



Save the Children

Hello!



Hello!

Hello!

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by Leslie Snider and Ramone Outlaw.

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Published by **Save the Children Indonesia**
Jl. Bangka IX No.40A & B, Mampang Prapatan, DKI Jakarta, Indonesia, 12720
Phone: (021) 782 4415 | Website: www.savethechildren.or.id

Second edition with new typeface: May 2022
First edition: May 2020



Guideline for Caregivers

This book is intended to provide children with a simple understanding of COVID-19 and introduce them to the figure of the medical personnel involved to tackling the disease.

In actual circumstances, we do not recommend children to interact directly with the medical personnel while they are working on COVID-19 cases or wearing the complete Personal Protective Equipment (PPE).

Follow the physical distancing guidelines of reliable authorities, like the World Health Organization, to keep from becoming infected or spreading infection to others.

If children are asking you about COVID-19, ask what they know and correct any misinformation they may have heard. Answer their question honestly with the positive and simple words that can be easily understood by them.

Please read "Guideline for Caregivers" on how to talk with children about COVID-19 on the last page of this book before engaging children to read this book.

**This book is dedicated to
children and medical personnel
in Indonesia.**

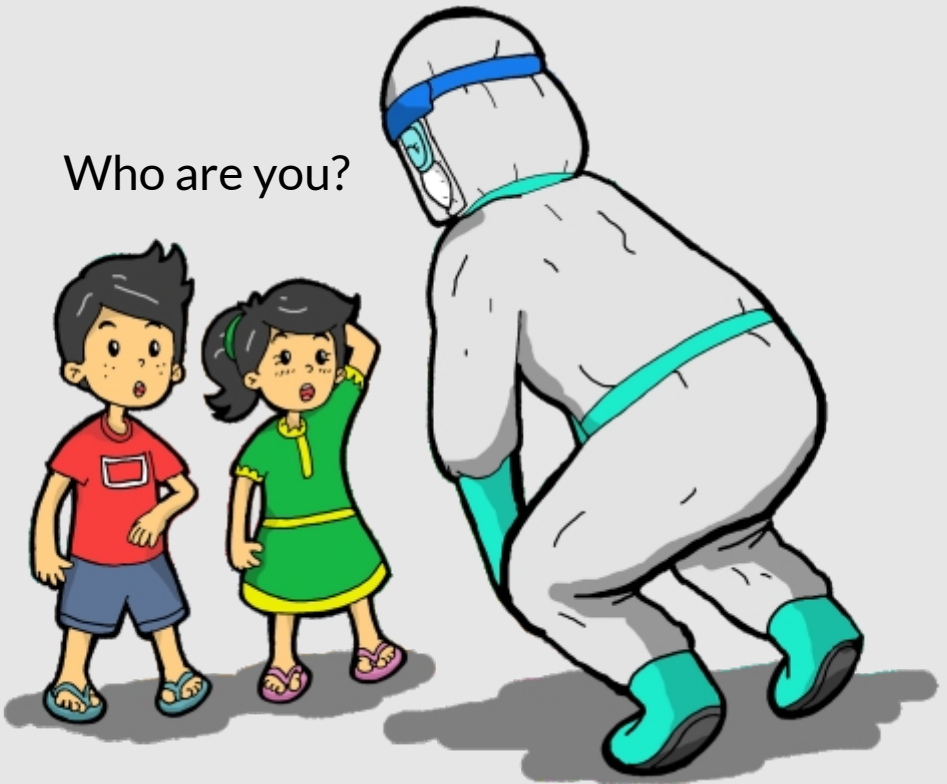
**May they always be healthy,
safe, and happy.**

Hello!



Hello!

Who are you?



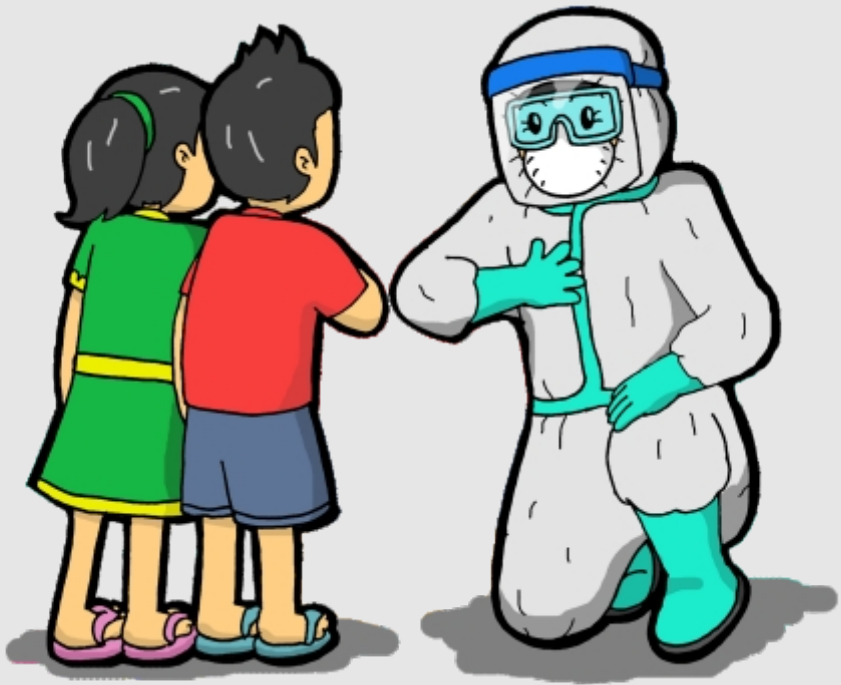
“Are you a spaceman?
Are you a ghost?
Why are you dressed like that?”



My name is Susi! I'm
a person just like you.

Can you
prove that?

Sure!



What's in
your boots?

My feet!

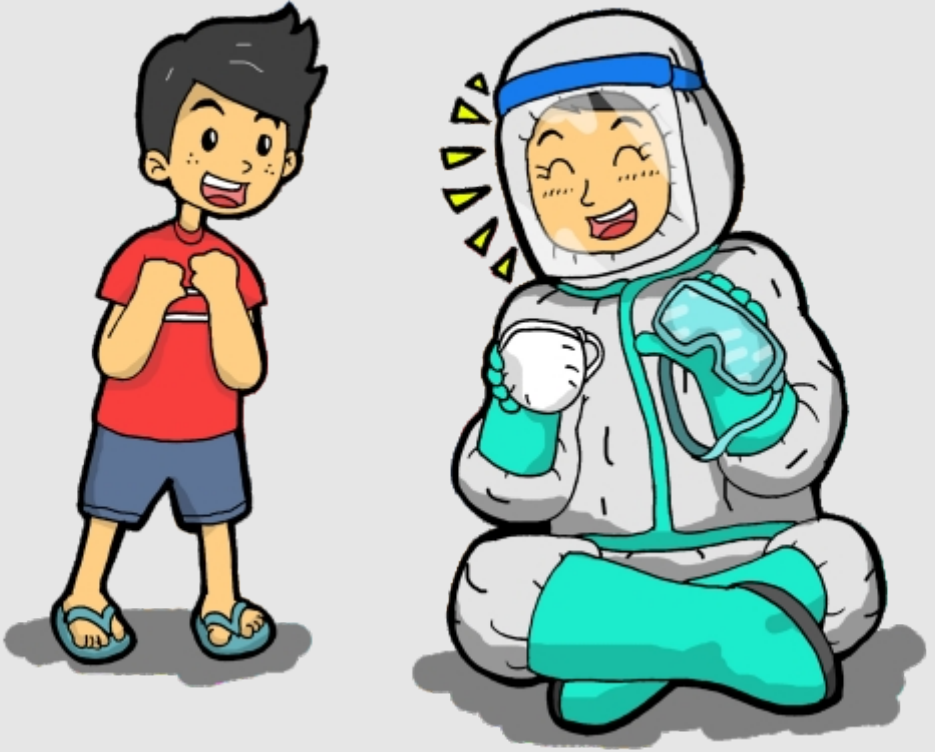


What's in
your gloves?

My hands!



What's stuck on
your face?



**Goggles to protect my eyes, and
mask to protect my nose and mouth.**

“Don’t you get hot with
all those things on?”

Fiuhhh...
Absolutely...



“Do you laugh?”

Sure!

**I also laugh like you guys,
especially when tickled!**



“Do you sing and dance?”



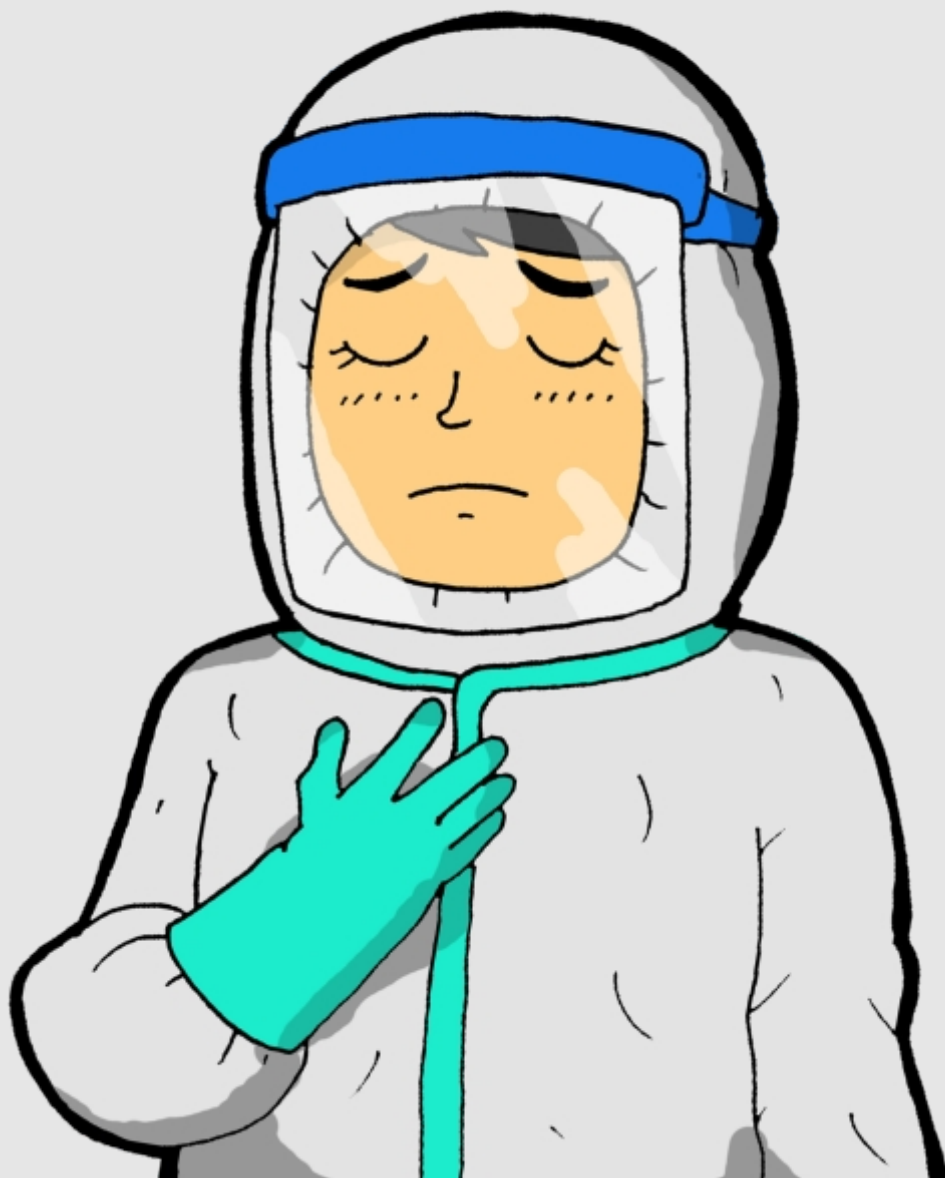
Wahhh! I really like singing and dancing!

“Do you get sad too?”



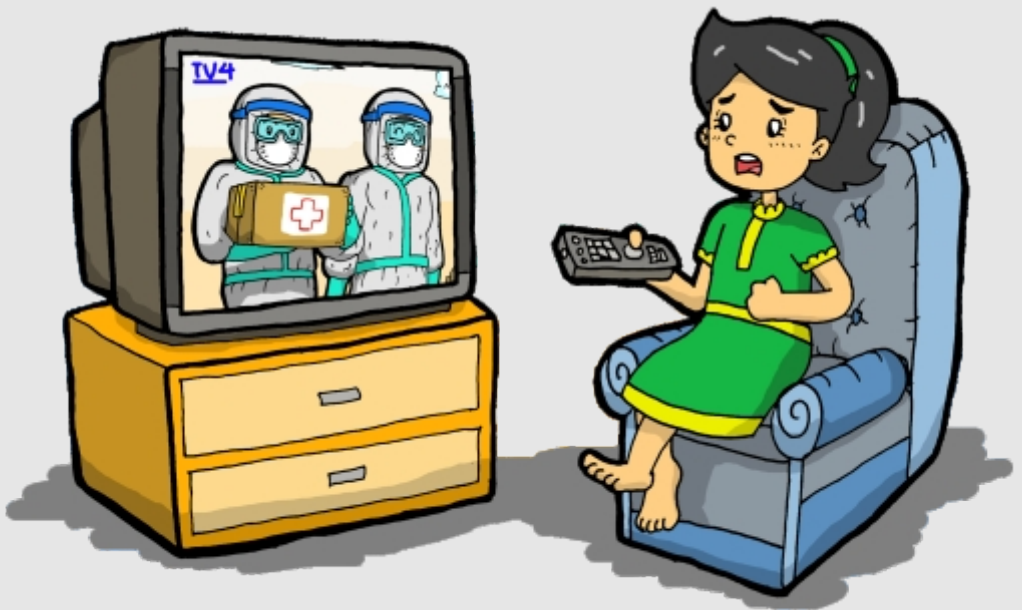
“Sure... I will be very sad if
someone is sick...”

**That's why I'm wearing this equipment.
So I can help sick people without getting
sick too...**



**“Have you seen other people
like me before?”**

“Yes, and we were afraid..”



**“You don’t have to be afraid...
They are helpers too like me.
They are helping people who
have COVID-19.”**



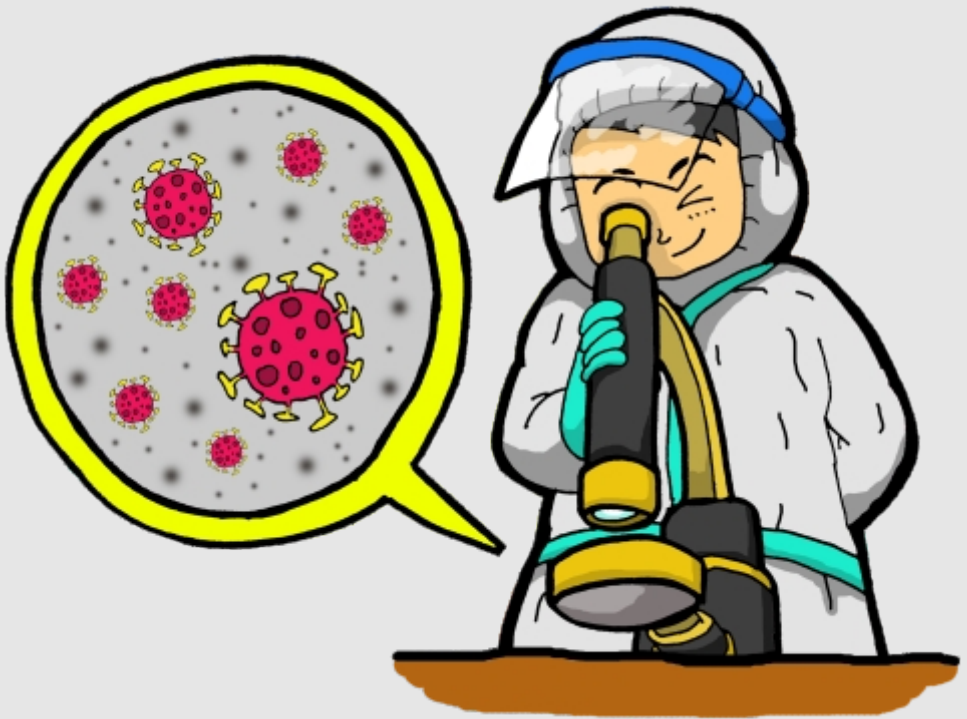
Is it true that only bad people can get this disease?

**Of course not,
anyone can get
this disease...**



**“CoronaVirus Disease,
or used to be called as COVID-19,
is caused by a virus that is
very...
very small...”**

**We can only see this virus through
a special tool,
a microscope.”**



Do you know how to prevent
the spread of COVID-19?



First!

Take care your personal hygiene.

Wash your hands with soap
in running water for 20 seconds
before eating, also after peeing,
pooping, and playing.



Second!

Avoid touching your eyes, nose and mouth with your hands, especially if you have not washed your hands properly.



Third!

If you want to cough or sneeze,
cover your mouth and nose with
your upper arms or tissue.



Fourth!

Do not travel if there is nothing urgent. If you have to travel, don't forget to use a mask.



Fifth!

Eat nutritious food
to maintain your health.



Staples



Legumes



Fruits and Vegetables
Sources



Animal Protein
Sources

Sixth!

Keep a safe distance from others at least 1.5 meter. Importantly, avoid the crowd and do not come near to people who are infected by this disease.



**“You can help them by
praying or supporting them
from far...far away...”**



“What about people who have recovered and returned home after being hospitalized?”



Hello
my friend!!!



“Treat them nicely just as you did before they got sick. They still need support and affection from us.”

“Can people get better after infected by this disease?”

“Most people will get better if they get the right treatment. I will always try to help them as best as I can.”



But some don't
get better right?



That' true...Some people also die from this disease. When they die, their hearts will stop beating and they will no longer feel the pain.We will be sad and miss them. But, we can hold them in our memories and in our hearts.



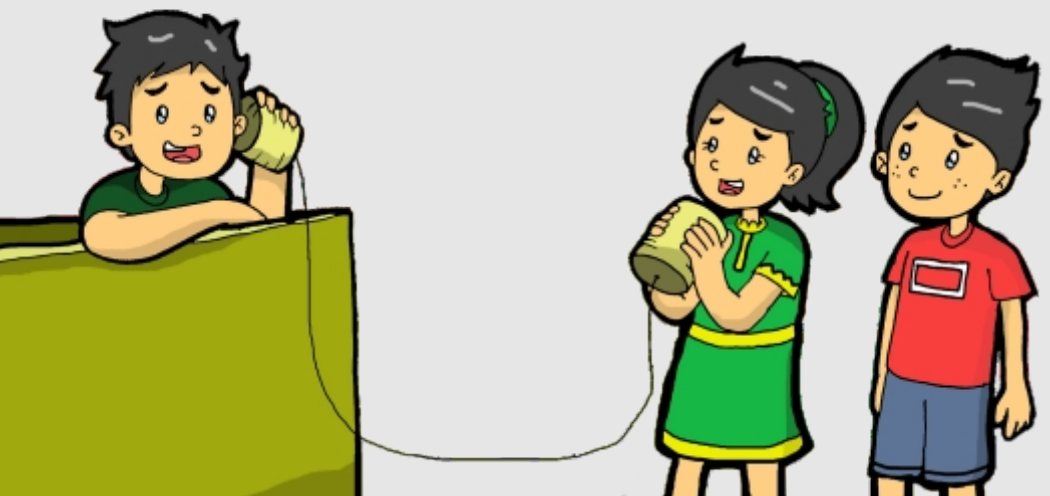
“Maybe you know someone who has died from this disease?”

“Yes, my friend's dad died from this disease. Now he is really sad. What can I do to help him feel better?”



“You can talk and support him over the phone.

Let him know you are still his friend and you will play together again after this situation is improved.”



Thank you Susi!
I like knowing and
talking with you!

I like knowing and
talking with you
too guys!

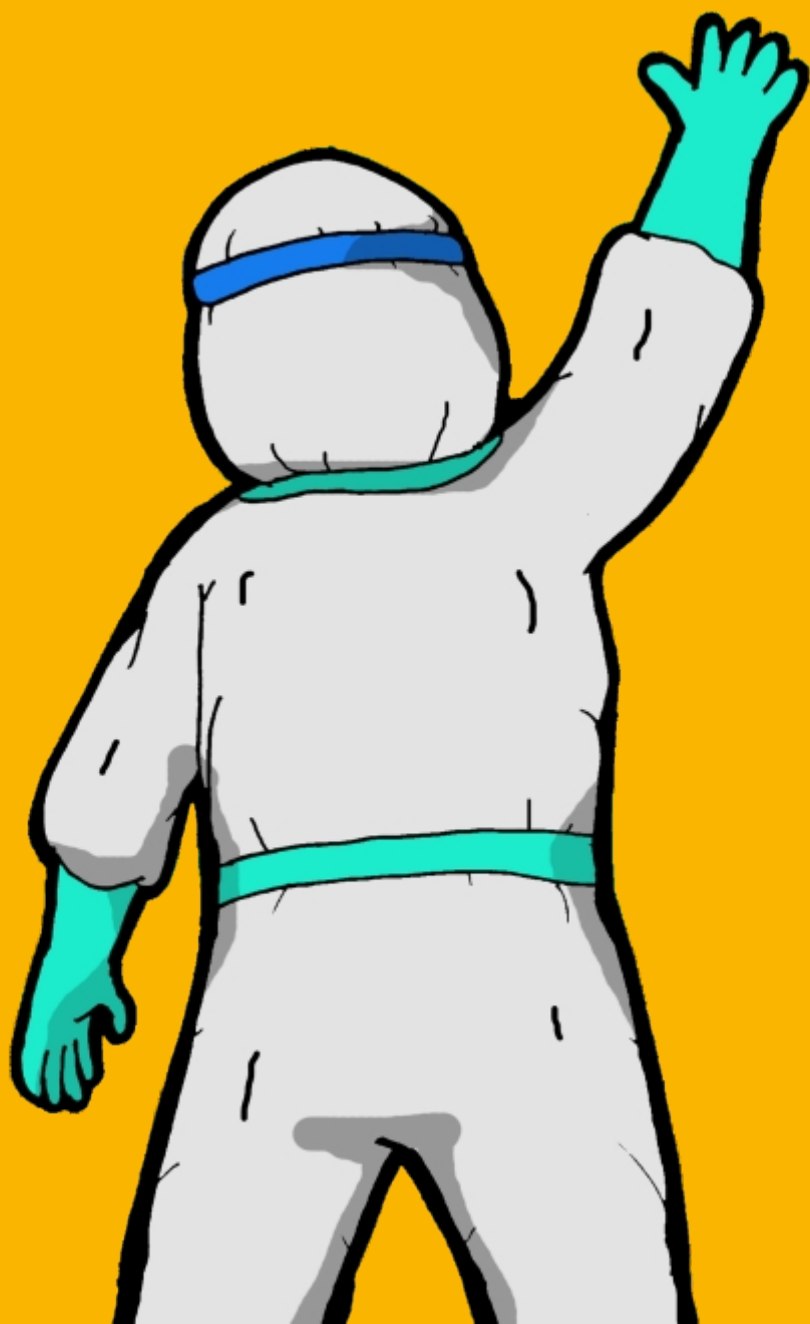


If we meet again, I will wave
my hand at you!

Although I can't come near you while
working, it will be nice to wave...

“Hello!”





How to Talk with Children about COVID-19



Hello!

Guideline for Caregivers

Perhaps you are a parent, aunt or uncle, teacher or community worker who cares for children. Perhaps you, your family, or your community have been affected by COVID-19. You can help children to understand what COVID-19 is, how to stay safe, and how to cope with any

feelings they have, such as sad and anxious. You can also help children to understand how to keep the sense of love, care, and respect that is so important for families and communities to go on together into the future.

Things you can say and do to help children:

1. Give children correct information in a way they can understand. Try not to use big words.
2. Be honest with children about COVID-19, but try not to scare them. For example, you can say that some people will die from COVID-19, but also say that many people survive!
3. Help children not to be afraid of the people who are there to help, even though they are wearing masks, goggles, and other personal protective equipment.
4. Help children to know how to keep themselves safe from being infected.
5. Give children your time and attention when they want to talk about their anxiousness and let them ask questions. Sometimes they might ask the same questions over and over, just be patient and explain your answers again.
6. Young children who are sad and anxious may go back to earlier behaviors, like wetting the bed, easy to cry, or wanting to be very close to you. This is normal. Give them love and reassurance and these behaviors can get better in time.
7. Young children may not understand death. You can tell them that the person who died is not coming back. Comfort them if they cry and feel sad. Explain that although we will miss the person, we can hold the loved one in our memories and in our hearts. Please see this resource for helping children grieve: <https://www.mhinnovation.net/mhps-collaborative-resources>
8. Some children may worry that they caused bad things to happen, like causing someone to get sick or die. Give them understanding and reassure them that they are not the cause of someone becoming sick or dying.
9. Show children by your good example to treat everyone with care and respect, including people who have recovered from COVID-19 and other children who may have had someone sick or die in their household.
10. Because of COVID-19, many schools are closed and children may be home and feeling bored. Help them to create a pleasant and fun atmosphere at home. Make a schedule of activities with children to keep them busy and not bored.
11. Children cope best with stressful situations when their caregivers are calm and reassuring. But sometime adults get upset too and that is OK! If a child sees you sad, crying or upset, just explain that sometimes you feel sad or upset about COVID-19 too and it's normal to feel that way. You can ask them if they ever feel sad or upset and let them talk about their feelings. You can also explain how you help yourself feel better, and reassure the child that you are still there to take care of them.