सत्यमेव जयते
Goverment Of India

KIDS, VAAYU & CORONA :

Who wins the fight?

A Comic for COVID-19 Awareness

Vaayu: A superhero, who works for better public health & environment. Can he defeat Corona?

Corona: A virus, which is spreading fast globally & causing COVID-19 disease.

Dr. Ravindra Khaiwal
Dr. Suman Mor

PANJAB UNIVERSITY 1947

POSTGRADUATE INSTITUTE OF MEDICAL EDUCATION AND RESEARCH CHANDIGARH

सत्यमेव जयते
Goverment Of India

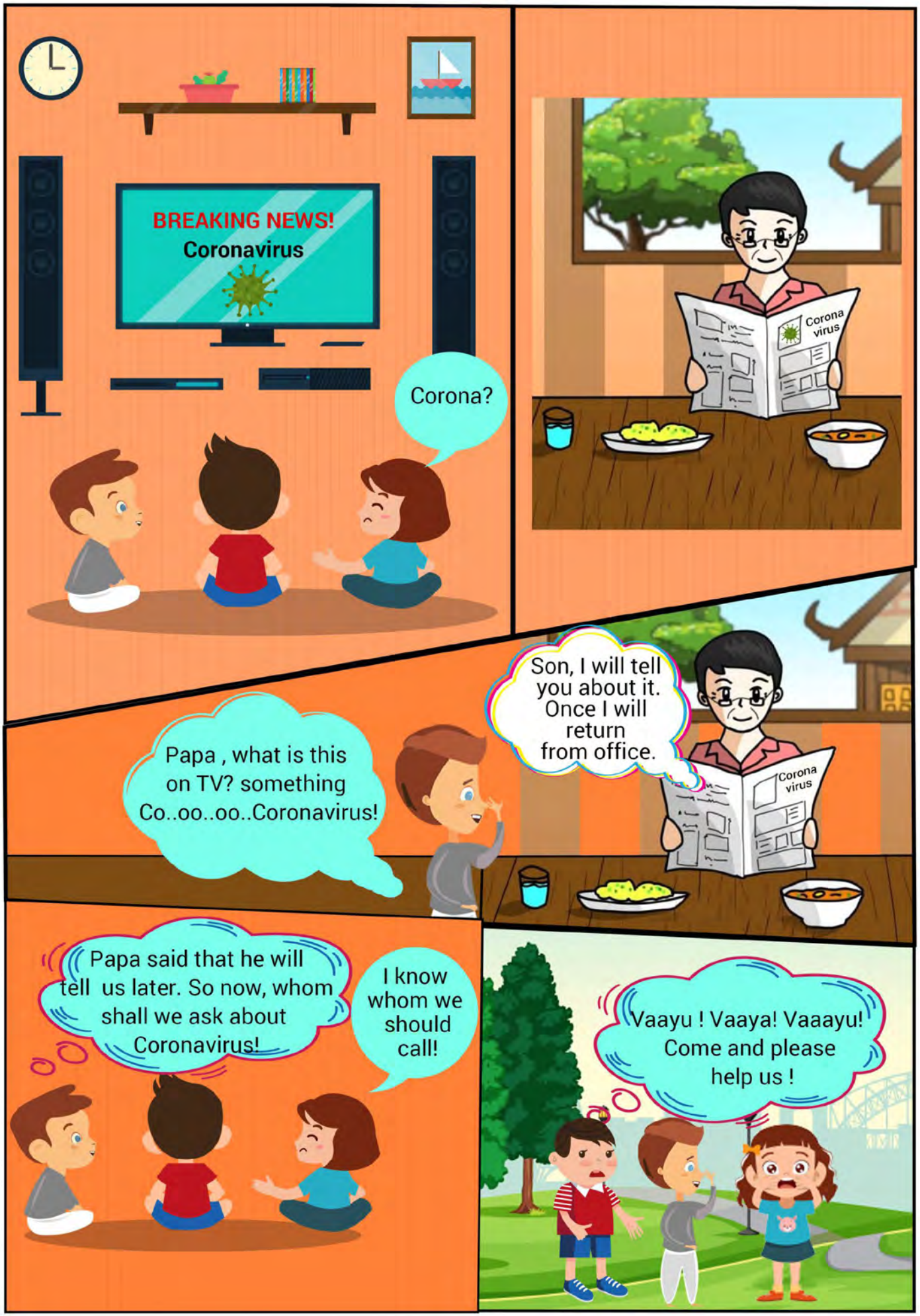
Kids, Vaayu & Corona: Who wins the fights?
(A comic series for COVID-19 awareness)

There is growing concern and perceived threat about the Coronavirus among common citizens. The population of all ages are making use of available media such as newspapers, social media, and television to make themselves aware. From adults to children, most of the discussion these days are centering around the Coronavirus. But for children, especially those below the age of 12 years, Coronavirus has become a cause of concern as they are not able to comprehend the talks and getting worried. The parents should talk to them and resolve their queries so that they do not panic.

Sometimes parents might be busy, and they might not be able to resolve their queries. Considering this PGIMER- Chandigarh, India, and Panjab University-Chandigarh, India created a comic to make children aware about the threat of Coronavirus and how to remain safe through simple precautionary steps. This comic is created to learn, along with fun, and motivate children to be a hero of prevention by defeating Corona.

Vaayu is a global citizen who lives in the foothills of Himalayas, India. He is a superhero, who work for the better public health and environment. He has been called to fight against global threat of Coronavirus and to protect children from sudden panic and fear.

Technically Vetted by:


BREAKING NEWS!
Coronavirus
Corona?
Corona virus
Papa , what is this on TV? something Co..oo..oo..Coronavirus!
Son, I will tell you about it. Once I will return from office.
Corona virus
Papa said that he will tell us later. So now, whom shall we ask about Coronavirus!
I know whom we should call!
Vaayu ! Vaaya! Vaaayu! Come and please help us !

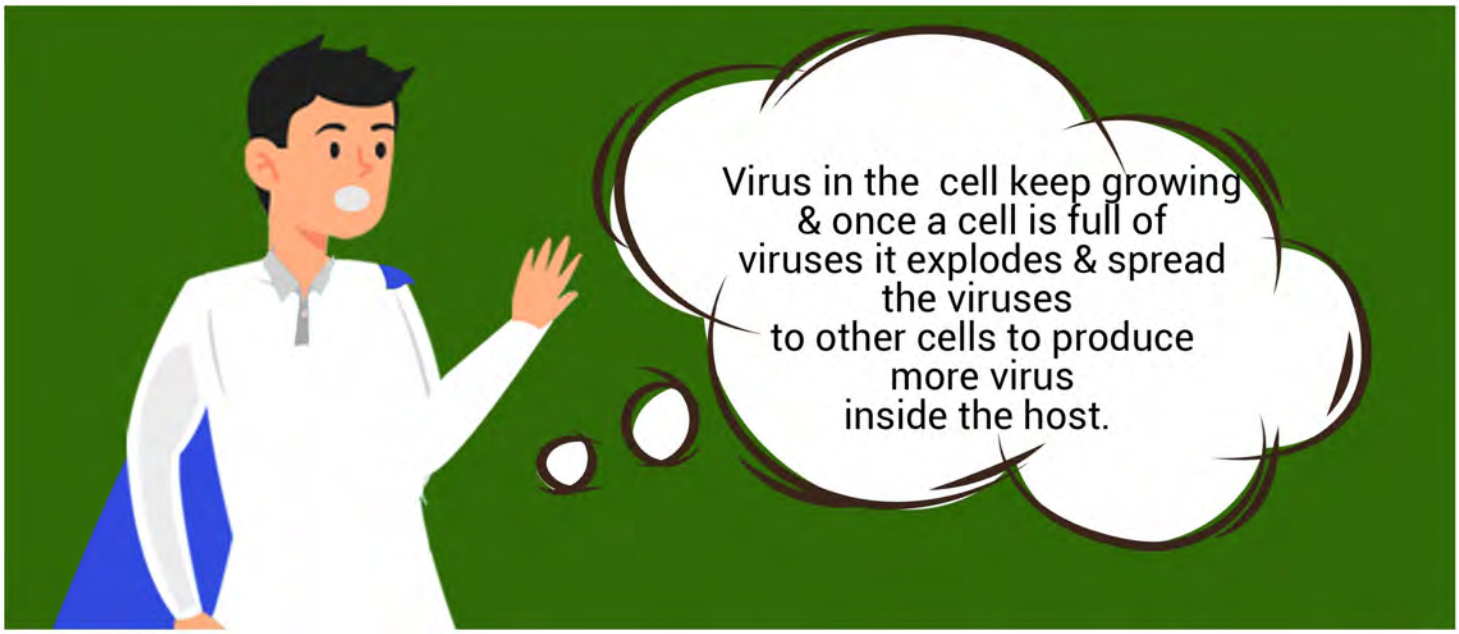
Oh, kids seems to be panic.
I must visit them.
What happened kids?

Vaayu we have heard news about Coronavirus in the TV. Do we need to worry?
Kids! Do you know what is Coronavirus?
No, what are viruses?
Viruses are like germs. They are very small infectious particles that lives inside of living organisms.
Can we see them?
No, they are so small that we can't see from naked eyes.
Ohh!

Vaayu,
How does virus spread?
Virus can't move on its own but they spread easily through touch.
How come?
Please explain.
Let's say if you have cold & wipe your running nose with the back of your hand.
Is it?
Yes
After that
if you shake hand with your friend then you can pass the virus to your friends.

Vaayu, are there other ways through which virus can infect us?
Yes, Virus can float & move through air.
Really?
This is why, doctors & teachers always advice to cover your mouth when you sneeze or cough.

What does a virus do in our body?
Once the virus enter our body, they try to capture a cell & control the cell to make more virus.

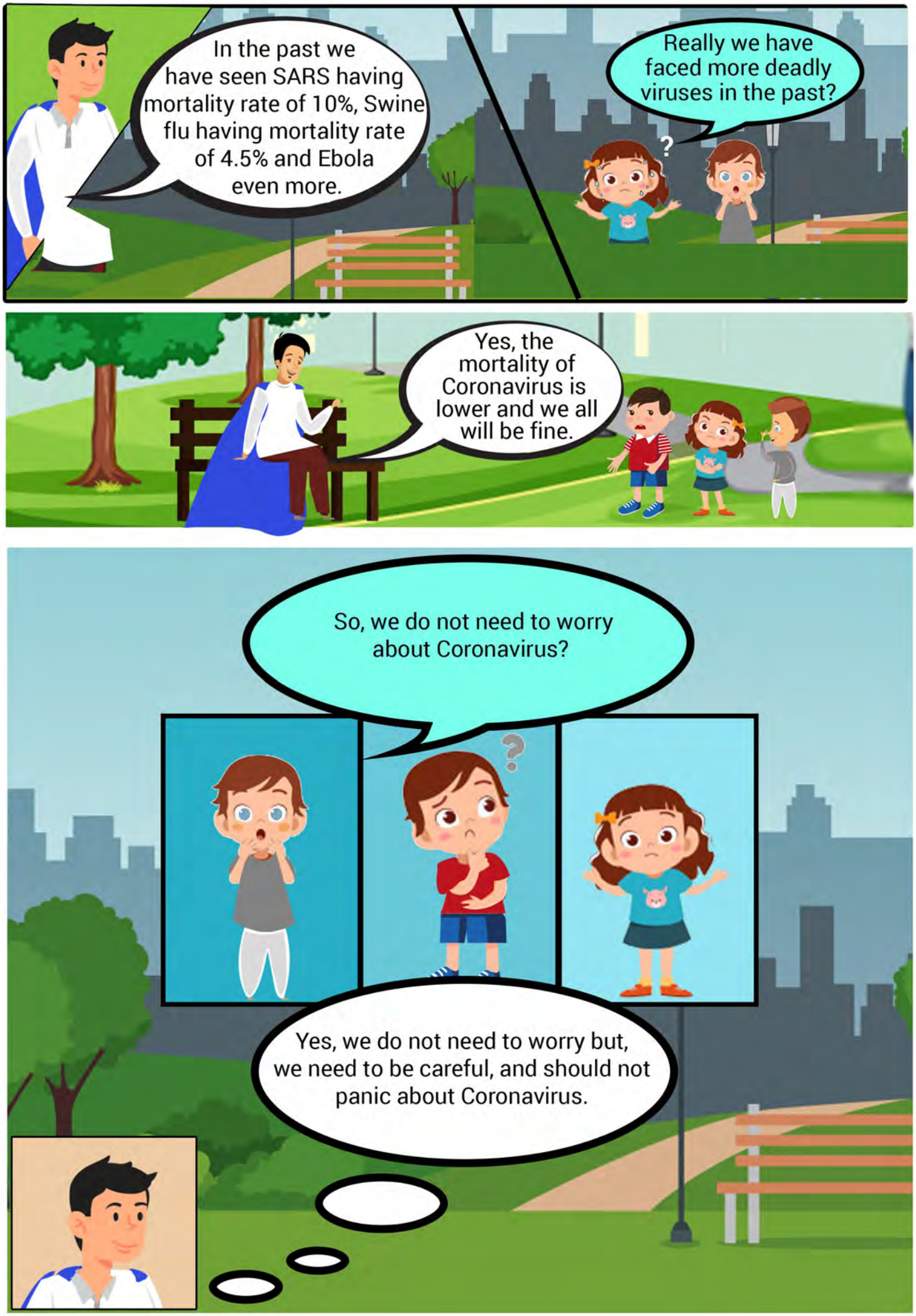

Virus in the cell keep growing & once a cell is full of viruses it explodes & spread the viruses to other cells to produce more virus inside the host.

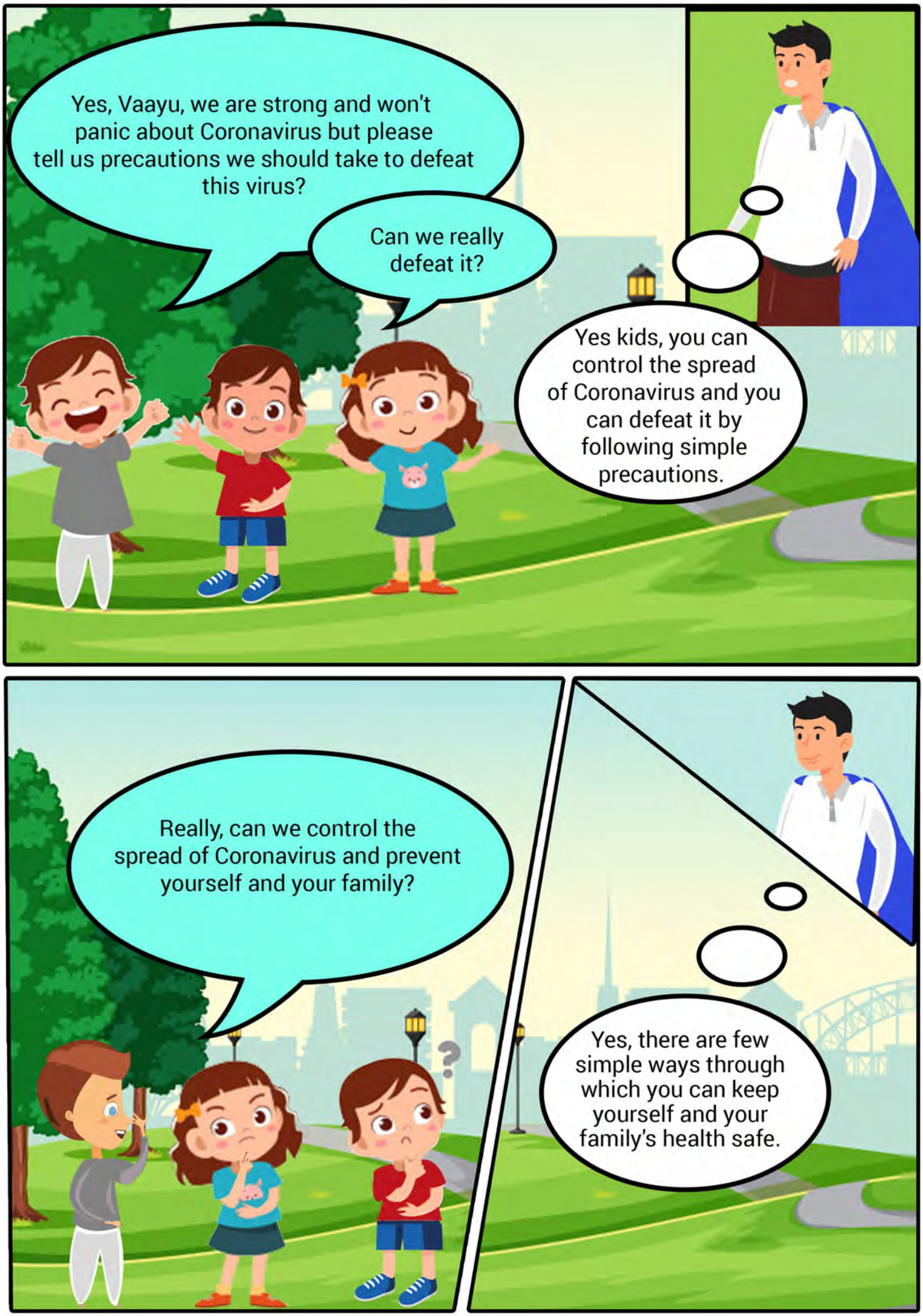
So, they make us sick?
Yes, when they grew in millions. In our life virus atttack us several times but we have self-defence mechanism to recover fast.

Vaayu, Please explain how Coronavirus is different than other viruses?
No, Coronavirus is just like any other virus, which cause Common cold, Flu and Chickenpox.

What are the symptoms of Coronavirus?
Cough, Cold, Headache, Fever, Dry cough and problem in breathing are the symptoms which might appear after the exposure.
Cough & Cold
Fever
Headache
Breathing problem
Dry Cough

Vaayu, we are seeing in newspapers and TV that everybody is talking about Coronavirus.
Are we safe Vaayu?
?
Kids, you do not need to worry about Coronavirus. We all will be fine, if we will follow simple prevention steps.
But Vaayu, we have learned that many people died in China. It is also spreading fast in other countries.
No, we do not need to worry, just follow what i will be teaching you now.
But Why?
The mortality rate of Coronavirus is 2%. That means if 100 people got infected with virus, only 2 person are likely to die.


In the past we have seen SARS having mortality rate of 10%, Swine flu having mortality rate of 4.5% and Ebola even more.
Really we have faced more deadly viruses in the past?
Yes, the mortality of Coronavirus is lower and we all will be fine.
So, we do not need to worry about Coronavirus?
Yes, we do not need to worry but, we need to be careful, and should not panic about Coronavirus.


Yes, Vaayu, we are strong and won't panic about Coronavirus but please tell us precautions we should take to defeat this virus?
Can we really defeat it?
Yes kids, you can control the spread of Coronavirus and you can defeat it by following simple precautions.
Really, can we control the spread of Coronavirus and prevent yourself and your family?
Yes, there are few simple ways through which you can keep yourself and your family's health safe.

Wow! This is interesting that we can defeat Corona Virus.
Please tell me more about infection control!
Ok kids, i will tell you simple steps to follow not only for Coronavirus but also other viruses and bad germs.

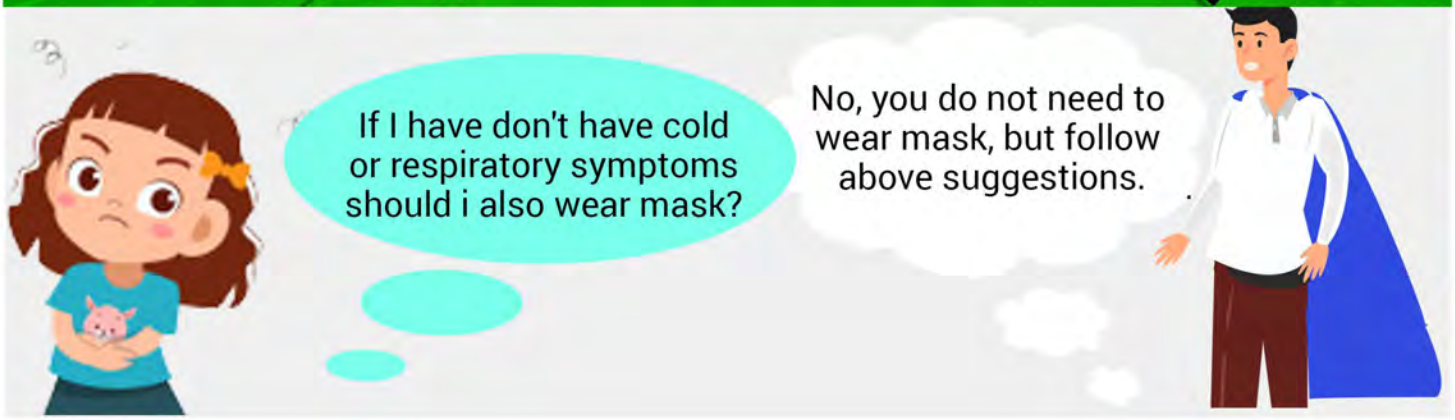
First step is that we need to be clean & maintain hygiene. Use hand sanitizer & wash your hands properly.
How we wash our hands properly to kill germs?

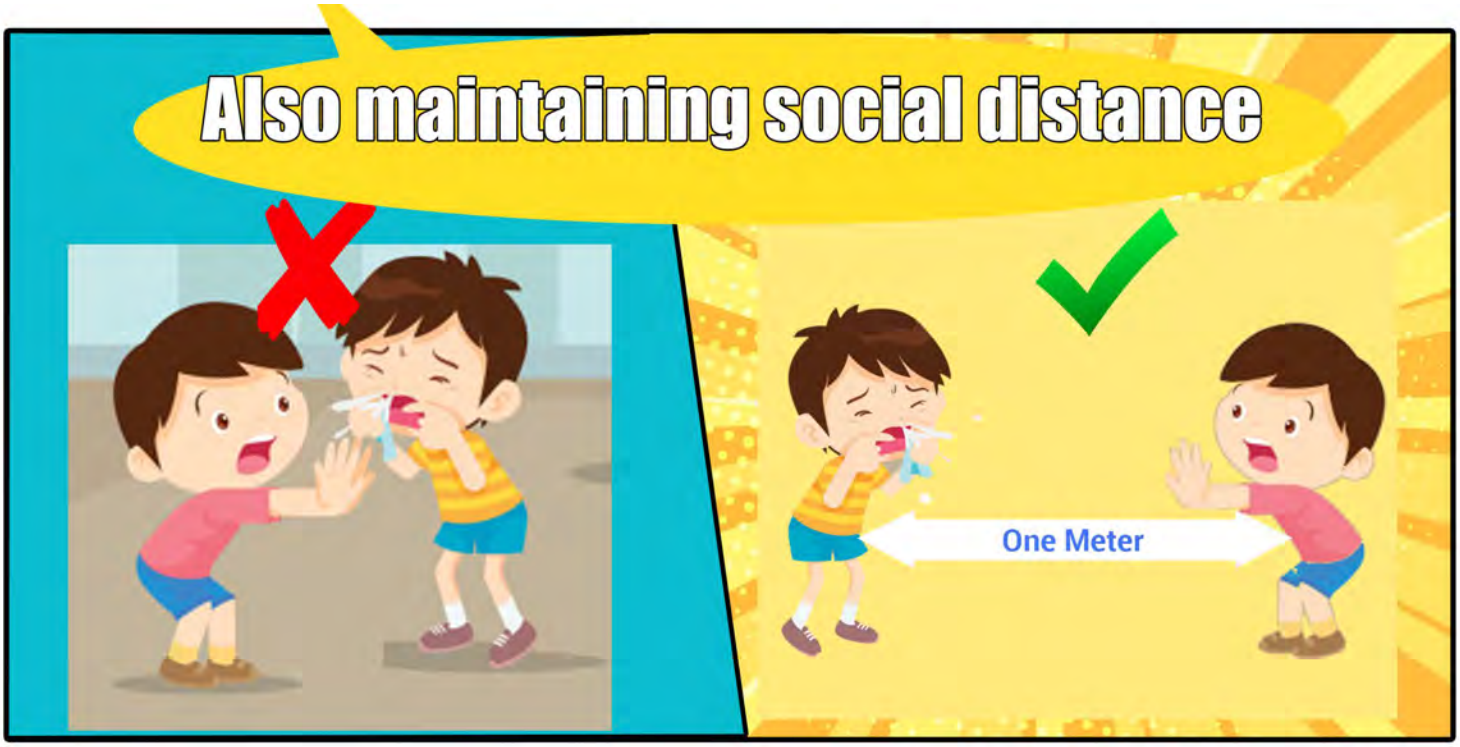
The germs and bacteria hide at a place, where it is hard to kill them. So, we need to wash our hands properly. Now follow with me these seven steps.
Washing hands instructions
1
WATER AND SOAP
2
PALM TO PALM
3
BETWEEN FINGERS
4
FOCUS ON THUMBS
5
BACK OF HANDS
6
FOCUS ON WRISTS
7
WIPE WITH CLEAN TOWEL

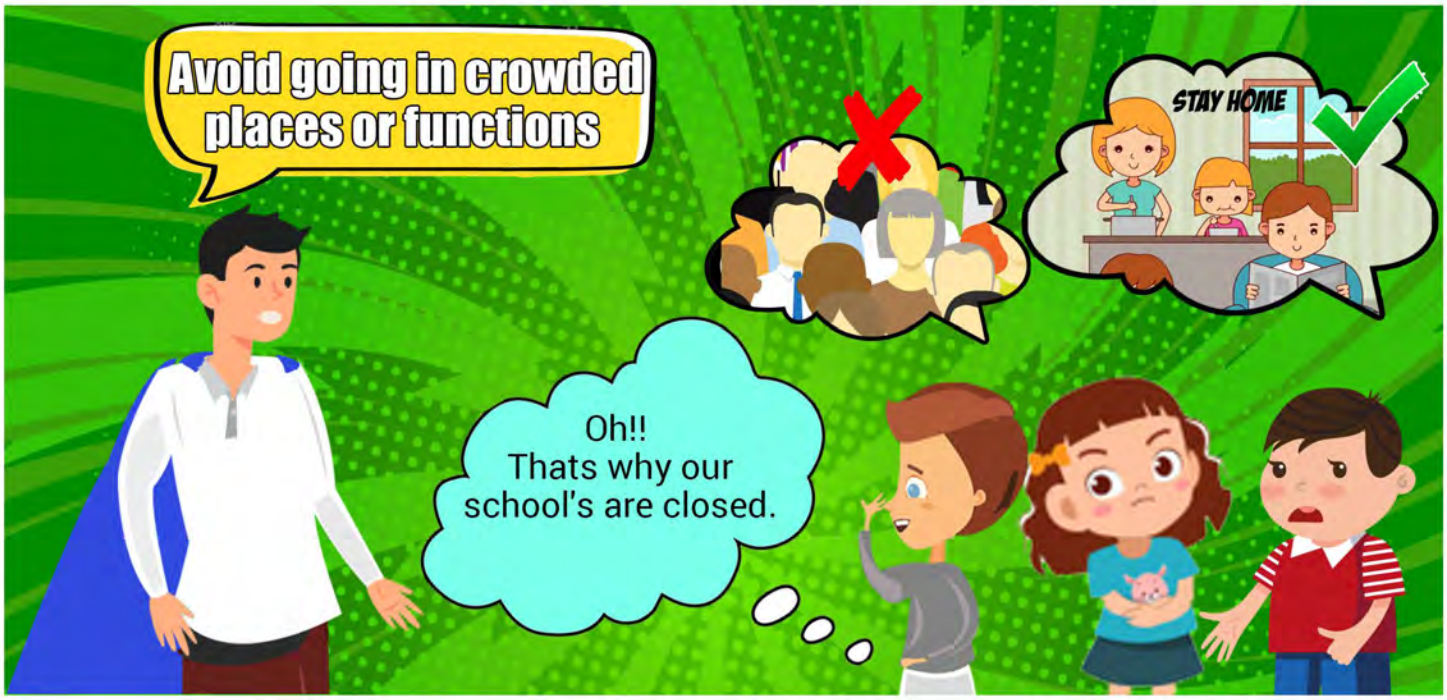
Ok kids, as you know virus spread through touch, let's greet in traditional ways.
What does it mean?
Let's Greet Like This
As-Salaam-Alaikum
Hello Everyone
Namastey
Sat-Sri-Akal Ji
Not Like This

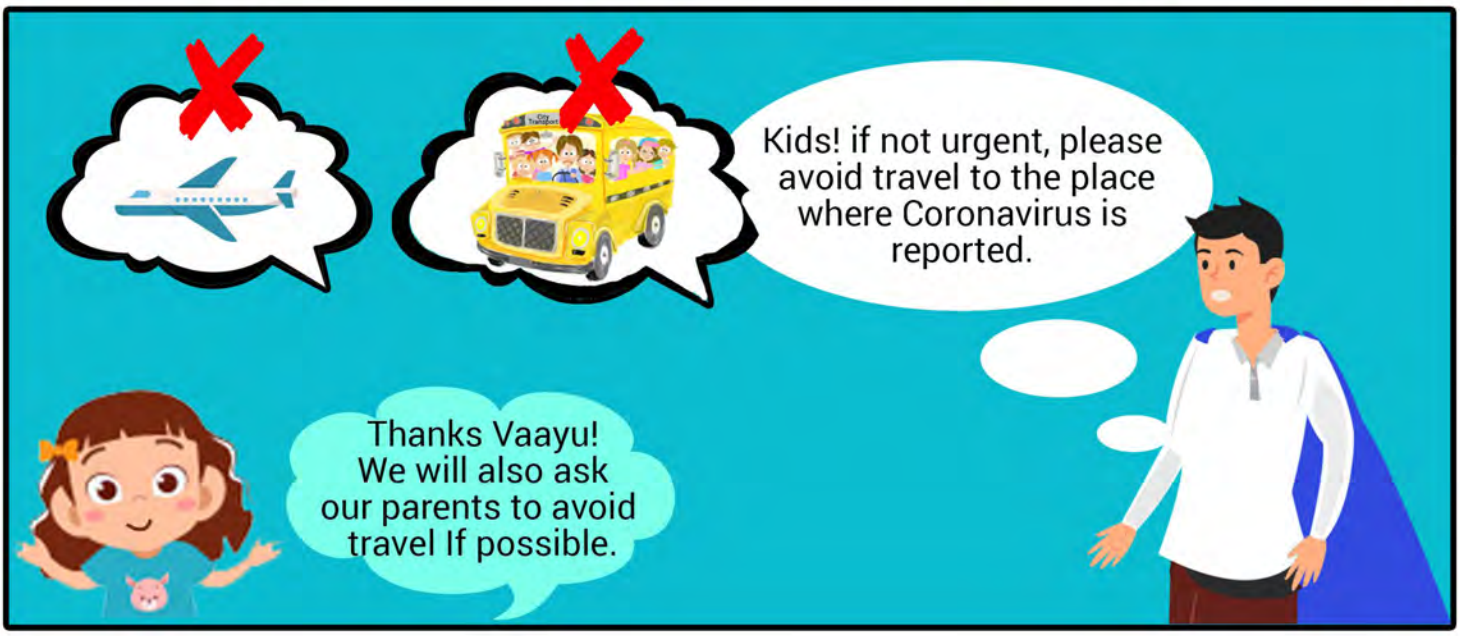
Other steps includes that you cover your face with mask when go in crowded places.
Do we all need to wear mask?

No kids, you need to wear mask only when.....
If you are a health worker & attending to individuals with repiratory symptoms.
If you have respiratory symptoms-cough, difficulty in breathing.
NOT needed for general public who do not have respiratory symptons.
If you are providing care to individuals with respiratory symptoms.

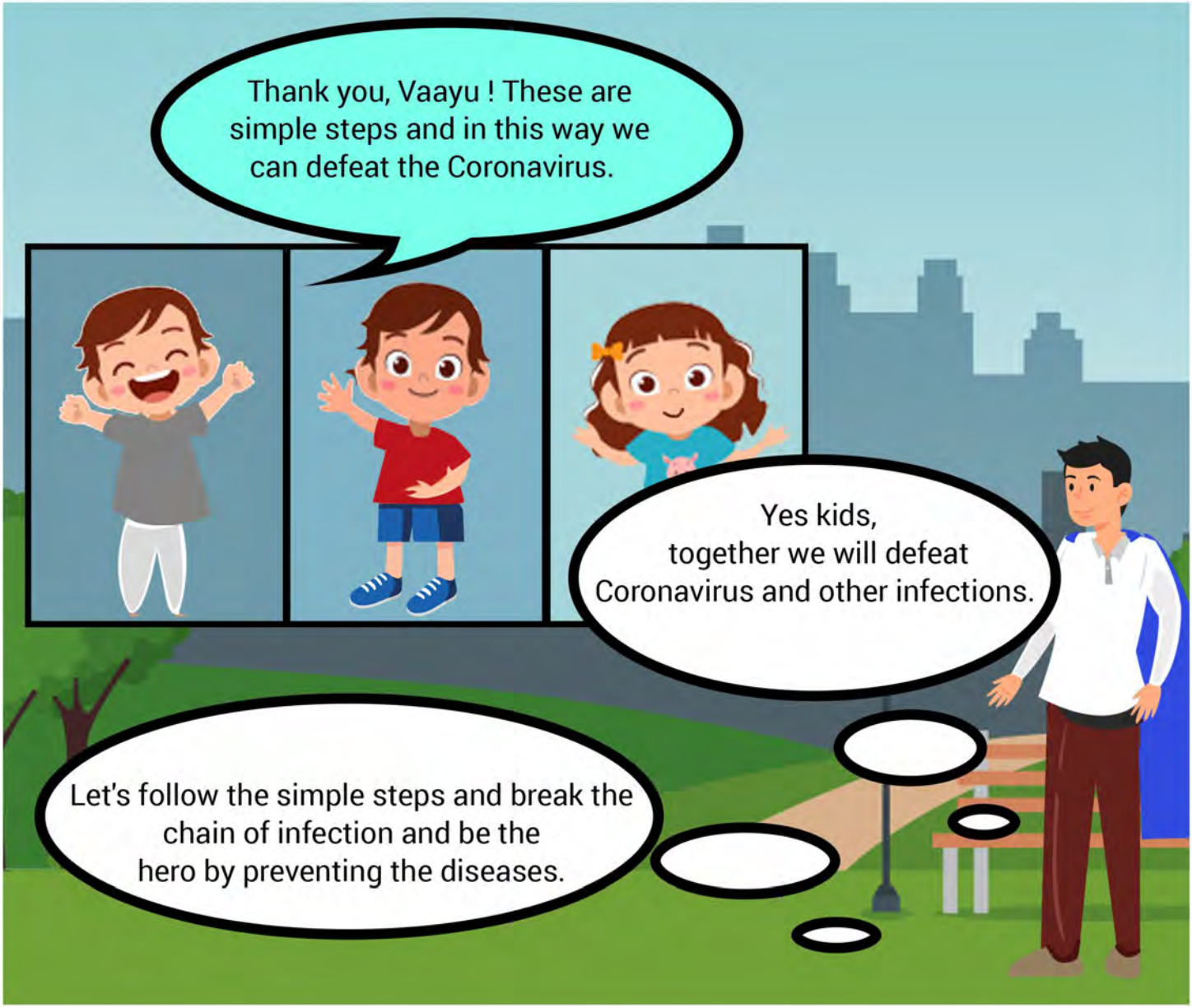

If I have don't have cold or respiratory symptoms should i also wear mask?
No, you do not need to wear mask, but follow above suggestions.


Also maintaining social distance
One Meter

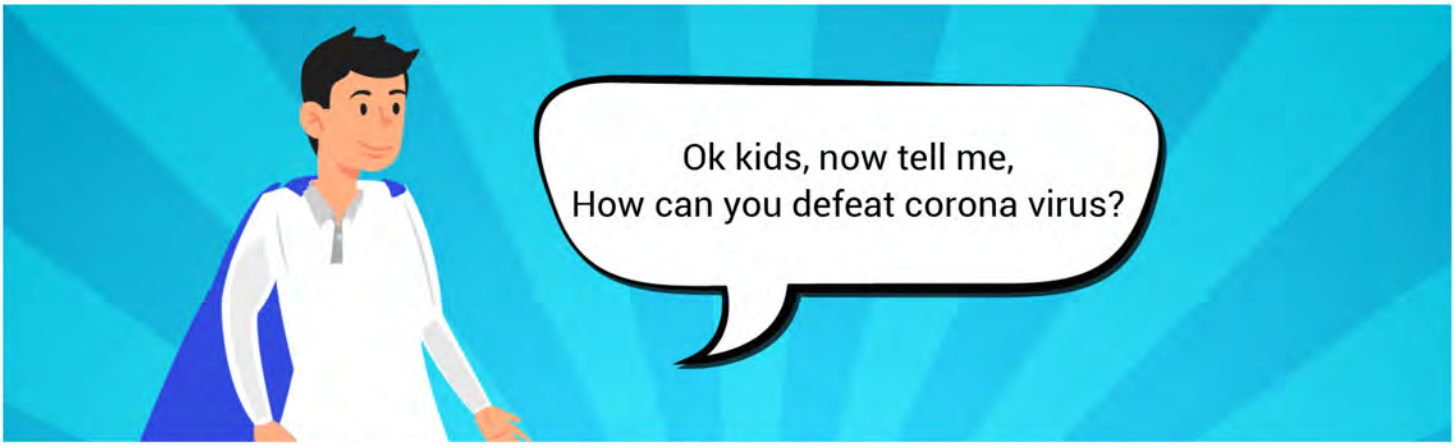

Avoid going in crowded places or functions
STAY HOME
Oh!!
Thats why our school's are closed.


Kids! if not urgent, please avoid travel to the place where Coronavirus is reported.
Thanks Vaayu!
We will also ask our parents to avoid travel If possible.

If you have cough, fever or difficulty in breathing, contact a doctor immediately and follow the advice given by your doctor.
Hello kids!
Great! these are simple steps to defeat Coronavirus or other germs.


Thank you, Vaayu ! These are simple steps and in this way we can defeat the Coronavirus.
Yes kids, together we will defeat Coronavirus and other infections.
Let's follow the simple steps and break the chain of infection and be the hero by preventing the diseases.

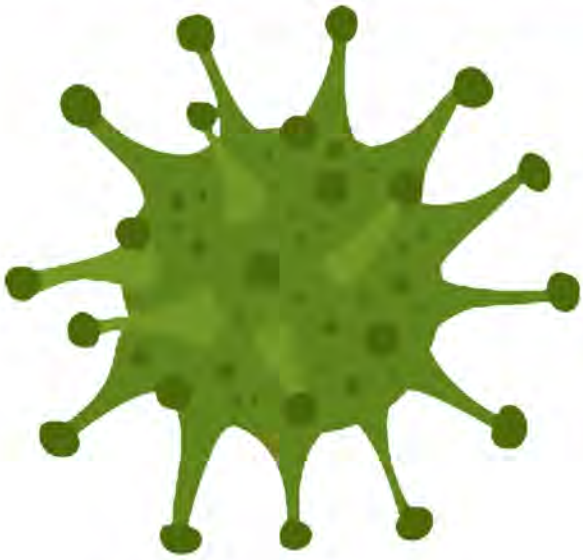
Yayyyyyyy ! That's a good break the chain of infection.
That's good, please also teach your friends and ask them to be active about the spreading germs and viruses.


Ok kids, now tell me,
How can you defeat corona virus?

By washing hands properly.
By maintaining social distance.
1 Meter
By greeting traditionally.
Maintain & Proper hygine
If sick, follow doctor advice

Thank you, kids. You are my Heroes! If you can not go out, play indoors!
Thank you, Vaayu.
Vaayu Going
Yay ! Now we can play indoors.
Yeah, we can play some interesting indoor games like Jigsaw, carrom, ludo, jenga, reading books and comics.

Coronavirus FOR CHILDREN OF AGE GROUP 9 TO 12 YEARS



Corona Viruses are a large family of viruses that causes illness ranging from common cold to more severe diseases , such as Middle East Respiratory Syndrome (MERS- CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

Common signs of infection include respiratory symptoms cold, fever, cough, and breathing difficulties. In more severe cases , infection can cause pneumonia , severe acute respiratory syndrome , kidney failure and even death.

(Source: WHO)

Concept, Script and Idea:

Dr. Ravindra Khaiwal
Additional Professor Of Environment Health
Department of Community Medicine and School of Public Health
PGIMER, Chandigarh
Khaiwal@yahoo.com, Khaiwal.ravindra@pgimer.edu.in

Dr. Suman Mor
Associate Professor and Chairperson
Department of Environment Studies
Panjab University, Chandigarh

Contribution:

Aaditya Khaiwal, Ankur School, Chandigarh

Lakshya Khaiwal, Chitkara International School, Chandigarh

Anchita Thakur and Kirti Dutt, Panjab University, Chandigarh

Graphics: Sonali Verma and Shruti Govil, Panjab University, Chandigarh

Technical Support:

National Centre For Disease Control (NCDC), New Delhi

World Health Organization (WHO)

Acknowledgements:

Health Care Without Harm (HCWH),
Chandigarh Pollution Control Committee (CPCC)