

KEY MESSAGES FOR YOUNG PEOPLE AND ADOLESCENTS DURING COVID-19 OUTBREAK

Main Message ¹		Sub-messages
Prevention		
1	Wash your hands frequently with soap and water or with an alcohol-based hand rub.	<ul style="list-style-type: none"> • Wash your hands with soap and water particularly: <ul style="list-style-type: none"> ○ After coughing or sneezing ○ When caring for the sick ○ Before, during and after you prepare food ○ Before eating ○ After toilet use ○ When hands are visibly dirty ○ After handling animals or animal waste
2	Maintain social distancing to protect yourself and others from getting sick.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Stay informed on the latest developments about COVID-19. • Follow advice given by your national and local public health authority.
Stress Management		
8	Recognize that your anxiety is completely normal. But you can do a lot about it.	<ul style="list-style-type: none"> • 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	Sub-messages
Stress Management continued...	
<p>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!</p>	<p>You can take care of yourself everyday:</p> <ul style="list-style-type: none"> • 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 diary). • Do art and creative work. • Try relaxation exercise before you go to sleep. • Go to sleep early. • Clean your room. • Find a new hobby. <p>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.</p>

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