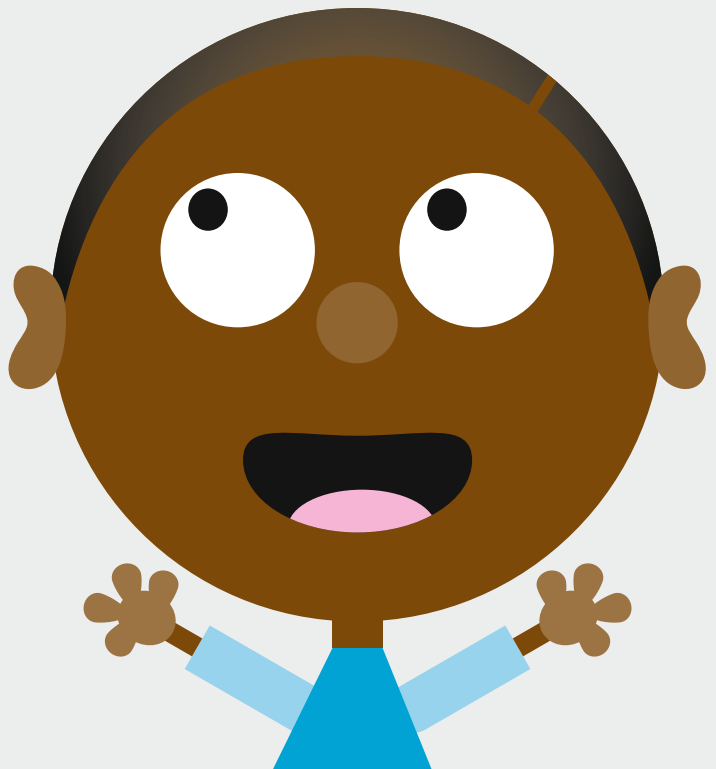


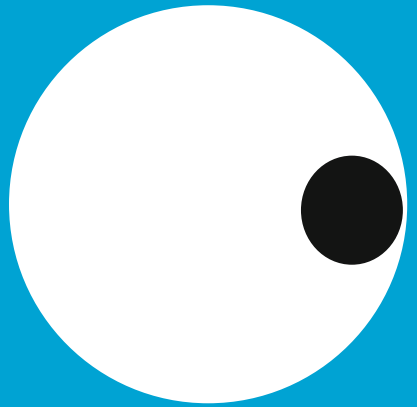
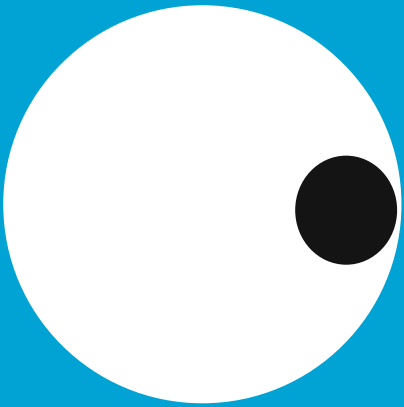
My

Manual

Healthy

Friends





A toolkit for COVID-19 prevention and pandemic control

**Remember
to take care and
to look out for
each other.**

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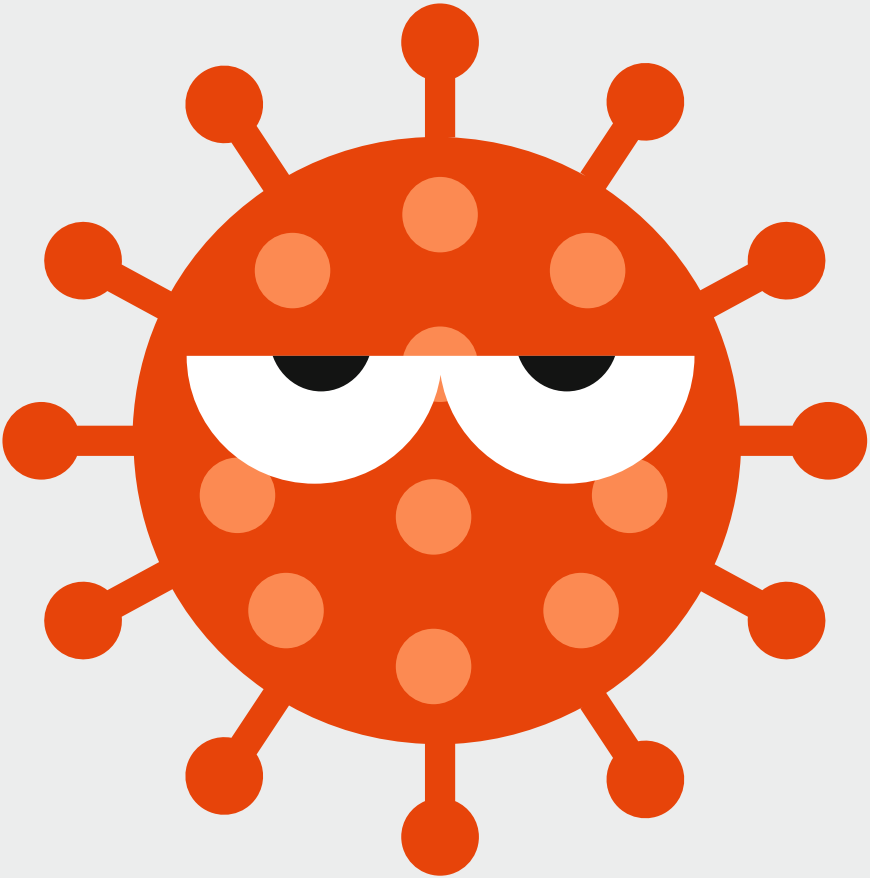
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Yes, We Care

We all want to be fit and healthy. We also do not want our families and friends to get sick. But there is a new virus worldwide that makes this more difficult: the coronavirus.

The virus is a very small germ that we cannot see with our bare eyes. When it gets inside a human body, it can cause an illness called COVID-19.

The virus floats through the air in tiny droplets of water which we all breathe in and out. Or, it can get inside our body through contact with our nose or mouth after we have touched something contaminated with our hands. The virus can survive on surfaces for hours.

We might infect others without knowing it because we can have the coronavirus in our body without feeling ill.

If we want to stop the coronavirus from making us sick, we must remember: We are all in this together. By taking care of each other, we can protect not only ourselves, but our friends too. Together, we can be “Healthy Friends”.

You want to know how you can help? There are 4 important rules to stop the coronavirus. If we all follow these rules, we can succeed.

① **Keep your distance to others whenever possible:** in the schoolyard, on the streets, in the markets or wherever many people come together. By keeping distance, the virus has no chance to float from one person to another.

② **When you have to sneeze or cough, do it safely** – into the inside corner of your elbow and NOT into your hand. This way, you can protect your friends and you will not give the virus to other people.

③ **Wash your hands with soap as often as possible during the day.** Especially, after using the toilet, before eating, after shaking hands or touching money, after playing outside and generally after visiting public spaces.

④ **Cover your mouth and nose with a face mask.** If you do not have one, use a scarf or a big enough piece of cloth instead. This prevents tiny water droplets with germs from floating into the air when you breathe.

Always remember: A combination of all 4 rules is the best protection against COVID-19.

Together, we can do it. • •

Comic Posters

How to use

There are 4 Comic Posters, each explains a core behaviour for pandemic prevention.

Each poster tells two stories. The first story shows how the coronavirus is spread. The second story demonstrates how this can be prevented.

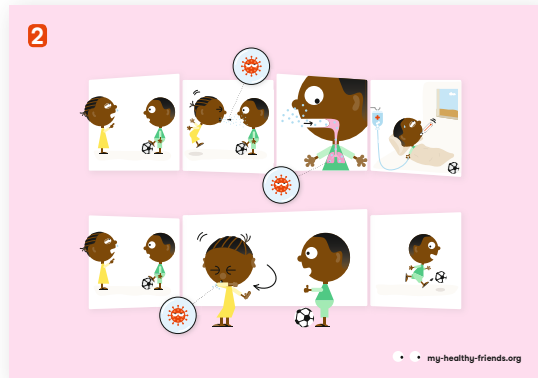
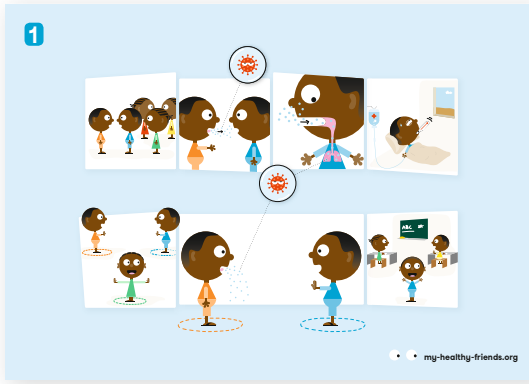
Hang the posters up one at a time and ask learners to tell the stories in their own words to the rest of the class.

For educators

This exercise will introduce the learners to the 4 core hygiene behaviours. Afterwards, it will be easier for them to also use the other products of the toolkit.

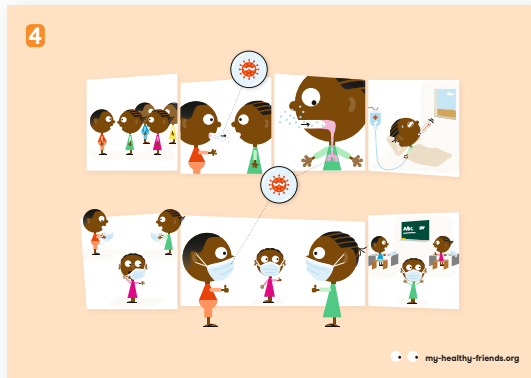
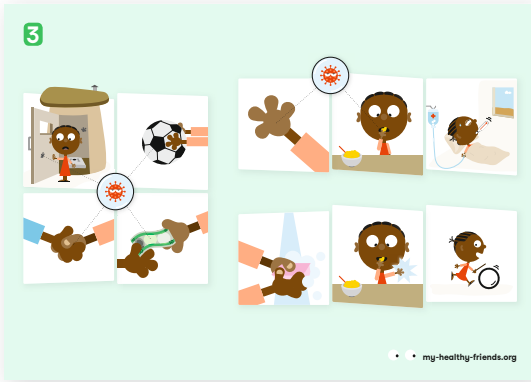
Hide the posters when you use the Single Cards, Memory Game or Puppet Theatre. Let the learners look at the posters, if they get stuck.

Decorate the school yard or building with the posters to remind everyone how to behave correctly.



① The blue poster explains the importance of physical distancing.

② The red poster explains the importance of coughing and sneezing into the elbow.



③ The green poster explains the importance of handwashing with soap and water.

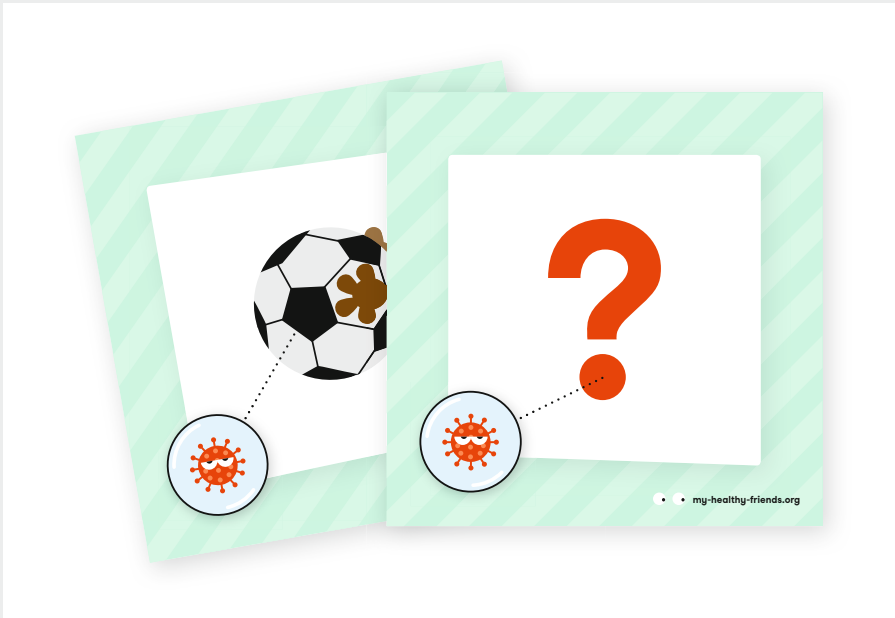
④ The orange poster explains the importance of covering mouth and nose with a mask.

Single Cards

How to use

There are 4 sets of Single Cards in blue, red, green and orange. Choose one of the cards and discuss in small groups: What is shown on the card? Discuss each card, agree on the answer and share the result with the whole class. Once everyone has agreed on the content of all cards, let the learners try to put the cards of each colour in the correct order, coming up with full stories. The posters provide the solution.

You will notice an additional card in the handwashing story, with a “?” on it. Think about it. Can anyone think of other situations, where it is important to wash your hands? Use the “?” card as a “placeholder” to identify other important handwashing situations.



For educators

The Single Cards work well in small groups. This way, students can explain and discuss the pictures amongst themselves, in their own words. Different groups can work simultaneously. After discussing and placing the cards in a logical order, the results can be presented to the whole class by retelling the story with the cards.

Idea

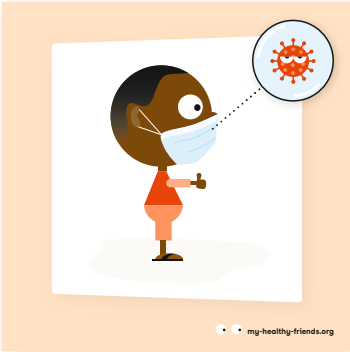
Create a small competition: Give one card to each person. See which group can line up fastest, putting the cards in logical order.

①



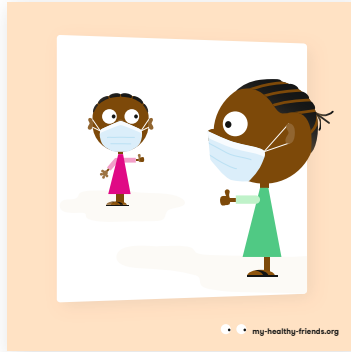
my-healthy-friends.org

②



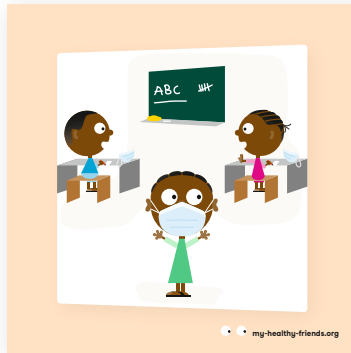
my-healthy-friends.org

③



my-healthy-friends.org

④



my-healthy-friends.org



Example of the logical order of Story 4

Memory Game

How to play

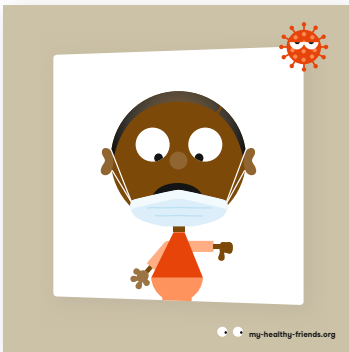
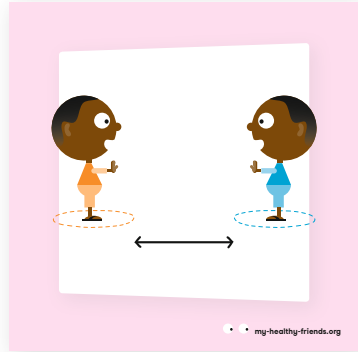
Two teams compete. The goal of the game is to find the most matching pairs of cards.

There are 9 matching pairs of cards, showing 9 different situations. Each pair is made up of one image showing “good” and one image showing “bad” behaviour, indicated by the red coronavirus symbol.

Mix the “good” and the “bad” cards separately. Put them in rows, face down. The backside shows two different types of eyes:  and . You need to have the “good” cards on one side and the “bad” cards on the other side.

Turn over one “good” and one “bad” card. If the two pictures match and you can explain why, keep them and try to find the next pair. If they do not match, turn them back over. Now it is the next player’s turn on the other team.

Try to remember the location of each card. Also pay attention during the other players’ turns.



Examples of matching pairs

For educators


Everyone likes to play games. The Memory Game is fun, interactive, intuitive and motivational. At the same time, the learners reflect “good” and “bad” hygiene behaviour. The images strikingly tell you “do this” to protect yourself and everyone around you, and “do not do this” since it will spread the virus.

The Memory Game can be played in pairs or groups in many variations. Children can also be guided to become creative in inventing their own gaming strategies.

Puppet Theatre

How to play

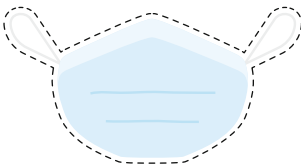
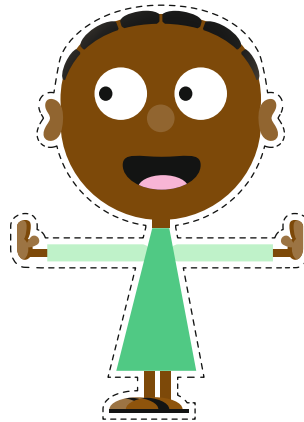
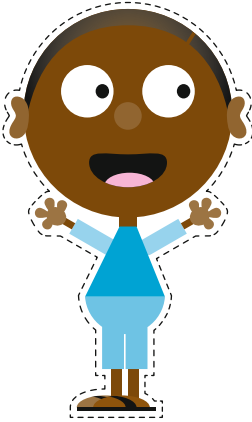
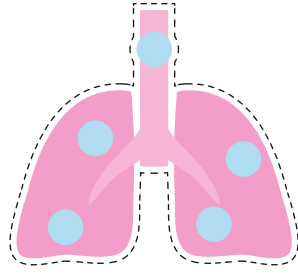
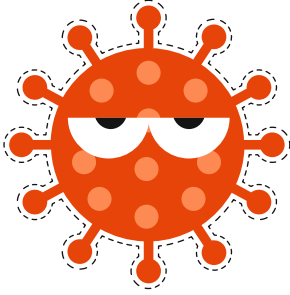
Create your own Puppet Theatre and your own story on how to prevent the coronavirus from doing harm to yourself, your friends and your family.

Be creative. To make the theatre backdrop, you can use different materials found at home, in nature or in the schoolyard, like cardboard, leaves, tree bark or cloths. There are many possibilities. Cut out the figures along the dotted line ---. Attach sticks to the back of the puppets, so that you can hold them.

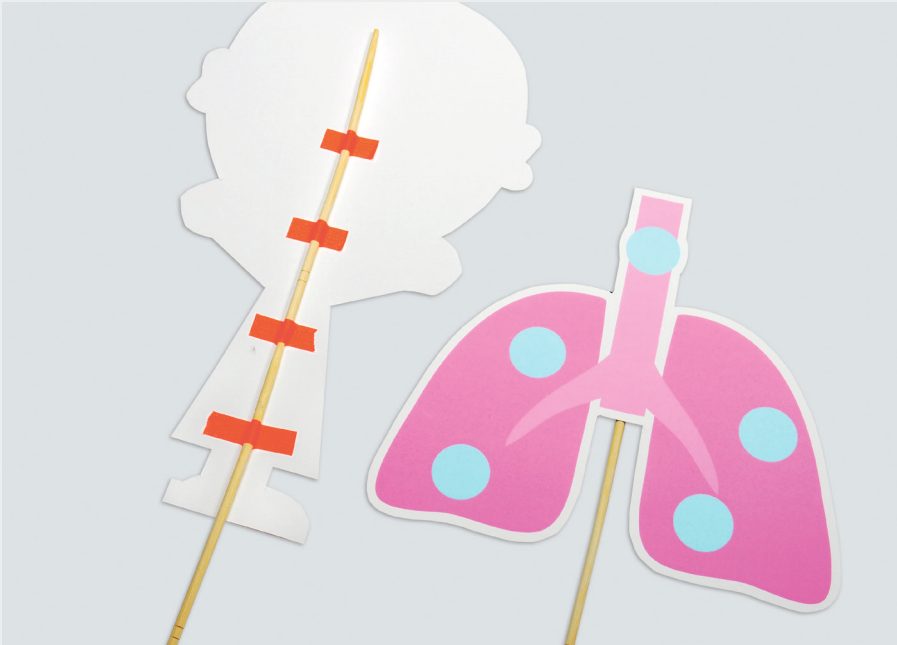
Invite friends, family and classmates to watch your puppet theatre show and demonstrate what you have learned. You can retell the poster stories or – even better – you can make up your own tales.

For educators

Children learn best through play, exploration and hands-on learning. The Puppet Theatre can teach good health and hygiene behaviour by means of storytelling, which helps children to understand the concepts of disease prevention and control. It is fun and entertaining and will effectively help to stimulate children's imagination, bringing learning to life.



Examples of puppets and objects



Preparing the puppets

The epidemiological information in the “My Healthy Friends” toolkit follows guidance provided by the World Health Organization (WHO).

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

The “My Healthy Friends” toolkit can be used to complement existing educational or awareness raising materials and school activities. It can also be applied in hygiene or health promotion activities in the community. “My Healthy Friends” empowers children and youth to be advocates in their communities, creating emotional motivation for adults and their peers. All educational activities should be carried out by adhering to physical distancing, ideally in small group settings and respecting national guidelines.

During the pandemic, official guidance may change to reflect the latest information on COVID-19. Please check:

<http://moh.gov.ss/covid-19.php>

Developed in November 2020

my-healthy- friends.org

Developed by



German
Toilet
Organization

In collaboration with



Malteser
International

With the support of

