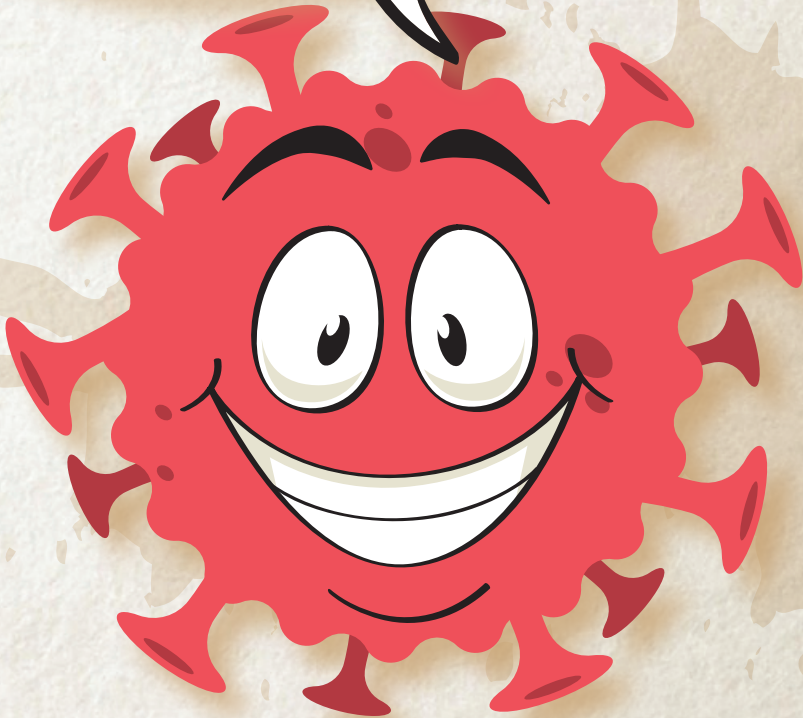




MINERALS COUNCIL
SOUTH AFRICA

Hello

My name is Coronavirus



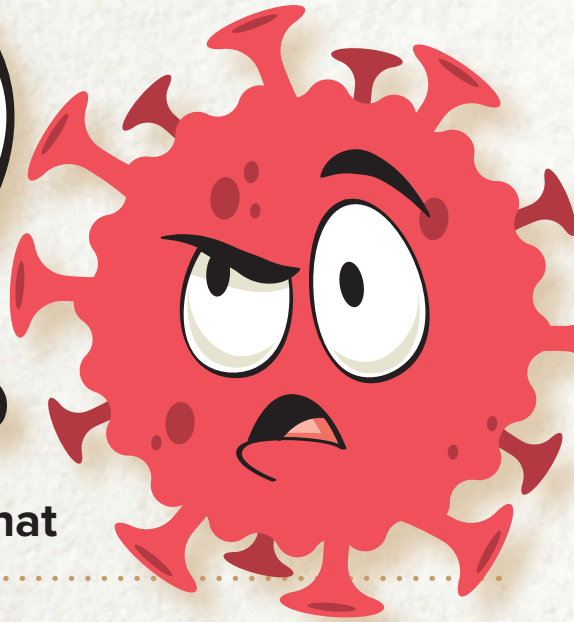
**You've probably heard my name at
school or on the TV or radio**

Let me tell you about myself so that you know what it
means if I come to visit you or your family

This information has been brought to you by Minerals Council South Africa

Produced by R&A Strategic Communications R&A

What do you
already know
about me?



Do you know that



I am a virus and cause a disease called COVID-19



I am similar to the flu and the common cold and can spread easily



I travel from person to person when they touch or cough and sneeze around each other



I like to hang around on surfaces like door handles, counter tops, and clothes



In some parts of the world, I have already visited lots of people

I usually don't visit children, but children can still pass the virus on to other people

You'll know that I've come to visit if you have a



Fever



Sore throat



Cough



Difficulty breathing



But some people won't even know when I've come to stay, that's why we all need to be

**extra careful
at the moment**



**I don't stay for long,
and almost everyone
gets better**



**But it's important that you take extra
special care to protect the people you love**

**Especially your gogo or
umkhulu or people who
are already sick**



**And the doctors and
nurses in the hospital
who look after sick
people who need
their help**



You can help to keep yourself and your family safe.



I won't touch my face



I will use hand sanitiser and let it dry on my hands



I will sneeze into a tissue or my elbow

I will wash my hands for 20 seconds every time

How long is that? It's the time it takes to sing happy birthday twice

I will wash my hands with soap and water

Before and after I eat

Before and after I play outside



I won't touch other people



Don't worry!

If we all work together, you and your family can stay healthy.

Scientists and doctors all around the world are trying to keep people safe and healthy.



If you are confused or afraid about me, please speak to someone that you trust. If your parents are worried, they can call **0800 029 999** for further information.