

# COVID-19 Checklist for Students

Children and young people should understand basic, age-appropriate information about coronavirus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent transmission. Stay informed about COVID-19 through reputable sources such as UNICEF, WHO and national health ministry advisories. Be aware of fake information/myths that may circulate by word-of mouth or online.

## CHECKLIST FOR STUDENTS AND CHILDREN

- 1. In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parents or teacher so that you can help keep yourself and your school safe and healthy.
  - o Ask questions, educate yourself and get information from reliable sources
  
- 2. Protect yourself and others
  - o Wash your hands frequently, always with soap and water for at least 20 seconds
  - o Remember to not touch your face
  - o Do not share cups, eating utensils, food or drinks with others
  
- 3. Be a leader in keeping yourself, your school, family and community healthy.
  - o Share what you learn about preventing disease with your family and friends, especially with younger children
  - o Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members
  
- 4. Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age or ability or gender.
  
- 5. Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

**Resource:** ["Key Messages and Actions for COVID-19 Prevention and Control in Schools."](#) *March 2020*. This document was written by Lisa Bender (Education UNICEF NYHQ), with technical support from the UNICEF COVID-19 Secretariat members (Carlos Navarro Colorado, Maya Arie & Hugo Razuri) as well as UNICEF WASH, C4D and Child Protection teams. Special thanks to Maida Paisic (UNICEF EAPRO), Le Anh Lan (UNICEF Vietnam), Tserennadmid Nyamkhuu (UNICEF Mongolia), Dr, Maria D Van Kerkhove (WHO) and Gwedolen Eamer (IFRC) for their close collaboration.