

ATTENTION



**TEACHERS
PARENTS/CAREGIVERS
CHILDREN!**



Keeping your children healthy and well-nourished is important. To ensure schools are able to continue feeding children e'Pap porridge during COVID-19, you should also know that E'Pap is a pre-cooked porridge made from maize and soya bean packed with vitamins and minerals. It delivers good health and nutritional benefits to your child.



Top tips for e'Pap food hygiene during COVID-19

Wash your hands with soap and water before handling and eating food. Clean surfaces and plates and utensils with soap and water. Don't share utensils.

What is COVID-19?

- COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Scientists and doctors are still learning about it.
- Recently, this virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick.
- Doctors and health experts are working hard to help people stay healthy.



What happens when you get sick with COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need.

What to do when you feel sick?

- 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 you're your Village Health Workers.



How to prevent COVID-19 from spreading?

- 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.
- 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.
- Wear a mask.



How to help others?

- Don't stigmatize your peers or tease anyone about being sick.
- Tell your parents, another family member, or a caregiver or teacher if you feel sick, and ask to stay home.

