### Main Message

#### Prevention

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| 1 | Wash your hands frequently with soap and water or with an alcohol-based hand rub. | • Wash your hands with soap and water particularly:  
  o After coughing or sneezing  
  o When caring for the sick  
  o Before, during and after you prepare food  
  o Before eating  
  o After toilet use  
  o When hands are visibly dirty  
  o After handling animals or animal waste |
| 2 | Maintain social distancing to protect yourself and others from getting sick. | • Maintain at least 1-meter distance between yourself and anyone who is coughing or sneezing.  
  • Avoid close contact with anyone when you are experiencing cough and fever. |
| 3 | Avoid touching your eyes, nose, and mouth with your hands. | |
| 4 | Practice respiratory hygiene. | • Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.  
  • Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick. |
| 5 | Clean and disinfect frequently touched objects and surfaces regularly. | |
| 6 | Stay home if you have fever, cough and difficulty breathing, and seek medical care early. | • Stay home if you feel unwell, if you have a fever, cough and difficulty breathing, or have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19. Follow the directions of your local health authority in seeking medical care. |
| 7 | Stay informed and follow advice given by your healthcare provider. | • Stay informed on the latest developments about COVID-19.  
  • Follow advice given by your national and local public health authority. |

#### Stress Management

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| 8 | Recognize that your anxiety is completely normal. But you can do a lot about it. | • If school closed and alarming headlines are making you feel anxious, you are not the only one.  
  • Make sure that you are using reliable sources to get your information [such as the UNICEF and the World Health Organization’s sites].  
  • If you are worried that you are experiencing symptoms, it is important to speak to your parents about it.  
  • It is important to remember, that many of the symptoms of COVID-19 can be treated.  
  • There are many effective things we can do to keep ourselves and others safe and to feel in better control of our circumstances: frequently wash our hands, don’t touch our faces and practice social distancing.  
  • Find new ways to connect with your friends online.  
  • Focus on yourself, have you been wanting to learn how to do something new? For example practicing a musical instrument? You can still do that through online tutoring.  
  • Recognize your emotions and speak about them to someone trusted. It could help you to overcome those worries easier.  
  • Shift the spotlight. You can also take a role in fighting COVID-19 by volunteering to help or spreading the word out about importance of practice prevention measures. |
### Main Message
Stress Management continued...

### Sub-messages

9. Staying at home for such a long time, stopping your normal routine and not seeing your friends is not fun. But this is only a temporary measure to take good care of yourself and minimize chances of getting sick at this difficult time!

You can take care of yourself everyday:
- Get up early and have a healthy breakfast.
- Do some fun exercises.
- Read something interesting.
- Reach out to your friends.
- Help your friends who feel lonely too.
- Attend your online classes (if applicable).
- Complete your homework on time.
- Make sure you don’t miss your lunch and dinner!
- Find ways to express your thoughts and feeling (writing a dairy).
- Do art and creative work.
- Try relaxation exercise before you go to sleep.
- Go to sleep early.
- Clean your room.
- Find a new hobby.

If you keep feeling bad, talk to your parent, grandparent, a trusted adult, the school psychologist, or a professional, or call COVID-19 hotline or counselling service if one is available in your community / country.

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**References:**

- Hong Kong Red Cross, ‘Psychological Coping, during Disease Outbreak - People who are being quarantined’, Hong Kong Red Cross, First edition, February 2020.
- UNICEF, C4D, NYHQ, ‘Internet of Good Things (IoGT) Coronavirus resources’ (C4D/NYHQ).
- UNICEF ‘Young People Social Distancing and mental wellbeing’.
- WHO, Mental Health and Psychosocial Considerations During COVID-19 Outbreak, WHO.