KIDS, VAAYU & CORONA

COVID APPROPRIATE BEHAVIOUR

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

Dr. Ravindra Khaiwal
Dr. Suman Mor
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 worried. 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.
The Government is giving relaxation after the strict lockdown.

Yes, it seems.

Does it mean COVID-19 disease is going away?

But I have heard that number of cases increased.

Will our school reopen soon?

Ohh, so much confusion.

It seems we have to call Vaayu.

Ok. Let's call Vaayu.
Ohh! Kids seems worried, I must visit them!

Namaste kids! How are you?

Namaste Vaayu.
Satshriakal Vaayu.
Hello Vaayu.

We are fine Vaayu, but we have some queries also?

Ok, don't panic! I will help to resolve your queries.
Let me first dispose off my face cover safely & sanitize my hands.

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

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

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

Economy to grow? Please explain!

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.

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

Yes!

Yes!
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.

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

Will these
activities be allowed
all over the place?

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.
This is good. Does it mean that zoning will help in resumption of economic activities?

That's right kids! Zoning will help to streamline the business activities.

Kids, we have to learn to live with COVID-19.

Is it?

Kids, as we are facing the threat of COVID-19, we have to follow simple practices to keep oneself safe.

What is living with COVID-19?
Yes, Vaayu! We have your 'Public Health Shield' & we remember the key messages to remain safe.

That is good! Government has issued advisories which has to be followed while visiting public places. By maintaining physical distance, use of face cover & following hygiene norms we can help to contain COVID-19.

Yes, kids! Offenders will be fined & prosecuted as per norms.

Yes, kids!

Yes kids!

Does it mean that when we are going out, we need to take certain precautions?

Please explain which measures we should take while visiting market to keep ourselves & others safe?

Ok Kids, I will tell you.
Ensuring safety at Public Places/Market

1. Wear face cover while going for shopping
2. Avoid touching your eyes, nose and mouth
3. Before shopping sanitize the handle of trolley or baskets wherever possible
4. Wash your hands immediately after coming inside and also after storing purchased items
5. Maintain at least 6 feet distance from others
6. Use digital payment modes at the counter
7. 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
We have not gone for shopping since long. I really want to buy something for my mom.

Yes Vaayu, I also wish to go for shopping. It’s my father’s birthday next month.

Ok! If so, you have to be very careful while visiting markets. Malls also have to follow some safety measures.

**Precautions at Shopping Malls**

- Shops/Stalls/Cafeteria to follow physical distancing within and outside premises
- Mandatory sanitizer dispensers and thermal screening provisions at entrance
- Separate entry and exit for visitors goods/supplies
- Staff should wear face cover & sanitize hands frequently
- To maintain physical distance, number of customers to be kept minimum inside shop
- Deep cleaning of washrooms and common areas
Vaayu, my hair is growing long. Can we go to salon?

You look good in long hair.

Thank you, Vaayu but I like short hair.

Ok kids, authorities have allowed single salon. This means only one person & one salon worker (Barbar) at one time & they should take extra precautions.

Which precautions?

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**EXTRA PRECAUTIONS TO BE TAKEN BY**

- **Salon**
  - Frequently sterilize cutting & styling tools
  - Provide sanitizers at counter
  - Keep the record of clients/visitors
  - Use face cover
  - Before stepping out, sanitize your hands again
  - If possible carry your own towel

- **Customers**
  - Avoid handshakes & greet from distance
  - Check temperature of every client & employee

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**6 Feet**
Yes, Vaayu! Kids, tell me one thing if your parents are using mobile phone & cleaning it with cloth before using?

But why do we need to clean it?

Kids, the virus can live on the screen which can lead to the spread of the virus. Therefore, it is important to clean it regularly.

Ok! We will take care.

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
Digital Addiction

Kids, how's your online classes going on?

Very well Vaayu!

I spend most of the time reading ebooks, attending online classes & playing online games.

Okay! You should also take care of your eyes as there are multiple problems being caused due to digital addiction.

What is digital addiction Vaayu?

Behavioural changes

- More screen time
- Burden & stress
- Eyesight weakness
- Poor eating habits
- Less time spending with family
- Less physical activity

Recommended screen time for children
- Kids upto 2 Year - No screen usage
- Kids 2-5 year - Max 1 hour
- Above 6 years - Max 2-3 hours

Parents to check screen time
- Turn Off TV during meal time
- Take Break after 15 minutes of screen usage

I'll spend more time with my family.

Yes, I will also spend more time with my grandparents.

Yes, I will also take care.
**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.
Vaayu, my elder brother drives his own vehicle to bring essential items.

During driving does he also need extra precautions?

Yes! He should follow certain precautionary measures.

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**Driving Your Own Vehicle**

- Try to avoid ride-shares, but take extra precautions if they're necessary
- Passengers should be seated at an appropriate distance from each other

**SAFETY SAVES**

- Wash your hands after driving or use hand sanitizer frequently
- Regularly use disinfecting wipes in your car as they are safer than sprays
- Make sure anyone who shares the car with you takes the same precautions & use face cover throughout journey
- Disinfect your car's high-touch areas
- Regularly disinfect car key and handles
Kids, some offices & workplaces are open now with limited staff.

This is nice, we will take care.

Which precautions, our parents can take when they are going to offices or workplaces?

While attending offices they should follow certain precautions.

Yes, my mother told me.
Precautions to be taken at Workplaces

- Employee living in containment zone should be allowed to work from home till the zone is denotified.
- Mandatory thermal scanning at entry & hand sanitizer at workplace.
- Maintain physical distancing while using public transport and wear face cover.
- Ensure use of face cover by all staff/visitor. Office hours, lunch hours/coffee breaks to be planned for small batches.
- Shops, cafeteria inside office premises should follow physical distancing norms.
- At workplace avoid visiting each other's office without any work.
- High risk employee should take extra precautions.
- 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!
Precautions to be taken by Domestic Workers/Housemaids

- 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
- Ensure usage of gloves or face cover by domestic workers
- 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.
Kids, school will open, depending upon the situation.

Vaayu, when our school will open?

Which precautions we have to take while going to school?

Kids, when school will reopen, then some strict measures also needed.

Precautions to be taken at School

- Enforce hand washing with water & soap or hand sanitizer
- Children’s desks must be at least 6 feet apart
- Washroom cleaning to be maintained using good disinfectant
- Ensure proper air flow and ventilation
- Place alcohol based hand rub or sanitizers in each classroom, at entrances & exits, and near lunchrooms and toilets
- Students should carry their own water bottle
- Disinfect common surfaces using sodium hypochlorite
- Assembly gathering & other activities to be restricted for time being

If any student becomes sick, send them back home till they recover fully

Encourage children to raise their queries & discuss their questions to reduce any kind of distress
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
- Disinfect the bag, ensure prior printing of baggage tag
- Physical distancing at check-in counters with markings

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.

Healthy diet help to keep our immunity strong.

Very good kids! You are so smart.
Precautions to be taken in Hotels

1. Entrance to have mandatory sanitizer dispenser & thermal screening provisions.
2. Details of the guest (travel history, medical condition etc.) along with ID & self declaration form to be recorded.
3. Posters/standees/AV media on preventive measures about COVID-19 to be displayed prominently.
4. Brief the guests about the nearby containment zones & advise them not to visit.
5. Hotels must adopt contactless process like QR code, online services, digital payments like e-wallet etc. for both check-in & check-out.
6. Face cover/masks, gloves & hand sanitizers shall be made available by hotel to the staff as well as guests as per need.
7. Take-aways to encouraged & during room service avoid direct contact with the receiver.
Is it true that street vendors also allowed to work?

Yes, I have also seen them working.

Yes kids, they are also allowed to work with some safety measures.

Keep the carts clean & follow physical distancing norms

Provide sanitizer to the customers

Frequently clean surfaces that are commonly touched using disinfectants (such as sodium hypochlorite)

Vendors should wear face cover/mask and gloves

Only takeaway service is permitted
Vaayu, public health shield suggested by you is very helpful.

Oh! that’s great. Are you following all the steps?

Yes Vaayu, we are following each step.

Kids, we have to learn to live with new normal & also honour corona warriors.

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.
Kids, you all are carrying similar bags. What is it?

Vaayu, this is our COVID KIT!

COVID KIT? What's inside this?

In COVID KIT we have an extra face cover, along with sanitizer, so that we can use it when we go out to play.

Oh! That's great.

You know Vaayu, yesterday we went for cycling also.

You need to wear a mask all the time, except you are doing heavy exercise or feeling discomfort. Ensure physical distance with each other also.

My mask got wet due to sweating.

Thank you, Vaayu. Now we can enjoy cycling just like before.

Yes.

Okay, Is it so?
Vaayu, when life will be normal again?

Kids, life will be normal soon, but till then we have to live with new normals.

Yes Vaayu, we remember that you told us in 'Kids, Vaayu & Corona 1: Who wins the fight' that viruses are part of our life.

Yes kids, there are simple steps which we can follow to remain safe.

Thank you, Vaayu. We got it.

I hope now you understand how to live with new normal.

Yes!

We should always wear a home made face cover before stepping out the house.

Always maintain a physical distance of atleast 6 feet to break the chain of COVID-19 transmission.

Wash hands properly with soap and water for atleast 20 seconds.
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 भय 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, VAAYU & 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 ©

Dr. Ravindra Khaiwal
Additional Professor of Environment Health
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh, 160012, India
Khaiwal@yahoo.com, Khaiwal.ravindra@pgimer.edu.in

Dr. Suman Mor
Chairperson
Department of Environment Studies
Panjab University, Chandigarh, 160014, India
sumanmor@yahoo.com, sumanmor@pu.ac.in

Contribution:
Aaditya Khaiwal, Ankur School, Chandigarh, India
Lakshya Khaiwal, Chitkara International School, Chandigarh, India

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