

# KIDS, VAAYU & CORONA

## : COVID APPROPRIATE BEHAVIOUR

(A Comic to Guide Normal & Healthy Life during COVID-19)



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# KIDS, VAAYU & CORONA : COVID APPROPRIATE BEHAVIOUR

(A Comic to Guide Normal & Healthy Life during COVID-19)

There is growing concern & perceived threat about the Coronavirus among the general public. The population of all ages is making use of available media such as newspapers, social media & television to make themselves aware. From adults to children, most of the discussions these days are centering around the Coronavirus. Coronavirus has become a cause of concern for kids as they are not able to comprehend the new changes & getting worried. Parents should talk to them & resolve their queries, so they do not feel panic. We recommend 'Kids, Vaayu & Corona' comic part 1, part 2 & part 3 for their help.

Since the unlocking of lockdown started by allowing social and economic activities hence, there is a need to sensitize the public and children about the COVID appropriate behaviour to contain the disease. Considering this PGIMER, Chandigarh & Panjab University, Chandigarh (India) prepared the fourth part of the comic to educate them about new behaviour norms to ensure safety of all and to restrict the spread of COVID-19 disease.

This comic is created to motivate children to adopt new norms of COVID appropriate behaviour & to be a hero of prevention.

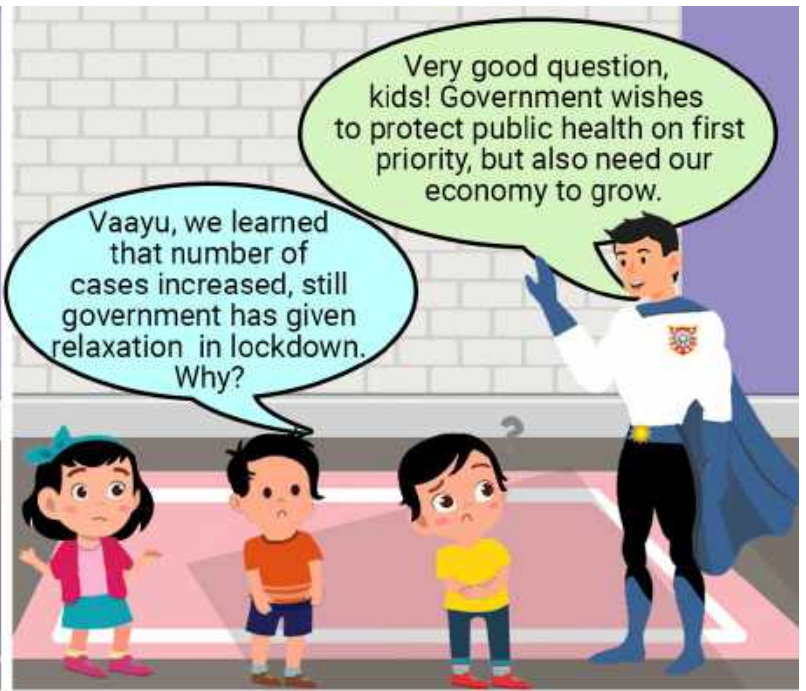








Let me first dispose off my face cover safely & sanitize my hands.



Vaayu, we learned that number of cases increased, still government has given relaxation in lockdown. Why?

Very good question, kids! Government wishes to protect public health on first priority, but also need our economy to grow.



Economy to grow? Please explain!



Ok, let me explain! Tell me first if your parents have received salary for last month?



Yes!

Yes!

But you know, my friend Raju told me that his father is a street vendor and he lost his earning during lockdown period.



Rightly said kids! There are many people whose livelihood is affected during the lockdown. Gradually, opening the lockdown will help to bring their life to normal.



Yes Vaayu.

Did you or your family offered help to needy?



Yes, We did !  
Our Prime Minister also said to help those who depend on us for their livelihood.

The Government has also announced a financial pack of 20 Lakh Crore to help all the sections of the society, including farmers, street vendors, daily wagers etc & to those who are affected during this lockdown.



This will be really helpful.

Yes, kids, economic package & relaxation in lockdown will restart the economy as most of the activities were closed during this lockdown.



Yes Vaayu! We know that only essential services were allowed during this period.

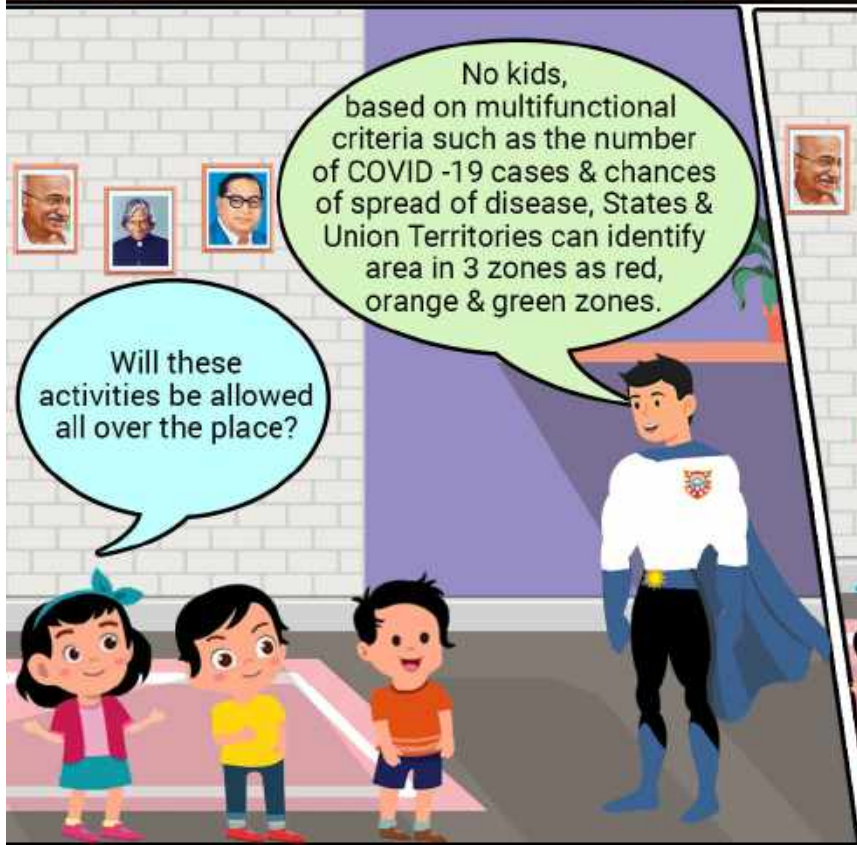
Yes, the essential services helped to minimise the difficulties during the strict lockdown.

Now opening of all shops, industries & other commercial activities will help people & to boost economy.



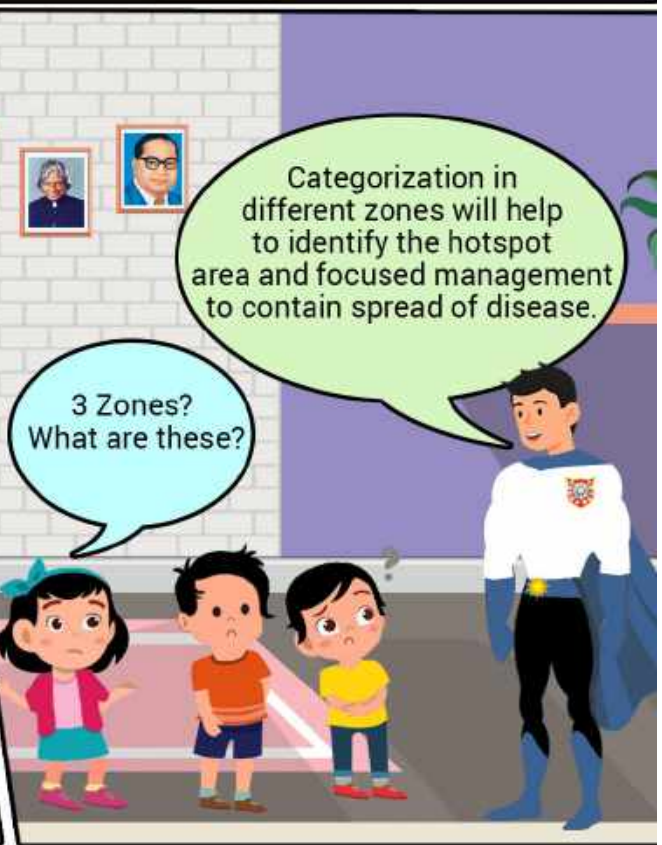
Yes Vaayu!  
We heard in news  
that government has now  
allowed opening of markets,  
shops, industries, salons,  
restaurants, religious places  
etc.

That's true kids!  
Government allowed these  
activities. But we have to  
follow guidelines on preventive  
measure to contain spread  
of COVID-19 which are being  
issued by government time  
to time.



No kids,  
based on multifunctional  
criteria such as the number  
of COVID -19 cases & chances  
of spread of disease, States &  
Union Territories can identify  
area in 3 zones as red,  
orange & green zones.

Will these  
activities be allowed  
all over the place?



Categorization in  
different zones will help  
to identify the hotspot  
area and focused management  
to contain spread of disease.

3 Zones?  
What are these?



What are  
these zones?

RED: 'Hot spots'  
based on number of  
active cases, doubling rate of  
confirmed cases, extent of  
testing, surveillance &  
feedback.

YELLOW -District  
falling neither under  
Green nor Red Zone.

GREEN-No  
confirmed cases  
of COVID -19 or no  
new cases from  
last 21 days.









# Ensuring safety at Public Places/Market



Wear face cover while going for shopping

Avoid touching your eyes, nose and mouth



Before shopping sanitize the handle of trolley or baskets wherever possible



Wash your hands immediately after coming inside and also after storing purchased items



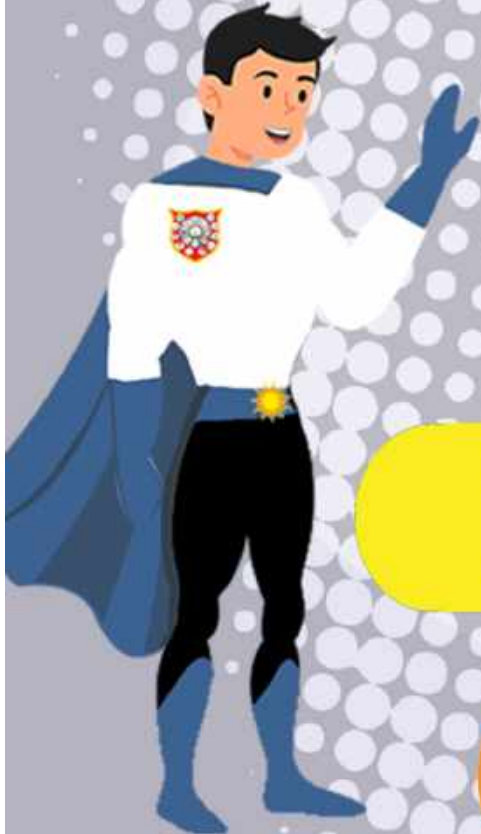
Maintain at least 6 feet distance from others



Use digital payment modes at the counter



Keep cash as per your shopping and avoid taking change back





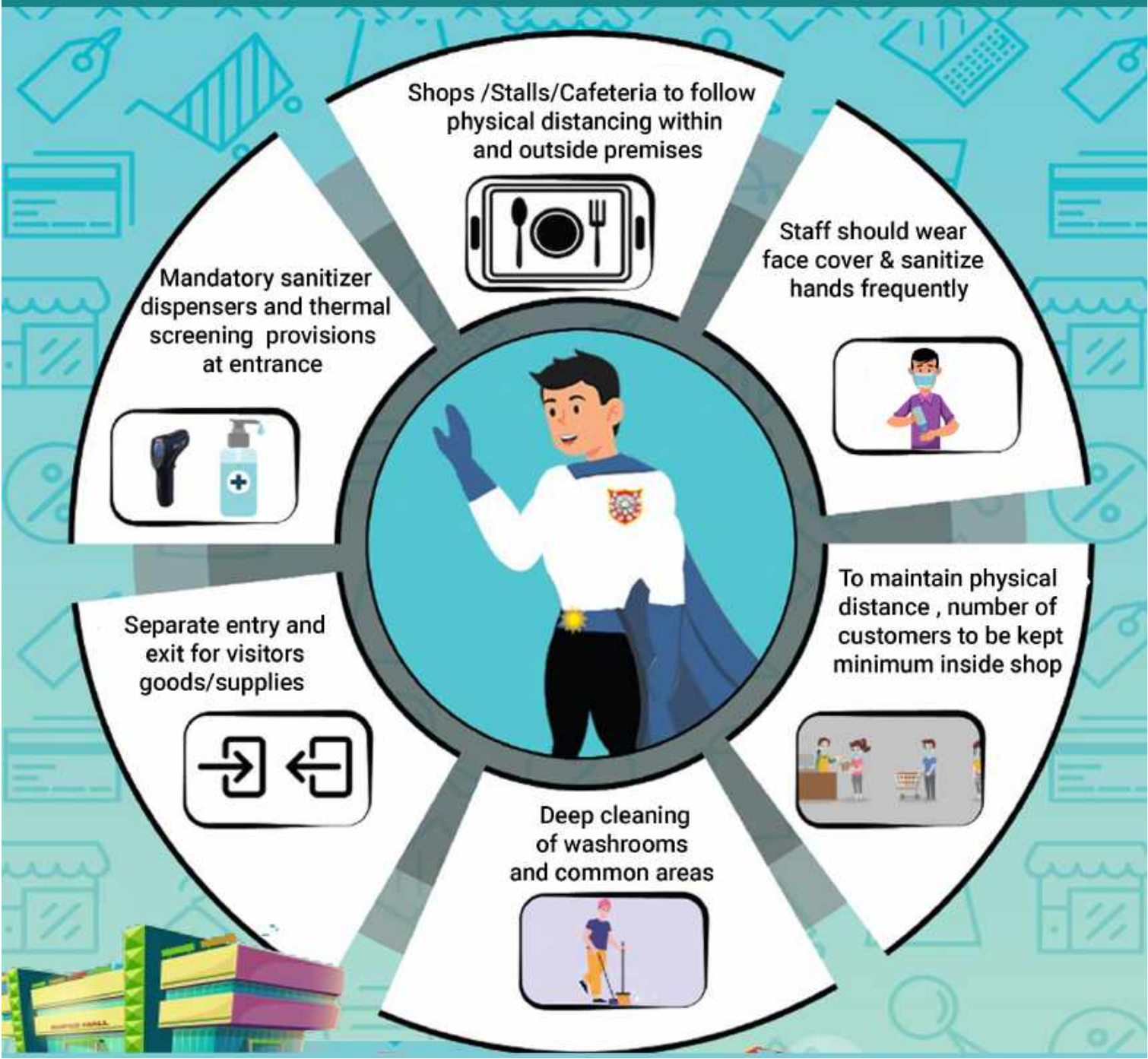
## Precautions to be taken at Banks/ATM

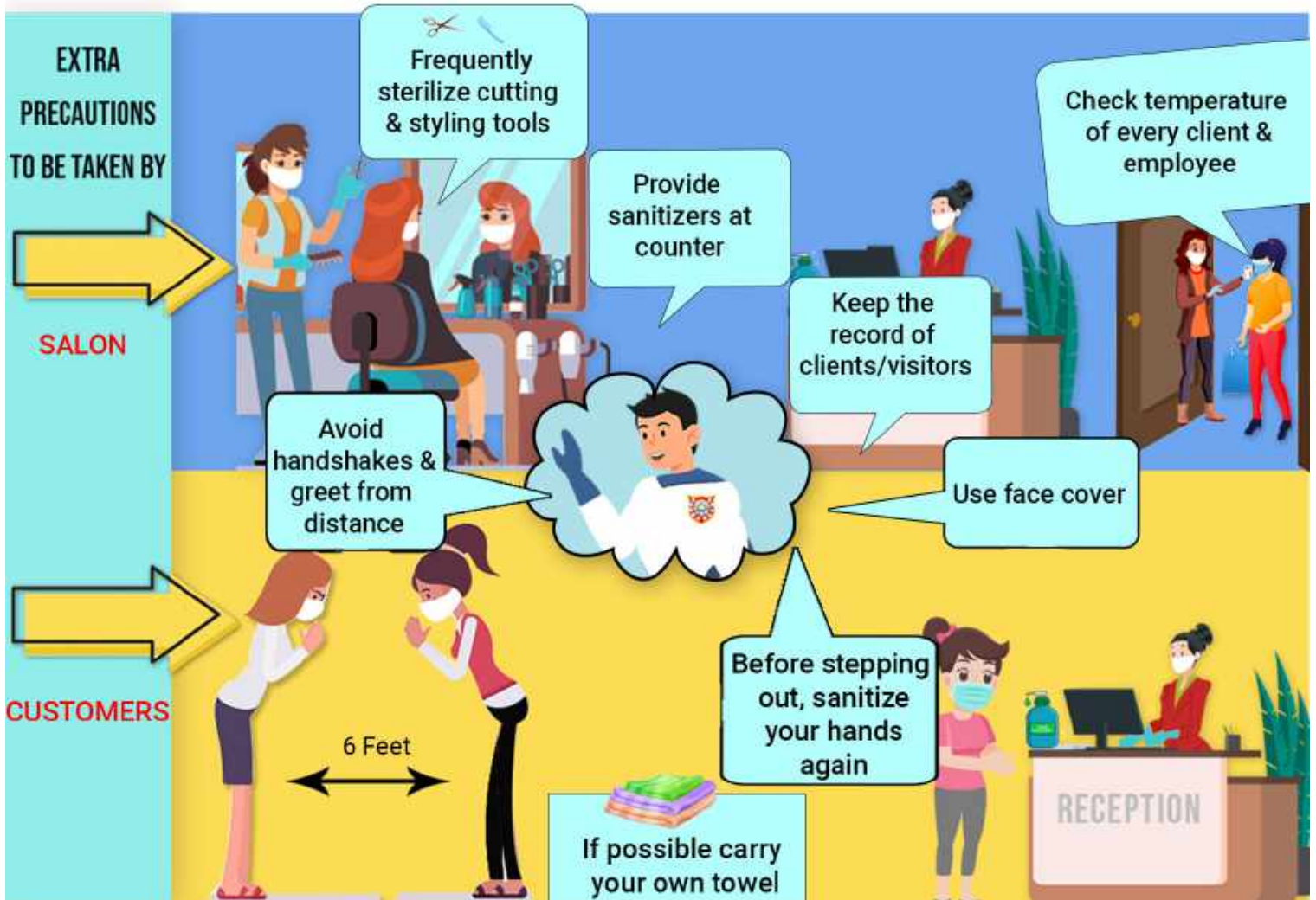
-  Carry your own sanitizer and wear face cover
-  Maintain a physical distance of at least 6 feet
-  Avoid touching your face casually while waiting
-  Carry your own pen & avoid touching any surface in bank as well as ATM casually
-  Sanitize your hands properly before & after touching ATM keys
-  Avoid entering ATM kiosk if someone else is using
-  Avoid using ATM if you are suffering from flu





# Precautions at Shopping Malls







Download Aarogya setu app

Use Mobile Phones on speaker mode

Use headphones headsets (wired/ wireless) to avoid direct contact with the face/mouth

Avoid keeping off the mobile phone on any surface

Switch off phone before cleaning

Avoid entry of moisture through any openings & do not use liquid directly on the phone

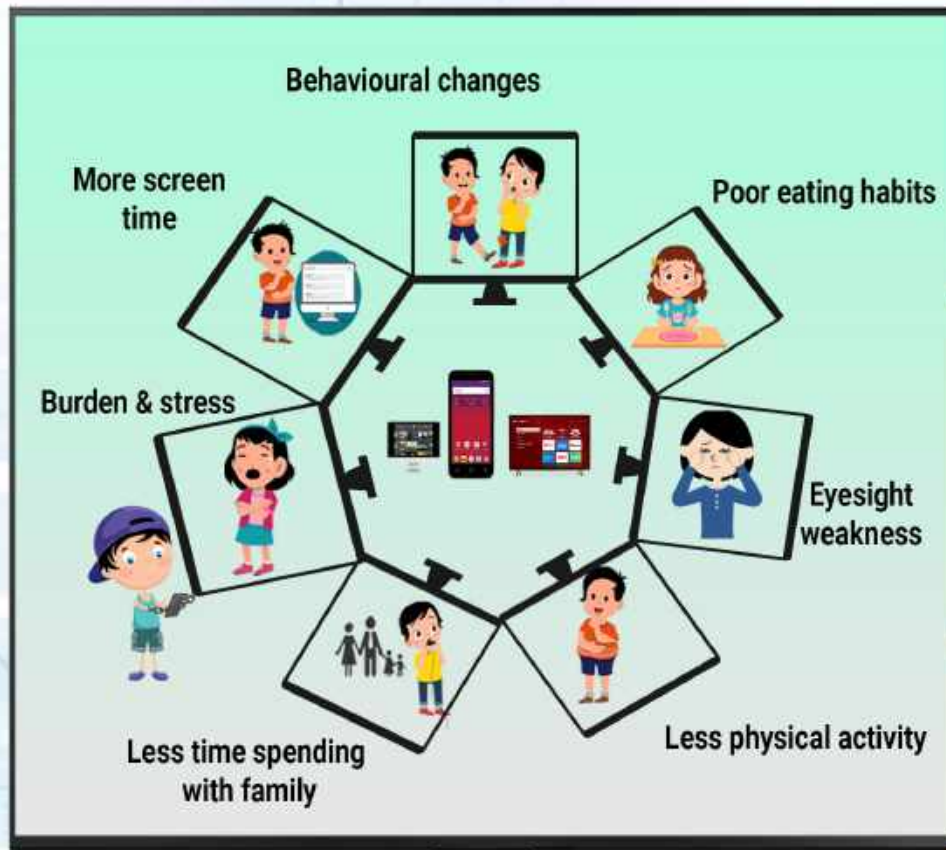
Use a soft, Lint-free, waterproof wipe, like camera lens wipe. Gently wipe the surface of the device

Do not use bleach or any cleaning solutions directly on phone

Ok! We will take care.



# Digital Addiction





## Working from Home (Healthy Practices)



### Adjust light setting & minimise glare

Close the blinds or move computer away from light coming through window to avoid strain on eyes



### Keep distance & rearrange desktop at comfortable height

Keep monitor just below the eye level & about 20 to 28 inches away from eyes



### Set up a dedicated area for work

Use comfortable & supportive chair. Keep your back straight while working



### Give a break to your eyes

After every 20 minutes look away from screen, at an object about 20 feet away for 20 seconds

### Take a break & do some exercises

Take short break & do yoga, walk or stretching exercise



### Check out computer settings

Adjust the computer brightness setting as per the comfort of eyes









# Precautions to be taken at Workplaces



Employee living in containment zone should be allowed to work from home till the zone is denotified



Shops, cafeteria inside office premises should follow physical distancing norms



Mandatory thermal scanning at entry & hand sanitizer at workplace



At workplace avoid visiting each other's office without any work



Maintain physical distancing while using public transport and wear face cover



High risk employee should take extra precautions



Ensure use of face cover by all staff/visitor. Office hours, lunch hours/coffee breaks to be planned for small batches



Limited number of people in elevators

Do they also need to take precautions while organising any meeting or event in their office?

Yes! they also need to take extra precautions.



## Precautions to be taken while organising meeting/events at workplace



Practice traditional greetings without touching each other like Namastey

At meeting or event encourage hand washing or use of sanitizer before start of event



Ensure that seats of the participants are at least 6 feet away



Keep the venue well ventilated



Encourage meetings through video conferencing whenever possible



Keep the record of all meetings & events with details of the participants for easy tracing



Thank you, Vaayu.

Vaayu, our househelper also joined us. Which precautions all of us have to take?

Kids, househelper also need to follow some precautions!





Clean & disinfect highly touched surfaces frequently!

Sanitisation of hands, without touching anything is important after entering house

Workers should wash their hands before entering the house

## Precautions to be taken by Domestic Workers/Housemaids



Ensure usage of gloves or face cover by domestic workers

Avoid touching eyes/nose while washing dishes

Regularly disinfect cleaning tools using good disinfecting agent

Toilet surfaces should be cleaned daily with regular household bleach solution or disinfectants



I wish to visit my worship place.

Vaayu! When we can visit temple ?

Kids, you have to wait for sometime. However, your parents can go to the place of worship of their choice with some precautions.



# Precautions at Place of Worship



Traditional greeting practices should be followed by keeping 6 feet distance



Mandatory sanitizer dispensers & thermal screening provisions at entrance



Everyone should use face cover while visiting worship places



Devotee to carry their own mats



Ensure hand washing with water & soap & use of hand sanitizer before entering & after coming out of place



Persons with symptoms of sickness should not visit



Seating arrangement to be ensured to maintain adequate physical distancing



Take off & keep footwear in your vehicle only and wash feet before wearing them again



Ensure proper disposal of mask / face cover / gloves left by visitors

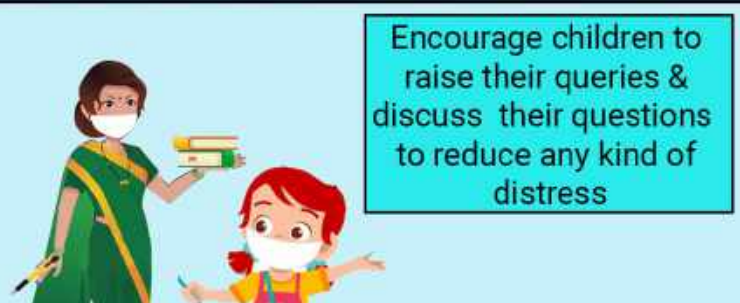
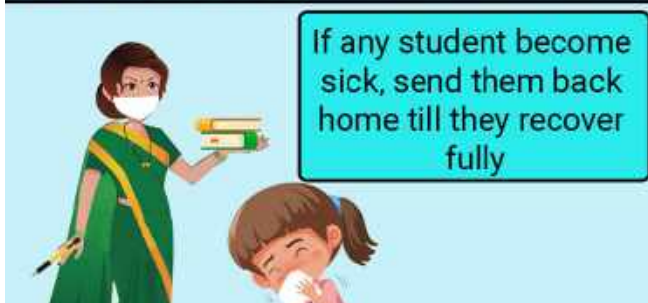
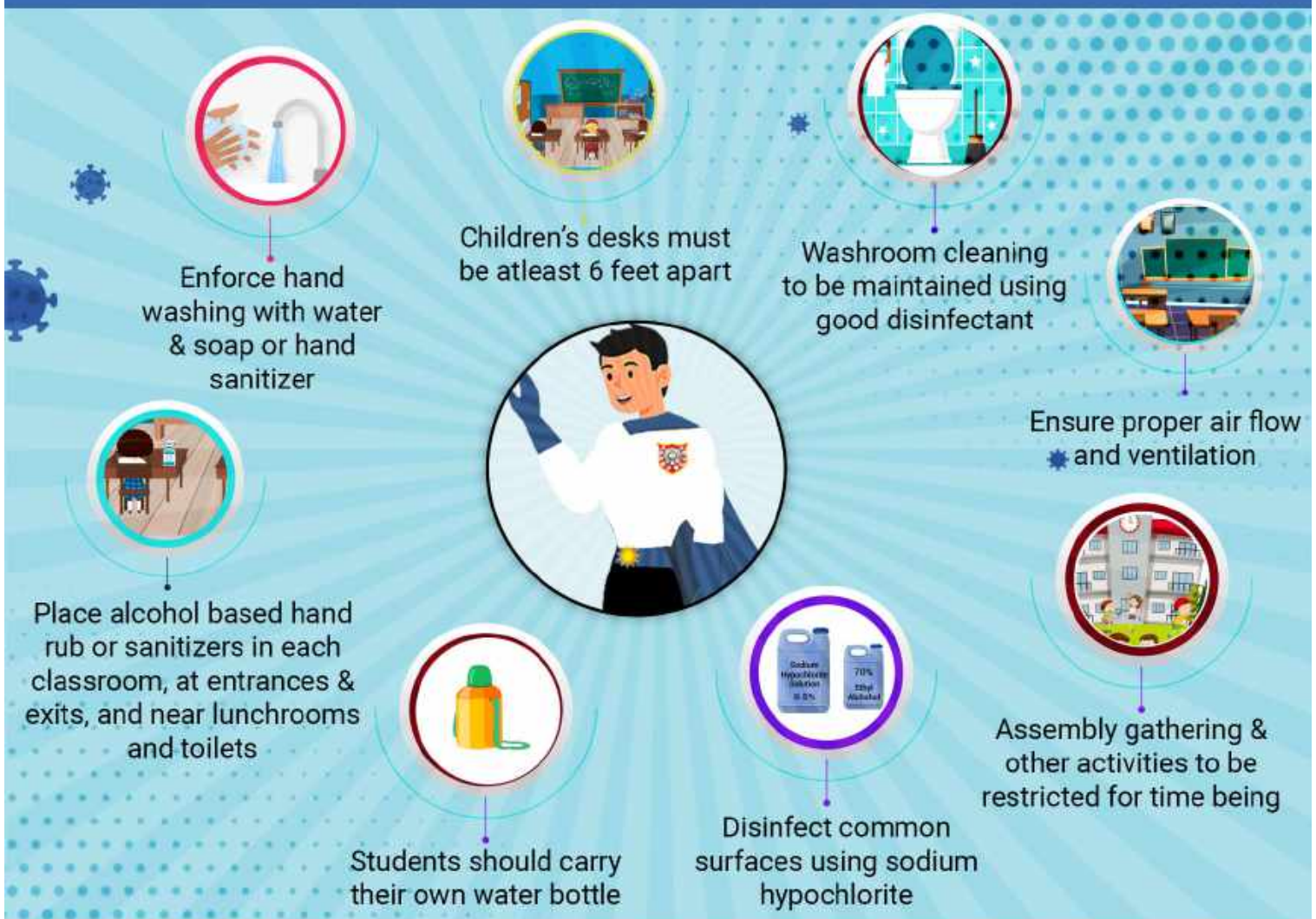


Prasad distribution or sprinkling of holy water is restricted for time being





## Precautions to be taken at School



Please tell me if we can visit our family & friends in other cities?

Is public transport safe?

Kids, you should avoid visiting other cities for time being, however if it is essential, then certain precautions need to be taken.



## Travel by Air



Reporting 2 hours before flight timing. Passengers should wear gloves, masks etc.



Dedicated staff with thermometers at all entry point and gates



Physical distancing at check-in counters with markings



Disinfect the bag, ensure prior printing of baggage tag



## Travel by Bus & Car



Don't touch your phone while travelling using public transportation



Limit contact with train and bus poles



Sanitize your bag and do not keep it on floor or other surfaces



Yes, these instructions need to be followed strictly.

Don't touch your face



Carry your hand sanitizer & use it the moment you leave the bus, train or subway



Passengers should cooperate during thermal screening at designated places







How was your lunch with family?

It was great. In restaurants they are also taking strict measures & ensuring everyone to follow them.

Yes, in restaurants also precautions should be taken.

## Precautions to be taken at Restaurants



Maintain hand hygiene

Provide hand sanitizer & check temperature at the entrance



Encourage digital payments at the counter

Aarogya Setu app must be installed



'NO TOUCH' delivery to be encouraged. Notify customers via messages or call

Ensure physical distancing within the restaurant by placing floor markings & signs



Display pamphlets and use audio messages for awareness

Sanitization of highly touched surfaces to be done frequently



We should also avoid unhealthy diet & always take a balanced diet.

Why?

Healthy diet help to keep our immunity strong.

Very good kids! You are so smart.



Vaayu, we also heard that hotels also opened!

Yes, kids! Hotels also need to take extra precautions for the visitors

## Precautions to be taken in Hotels



Entrance to have mandatory sanitizer dispenser & thermal screening provisions

Details of the guest (travel history, medical condition etc.) along with ID & self declaration form to be recorded



Posters/standees/AV media on preventive measures about COVID-19 to be displayed prominently

Brief the guests about the nearby containment zones & advise them not to visit



Hotels must adopt contactless process like QR code, online services, digital payments like e-wallet etc. for both check-in & check-out

Face cover/masks, gloves & hand sanitizers shall be made available by hotel to the staff as well as guests as per need



Take-aways to encouraged & during room service avoid direct contact with the receiver







**HONOR CORONA WARRIORS**  
**STOP STIGMA & DISCRIMINATION**

Use Face Cover

Help Elderly

Aarogya Setu App

Study & Work from Home

Disinfect Surfaces

Smart Consumer

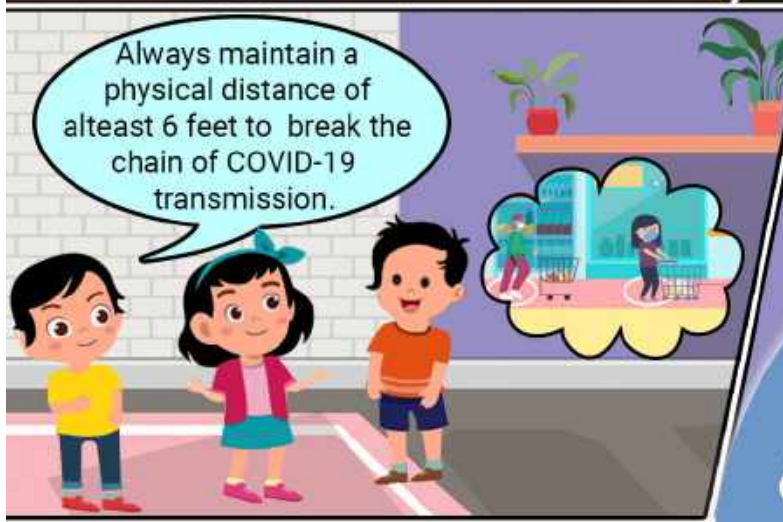
Avoid Touching

Please Cooperate

No Spitting

Yes Vaayu! Corona warriors need to be motivated & honoured time to time.







We should also maintain respiratory hygiene.

Yes, we should either cover our face with tissue or use elbow while coughing or sneezing.



That's perfect kids; let's also take care of nature & nature will take care of us.  
**प्रकृति: रक्षति रक्षिता..!**  
**Prakrati Rakshati Rakshita**

Thank you, Vaayu! We know that things will be normal soon.



Yes, kids two powerful warriors are patience & time as said:  
**विज्ञान दीपेन संसार भयं निवर्तते॥**  
meaning:  
**The fear of the world runs away from the deepening of science.**

Ok, Vaayu! We will defeat COVID-19 & we will be more strong and healthy.

# COVID Appropriate Behaviour

New Normal Guide: As we progress by allowing social and economic activities, there is a need to follow COVID appropriate behaviour at all times to contain the spread of the disease.

The comic "KIDS, VAAJU & CORONA 4: COVID Appropriate Behaviour" is designed to educate & motivate children to quickly adopt new norms of COVID appropriate behaviour & be a hero of prevention.

COVID-19 pandemic teaches us that we need to live in harmony with nature, having in mind the concept of Vasudhaiva Kutumbakam (World as One Family) & ensuring sustainability to live a happy & healthy life.



## Concept, Script & Idea ©



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