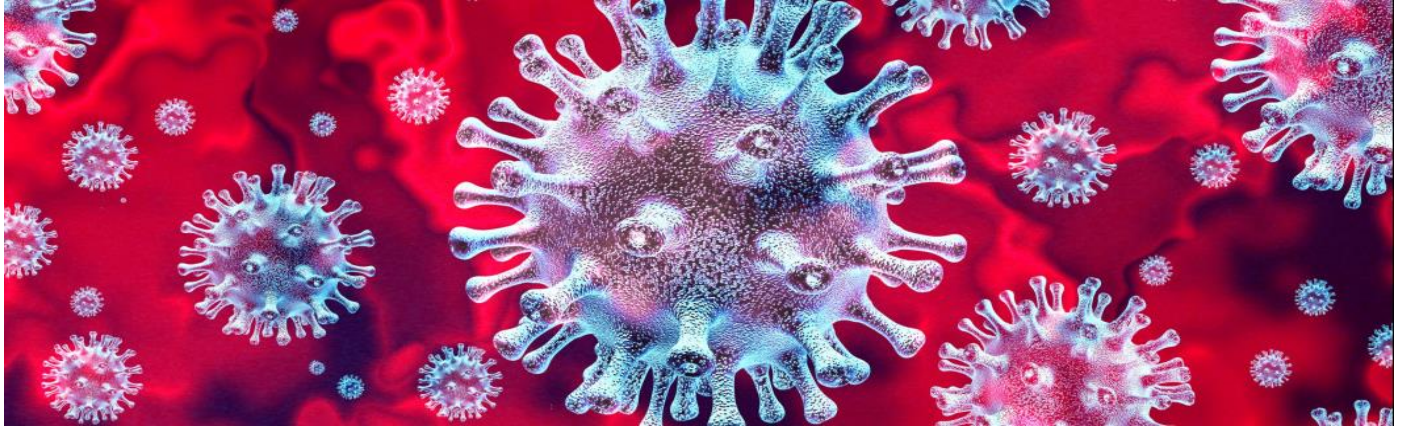


## LIFE ORIENTATION

### GRADE 11

#### The coronavirus

Term 2 Week 1



A new coronavirus called SARS-CoV-2 is spreading across the globe. Young people like you are likely wondering, "Will school be closed?" and, "Should I be worried about getting sick?" To help guide you through a confusing situation, here are answers from scientists to some of the most asked questions you may have.

#### **What is a virus?**

A "virus" is a teensy, tiny germ, way smaller than anything you can see. Viruses can make us sick, but they can't do anything on their own — they need to live inside another creature (their host) to survive. To do that, they have to get into our cells.

#### **What is the COVID-19 (coronavirus)?**

You may have noticed lots of articles talking about a "coronavirus." There is a new kind of this virus spreading around the world. It's called "a coronavirus" because "corona" means "crown" in Latin. And the virus looks like it's wearing a spiky crown. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it. The disease the virus causes is called COVID-19. COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.'

The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

### **Where did the coronavirus come from?**

The virus was first found in a city in China, called Wuhan, last December. But we think the virus actually comes from bats. From there, it hopped into another type of animal, who gave it to humans. No one knows for sure what this mystery animal was, but some people think it might have been a pangolin, a scaly animal that eats ants.

### **What is the symptoms?**

Most people who get COVID-19 just have symptoms like mild to severe respiratory illness with cough, sore throat, shortness of breath, fever or runny nose. Doctors are not sure why, but some people get really sick. Some peoples' immune systems may not fight hard enough. Other peoples' immune systems may fight too hard, hurting their own cells. Both of these things can make people sicker.

There is no need to panic – 82% of COVID-19 cases are mild. Only about 6% of patients need intensive care. The vast majority of people can stay at home and get better without hospital treatment.

### **How does COVID-19 spread**

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

### **How does the virus get into cells in the body?**

The virus enters cells using a special "door" on the outside of human cells. The new coronavirus also needs a "key" to get into cells. In this case, the coronavirus has a special "spike" on its surface that it uses as a key to open the door. Once inside cells, the virus makes lots of copies of itself. Those copies break out of cells, then infect other cells. At a certain point, there are so many virus particles being produced that our normal cells can't work properly ... and we get sick.

### **How does it make people sick?**

Viruses make people sick by killing human cells or making them not work properly. Like we said, the new coronavirus uses a special door to get into cells. Those

special doorways are on cells in the nose and lungs. If the virus grows too much in the lungs, it can make it hard to breathe. That is called pneumonia.

Luckily, your body has an army to fight germs like the coronavirus. It's called the immune system. When a virus enters your body, the immune system attacks the virus. You know how you can get a fever, headache or runny nose when you're sick? That's caused by the immune system, and it's good! These yucky symptoms are signs that your body is fighting the virus.

### **How will I know if I get it?**

There's a special test to see if you have COVID-19. If you feel sick, tell your parents. They will call your doctor to see if you need the test. It's just like a flu test; they stick a Q-tip up your nose and test your snot for the virus. The results come back a day later.

There is currently no vaccine available for COVID-19. However, many of the symptoms can be treated and getting early care from a healthcare provider can make the disease less dangerous. There are several clinical trials that are being conducted to evaluate potential therapeutics for COVID-19.

### **Who is most at risk?**

We are learning more about how COVID-19 affects people every day. Older people, and people with chronic medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe symptoms. As this is a new virus, we are still learning about how it affects children. We know it is possible for people of any age to be infected with the virus, but so far there are relatively few cases of COVID-19 reported among children. This is a new virus and we need to learn more about how it affects children. The virus can be fatal in rare cases, so far mainly among older people with pre-existing medical conditions

### **Treatment**

Treatment is supportive (providing oxygen for patients with shortness of breath or treating a fever, for example). To date, there is no specific antiviral treatment available. Antibiotics do not treat viral infections. However, antibiotics may be required if a bacterial secondary infection develops.

### **Preventative measures**

You can help stop the virus by washing your hands. This means sudsing (lather, cover, or wash in soapy water) up with soap and rubbing your hands together to clean all your fingers, under the fingernails and between the fingers. You can sing the ABCs or come up with another tune that lasts about 20 seconds.

### Washing hands properly

Step 1: Wet hands with safe running water.

Step 2: Apply enough soap to cover wet hands.

Step 3: Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds.

Step 4: Rinse thoroughly with running water.

Step 5: Dry hands with a clean, dry cloth, single-use towel or hand drier as available.

Wash your hands often, especially before and after eating; after blowing your nose, coughing, or sneezing; going to the bathroom/toilets/latrines and whenever your hands are visibly dirty. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.

Also, try to keep your hands off your face, so no rubbing your eyes or nose or putting your hands in your mouth. That way, if there is any of the virus on your hands, you won't give it a way to enter the body where it can make you sick. And remember to cough or sneeze into your elbow (like a vampire!), and stay home when you're sick.

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

- ✓ staying home when sick;
- ✓ covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately;
- ✓ washing hands often with soap and water; and
- ✓ cleaning frequently touched surfaces and objects.

As we learn more about COVID-19 public health officials may recommend additional actions.

### **How can the spread be slowed down?**

There's no need for you to worry, because adults are working very hard to keep kids and other adults safe. Even if you do get this virus, kids usually don't get very sick from it. It's more like a mild cold.

But you still have a special role to play in protecting others! Older people, like grandparents, need your help to stay healthy. That means washing your hands and staying home if you're sick. It may also mean skipping your activities or not going to school if your principal and other grown-ups in charge decide that's best. That can slow down the spread of the virus and protect older and sicker people.

How communities should behave:

- ✓ Adherence to regulations.
- ✓ Responsibility of communities in dealing with covid-19.
- ✓ Spread of fake news on social media based on covid-19.
- ✓ Management of social media and the veracity of news shared.

### **What we are doing in South Africa?**

On 23 March 2020, President Cyril Ramaphosa announced a new measure to combat the spread of the Covid-19 coronavirus in South Africa – a three-week nationwide lockdown with severe restrictions on travel and movement, supported by the South African National Defence Force – from midnight on Thursday, 26 March, to midnight on Thursday, 16 April. The President said more needed to be done to avoid “an enormous catastrophe” among the population.

In essence, this meant people would only be allowed to leave their homes to buy food, seek medical help or under other extreme circumstances.

The lockdown follows government regulations that limited public gatherings, travel from high-risk countries and the sale of alcohol.

In addition, borders were closed to reduce the rate of infection from those travelling into South Africa from other countries. A quarantine was also enforced on inbound travellers and returning citizens.

### **What is being done to keep us safe?**

Doctors and government officials are working hard to make sure families stay safe. That's why they may ask people to cancel activities, like sports events. They may close schools to stop the virus from spreading. They may tell you to keep your distance from other people when you're out. All these tricks make it hard for the virus to jump from one person to the next. If the virus can't spread, fewer people get sick.

Doctors are also working hard to care for sick people. Scientists are trying to make a coronavirus vaccine — kind of like the shots you get at the doctor's office. Others are trying to make medicines to help sick people get better.

### **Will my school close?**

Schools will be closed. It's not easy to close schools, but the decision had to be made as a precautionary measure. There are many things to think about before doing that. For example, some children eat school meals and may not have enough food at home if schools close. And parents who work in hospitals may not be able to care for sick people if they need to stay home with their children. Parents, teachers and principals probably won't decide to close a school on their own. City leaders will help make the decision.

If your school does close, they may teach your classes online. Or they may send home workbooks so you can still learn.

### **Tracing the spread of the virus**

Telkom has a new partnership with Samsung and government to develop a novel track and trace solution to identify people who may have contracted Covid-19.

The track and trace system is being developed alongside the National Institute for Communicable Diseases (NICD) and the Council for Scientific and Industrial Research (CSIR) and takes account of South Africa's unique circumstances which include high-income inequality, poverty and overcrowding, the group said.

The track and trace system collates multiple data sources such as GIS (geographic information system mapping) to track an infected person's exposure and who they may have unknowingly exposed to the virus to.

This reduces the current reliance on the patient's own recollections of who they may have exposed unknowingly and enables the CSIR to contact people who were in the same proximity as the patient.

In certain communities, the Department of Health will be using trackers to trace primary contacts and ensure testing for secondary contacts. Telkom has partnered with Samsung to distribute 1,500 handsets to trackers across the country.

The system will integrate the information collected by the trackers, Telkom said.

“At Telkom we are deeply concerned about what the spread of this pandemic may mean for ordinary South Africans and for the already overstretched health sector.

“We are privileged to be able to contribute to this solution which we believe will help to significantly contain the spread of new infections,” said Telkom group chief executive Siphso Maseko.

The Department of Health has launched new mobile sampling and testing units which will form part of a massive coronavirus testing drive across South Africa.

“In light of the increasing incidence of Covid-19 local transmissions, it has become necessary to scale up the capacity of testing citizens across the country,” said Minister of health Zweli Mkhize.

“To this end, the National Health Laboratory Service has procured 60 mobile sampling and testing units to be deployed nationwide to all districts and metropolitan municipalities.”

Addressing the nation on Monday evening (30 March), President Cyril Ramaphosa said that government will in the coming days roll out a large-scale screening, testing, tracing and a medical management programme.

“We are now entering a new phase in the fight against the Covid-19 pandemic. Around 10,000 field workers will be visiting homes in villages, towns and cities to screen residents for Covid-19 symptoms,” Ramaphosa said.

“People with symptoms will be referred to local clinics or mobile clinics for testing. People who are infected with Coronavirus, but who have no or moderate symptoms will remain in isolation at home or at a facility provided by government and those with severe symptoms will be transferred to hospitals,” the President said.

“Using mobile technology, an extensive tracing system will be rapidly deployed to trace those who have been in contact with confirmed Coronavirus cases and to monitor the geographical location of new cases in real-time,” the president said.

### **Socio-economic effects on communities**

South Africa saw a decline of 14% in job postings in the travel industry over the first two weeks of March. Informal modes of transport will become constrained

when countries go into lock-down, putting many jobs at risk. Small-scale traders will not be able to sell

Despite its standing as an upper-middle income country, nearly half of all households across the country struggle to meet their basic food needs and are particularly vulnerable to disruptions in market dynamics. Informal laborers, and small farmers, especially women, that do not have access to social grants, are particularly vulnerable.

The latest quarterly Labour force survey indicates that nearly 20 per cent of the country's workers, approximately 3 million people, work in the informal sector and would require assistance to compensate for income losses from movement restrictions that prevent them from earning their livelihoods, with lasting effects on community resilience and social cohesion.

Small scale farmers have a high dependence on their produce for both consumption and income generation that subsidizes their additional expenses. Any disruption to their activity places them in a situation where they will constitute one of the key vulnerable sectors. While the Department of Agriculture Land Reform and Rural Development launched a 1.2 billion Rand grant facility for small scale farmers to face supply side constraints due to lockdown, more needs to be done to complement the government's initiative by reaching out to vulnerable farmers and households that will be unable to apply for the grants.

**Over 13.8 million people live below the food poverty line**, making less than R 561 per person/month (in April 2019 prices), meaning that they are unable to afford the daily minimum required daily energy intake, according to 2015 statistics.

The consequence of this are risks of malnutrition particularly for children which have negative long-term effects on their health and educational outcomes. The pandemic is expected to impact negatively on this already persistent food insecurity. This is particularly alarming given that currently the prevalence of stunting and malnutrition among children under age 5 is 27 per cent (1,5 million) and 2.5 per cent (360,500) respectively, according to UNICEF. The impacts of the COVID-19 pandemic on the nutritional status of children and women are expected to include: significant undermining of the current efforts on breastfeeding due to inaccurate information about mother-to-child viral transmission; a significant impact on the quality of children's and women's diets (frequency, quantity and diversity) due to disrupted food systems (access to food) and a hike in food prices; and an increase in the number of undernourished children in need of therapeutic feeding and care due to poorer breastfeeding practices, poorer diets, increased morbidity, and disrupted primary health care systems.



**Many of the 273,488 refugees and asylum seekers live in crowded conditions, the scale of the outbreak could be massive, particularly for this vulnerable group, according to UN-Habitat.** The country has more than 2,700 informal settlements with an estimated number of 6.8 million people. Informal settlements in South Africa are characterized by profound inequalities in access to basic services such as water, sanitation, and electricity. There is concern that if informal settlements are hit by COVID-19, the result could be extremely high infection rates given the poor access to water and sanitation, as well as the population density. According to the South Africa Reserve Bank, preliminary estimates suggest South Africa could lose about 370,000 jobs this year, on a net basis, with business insolvencies increasing by roughly 1,600 firms as the economy contracts. Such impact has the potential for triggering xenophobia, racism and discrimination on migrants as competition over scarce jobs intensify.

**The closure of schools for an extended period will impact children's well-being and have a longer-term impact on inequalities,** as the most vulnerable families may not send children (particularly adolescent girls) back to school. Nearly 13.1 million learners have been affected by the closure of schools. While distance-learning mechanisms are being attempted, they will not reach all children and youth, and those without internet access or adult supervision will be disadvantaged. Furthermore, 9 million children who normally benefit from school feeding, will be vulnerable during protracted school closure. School health programmes have been disrupted posing further health challenges for children. Children in lockdown situations are prone to heightened violence and abuse, including online. GBV is a major concern affecting women and girls who are locked down in unsafe homes. An estimated 600,000 migrant children live in South Africa. These children are particularly vulnerable to potential exclusion from safety nets and services. Equally, there is a need to ensure the right to education for the approximately 55,000 refugee and asylum seeker children not affected.

### **Counselling and psycho-emotional support services to sufferers, victims and family**

**The Covid-19 pandemic needs to be understood as a psychological problem as much as it is a medical one. We are trying to protect ourselves against the virus, but how are we protecting ourselves against the psychological distress it wreaks? Pandemics and mental health**

Ways to protect the next generation's mental health.

Outgoing kids may be doing fine online during COVID-19, but young adults who have a quieter style may be suffering.

Gregarious teens (extroverts) are fueled when they have the opportunity to take center stage on social media. Bold and aggressive, they control the online group chats and activities. Dominating the social milieu, they may unintentionally leave some friends behind.

The quiet kids who worry about hurting a friend's feelings often shy away from aggressively inserting their opinion. Although this is conscientious and selfless, it is frequently this type of teen who may be struggling.

The moments this teen spends thinking about how to constructively contribute to the conversation are quickly seized by a less thoughtful teen in the group chat who blurts out a sentiment and diverts the conversation. After a few minutes, the quiet and thoughtful teen is now a few steps behind. Eventually, it is almost impossible to break into the chat without sounding completely obtuse.

Yet, it is the shy and thoughtful teen that is frequently the voice of reason and safety. So, helping this segment of the teen population may also help steer a slew of teens in a healthier direction. Understanding a teen's developmental and situational plight is critical when attempting to help.

Developmentally, teens are grappling with the difficult task of identity formation. They are often more insecure. Every step teens take towards independence forces them to think about who they are in relationship to the world.

This is an incredibly overwhelming task, but in lieu of the current situation, it is exponentially more complicated and terrifying. Because they are in the process of taking strides away from the family, in the form of independence, they are vulnerable, self-conscious, and in need of peer acceptance. Peer validation becomes a primary need. Today's constraints of online socialization may have a negative impact on many teens.

In addition, when developmental tasks and goals are not met, teens are more likely to be depressed. An alarming thought because a teen is developmentally driven to separate and individuate, yet is currently, stranded at home. Add feeling deserted and "out of it" because the only social outlet is online, and a teen's mental health may be in jeopardy.

Situationally, the online social world of a teen is confusing. The interpersonal data that facial expressions, voice intonations, and body language provide has diminished. In the absence of these helpers, online communication may feel more difficult. Without the assistance of emojis, massively overused by myself

and many other 40-something moms, the emotional undertones of a message are often elusive.

Confused about the tone of a text from a friend keeps a shy teen spinning for hours. Spending days on end worrying about text exchanges often results in an anxiety-ridden teen feeling depleted. Fixating and obsessing over the wording of a text may be so overwhelming the teen eventually withdraws.

In addition, often social media is showy and superficial. A certain type of teen may be less comfortable engaging in this type of material. The thirst for a more meaningful existence is healthy but may be lost if social media is the teen's only social outlet.

The experience of being left out is extraordinarily painful for many teens. Unable to distract themselves with their usual pursuits, they may feel devastated. Feelings of isolation may intensify. Finding a way to help is crucial. There are five things a parent can do to assist the teen. They include empathizing, allowing the teen to tell you how to help, bringing in a pet, getting the teen outside, and making the teen laugh.

A parent who is aware of the teen's developmental plight may be better able to empathize with the teen's insecurities and tendencies to be self-conscious. Saying empathic statements such as:

- ✓ "You are worried about fitting in. I get it. I was too."
- ✓ "It hurts to feel left out. I understand. You have every right to be upset."
- ✓ "You are panicked that you said the wrong thing. It's a huge worry. I understand."

Empathizing with teens allows them to feel understood which prevents them from feeling totally alone in their predicament. Because the teen feels like the parent understands, the teen feels closer to the parent and more open to the parent's support.

After the empathy, it is important to help the teen problem solve. Ask the teen, "How can I help?" "What can I do?" "What would help?" Allowing the teen the opportunity to tell the parent how to help can maintain the teen's dignity and protect his or her strides towards independence.

Next, bring in additional reinforcements. Pets are extremely comforting and soothing. Many teens find a pet extremely soothing when they are in distress.

After the teen has calmed down, remind the teen that his or her best qualities are the ability to be humble, conscientious, kind, and thoughtful. Unfortunately,

these qualities may not serve them well in the teen years with social media, but they are the best qualities a human being can possess.

Getting the teen outside may also help tremendously. Being in nature reduces anxiety and releases endorphins. It can be grounding, centering and soothing.

Finally, make the young adult laugh. Download old SNL skits, clips of their favorite comedian, or funny dog and cat videos. Similar to nature, laughter also releases endorphins and reduces anxiety.

Teens are deceptively private but do not be led astray. They still need support, empathy, and love. Respectfully stay emotionally attuned and involved. If a teen expresses unsafe ideas, it may be important to access professional help.

### **Government action**

Besides the guidelines issued for psychiatric facilities, government says it has stepped up to improve psycho-social support services to families in need during this time.

In a briefing last week, Social Development Minister Lindiwe Zulu announced that 276 psycho-social support teams would be dispatched at district level. The purpose of the teams, she said, was to assist with trauma, briefing and debriefing families affected by the Covid-19 pandemic.

Deputy director-general of welfare Services, Connie Nxumalo, said at the same briefing that the teams comprised social workers who were trained in trauma counselling.

“The support they provide is counselling and reunification with those who have been in quarantine [and/or isolation] sites.”

Nxumalo said that the psycho-social teams worked alongside the department of health to receive information about which families needed assistance and intervention. However, these teams are not part of the contact tracing or rapid response teams.

She added that individuals were also consulting with social workers, and that the department had conducted almost 10 000 individual counselling sessions so far.

### **Include mental health in Covid-19 screening**

Psychologists agreed mental health screening should be factored into the screening process for Covid-19.

Even if it's not part of the formal screening process, they need to pick up on people who might have pre-existing mental health conditions or might be at risk for developing a mental health problem.

Psychologists says that government also need to prioritise resources and support for community mental healthcare facilities run by the non-governmental organisation sector.

These facilities are in need of face masks, gloves and sanitisers to ensure that residents practice safe hygiene and physical distancing.

The SAFMH called for primary health care clinics to ensure persons with mental illness have access to at least a three months' supply of medication.

Spotlight asked the national department of health various questions about this topic.

The department did not provide answers to these questions by the time of publication. We will publish the responses when/if we get them.

### **Free help is available!**

For those who are struggling during this time, the Psychological Society of South Africa has created an extensive database of psychologists offering free services for anyone in need. To connect with one of these professionals, you can email [Fatima@psysa.com](mailto:Fatima@psysa.com)

### **Symptoms of stress in children:**

Common responses include having difficulties sleeping, bedwetting, having pain in the stomach or head, and being anxious, withdrawn, angry, clingy or afraid to be left alone. Respond to children's reactions in a supportive way and explain to them that they are normal reactions to an abnormal situation. Listen to their concerns and take time to comfort them and give them affection, reassure them they're safe and praise them frequently.

If possible, create opportunities for children to play and relax. Keep regular routines and schedules as much as possible, especially before they go to sleep, or help create new ones in a new environment. Provide age-appropriate facts about what has happened, explain what is going on and give them clear examples on what they can do to help protect themselves and others from infection. Share information about what could happen in a reassuring way.

For example, if your child is feeling sick and staying at home or the hospital, you could say, "You have to stay at home/at the hospital because it is safer for you

and your friends. I know it is hard (maybe scary or even boring) at times, but we need to follow the rules to keep ourselves and others safe. Things will go back to normal soon.”

### **Checklist for parents/caregivers & community members**

1. Monitor your child's health and keep them home from school if they are ill.
2. Teach and model good hygiene practices for your children
  - ✓ Wash your hands with soap and safe water frequently. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.
  - ✓ Ensure that safe drinking water is available and toilets or latrines are clean and available at home.
  - ✓ Ensure waste is safely collected, stored and disposed of.
  - ✓ Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, nose.
3. Encourage your children to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding.
4. Prevent stigma by using facts and reminding students to be considerate of one another
5. Coordinate with the school to receive information and ask how you can support school safety efforts (through parent-teacher committees, etc.)

### **Checklists for students and children**

1. In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent or teacher so that you can help keep yourself and your school safe and healthy.
  - ✓ Ask questions, educate yourself and get information from reliable sources
2. Protect yourself and others.
  - ✓ Wash your hands frequently, always with soap and water for at least 20 seconds.

- ✓ Remember to not touch your face.
  - ✓ Do not share cups, eating utensils, food or drinks with others.
3. Be a leader in keeping yourself, your school, family and community healthy.
    - ✓ Share what you learn about preventing disease with your family and friends, especially with younger children.
    - ✓ Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members.
  4. Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age or ability or gender.
  5. Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

### **Will I be able to see my friends?**

It may be harder to see your friends if you are told to stay in your home. However, there are lots of great ways to stay in touch online. You probably already know about these, and you can also get creative! There are ways to play games and have fun with friends, even if you're not able to see them in person.

If you can meet with friends, you'll probably have to keep the group small. So, no birthday parties for now. Meeting in large open spaces like parks, where you can keep lots of distance, is probably the best choice.

### **When could the coronavirus outbreak end?**

We don't know for sure. (I know, not what you want to hear!) But using math, we can make educated guesses. Left on its own, the virus would take many months to spread all around the world. But that doesn't mean your city would be affected for that long. And a vaccine could stop the virus sooner — if scientists can create one.

Some scientists think that the virus will go away when the weather gets warm. That's what happens with other coronaviruses and the flu. Lots of viruses like cold, dry air. But we don't know if that is true for this new virus.

*(Originally published on [Live Science](#).)*

### **How to minimize stress for you child**

- Be up-to-date with the latest news from @WHO on social media.
- **Have a routine.** Keep up with daily routines as far as possible, or make new ones.
  - Get up and go to bed at similar times every day.
  - Keep up with personal hygiene.

- Eat healthy meals at regular times.
  - Exercise regularly.
  - Allocate time for working and time for resting.
  - Make time for doing things you enjoy.
- **Minimize newsfeeds.** Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
  - **Social contact is important.** If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
  - **Alcohol and drug use.** Limit the amount of alcohol you drink or don't drink alcohol at all. Don't start drinking alcohol if you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.

There is no evidence of any protective effect of drinking alcohol for viral or other infections. In fact, the opposite is true as the harmful use of alcohol is associated with increased risk of infections and worse treatment outcomes.

And be aware that alcohol and drug use may prevent you from taking sufficient precautions to protect yourself against infection, such as compliance with hand hygiene.

- **Screen time.** Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- **Video games.** While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.
- **Social media.** Use your social media accounts to promote positive and hopeful stories. Correct misinformation wherever you see it.
- **Help others.** If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- **Support health workers.** Take opportunities online or through your community to thank your country's health-care workers and all those working to respond to COVID-19.

**Don't discriminate**



Fear is a normal reaction in situations of uncertainty. But sometimes fear is expressed in ways which are hurtful to other people. Remember:

- Be kind. Don't discriminate against people because of your fears of the spread of COVID-19.
- Don't discriminate against people who you think may have coronavirus.
- Don't discriminate against health workers. Health workers deserve our respect and gratitude.
- COVID-19 has affected people from many countries. Don't attribute it to any specific group.

### **Getting the virus is not a shame, it is part of being human**

We could get coronavirus as we could get influenza and it doesn't have to transform in another way or excuse to spread negative attitudes.

What represents a shame is the fact that someone could be selfish enough not to think about the danger it could cause the omission of the communication with the relative health institutes of a possible infection. Being irresponsible and selfish in this case means putting at risk the lives of all of us with outcomes that could overcome our imagination. Just think about the lives of all the refugees around the world, living already in situations of uncertainty and impossibility of getting enough or proper healthcare.

Think about the people living in the most dangerous or poor areas of the world, where the health and hygienic conditions are so unsatisfying and weak that it would take a blow of the wind to cause a real tragedy. In all the countries where the virus spread until now, the health system is solid and capable, in spite of the difficulties, to provide *cures for everyone as long as we are responsible enough to follow their instructions.*

While the health system and the governments are doing their best to go through this emergency, everyone should do the best to spread kindness, solidarity and support.

Everyone has to be supportive and empathetic to the people involved, not only because it could happen to anyone but because we are part of a huge single family called humankind.

The world itself says it : "human" and "kind". It's in our nature and yet we seem to forget about it many times. As much as we feel part of this big family when positive amazing discoveries or events take place, we must feel part of it when difficulties menace us.

Just like we stand by our friends' side when something bad happens, we need to stand by any country going through this struggle showing our bonding and sympathy. After all, what kind of meaning has a racial discrimination in a globalized world where everything we do or own is imported from abroad?

It's just the most nonsense and incoherent thing of the world.

Everyone in the circle of life, earlier or later, needs someone's helping hand and you'll never know when the one needing support will be you. How would it be to be the one stigmatized?

Let's stop being dramatic and offended just when something happens to us, because whatever happens in the world is a matter regarding all of us. We can't consider ourselves à l'avant-garde as long as we still think of ourselves only as part of a nation and not as a part of the world.

We can't demand a better future and not caring about solving problems such as stigmatization.

As much as you want the world to be in line with progress, you should all try to be in line with it also and stop the useless, painful, old-fashioned practice of discrimination.

We can't be defined by a virus.  
We can't be defined by a single word.  
WE ARE MORE.

<https://www.psychologytoday.com/za/blog/peaceful-parenting/202004/why-teens-may-struggle-more-during-covid-19>

<https://city-press.news24.com/News/covid-19-expect-a-rise-in-depression-as-the-pandemic-affects-mental-health-20200504>

<https://set.odi.org/wp-content/uploads/2020/03/Economic-impacts-of-and-policy-responses-to-the-coronavirus-pandemic-early-evidence-from-Africa.pdf>

<https://bhekisisa.org/opinion/2020-03-23-coronavirus-south-africa-mental-health-support-how-to-cope-social-solidarity-covid19/>

<https://www.dailymaverick.co.za/opinionista/2020-04-07-south-africas-other-covid-19-pandemic-our-silent-mental-health-crisis/>

Upper secondary school <https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

Getting the virus is not a shame, it is part of being human  
<https://www.voicesofyouth.org/blog/real-danger-covid-19-discrimination>

<https://www.dailymaverick.co.za/opinionista/2020-04-07-south-africas-other-covid-19-pandemic-our-silent-mental-health-crisis/>

<https://www.voicesofyouth.org/blog/real-danger-covid-19-discrimination>