Inspiring kids to protect themselves, others and the natural world around them.
At Coaching Conservation, we believe in inspiring Kids Who Care.

We are all connected - with one another and with the natural world - as clearly demonstrated by the continuing COVID-19 crisis. Although Covid-19 has not yet affected Southern Africa as badly as other parts of the world, we cannot afford to relax. The message is clear: we must protect ourselves, each other, and our environment. **THIS BOOKLET CONTAINS INFORMATION TO HELP YOU STAY SAFE AND HEALTHY.**

**Protect yourself by learning the facts**

COVID-19 is a new type of coronavirus that first appeared in China in late 2019. It is extremely infectious and very dangerous. By mid June 2020, the virus had infected at least 8 million people worldwide, and has killed more than 425,000 people.

Because COVID-19 is a new virus, nobody has immunity. The virus is particularly dangerous for older people, as well as individuals who have existing health problems, such as obesity, diabetes, or poor lung health, e.g. smokers. But it can also kill young people, so we all need to be alert and help stop the virus spreading.

**How did it start?**

Coronaviruses are known to jump from animals to humans. We don’t yet know exactly where Covid-19 came from but we do know that illegal bushmeat markets (with poor hygiene and many stressed animals mixing together) have been the source of similar diseases, and it is likely that this was how Covid-19 began in China.
Coronavirus: Key symptoms

The symptoms of infection are often mild – the most common symptoms are a fever and a dry cough – but in some cases infections can develop into more serious illness. In the worst cases it causes death.

- Breathing difficulties
- High temperature
- Fever
- Coughing

Stay home if you have symptoms

- Wear a mask
- Sneeze in a disposable tissue
- When in doubt, get tested
- Self isolate
- 20 sec. handwash

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How does it spread?

The virus is mainly transmitted via droplets when people sneeze, cough, or just breathe into the air.

So, try to keep at least 2 metres apart from other people and avoid crowds.

But the virus can also survive for several hours on surfaces such as tables and door handles, and maybe longer, so it can be spread by touch. That’s why it is important to wash your hands regularly, to cover your mouth when you cough, and to try not to touch your face.

The time between your first exposure to the virus and the start of symptoms can be 2-14 days.

There is some evidence suggesting that the virus can also be spread by infected people who are showing no symptoms.

So, you might feel fine, but you could still be infected and spreading the disease around!

**Therefore, we all share a responsibility in fighting this virus outbreak.**

We need to respect other people and stop moving around, as well as look after our own health.

**REMEMBER THE VIRUS CAN’T MOVE ON ITS OWN – ONLY PEOPLE CAN MOVE IT AROUND. SO, STAY AT HOME TO SAVE LIVES!**
What can I do to help?

EVERYBODY SHOULD BE MAINTAINING SOCIAL DISTANCING DURING THIS OUTBREAK.

This means keeping a distance of at least 2 metres between yourself and other people, while observing good hygiene at all times. Catch coughs in a tissue, wear a mask in crowded places, and wash your hands.

Avoid touching your face and limit your daily movements, e.g. going shopping as little as possible.

IF IN DOUBT, STAY AT HOME.

Wash hands frequently with soap and water or use a sanitiser gel

Catch coughs and sneezes with disposable tissues

Throw away used tissues (then wash hands)

Wear a mask in public spaces

Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close contact with people who are unwell
**WHAT TO DO IF I THINK I HAVE COVID-19?**

If you have a fever the most important thing is to stay hydrated by drinking lots of fluids and trying to stay cool.

Paracetamol can help reduce high fevers but note that adults should take no more than 4g (usually eight 500mg tablets) of paracetamol in any 24-hour period and the safe dose is less for children (see printed notes include with any medication).

If you have a cough, you can try a drink with lemon, ginger and a little bit of honey to soothe your throat but any other medication is likely a waste of time and money.

**If you have symptoms of coronavirus, you should SELF-ISOLATE FOR 7 DAYS.**

**SELF-ISOLATING MEANS YOU SHOULD NOT LEAVE THE HOUSE AT ALL**

Do not go out to buy food or collect medicine – ask someone to drop them off outside your home and do not approach them within 2 metres.

Unless you are suffering severe difficulty breathing or have a very high fever you should not try to see a doctor as this will only spread the disease more.

You should also separate yourself from your family as much as possible, keeping completely away from individuals from more vulnerable groups. And wear a mask!

**After 7 days:**

- if your fever has gone, you no longer need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

**IMPORTANT:** IF YOU LIVE WITH SOMEONE WHO HAS SYMPTOMS, YOU ALSO NEED TO SELF-ISOLATE, BUT FOR 14 DAYS STARTING FROM THE DAY THEY GOT SICK, EVEN IF YOU DON’T FEEL SICK YOURSELF. THIS IS BECAUSE IT CAN TAKE UP TO 14 DAYS BEFORE THE VIRUS MAKES YOU ILL, AND YOU COULD BE SPREADING THE VIRUS ALL THIS TIME.
HOW TO WASH YOUR HANDS. IT SHOULD TAKE AS LONG AS SINGING HAPPY BIRTHDAY TWICE.

1. Water and Soap
2. Palm to Palm Between Fingers
3. Focus on Thumbs
4. Back of Hands
5. Focus Wrists

IF YOU DON’T HAVE WATER OR SOAP, YOU CAN USE HAND SANITIZER.
IT SHOULD BE APPLIED THE SAME WAY AS SOAP (THOROUGHLY OVER HANDS AND WRISTS), AND LEFT TO DRY ON THE HANDS BEFORE TOUCHING ANYTHING.
Phones keep us connected - but they connect us with germs too!

YOUR PHONE IS AN EASY WAY TO SPREAD GERMS FROM YOUR HANDS TO YOUR FACE. SO, IT’S A GOOD IDEA TO CLEAN YOUR PHONE REGULARLY, AS WELL AS YOUR HANDS.

HOW TO CLEAN YOUR PHONE

- Unplug your phone, turn it off and remove any case (the case can be cleaned separately).
- Avoid chemicals, hand gels or abrasive wipes to clean your phone (these can damage your phone).
- Instead dampen a fine cloth with water and household soap, squeezing out all the excess water so the cloth is not too wet.
- Gently clean the outside surfaces of your phone with the damp cloth.
- MAKE SURE NOT TO GET WATER IN ANY OF THE OPENINGS.
- Dry your phone with a second dry cloth.

Of course, as soon as you touch your clean phone with dirty hands you will spread germs back onto it, so keep washing your hands regularly!

ALONGSIDE THIS COVID-19 OUTBREAK THERE HAS BEEN A FAKE NEWS OUTBREAK!

MYTH 1:
There have been claims that eating or drinking certain things can protect you.

Reality: eating healthily (e.g. with lots of fruit and vegetables) is always a good idea, but there is NO EVIDENCE that eating or drinking ANY particular thing can either protect you from or cure COVID-19.

MYTH 2:
Some people have claimed Mosquitoes spread the virus.

Reality: mosquitoes spread various diseases including malaria, but they are not responsible for spreading COVID-19 which is a respiratory illness mainly spread by coughs and sneezes.

MYTH 3:
Some people have said that Africa’s hot climate will stop the virus.

Reality: the COVID-19 virus is spreading around the world, including in areas with hot and humid weather, so it is just as important to take measures to protect yourself here as it is anywhere else.

REMEMBER - THE ONLY THING THAT CAN REALLY PROTECT YOU IS TO KEEP AWAY FROM OTHER PEOPLE AND KEEP WASHING YOUR HANDS!

Stay at home. Be safe!
Hey kids! PROTECT YOURSELF by learning about the COVID-19 virus

BE A KID WHO CARES!
KIDS WHO CARE PROTECT THEMSELVES, EACH OTHER, AND THEIR ENVIRONMENT.

We are all connected, with people around the globe and with the animals who share our world.

COVID-19 appeared because we didn’t treat nature with enough respect.

Understanding how we are all connected has never been more important. When we fail to respect our dependence on the natural environment we all suffer.

Did you know?

The COVID-19 virus is not alive.

Since it is not a living thing, it cannot be killed. But it can be destroyed.

The virus is actually quite fragile and is only protected by a thin layer of fat.

It is vital to use SOAP when washing your hands, because soap breaks up the fat protecting the virus, dissolving it just like the grease you wash off dirty dishes.

HEAT also melts fat, so water above 25 degrees Celsius is best for hand washing.

“WE ARE INTIMATELY INTERCONNECTED WITH NATURE, WHETHER WE LIKE IT OR NOT. IF WE DON’T TAKE CARE OF NATURE, WE CAN’T TAKE CARE OF OURSELVES.”
UN ENVIRONMENT CHIEF, INGER ANDERSEN

Imagine a lion between you and the person next to you. Don’t get too close!

At least 2m

Inspiring kids to protect themselves, others and the natural world around them.
Kids Who Care RESPECT themselves, each other, and their environment.

Keeping clean shows self-respect and is essential for stopping the spread of diseases and staying safe.

Animals have all sorts of ways of keeping clean. In fact, we can often LEARN things from animals! We can even try to BE like them.

**DID YOU KNOW:**
- Vultures are a vital part of nature’s clean-up crew, cleaning up dead animals.
- They are also very clean birds and like to bathe in water every day.
- Vulture droppings are so acidic that they even kill bacteria, preventing the spread of diseases like anthrax, rabies and tuberculosis.
- Be like a vulture and help keep yourself and your environment clean.

**PROTECT EVERYONE BY RESPECTING YOUR ENVIRONMENT**
- In Africa many vultures are threatened by poachers who POISON them to avoid being spotted by rangers.
- But killing vultures increases the risk of disease spreading from wildlife.
- COVID-19 is likely to have begun at a wildlife market in China but the bushmeat trade is linked to lots of diseases in Africa too.
- Ebola, HIV, and several stomach parasites can all be traced to bushmeat.

**HELP WILDLIFE BY NOT EATING BUSHMEAT!**

**PROTECT YOURSELF BY NOT GETTING SICK!**

**REMEMBER, WE ARE ALL CONNECTED!**

Stay at home. Be safe!
Colouring activity

Create your own colourful vulture!
Remember: Vultures are vital members of nature’s own clean-up crew!
You can HELP by becoming a Kid Who Cares:

Step 1: RESPECT YOURSELF

TRY BUILDING YOUR OWN TIPPY TAP TO WASH YOUR HANDS HYGIENICALLY AND SAVE WATER.

TIPPY TAP TIPS:

Make sure your soap is safe from squirrels, mice and birds which might try to eat it. Use a plastic-coated washing line to hang your soap if you can, as they are harder for squirrels to climb down than string.
Keep the soap high off the ground and at least 30cm away from the side posts.
Avoid berry or fruit-flavoured soaps which may attract rodents.
Build your own tippy tap

1. Dig two holes 18in deep and about 2ft apart
2. Place the forked sticks, ensure they are level
3. Fill holes with soil & rocks, and pack tightly
4. Heat the nail and make holes in the water container
5. Make a hole in the soap and thread string
6. Hang container & soap and fill with water
7. Attach string to water container
8. And to foot lever stick
9. Use gravel as basin to capture water

Source: tippytap.org

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Step 2: Respect each other - social distancing

- “Social Distancing” opens up space between people.
- This helps stop the virus spreading between people, since we cannot always easily tell who has it and who does not.
- Wherever you go, try to make sure you are at least 2 metres away from other people.
- Stay away from any gathering of more than 2 people.
- Viruses spread when someone sneezes or coughs out tiny droplets. These droplets don’t usually travel more than 2 meters before falling to the ground.
- If you develop symptoms of COVID-19, or if someone in your household shows symptoms, such as a fever or a persistent cough, then you MUST self isolate and stay at home - for one week if you are sick and for two weeks if you are living with someone who has fallen ill. It takes two weeks to be sure you have not become infected.
- Staying away from friends, extended family, and social activities can be hard, but ultimately it is necessary to save lives. Here are some things to keep you busy!

HELP WITH COOKING OR THE CHORES

READ A BOOK!

HAVE A GO AT SOME OF THE ACTIVITIES IN THIS BOOKLET

LETS STAY HOME!

PLANT SOME VEGETABLES IN A CIRCLE GARDEN

ENJOY SOME TIME ALONE WITH YOUR THOUGHTS

YOU COULD ALSO TRY MAKING YOUR OWN HAND SANITISER!

Mix 6 tablespoons of surgical spirit with 3 tablespoons of aloe vera gel.
Store in an empty container or keep in an old soap dispenser.
Remember to cover hands and wrists completely and let dry before touching anything.

SING AND DANCE!

ARTWORK MAKE A DRAWING OR CREATE A SCULPTURE

YOU COULD ALSO TRY MAKING YOUR OWN HAND SANITISER!

Stay at home. Be safe!
ACROSS
1. Used to wash hands.
2. Do this to your hands after touching surfaces.
3. COVID-19 is a type of...
4. What temperature water is best to wash your hands?
5. You shouldn’t touch your own what?

DOWN
1. What is the best thing to do during the COVID-19 outbreak?
6. One symptom of infection is a dry...
7. A word for a high temperature.
8. The safe distance to keep away from people.
9. Viruses cause it. Vultures stop it. What is it?

COVID-19 Word Search

Words to find: Pandemic, Coronavirus, Home, Vulnerable, Disease, Infectious, Lockdown, Fever, Cough, Self-Isolate, Breathing, Symptom, Nose, Face, Safe Distance, Hand-Washing, Soap, Lungs.

DID YOU KNOW?
People are already referring to kids growing up during COVID-19 as Generation C. Let’s make Generation C the Generation Who Cares.

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Step 3: Respect your environment. Help to conserve water and recycle plastic by digging your own CIRCLE GARDEN

Circle gardening is an inexpensive and simple way of growing large amounts of food in small spaces using very little water.

**HOW TO START:**

1. Mark out a circle (1-meter across, or the length of one spade from side to side).
2. Dig out 15-20cm of topsoil and place it in a pile to the side to use later.
3. Then remove another 15-20 cm of subsoil and place it in a different pile. Your hole should now be deep enough to sit a 2 Litre bottle in.
4. Make 16 small needle-sized holes in the sides of your 2 litre bottle (it may help to heat your needle). The holes should be in 4 rows.
5. Place the bottle in the middle of the hole you have dug in the ground.
6. Add 2cm of compost (dung, fertilizer or dry grass) to the bottom of your hole.
7. Add 8cm of subsoil (from your second pile). Add water.
8. Continue replacing the subsoil, alternating with layers of compost and watering each layer until you have used all your subsoil.
9. This technique creates a water holding sponge into which the plant roots can grow.
10. Now replace the topsoil. The surface of the bed should finish a bit higher than the surrounding ground making a raised circular bed.
11. Scoop the soil out from the center of the circle to create a basin around the mouth of the 2lt bottle in the middle of the hole.
12. Cover the soil surface inside the basin with a layer of mulch (dry grass or wood chippings). It is very important to use mulch. It prevents water loss by evaporation.
13. Plant seeds or seedlings around the basin in circles. One circle garden can grow 5 cabbages or 4 rows of beans, or a variety of other crops.

**REMEMBER:**

- Fill up the buried bottle with water at least once a week. You can check whether it needs water by sticking a dry dipstick into the bottle. Any straight stick will do!
- Circle Gardens build soil fertility and help to prevent the unnecessary loss of soil.
- Raised beds give more soil depth for a healthy root system.
- The basin shape of the completed bed funnels water into the soil so it doesn’t run off.
- Let us know how you get on with this way of growing!

Stay at home. Be safe!
Circle Garden

1. Dig a hole 1 metre deep.
2. Add 15 cm of topsoil.
3. Place bottle in centre of hole.
4. Pack 14 holes in the side.
5. Top up with water.

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We are all connected!

Draw a picture or write about “HOW WE ARE ALL CONNECTED”. Are we connected to animals? Do we show them enough respect? How has COVID-19 revealed our connections with each other and the environment? How can we show more respect for keeping these connections healthy? Ask your teacher to give your entries to us when we visit your school, or mail them to Coaching Conservation, Private Bag 13, Maun, Botswana. You can also snap a pic with your phone and send them to us on WhatsApp: 071 804 0713. THE BEST ENTRIES WILL RECEIVE A PRIZE! (including t-shirts, caps and water bottles)

I pledge to pass on what I have learned about how we are all connected!
Signed: ...............................................................      Date .................................
Check your knowledge

Q.1 WHAT ARE THE MOST COMMON SYMPTOMS OF COVID-19?

_________________________________________

_________________________________________

_________________________________________

_________________________________________

Q.2 WHO IS MOST VULNERABLE TO THE DISEASE?

_________________________________________

_________________________________________

_________________________________________

_________________________________________

Q.3 CAN IT ALSO AFFECT YOUNG HEALTHY PEOPLE?

YES [ ] NO [ ]

Q.4 HOW DID COVID-19 FIRST INFECT HUMANS?

_________________________________________

_________________________________________

_________________________________________

_________________________________________

Q.5 HOW DOES THE VIRUS GET SPREAD BETWEEN PEOPLE?

_________________________________________

_________________________________________

_________________________________________

_________________________________________

Q.6 WHAT CAN I DO TO PROTECT MYSELF AND MY FAMILY?

_________________________________________

_________________________________________

_________________________________________

_________________________________________

Q.7 HOW FAR SHOULD I STAY AWAY FROM OTHER PEOPLE DURING THIS DISEASE OUTBREAK?

1 METRE [ ]

AT LEAST 2METRES [ ]

Q.8 CAN PEOPLE WHO HAVE NO COUGH, FEVER OR OTHER SYMPTOMS SPREAD THE DISEASE?

DEFINITELY NOT [ ] IT’S POSSIBLE [ ]

Stay at home. Be safe!
INSPIRING KIDS WHO CARE

Coaching Conservation® has been delivering innovative conservation education programmes in Africa since 2004. Our holistic approach promotes the connection of all living things and encourages children to: Respect Yourself, Respect Each Other and Respect Your Environment.

Coaching Conservation is the primary social development programme of Wild Entrust. Wild Entrust’s mission is to support the conservation and management of wildlife and wildlife habitats around the world, through education, community engagement and research.

Wild Entrust is especially committed to supporting education that catalyses enduring change, promoting a sustainable future for wildlife and people. Coaching Conservation delivers such transformative educational experiences through our unique Learning from Wildlife model, with its content and messages informed by Wild Entrust’s longterm scientific research programme, Botswana Predator Conservation. BPC have been operating since 1992, developing a global reputation based on their focus on field research, applied conservation solutions, and making a tangible difference to wildlife conservation in the region.

Contact us: lesley@wildentrust.org

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WE ARE ALL CONNECTED!
MAKE YOUR OWN MASK
WITH A COTTON CLOTH, TWO ELASTIC BANDS, AND A SHEET OF PAPER TOWEL.

With a cotton cloth, two elastic bands, and a sheet of paper towel.

Instructions
• Fold an appropriate part of a tightly woven dishcloth, a cotton t-shirt or a pillowcase several times (around a paper towel if you have one).
• It is a good idea for the inside and outside of your mask to be different so you don’t accidentally put the outside over your mouth.
• Place elastic bands over the ends and fold cloth inwards before using the elastic bands to hook the mask over your ears.

HOW MASKS WORK

Guidelines for safe use:
1. Wash your hands before putting it on.
2. Put on your mask with the correct side facing you, making sure it covers your nose and mouth, and fits securely.
3. Once you have put on the mask, DO NOT TOUCH IT AGAIN until you get home and take it off. (Touching your mask with dirty hands can spread the virus onto your face.)
4. When you take it off, carefully fold the mask inside out and place it in warm soapy water.
5. Wash your hands again before doing anything else.
6. WASH MASK IN WARM SOAPY WATER after every use and IRON it or hang it in the sun to destroy the virus.
7. You should have at least two different masks so you always have one ready for use while the other is in the wash.

Before and after you wear your mask, wash it with HOT, dry with HOT, and iron with HOT!

Make two or three different color masks and alternate them.

After use, throw the paper towel away.

ALWAYS WASH YOUR HANDS BEFORE AND AFTER WEARING YOUR MASK!

Wear eye protection.

KEEP YOUR 2 METRE SOCIAL DISTANCE!!!

THE BEST WAY TO PROTECT YOURSELF IS TO STAY AT HOME, MAINTAIN SOCIAL DISTANCING (KEEPING AT LEAST 2 METRES AWAY FROM OTHER PEOPLE), WASH YOUR HANDS REGULARLY, AND ALWAYS AVOID TOUCHING YOUR FACE.

If you do have to leave the house for groceries or if you become sick (or must take care of someone who is sick), a face mask should be worn. The World Health Organization is clear that masks won’t give you 100% protection, but they can help protect you from catching the virus or accidentally spreading it to those around you if they’re worn and managed correctly.

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