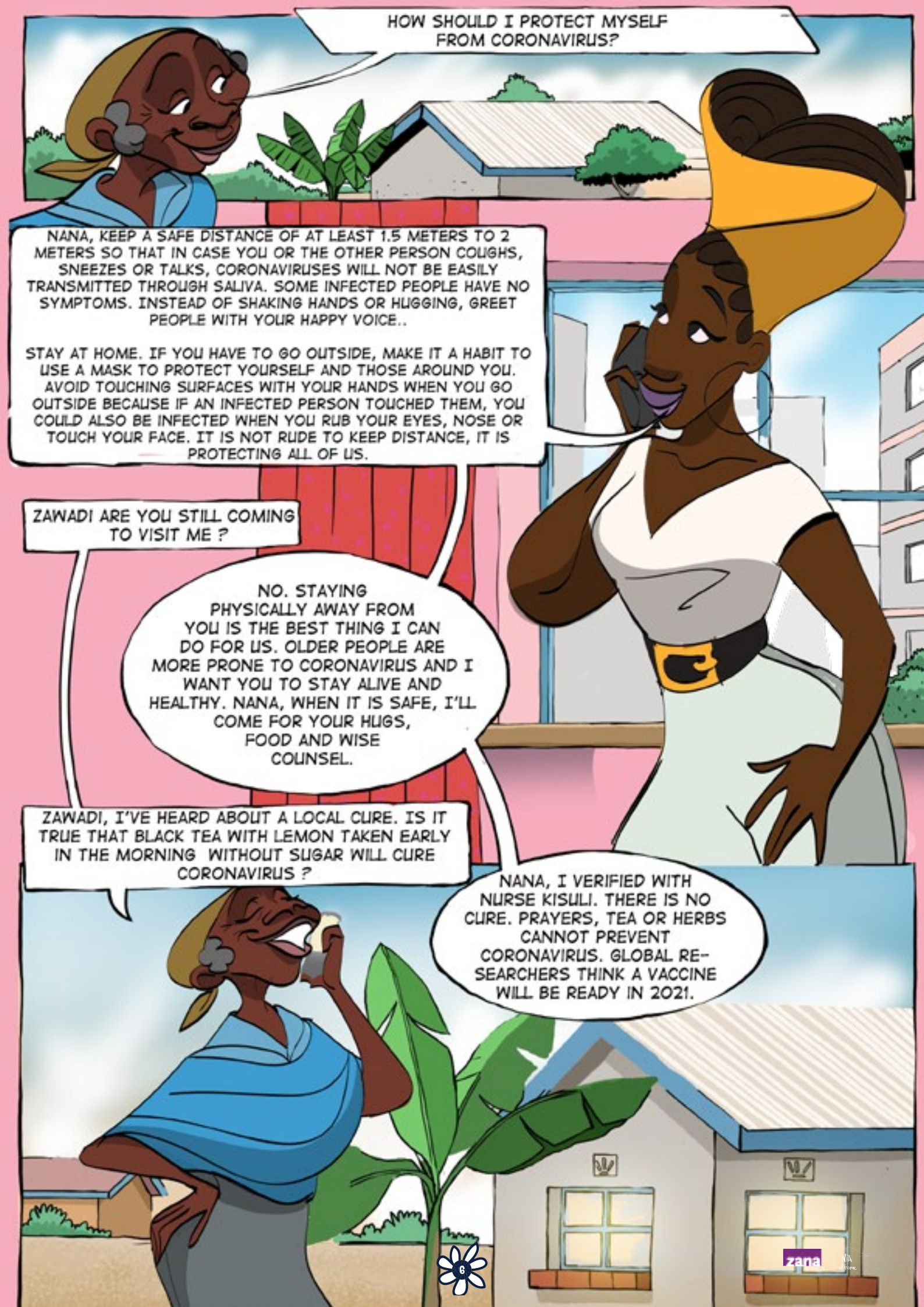


NURSE KISULI, HOW DOES CORONAVIRUS SPREAD?

ELIZA, WHEN AN INFECTED PERSON'S SALIVA COMES INTO CONTACT WITH A HEALTHY PERSON'S MOUTH, EYES OR NOSE WHEN THEY TALK, SNEEZE OR COUGH. ALSO, THROUGH TOUCHING THINGS WITH OUR HANDS WHERE THE VIRUS CAN BE SPREAD AND LIVE FOR A WHILE.

WHAT SHOULD I DO TO MINIMIZE CHANCES OF INFECTION?

KEVO, SOAP KILLS CORONAVIRUS ONLY WHEN IT IS IN CONTACT FOR 20 SECONDS. THAT IS WHY YOU MUST WASH YOUR HANDS THOROUGHLY WITH RUNNING WATER FOR AT LEAST 20 SECONDS. USE SOAP TO FREQUENTLY WIPE ALL SURFACES AT HOME.

A comic panel with two characters. Nana, an older woman with short grey hair and a blue headscarf, is on the left. Zawadi, a younger woman with a large yellow headwrap and a white top, is on the right, talking on a mobile phone. They are in a neighborhood with houses and trees in the background.

HOW SHOULD I PROTECT MYSELF FROM CORONAVIRUS?

NANA, KEEP A SAFE DISTANCE OF AT LEAST 1.5 METERS TO 2 METERS SO THAT IN CASE YOU OR THE OTHER PERSON COUGHS, SNEEZES OR TALKS, CORONAVIRUSES WILL NOT BE EASILY TRANSMITTED THROUGH SALIVA. SOME INFECTED PEOPLE HAVE NO SYMPTOMS. INSTEAD OF SHAKING HANDS OR HUGGING, GREET PEOPLE WITH YOUR HAPPY VOICE..

STAY AT HOME. IF YOU HAVE TO GO OUTSIDE, MAKE IT A HABIT TO USE A MASK TO PROTECT YOURSELF AND THOSE AROUND YOU. AVOID TOUCHING SURFACES WITH YOUR HANDS WHEN YOU GO OUTSIDE BECAUSE IF AN INFECTED PERSON TOUCHED THEM, YOU COULD ALSO BE INFECTED WHEN YOU RUB YOUR EYES, NOSE OR TOUCH YOUR FACE. IT IS NOT RUDE TO KEEP DISTANCE, IT IS PROTECTING ALL OF US.


ZAWADI ARE YOU STILL COMING TO VISIT ME ?

NO. STAYING PHYSICALLY AWAY FROM YOU IS THE BEST THING I CAN DO FOR US. OLDER PEOPLE ARE MORE PRONE TO CORONAVIRUS AND I WANT YOU TO STAY ALIVE AND HEALTHY. NANA, WHEN IT IS SAFE, I'LL COME FOR YOUR HUGS, FOOD AND WISE COUNSEL.

ZAWADI, I'VE HEARD ABOUT A LOCAL CURE. IS IT TRUE THAT BLACK TEA WITH LEMON TAKEN EARLY IN THE MORNING WITHOUT SUGAR WILL CURE CORONAVIRUS ?

NANA, I VERIFIED WITH NURSE KISULI. THERE IS NO CURE. PRAYERS, TEA OR HERBS CANNOT PREVENT CORONAVIRUS. GLOBAL RE-SEARCHERS THINK A VACCINE WILL BE READY IN 2021.





ZAWADI,
HOW OFTEN SHOULD
I WASH MY HANDS?

IF YOU TOUCH
COMMON AREAS OR YOUR
FACE BY ACCIDENT, IMMEDIATELY
YOU GET HOME FROM A PUBLIC
AREA AND BEFORE EATING, WASH
YOUR HANDS THOROUGHLY WITH
SOAP AND WATER FOR AT LEAST
20 SECONDS.

NIA, ALWAYS WASH
YOUR HANDS BEFORE YOU TOUCH
YOUR FACE,
EYES OR MASK.

AND WHEN
WILL I BE ABLE TO
PLAY WITH MY FRIENDS?

NIA, BY STAYING
HOME, WE REDUCE THE SPREAD
OF CORONAVIRUS AND PROTECT
OURSELVES AND OUR LOVED ONES.
WE WILL BE ABLE TO PLAY TOGETHER
AGAIN WHEN IT BECOMES SAFE.
STAYING HOME PROTECTS OUR
FUTURE. WE CAN CALL
NANA EVERY DAY TO CATCH UP ON
HOW SHE SPENT HER DAY.

SYMPTOMS OF CORONAVIRUS

- FEVER, DRY COUGH, AND TIREDNESS
- ACHES AND PAINS, NASAL CONGESTION, SORE THROAT OR DIARRHEA
- OLDER PEOPLE, AND THOSE WITH UNDERLYING DISEASES LIKE HIGH BLOOD PRESSURE, HEART AND LUNG PROBLEMS, DIABETES, OR CANCER, ARE AT HIGHER RISK OF DEVELOPING SERIOUS ILLNESS
- PEOPLE OF ALL AGES WHO EXPERIENCE ANY OF THE ABOVE SYMPTOMS SHOULD SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE



CORONAVIRUS CAN LIVE LONGER ON:



Cash



Door handles
/gate
handles



Keys and
Locks



Boda boda
/tuk-tuk
surfaces



REMEMBER:

- Avoid using cash. Use mobile money (Mpesa, Airtel money)
- If you can, use your shoulder/elbow to open doors. If you cannot, use sanitizer after
- Avoid touching boda boda/tuk tuk surfaces. If you do, use sanitizer
- Dispose single-use masks in the dustbin. Wash your reusable cloth mask with soap and air dry before reuse
- Correct mask use is when the mask covers the nose all the way to the chin at all times. Do not remove it when speaking. Do not wear or hang it on your neck



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TO REPORT ANY CORONAVIRUS SUSPECTED CASE, CALL THE NATIONAL HELPLINE, TOLL FREE ON 719



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