

COVID-19 in 2022

A booklet to help kids who are

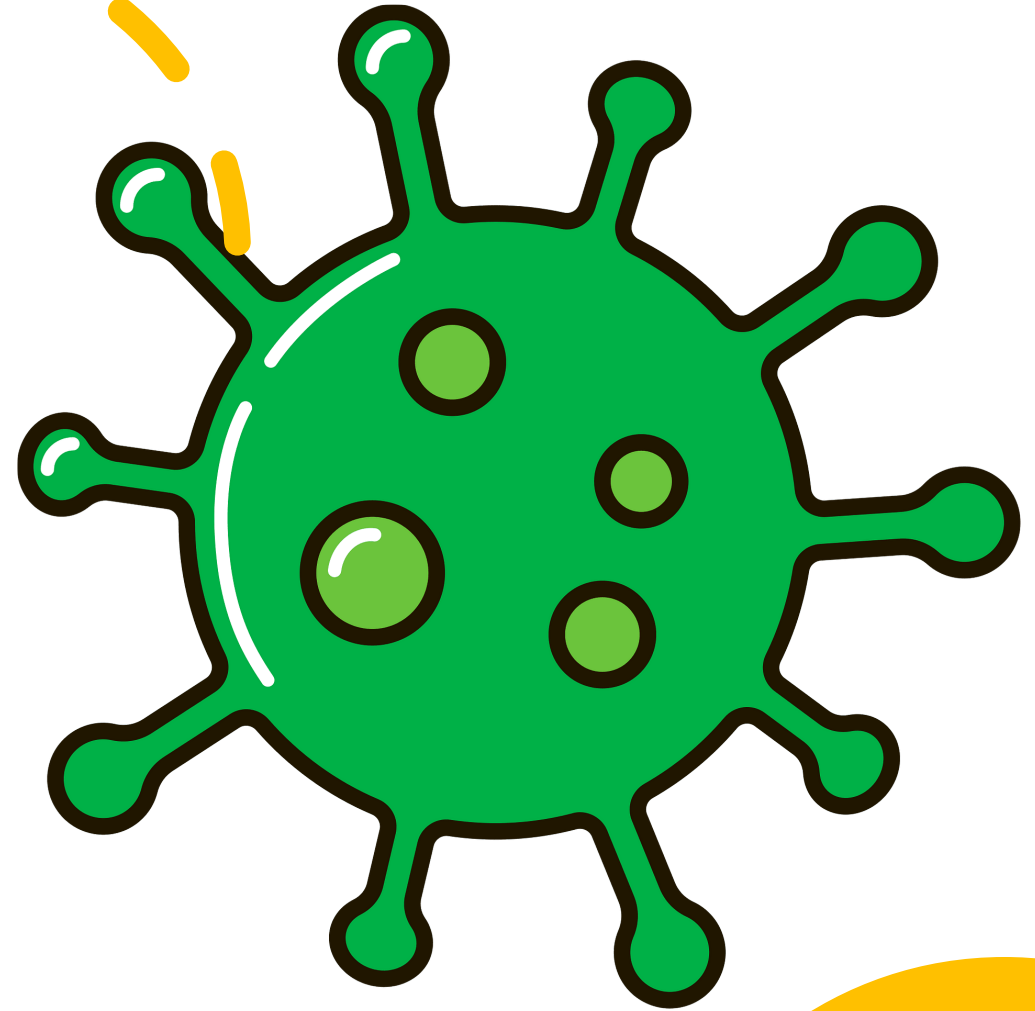
SO OVER “THE ‘RONA”

Mel Churton

Registered Psychologist

Why is COVID still around?

- COVID is a virus that keeps changing.
- First alpha, then delta.
- Now we have OMICRON.
- The virus **mutates** or changes and adapts as it spreads wanting to stay alive.
- Each new **variant** or different type of COVID causes slightly different disease. Delta mainly affected the lungs. Omicron is more like a bad cold or tummy ache.
- Each time COVID changes, Scientists and Doctors learn more about how to protect us. This is a good thing!



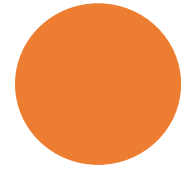
Will **COVID** ever go away?

- **COVID** is going to keep coming and going over the next 1-2 years.
- We hope it will eventually turn into something like the flu or colds that come mainly in winter.
- As we learn about **COVID**, we will learn about what we need to do differently-
 - Maybe we will always have the windows open a little bit to let **COVID** blow away.
 - Maybe we might need to develop a different vaccine?
 - Maybe we will wear masks when we are unwell like they do in Japan?
 - All these things could help!



I'm SO OVER Covid!!!!

I feel like life will never be 'normal' again....



Most people are **SO OVER Covid**. It has stopped a lot of good things happening 😞

BUT:

- ☺ Staying home has stopped the spread of illness.
- ☺ The vaccines have made people get less sick.
- ☺ Masks have stopped germs spreading so we can go out and stay safe.
- ☺ Not having lots of people get together in small spaces has slowed the rate of infection.

All this stuff has been **very hard**. Most people want things back to the way they were! Hang in there.

In time, life will get **closer to normal again**. It won't be the same but will be a new, better normal.



I feel sad and down sometimes ...

- If you feel sad, it is OK to say how you feel and it's OK to have a little bit of a cry.
- If you feel down sometimes, this is **normal** because COVID has been a really big thing to get used to.
- When you feel grumpy, it's OK to have a little stomp or a little sulk.
- Maybe have a nana nap. When you are tired things always feel a bit harder to cope with.

BUT try not to get stuck! Thinking too much **isn't very helpful** and can make you more stressed ☹ Try to **let it go!**



Don't get stuck!!!

How can I make myself feel a bit happier?

DISTRACT YOURSELF!

- ☺ Listen to happy music or sing.
- ☺ Go for a walk, a run, a swim.
- ☺ Hit or kick a ball.
- ☺ Bounce on a tramp.
- ☺ Hang out with your mates- social distanced of course!
- ☺ Take some slow deeps breaths: Let it go
- ☺ Talk out how you feel and what you need.
- ☺ Ask for a hug. Hugs make everything better!



You could even write **your own letter** to COVID
telling it how you feel and why

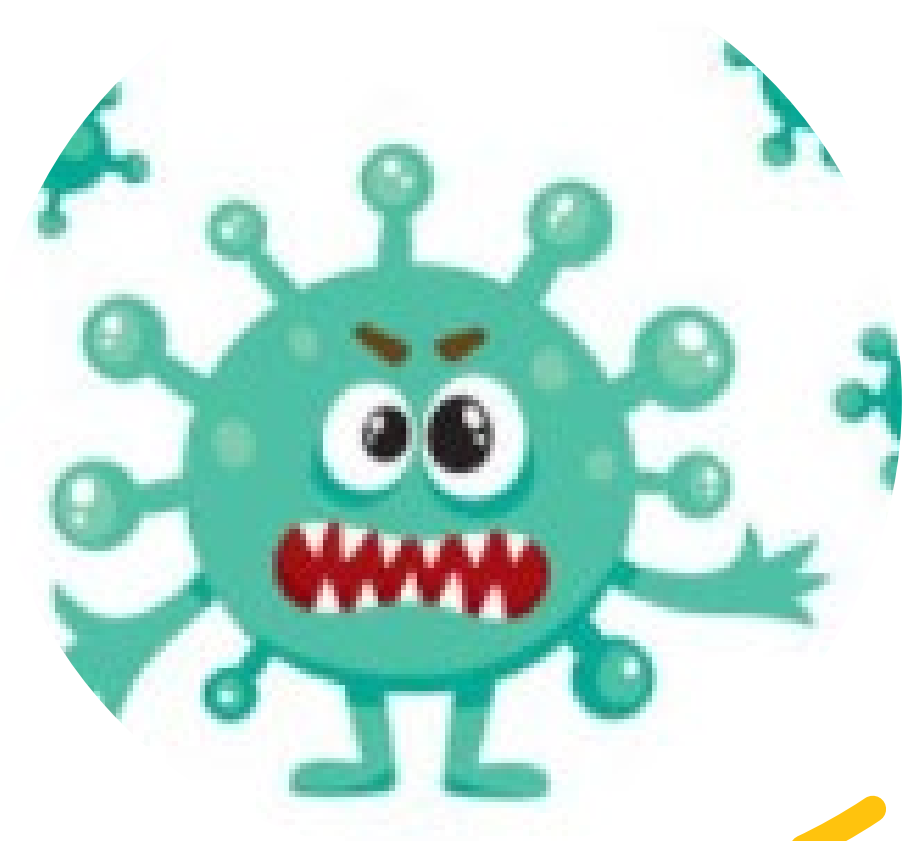
Dear COVID,

I just want to say....

I feel this way because

I wish ...

From



Get those **big feelings** out, dump them and move on!

Why do some people have to isolate?



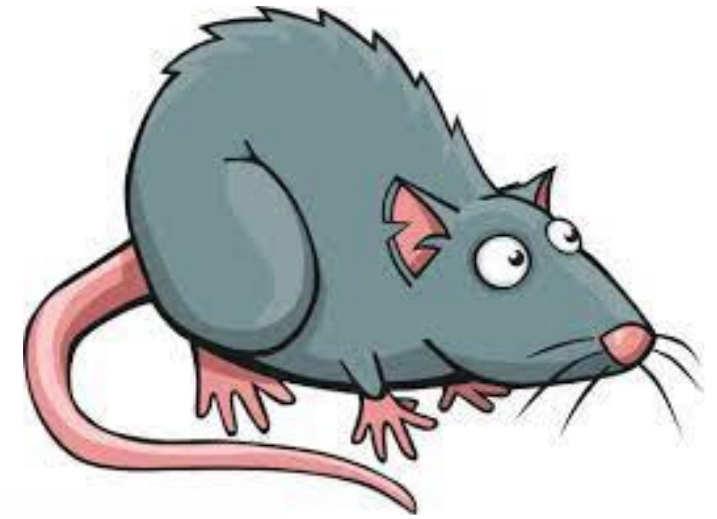
- Viruses can't move by themselves; people take viruses with them and then breath COVID out into the air.
- If people stop meeting other people, COVID can't spread so easily.
- If people meet outside, COVID in the breath gets blown away.
- If someone in your house has COVID, open the windows to let COVID out. Try not to share the same air as them.
- You need to stay home until you know you haven't caught it: approx. 10 days.
- That stops you spreading it to other people.
- When you are COVID free, you can go back to school and adults can go back to work.

What if I catch it or someone I care about does?

- COVID is all around us now, so you *might* catch it.
- You might get a sore throat, a runny nose or a cough. Some people get an upset tummy or some muscles aches.
- A **RAT test** will show if this is COVID or just a cold.
- If you have been vaccinated, COVID won't be so bad for you.
- You will have to **stay home** until you are well again.
- If you get a bit more sick, you will go to the doctor.
- People who get really sick go to hospital.
- If you do get sick, it is best to rest, let people look after you and focus on getting well again.



Not this type of RAT!



What is a **RAT** test?

- A **RAT** test (rapid antigen test) can quickly tell you if you have COVID.
- A long cotton bud goes in your nose and it is turned around 5 times.
- It is put in special liquid.
- This is dropped on a plastic slide.
- **Two lines** mean you have COVID, **one line** means you don't.
- You get the result in 15 minutes.
- Enter your result onto the website.
- It is super easy!

one

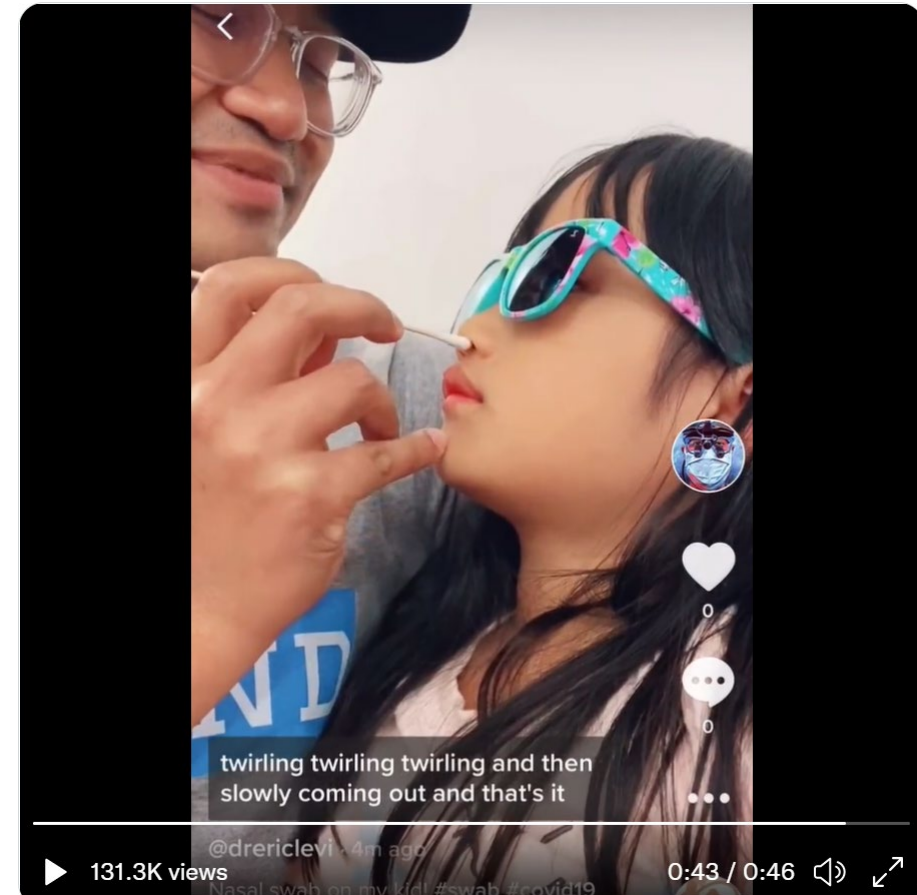


This one ...



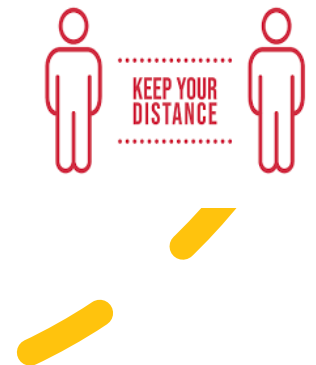
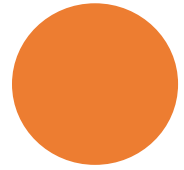
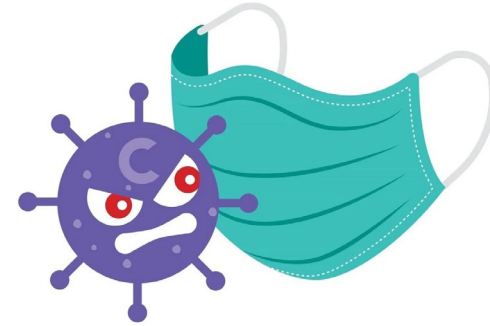
How to do a RAT

- Watch this clip of **Eric**, an ear, nose and throat doctor from Australia showing how to do a **RAT** with his daughter **Moana**
- Go low and go slow

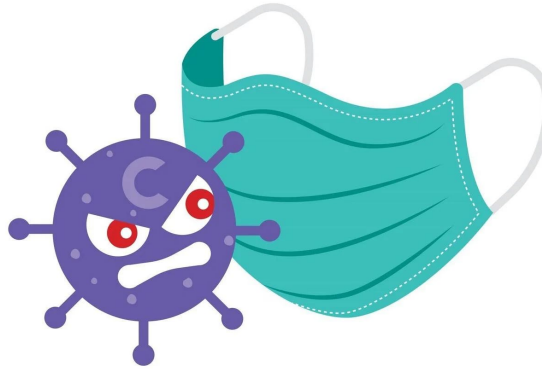


Remember these things will keep you **safest**:

- Wearing a mask over your mouth and nose
- Staying home when sick
- Be outside as much as possible
- Open windows to let it out
- Getting your COVID shot
- Social distancing
- Not sharing drink bottles or food
- Hand washing



COVID BLOWS
Let it out



Match the picture to the words ...

- A face cover worn to stop droplets spreading ...
- Airflow that lets COVID out...
- Where you stay and isolate if you are sick ...
- What you get to make COVID effects less bad ...
- Staying a bit away from other people so as not to breathe in their germs ...
- Something to clean germs off skin ...
- A sensible way to take a drink so as not to spread germs ...