

YOUTH

Zone 12

A MAGAZINE ABOUT ADOLESCENT HEALTH

COVID-19



#PROTECT
FROM
COVID19

KNOWLEDGE
IS POWER

DID YOU KNOW

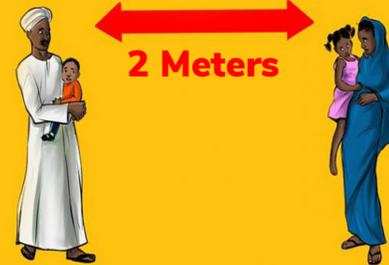
SYMPTOMS OF COVID 19

If you feel any of these symptoms you **MUST WEAR A MASK** wear a mask to prevent transmission, consult a health professional and physically isolate! we **ALL** must work together to stop COVID.

Please remember that “ 70% of the COVID-19 cases recorded in South Sudan did not present with symptoms and still spread the virus causing community transmission

The symptoms that may appear anywhere from 2-14 days after the exposure to the virus are:

- Fever or chills
- New loss of test or smell
- Extreme Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Chest Congestion
- Nausea or vomiting
- Diarrhea
- Shortness of breathing



PROTECT YOURSELF!
Remember to **SWIM**

Social distance
Wash hands
Isolate if having symptoms
Mask in public spaces especially indoors or around the vulnerable

Dear Zone 72

I am very scared! I have been diagnosed with COVID-19, what should I do to protect my family and friends? - Scared

Dear Scared

I am sorry you are sick. It is normal to be scared, but do not let fear rule your thinking! There ARE steps to protect others. First : isolate and make sure you are recovering and getting the care you need. To protect others, what to do is limit your interactions by keeping 2 meter distance with other people and your family member as much as possible. Also, when with your family, make sure that if you cannot physically distance, that you wear a mask. Make sure to avoid contact with vulnerable people –people who are older or who may have diabetes or other illness. Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol. May God allow a quick recovery for you!

MYTH BUSTING!!!!

I DON'T HAVE A COUGH OR FEVER, SO I DON'T HAVE THE VIRUS

MYTH

Symptoms are varied and not limited to coughs and fever.

I DON'T HAVE ANY SYMPTOMS, SO I DON'T HAVE THE VIRUS

MYTH

Most people who get sick from the virus will only show symptoms approximately 5 days after being infected, but it can take up to 15 days in some cases and also some may not show the symptoms but they have the virus.

I'M YOUNG AND HAVE NO HEALTH PROBLEMS, SO I'M NOT AT RISK

MYTH

Although being young and not having any underlying health problems means you MIGHT recover easily if infected, you are still very much at risk of contracting the virus. And, if you are a carrier, you may infect a more vulnerable person who could get seriously ill.

MYTH

I CAN ONLY CATCH CORONAVIRUS DIRECTLY FROM INFECTED PEOPLE

Unfortunately, coronavirus can live easily on a range of surfaces for several days. This is why disinfecting surfaces and washing your hands regularly is so important.

***MYTH* GREEN TEA / HOT WATER CURES COVID-19**

No. This is not true. There is no evidence that suggest so.

***MYTH* CORONAVIRUS IS JUST LIKE THE FLU**

No. they are not the same. So far Coronavirus is far more deadly disease than just a flu, and not just only for older people, but for all people. Over 1million people around the world have died from it. That is 1 million families grieving a loved one.

***MYTH* WEARING A MASK WILL STOP ME FROM CATCHING THE VIRUS**

Masks are most helpful in preventing infected people from spreading the virus because they create a barrier between the infectious droplets and the vulnerable entry points of your nose, eyes and mouth. If everyone wears a mask, it creates a double barrier. Imagine a roof under the rain. It will mostly keep you dry. Physical distancing, with a mask, effective in preventing the general public from catching the virus! I want you to stay healthy!

***MYTH* THINGS WILL GET BETTER OVER THE SUMMER WHEN THE WEATHER WARMS UP**

We don't know if it will be true for coronavirus yet. But some diseases vary with seasons, some diseases depend on temperature and some depend on seasonal human behavior. Some diseases do not vary seasonally at all.

Dear Zone72, I am ashamed to wear a mask. A girl in my town wore one because her mother had COVID and passed. People stigmatized her. Will they do the same to me? Shamed

Dear Shamed—That is terrible! I am so sorry to hear that your friend experienced this. Wearing a mask is the right thing to do. It shows you are being responsible and thinking of your community. COVID 19 is a virus, and nothing to be ashamed of. You should wear a mask to protect yourself, your family and community.

**Dear Zone 72
Can I die from
COVID 19?
— Covidworries**

Dear Worries—short answer—yes. You can die from COVID. HOWEVER: in most cases, the infection causes a mild illness. In others, it can make some people very ill and, in a smaller number, people, it can be the cause of death. Most people who die from COVID19 are more vulnerable to sickness - like older people with medical condition such as chronic respiratory diseases or diabetes or cardiovascular disease

**Dear Zone72,
I was told
I have
COVID19,
but I feel fine
and have no
symptoms-
are doctors
crazy?
---Crazy**

Dear Crazy—
I am sorry you received a diagnosis. No, the doctors are not crazy! COVID19 is a very unusual virus. Some people are testing positive for COVID but have no symptoms. This is why the disease is so hard to prevent. Some people who have COVID never have symptoms, and behave freely, not knowing others are infected and then transmitting the virus to others. This is why you should wear a mask, clean hands and always physically distance.

**Dear Zone 72
Why do I need to wash my hands
so much?! - HandTired**

Dear HandTired—
I think we should focus on everyone doing their part and being careful. Many bacteria and viruses are spread this way - through touch. We need to do everything possible to reduce the spread. Science has shown that we touch our face more than 15 times an hour! COVID-19 can spread if you touch contaminated objects and surfaces, then touch your eyes or mouth with your infected hand. So protect yourself by cleaning your hands and surroundings often! If you do not have water or handrub, this is a challenge. Try remembering to avoid touching your face, and shaking hands and clean them when you have an opportunity.

Dear Zone 72

Can adolescents spread COVID-19 to other people even if they have mild or no symptoms?

Adolescents - can transmit the virus to other people, even if they have mild symptoms or do not feel ill. The virus is spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs, sneezes or speaks. These droplets can land on objects and surfaces. People can then become infected by touching these objects or surfaces, and then touching their eyes, nose or mouth.

Young people can spread the Corona virus to older people like their parents and grand parents. Older people are at greater risk.

Dear Zone72

How long do you have the coronavirus?
How long does it take you to get the coronavirus?
Impatiently
Yours

Dear Impatient- The incubation period for coronavirus ranges from 1-14 days with the average of incubation period of 5-6 days. This means if you become infected on a Monday you may be infected as early as Tuesday or as late as two Mondays after the initial exposure. Its very challenging this COVID. You must wash hands, wear a mask and maintain social distancing.

Dear Zone 72

I am now entering my 7th month of pregnancy. I am concerned about COVID19. Are pregnant women at higher risk from COVID19?
- PR7

Dear PR: Congratulations on your pregnancy. All the best to you and your baby. From what we know, pregnant women who are older or overweight, or have previous medical conditions such as chronic hypertension or diabetes may be at an increased risk of suffering severe complications from the virus. When a woman develops severe disease, they also require care in intensive care units than non-pregnant women of reproductive age. And I hope you are seeing a midwife who can ensure that you receive adequate care and refer as necessary! Antenatal care is very important. Midwives follow a very strict COVID-19 protocol in the health facilities, to minimize any chance of COVID transmission.

Everyone is at risk of getting COVID-19 and therefore important to always wear mask, social distancing handwashing with soap and water or sanitizer and if possible stay at home when you can.

Dear Zone 72

Recently, I was very sick. I was coughing and coughing. Doctors tested me for COVID once. Twice. Three times. All three times I was negative. They gave me medicine for the cough, but I got worse and worse. At one point, I was coughing blood. I finally decided on my own to go for TB checkup which was found positive and I was given drugs for six months where I recovered immediately before the end of the first month. I am sharing this life story because there might be other people outside there who are being killed by TB yet they do not go for testing with focus on Covid 19 alone. -GM

Dear GM—I thank you for sharing your story. Yes, we must remember that with all the emphasis on COVID19, we sometimes forget that there are other, very serious diseases that people get and can be life threatening if not treated. Make sure to get tested for TB and be aware of all possibilities.

Dear Zone72

I have been hearing a lot about COVID19 for the last year, but I still do not understand it. what is COVID19? – Confused About COVID

Dear Confused:

thank you for your question. Lovely to hear from you. Yes, it is very very confusing to keep track of things. Here is what we know: Coronavirus (COVID-19) is an infection caused by a virus that can spread from person to person. It enters your body through the mouth, nose or eyes. The virus that causes COVID-19 is a new coronavirus that became a global pandemic. It is a new strain of virus that has not been previously identified in humans. In some cases, illness can be mild. In more severe cases, it can cause pneumonia, acute respiratory distress syndrome, severe influenza-like illness, kidney failure and even death. The important thing is to trust the science and not rumours. There are things you can do to reduce the spread of this infection



PROTECT YOURSELF! Remember to SWIM

- S**ocial distance
- W**ash hands
- I**solate if having symptoms
- M**ask in public spaces especially indoors or around the vulnerable

Hotline: call 6666 when if you suspect to have COVID-19.

Dear Zone 72,
my friend and
I spent the day
playing football
yesterday.
Today, his
mother told my
mother he has
COVID 19! What
should I do? –
WorriedFootball

Dear Worried – I am sorry
about your friend. If you
learn that a friend that you're
in contact with has tested
positive, you have to seek a
medical attention. Start by
calling the emergency COVID
19 team to assist you. Make
sure you and your family
members who you have been
in contact with, get tested and
physically isolate together
for 14 days. Wash your hands.
Wear a mask. Watch your
distance with others.

Dear Zone72

It's too hot! Why should I
wear a mask!?
Hot In Juba

Dear Hot – Simple answer-
Because wearing a mask can
protect people from getting
infection as well as can prevent
those who have the symptoms
from spreading the virus! It
does not have connection with
the weather. It is not about you
only, it is about protecting your
family and your neighbour.

DEAR ZONE 72

THIS IS MY BODY
THIS IS MY WORLD
THIS IS MY SOUTH SUDAN

Its not easy you know. It was
always a struggle to earn a living.
To find happiness. Now with
COVID19, it makes everything so
much harder. I feel a little bit lost.

I see other people being happy,
doing things. Having a family or
a wife. I wonder why that cant
be me. Since we had to socially
isolate, I sometimes feel alone.

I went to talk to health worker
at the Youth Friendly Clinic They
assured me COVID19 IS REAL.
People are dying. No one knows
the full impact of it, so it is
better to try and prevent. No
reason to panic. So I wear
a mask. I physically
distance.

Sometimes it takes
talking to someone
to help guide us in
the right direction.

I am part of the
community. I need to
do my part to keep
others safe.



KNOWLEDGE
IS POWER

YOUTH Zone72

A MAGAZINE ABOUT ADOLESCENT HEALTH

Youth Zone72 is a magazine for youth, concerning issues that are important to YOU. Free of Judgement. Please send me your questions and we will try to answer them in future issues or on the radio. This is 100% confidential, so do not use your real name. Information is power

FOR MORE INFORMATION OR TO CONTACT US:

1- If you have any questions, you can join our WhatsApp chat



2- Send us a question by text +211922009497

3- Follow @YouthZone72 on Facebook!

4- Email us at youthzone72@gmail.com

5- For immediate concerns, support or questions, please contact a youth friendly clinics or call the following toll free lines:

Adolescent health 885

GBV: 623

COVID19: 6666



Sverige Canada



CAM ACSF
Canadian Association of Midwives
Association canadienne des sages-femmes