KIDS, VAAYU & CORONA 2: Can We Defeat Pandemic?

A Comic for COVID-19 Prevention

Pandemic: World wide spread of a new diseases for which people do not have immunity.

Prevention: Simple steps to remain safe, prevent infectious disease such as COVID-19.

Dr. Ravindra Khaiwal
Dr. Suman Mor
Kids, Vaayu & Corona 2: Pandemic Defeated
(A comic series for COVID-19 Prevention )

There is growing concern and perceived threat about the Coronavirus among common citizens. The population of all ages is 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 14 years, Coronavirus has become a cause of concern as they are not able to comprehend the talks and getting worried. The parent should talk to them and resolve their queries so 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 this second part of the comic to make children aware about the threat of Coronavirus and clear some of the doubts 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 and other infectious germs.
Kids are playing indoor, and one kid (Adi) receives a telephone call, and he seems jumping.

Adi, What happened. Why are you so happy?

My father was in Italy for a business trip, and he will be back today.

You know, he went for 3 months, but he is coming early!

This is good news.

But why? All well!

You remember, Vaayu told us about Coronavirus infection. That virus has spread fast in Italy and other countries.
We are happy your father is coming early.

yeah!

You know, Mom also told me that he is being brought back in Globemaster airplane of Indian AirForce.

Wow! What is Globemaster aeroplane?

She told me this is a rescue aeroplane.
Globemaster is a big aeroplane used for transportation and also for carrying/evacuating affected people during disasters.

Thank you
Indian Air Force❤️
The next day, when kids meet!

You look worried, Adi? Is your father back?

Yes, my father is back. But I cannot meet him for at least two weeks.

I talked to Mom, and she told me that he is coming back from a country affected by Coronavirus and hence put in quarantine for two weeks.

Ohh, that's why you are panic! But why you can't meet your father.

Qu.. Qu.. Quarantine?
Adi starts weeping and Kids seems worried.

Do not panic, Adi! Your father will be fine, and everything will be ok!

Yes, but I am worried. I have a lot of queries who can help!

Let's talk to Vaayu. He is our best friend and will help us.

Vaayu! Vaayu! Vaayu!

Ohh! The kids seem to be panic! I must visit them.
Thank you! Vaayu for coming.

Hello, Kids. What happened. Why are you so worried?

You know, Vaayu! Adi’s father has come from Italy, but he cannot meet him.

Ohh! Don’t worry, Adi. Your father will be fine. He has been put in quarantine.

Qu..Qu.. Quarantine.

Worried

What is Quarantine?

Ok, I will explain to you what is quarantine, but tell me how does Coronavirus spread?
It spread through following ways.

Through small Germs such as virus.

Going in crowded places

Coming in Direct Contact

If sick not following Doctor’s advice

Good! It spread through the droplet of infected person. That’s why you should also avoid touching the surfaces as Coronavirus can also stay there.

What surfaces can we avoid to touch?
Surfaces such as elevator buttons, garden seats, play area swings, door knobs at public places, bus and train handles. Kids, do you also remember the symptoms of Coronavirus disease?

Yes, Coronavirus disease is known as COVID-19.

Cough & Cold

Headache

Dry Cough

Breathing Problem

High Fever

I remember the symptoms. They are ...
That’s good. You also remember that to stop person to person transmission, we need to break the chain of spread of this infection.

But Vaayu, you did not explain to us the quarantine?

Ok Kids, as you know that COVID-19 spread from person to person and through the touch of common surfaces. If a person is coming after travel from an affected area, we do not know that he/she has infection or not.

We will keep the person under observation for two weeks to check if he/she has infection or show the symptoms of disease.

If he/she develop the symptoms, can be isolated at the earliest, for medical care. If he/she do not show the symptoms, will be free to go.

Thanks Vaayu, bu... bu... but..
Isolation?

Quarantine?

We are confused!

Oh, I will explain the difference.

**Isolation**
- For people who are sick.
- Separates people who are sick from those who are not sick.
- Allows for appropriate treatment in a hospital setting.
- Requires proper infection control and sterilization measures.

**Quarantine**
- For people who were exposed but are not sick.
- Applies to people who may or may not become sick.
- May require people to remain in a designated location, like their home, for up to 14 days.
- PPE (Personal Protective Equipment) is not required for contact with people who are not ill.
Kids, quarantine help to control the spread of disease, and through this, we can also control the Coronavirus infection.

Hello kids!
This is ISOLATION WARD. Do you recognize me?
Vaayu we have heard about home quarantine. What's that?

Ok I will tell you about home quarantine in simple ways!

Stay in a well-ventilated room with an attached toilet.

If symptoms appear, one should immediately inform the nearest health centre.

Wash hands frequently with soap and water or with alcohol-based sanitizer. While washing hands, also make sure you sanitize the tap too.

Needs to stay away from elderly people, pregnant women, children.

Restrict movement within the house.

Under no circumstances attend any social/religious gathering.
Thanks Vaayu, we also have some queries.

Ok! Please ask me. I will clear all your doubts.

What kind of attention should be given while touching the surfaces and travelling in public transport or while using mobile phone?

If you are taking a cab or touching lift button or handles of buses immediately wash your hands with water and soap.

Should we eat junk food or egg or chicken? Does this virus spread by eating chicken, eggs and meat products?

We should avoid junk food, and prefer eating healthy diet. There is no evidence that eating properly cooked meat or chicken cause this infection.

Is there any vaccine for this infection?

No, till now there is no specific vaccine for the infection but prevention is the only key and we must focus on that including government advice.

Do we need to buy expensive masks or surgical masks or will it help?

There is no need of mask for everyone as I told u earlier. If you are ill and have cough, cold or going in crowded place then simple surgical mask is enough. When u cough/sneeze use your elbow near the mouth.

I hope all your queries are clear now.

Thanks Vaayu. But I have one?
His father will be back soon in two weeks, if he do not show symptoms.

When Adi’s father will be back?

I hope, he will be fine.

That’s true! The disease seems to be spreading fast. We have to act now for prevention to avoid panic.

Thank you, Vaayu!

Yes, we heard in the news that COVID-19 has been declared as Pandemic by World Health Organization (WHO).

What is Pandemic?

Pandemic is defined as the worldwide spread of any disease for which people do not have immunity.

Does it mean that many people will die?
Pandemic is nothing to do with the number of people affected or die. It means that disease has spread in a large global area. The government and public need to take extra measures to prevent the infection.

This is the reason our schools are closed for few weeks.

Yes.

Don’t be panic. Exams will be conducted soon after the disease subsides or you may also be promoted to next class based on your term exams.

What about our exam? I prepared hard. We all will remain in the same class?

I know you studied hard.

Why colleges, big gatherings, cinema and malls are also being closed?
Do you remember that I told you to avoid going to public places and if needed to go, wear a mask as the disease spreads through person to person and also by touching common surfaces.

Yes! We remember.

Some people might be infected with Coronavirus disease, and they may not be showing symptoms.

Hence the government has closed the places where people usually gather. This will help to control community transmission of COVID-19 disease.

We have to stop community transmission. We will follow your instructions Vaayu.

But Vaayu, I don’t understand how Community Transmission happens?

There are 4 major stages of this disease spread:

**STAGE-1**
Getting the imported case
People getting infected outside the country having infection.

**STAGE-2**
Local transmission
The infected case came from outside the country, spreading infection to those who come in contact with them.

**STAGE-3**
Community Transmission
If the people having infection don’t restrict their movement (quarantine) they might spread infection to people whom they don’t even know through infected surfaces.

**STAGE-4**
Turning into an Epidemic
This chain reaction of spread of infection lead to huge explosion of the cases.
We are in stage 2, but through precaution and awareness, we have to stop it from reaching to the stage 3 of community transmission.

Ok!

We are already taking precautions. What extra we need to do?

I understand, kids! But every person needs to work together to defeat this disease.

We all will work together. Please tell me what else we can do to defeat Coronavirus?

When you come back home from outside wash your hands properly or use hand sanitizer.

Washing hands instructions

1. Water and soap
2. Focus on wrists
3. Back of hands
4. Between fingers
5. Palm to palm
6. Wipe with clean towel

Do not worry. Washing hands with soap for 20 seconds is better than sanitizers.

What if we do not have sanitizers?
Other Steps Include:

- Clean floor using common household disinfectant
- Don’t visit, Malls, Cinema & attend social gathering and big mass events
- Don’t visit friends and relatives who show flu symptoms
- Follow Government advice Janta Curfew 22nd March 2020 7am to 9pm
- Stay at home. Read good books, play indoor games, spend time at home with family
- Don’t fear and support friend or family member in panic
- Take precautions while sneezing & coughing
What else can we do to defeat the Coronavirus?

Eat a healthy diet

Yoga and Meditation

Plenty of fluids

Don't consume raw meat

Follow parent's advice

Avoid consuming raw meat.
Vaayu, we learned that the virus dies above 30°C.

Kids, that's not authentic. As based on the current evidence, it can spread to all areas, including geographic location having hot and humid climate.

As we may meet an infected person on a bus, train, or in an aeroplane, hence we should avoid.

Does it mean that we can not enjoy our summer vacation?

Yes, avoid travel as much as possible, but do not worry. It is good to spend quality time together and read books or play indoor.

Vaayu, we also wish to play outside.

Kids, if possible, play inside.
If you really want to go out to play, please follow the following instructions.

After play always wash your hands.

Cover your mouth and nose, while coughing and sneezing.

If you are sick, stay home and use a face mask.

Maintain respectful distance from person who has cold, cough or flu.

Please play inside and avoid gatherings with your friends.

If you really wish to play outside, ensure that your playground area is disinfected from time to time.

Thanks Veayu, We will play indoors.
We knew about the mask usage but we also saw people fully covered all around?

Kids these are known as personal protective equipment or PPE?

PPE?

They look very scary? Are they Ghosts?

Kids, do not be scared. These PPE helps the care givers or Doctors to avoid infection.

Doctor, Public Health Professionals, Paramedical Staff

N95 Respirator Mask

Waste Collection Bag

Goggles

Hood Cover

Impermeable surgical Gown that reaches from the neck to at least mid - thigh

Gloves

Shoe Cover
Ohh! They are not ghost. I will not be afraid!

That's good. They are doctors, our friends.

They are working hard to save diseased. I will be a doctor one day.

Kids, tell me if someone has Coronavirus symptoms, then to whom he should contact?

To whom?

Please tell us Vaayu to whom we should contact?

You can call the family physician. There is also a helpline phone number where one can contact.

Yes, the Government of India has a Coronavirus helpline number: 1075, +91-11-23978046, Email Id: ncov2019@gmail.com, ncov2019@gov.in

Helpline number?
Kids there is also a list of helpline numbers for other states & union territories.

Helpline Number:
1075,
+91-11-23978046

Email Id: ncov2019@gov.in, ncov2019@gmail.com

Wow! that's nice. Thank you Ministry of Health
A person with symptoms must tell upfront his recent travel history to the doctor. This will help him to diagnose and treat faster.

This is great Vaayu, Thanks for your help!

Ok kids be safe, bye!

Bye Vaayuuuuu! Meet you next time.

But what happen to Adi father?
After two weeks...

Adi’s mom is coming in a car with his father. They all are happy.

I am fine, Adi. Thanks for your prayers.

How are you, daddy? I love you and missed you.

Were you worried?

No Dad, Vaayu guided me on how to defeat COVID 19 pandemic.
What he taught you?

He taught us how we can defeat Coronavirus by simple steps.

He gave us public health shield to defeat Coronavirus.

Simple Action for Corona Prevention

- Hand Hygiene
- Cough Etiquette
- Respectful Distance
- Stay Home
- Healthy Diet
- No Gatherings & Trips
- Yoga & Meditation
- If sick, call doctor
That's good. Let's share this with all your friends to defeat the COVID-19 pandemic.

Yes, Dad, together with my friends, we all are sharing good hygiene and prevention strategies to defeat the Corona pandemic.

We are also sharing recently released comics “Kids, Vaayu, and Corona” with our friends.
Are you talking about the book made by Environment & Public Health Professionals of PGI and PU Chandigarh.

Yeah, dad! They are bringing more comic soon on promoting our health and saving environment.

Good. You must read their comic to save environment and for better health.

Let all be safe, healthy, happy by adopting simple hygiene.
Pubic Health Shield for COVID-19 Prevention

Vaayu Shield to Defeat Coronavirus: Vaayu, the superhero of this comic, prevented the spread of Coronavirus and defeated it using a shield of public health approach.

This shield is powered by knowledge and experience of the public health experts, medical practitioners, paramedical staff, and other stakeholders who all are working together to stop the spread of Coronavirus and defeat it.

Vaayu is grateful to all of them and especially children, who helped him to win the fight against Coronavirus.

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

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

Contribution:
Lakshya Khaiwal, Chitkara International School, Chandigarh, India
Aaditya Khaiwal, Ankur School, Chandigarh, India
Kirti Dutt & Anchita Thakur, Panjab University, Chandigarh, India
Graphics: Sonali Verma, Panjab University, Chandigarh, India
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