KIDS, VAAYU & CORONA
Part 3: Heroes of Lockdown
(A comic to unlock kids potential during COVID-19 pandemic)

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Kids, Vaayu & Corona: Heroes of Lockdown

(A comic to unlock kids potential during COVID-19 pandemic)

There is growing concern & perceived threat about the Coronavirus among 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 discussion these days are centering around Coronavirus. For children, the Coronavirus has become a cause of concern as they are not able to comprehend the talks & getting worried. Parents should talk to them & resolve their queries, so they should not feel panic, & we recommend ‘Kids, Vaayu & Corona’ comic part 1 & part 2 for their help.

Nowadays, children are at home. Initially, they enjoyed the holidays but now missing their friends & school. Considering this PGIMER- Chandigarh, India, & Panjab University- Chandigarh, India created third part of the comic to engage children at home & explore their creative potential. The comic also salutes the heroes who are providing essential services, including medical doctors, public health experts, paramedical staff, sanitary staff, police personnel /forces, media to control the spread of COVID-19 & make us feel safe.

This comic is created to motivate children to learn with fun, explore their positive energy, & be a hero of prevention by defeating corona & other infectious viruses.
Kids playing Indoor board games and Papa is watching TV.

I am getting bored at home. Yes, I am also missing school & friends. Let me talk to papa.

Papa, when will our school reopen? Kids, you know that COVID-19 is spreading fast?
You remember, it spreads by coming in contact with persons affected with COVID-19 or by touching contaminated surfaces.

Yes, Papa, Vaayu told us.

Yes Papa, Vaayu told us it spread by coming in contact with COVID positive person.

Yes, Papa it is called COVID-19.

That’s true. I will explain.

Do you know the symptoms of COVID-19?
Good & what are the symptoms of COVID -19.

Symptoms of COVID -19 are :

- Dry Cough
- High Fever
- Difficulty in Breathing

Kids, do you know, sometimes people may not show any of the symptoms your sister just mentioned and may still have COVID -19. That means he or she is an asymptomatic person.

Yes papa, I can now recall that Vaayu told us that people who are suspected of getting COVID -19 disease are quarantined for '14 days' & also followed up for another '14 days'.
Perfect kids! Quarantine helps to contain COVID-19.

But, Papa we are at home over few weeks why we need to stay more?

Ok, Papa.

Father gets a phone call

Ok kids, Let's talk later. I have an urgent call from my office.

"Ring-Ring"

Ok, Papa.

We are at home from so many weeks!

Yes, I heard that this is due to lockdown.

Lockdown? I don't understand it.

Mom told me that lockdown is an emergency order that prevents people from leaving a particular area.
Mom also told me that lockdown will help to prevent further spread of COVID-19. Physical distancing is the best way to control & break the chain of transmission.

I also learnt that lockdown can help break the chain of transmission.

Ok! but when I will go to school?

Let's talk to Vaayu! He will help us!

Vaayu! Vaayu! Vaayu!

Ohh! Kids seems worried, I must visit them!
Hello Kids! How are you?

We are fine, Vaayu! As you told us, we only stay home.

Please wash your hands Vaayu, as you are coming from outside.

That's good. Let me wash my hands with soap & water for 20 seconds following seven steps below.

Ok, Kids please tell me how are you doing?

As you told us, we are studying & playing only indoors. We are also maintaining physical distance.

Very good 😊 Staying home is important to avoid COVID-19 disease & also keeping ourself & others safe.

Yes, Vaayu, Papa also told us.
Kids also ensure that you regularly clean & disinfect frequently touched surfaces.

Thanks, Vaayu we will disinfect the doorknobs, table, tap, remote, sink, keyboard, light switches, mobile phones etc.

Kids, keep your surroundings clean & also destroy mosquito breeding sites.

Yes we will, as they are carriers of malana, chikunguya & dengue.

Kids, do you know dengue mosquitoes bite mainly during daytime.

Where do these mosquitoes hide & how can we protect ourselves from them?

Oh, is it so?
Kids, mosquitoes hide & breed

Around Standing Water

Around Containers with Standing Water

Around Trash or Dustbin

Around Flower Pot & Saucer

Around Ponds

Kids do you know the World Malaria Day is celebrated on 25th April & the theme of 2020 is "Zero Malaria Starts With Us"

Kids, you can protect yourself by following these steps

Use a Mosquito Net

Keep the Netted Doors & Windows Closed

Protective Clothing

Turn Over all Water Storage Containers

Mosquito Coil, Roll on's & bands

Clean Drains & Roof Gutters

Replace Water with Damp Sand

Change Bird Water Daily
Thank you Vaayu. We will destroy mosquitoes breeding sites.

Why are you wearing a mask, Vaayu?

Kids, this is a homemade reusable face cover. I am wearing it as I am coming from outside. We must always wear a face mask or a reusable face cover when we go outside.

So do we also need to wear a reusable face cover or mask when we go out?

Firstly, we must only go out if it is essential. Your parents & family elders wish for your safety, and therefore you must stay home during lockdown. Anyone who goes out for any essential urgency or task must wear a face cover or mask at all times.

Ok, I will ask my parents & family to wear a homemade face cover when going out.

We must also maintain a distance of atleast 1 metre with others, especially when we go out.

Yes, Physical Distancing is a must to break the chain of COVID-19 transmission.

Very true. Request you parents to ensure that a physical distance of atleast 1 metre is maintained when they visit any public place.
Maintain Physical Distance

Kids, see here, this is how we can maintain physical distance.

Thanks Vaayu.

Since we cannot go out during lockdown, what can we do staying home all day?

Yes, we are getting bored at home.

I can understand kids. But tell me, have you made your home time table?

Yes my friends, why not make a time table of productive and fun activities we can do, while staying home.

Time table? We are at home, Vaayu!

Good, please explain to your brother.

Home time table? Yes Vaayu, I follow my school time table.
I wake up early to keep the habit of going to school on time & divide my time to study, play, exercise & learning new things.

Waking up early is the right habit. We must follow good practices.

What about your studies? Do you have online classes?

Online classes? I have to study again.

Mom did tell us. How will we study online?

Kids, we all have the internet at home. There are some mobile & computer applications. They help us to connect to a virtual class while sitting at home.

Yes, Kids, I will tell you. Teacher prepares their lectures & delivers it from home using a computer or mobile with the help of online apps.

Please explain more about online classes Vaayu
Ok, do we need to download these apps?

Yes, Kids! Please download & create your account & start using it.

Let's Study Online.
Please see below how we study online.

Teacher will fix the time & inform you via e-mail or message.

Normally, necessary study material is shared on WhatsApp group.

Homework is being given on WhatsApp group or by e-mail. Queries are resolved during online classes.

Students need to sign in the App & join the class at a given time.

Kids, you must also ensure to spend limited time watching TV, on mobile or your computers playing games. Opt for productive habits like learning new skills & spending time with family & elders.

Recommended screen time for children
- Kids 2-5 year - Max 1 hour
- Above 6 year :
  - Parent to check screen time (max. 2-3 hours)
  - Turn TV off during meal time
  - Take break after 15 minutes of screen usage

Thank you, Vaayu. We will limit our screen time.
The Government also launched **PM eVIDYA**. This is a multi-mode access educational programme for digital/online education.

- **DIKSHA** for School Education
- e-Content for differently-abled students
- Universities to start online courses
- One earmarked TV channel up to class 12 (One Class; One Channel)
- **MANODARPAN**: A new initiative for psychosocial support of student, teachers & families for mental health.

Thank you, Vaayu!
Good, follow online classes & do homework daily.

We will!

But Vaayu, what can we do after classes?

My little friends, we have so much to do at home!

What are your hobbies, kids?

Really? Please tell us more?
Excellent! The plants need care like you do. We must ensure to water and care for plants like we care for our family.

I help my parents.

I love taking care of plants & household work.

I love nature & will take care of my flowers & will also feed birds.

Perfect kids! If we take care of nature, nature will take care of us. "प्रकृति रक्षति रक्षित": ("Nature Protects if She is Protected")

I will help in household chores & drying clothes.

I will help my parents to keep the house clean.

My hobby is cooking.

I wish to learn cooking. I love cupcake. They taste Yummy.

This is excellent but do you help your parents in cooking?
Why not? Your parents will be happy. You can learn new recipes including your favorite cake.

No, Mom cooks for me. Can I help her?

Very good. You can also take online cookery classes.

This is exciting. I will cook a cake with my mom & will also help my parents in cooking.

Hello kids, follow me to bake a delicious cake.

Here is your cake, enjoy!
Kids, Do you know that you can also learn new languages such as Indian & foreign?

Where we can learn new languages? I wish to learn Tamil!

Vaayu, please tell us more?

Ok you can learn new languages through these resources & can also practice online.

Here are new App to learn Languages

Duolingo
Language Curry
Duibhashi

Thanks Vaayu!
This is easy; We will learn new languages.

I also love reading books.

That's good, you can also read some online books on science, history & currently few websites are offering free access.

Ok! Here is the link of online free books, open speaking books.

Interesting websites for kids

- https://www.nbtindia.gov.in/
- https://www.nationallibrary.gov.in/
- https://mhrd.gov.in/
- https://www.nasa.gov/connect/ebooks/index.html

Really, please tell us about the online resources.

Really, speaking books!

This is excellent. I will hear about Indian history.
I remember, my Grandparents take care of me whenever I visit them, & they also tell me some good stories.

Great! So do you ensure they are taken care of too?

They are not with us. How can I take care of them?

You can talk to them through mobile & live chat using social media apps every day. This will help them not to feel alone & will reduce their anxiety & stress.

I understand that you can not visit them in person. But you must know they need you the most at this time.
Kids, you can also order essential items including medicines online & get them delivered.

Very Good! Tell your grandparents to stay home. Ensure they eat nutritious home-cooked meals. Also, suggest them to drink water frequently & fresh fruit juice to boost their immunity.

Thank you, Vaayu. I will take care of them.

What else we can do at home Vaayu?

You can do wonders at home. Let me explain to you.
Wonders at Home!
Learn, Discover & Stay Healthy

- Sanskriti App
  Ministry of Culture

- Bharatavani App
  Ministry of Human Resources & Development

- Fit India
  Ministry of Ayush

- UMANG App
  Ministry of Electronics & Information Technology

- Sangam Music App
  Ministry of Culture

- Sangam
  Rarest & Oldest Devotional song & Instrumentals

- Experiential Learning, CRC Farm
  Student READY App

- Kisan Suvidha App
  Ministry of Agriculture & Farmers’ Welfare

- Active Living, Fitness & De-stress Yourself

- E-Learning & Unified Mobile Application
This is amazing. So much to do at home.

Yes, I will also motivate my parents to join me to learn, discover & stay healthy.

Kids, do you follow your parent’s advice?

Yes Vaayu.

Really? Who keeps the TV remote?

Ha ha ha...

We also give them TV remote to watch TV.

Good. Let them also watch their favourite TV shows.

Vaayu, we learn that many people are helping us to remain safe at home.

Kids, Do you mean Corona warriors?

Kids! Yes, they are the frontline workers, doctors, nurses, paramedics, police and sanitation workers who are the real corona warriors.

Really, how are they helping?
Corona Warriors

Police: Working tirelessly to make sure that people don’t step outdoors for their safety.

Doctor: Treating COVID-19 patients with dedication & care. Everyone is safe at home, but they are following their duties with passion.

Sanitation Worker: Daily collection of dry, wet & hazardous waste to control the spread of other germs & infection.

Indian Forces: They are helping to ensure delivery in difficult to access areas such as hills & transporting the medical requirements & samples.

Essential Deliveries: Providing essential deliveries to keep our lives normal in lockdown (Milk, Fruit and Vegetable, Medicines, Grocery store, feeding poor).

Nurses & Paramedical Staff: The nurses & paramedical staff are at the forefront & providing care for COVID-19 patients with compassion. They have loved ones & family back at home, but their priority is patient care.

Public Health Officials: Public health officials are leading the charge to contain emerging pandemics as they have decades of experience. They establish systematic reporting systems, & prompt action strategies to enable officials to control epidemics & pandemics.

Sanitary Staff: Keeping buildings clean & disinfected to kill germs. They are spraying disinfectants in the surroundings, including kid’s playground, to keep the public safe.

Serving Timely newspaper to keep us updated.
Everyone has a role to play to free the country from COVID-19. Including children and adolescents!

Shield of Preventive Measures

LifeLine Udan
Online Teaching
Responsibly adhering to lockdown measures
Medicine & Care

We should give respect to the frontline workers. They are putting their lives at risk to combat COVID-19 & save people.

Yes Vaayu, we have learnt that government has also launched Anti Stigma Campaign - #Tiraskaar Nahi Tilak Karo

Good! Respect them & also stay home.

Yes Vaayu! We will ask our parents to honor them.
Kids, do you know, government of India also launched a Aarogaya Setu App?

What is this App?

Kids, Aarogaya Setu is an app that connects people of India with health services to fight against Covid-19.

It help to protect yourself & the community from COVID-19.

It helps in precision tracking of the spread of COVID-19 & how to prevent ourselves.

You can take a Self-Assessment test for infection mitigation.

Access curated & relevant advisory from Government.

This offers help & support at hand.

Vaayu, this is a great use of technology to restrict the spread of COVID-19 disease.

Thank you, Vaayu! We will request our parents to download it to protect us & others.
Good Kids! Can you tell how you can help others at this difficult time?

Yes, Vaayu. We will join hands & stop the spread of COVID-19.

I remember our Prime Minister said that we need to help others.

We need to take care of those who take care of us, such as domestic helpers, maid, car cleaners & other workers.

Yes, Vaayu, we will tell our parents not to cut their salary & help them if they need.

Very Good, please take care of those who cannot come to your home to cook, clean but they also need to support their kids & family.
Very good kids! Please remind me how can we stop the spread of COVID-19.

We have Public Health Shield Vaayu. We use it to remind us do's & don'ts to prevent COVID-19 infection.

I have Aarogya Setu!

Let's clean & disinfect frequently touched surfaces.

You can donate in PM CARES funds or in the account of your State COVID-19 funds to support the fight against COVID-19.

What more we can do Vaayu?

We will donate Vaayu but how to give?
Kids PM CARES Fund is Prime Minister's Citizen Assistance & Relief in Emergency Situation Fund.

**Donation Details**

- **Name of Account:** PM CARES
- **Account Number:** 2121PM20202
- **IFSC Code:** SBIN0000691
- **UPI:** pmcares@sbi

State Bank of India,
New Delhi Main Branch

Donation brings respect, fame & happiness

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Okay, I will also Donate.

Thanks Vaayu, we will also ask our family & friend’s to contribute.

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- **Relief in Emergency Situation**
- **Strengthens Disaster Management Capacities**
- **Accept Micro-donations**
- **Citizens & Organisations can visit pmindia.gov.in to Donate through Debit cards, Internet Banking, UPI.**
PM CARES Fund! We will donate Vaayu!

You are real heroes, Kids.

That's good! Take care of others who care for you.

Yes, Kids, we will come back stronger after the COVID-19 outbreak.

Yes, Vaayu, we will fight together & will help others.

Thank you, Vaayu. Together, we will win this fight against Coronavirus (COVID-19) disease.

(Vaayu leaving, kids Feel Safe & Happy)

Thank you, Vaayu, we will meet soon.

Ok Kids, Stay Home. Stay Safe & Healthy.

sarva bhavantu sukhinat, sarva santu niramaya, sarva bhadrahi prasyan, ma kshepda dukh bhagavate।
May All be Happy, May All be Free from Illness, May All See what is Auspicious, May no one Suffer.
Heroes of COVID-19 Lockdown

Corona Warriors: COVID-19 has created an unprecedented situation, & lockdown becomes essential to stop the fast spread of disease. We all are contributing to the prevention of disease, but few dedicated people are working day & night to win this long & fierce battle against COVID-19. These Corona Warriors include the people ensuring essential deliveries, medical doctors, public health experts, paramedical staff, sanitary staff, police forces, scientists, media & other unsung heroes.

We, the citizen of India, are grateful to all COVID-19 warriors & especially children who are helping with their creativity & staying home to win the fight against Coronavirus.

Concept, Script & Idea ©

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