



Save the Children®

# Children's Poems

## About COVID-19

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### ONE

If a sick person sneezes and doesn't cover their mouth,  
the germs in his body are forced to come out.  
And when you touch the places the germs have landed,  
through your eyes, your nose or your mouth the germs are planted.  
Always have a tissue in case you cough or sneeze,  
then throw the tissue in a latrine,  
and this will stop the spread of this disease.  
When you feel a fever always tell your mother and father,  
so that you can get tested and then get much stronger.  
So always remember to keep social distance,  
pay attention to advice and listen.  
Always wash your hands with soap and water,  
and your body will be clean and be stronger.  
Doing the right thing is always better,  
so let's all do our part and stand together.  
Let's all work as one and work as a team  
and defeat Coronavirus – Covid19.



## TWO

Ever since I was young  
i've been taught how to wash my hands.  
To make it fun we sing a song  
that lasts for 20 seconds long.  
First we wet our hands with clean  
running water,  
we add some soap and make it lather.  
Then we run our hands palm to palm  
and rub our palms around our hands.  
Now with our palms we rub the back  
of our fingers,  
don't forget to wash in between  
our fingers,  
then we clean our fingertips and nails.  
Rubbing our wrists, rinsing our hands,  
And after 20 seconds,  
all is clean and well and done.

## THREE

Keeping social distance may seem so hard  
to do,  
especially when all your loved ones are all  
around you.  
But to keep your social distance is to show them  
that you care,  
by keeping social distance the virus will not spread  
anywhere.  
Just wave at your friend and avoid shaking hands.  
Just say hello and avoid giving hug.  
Once someone's too close just step 2 metres back,  
because the virus is spread through sneezing, cough  
and contact.  
Always remember to keep your hands from your face,  
also remember to give people their space.  
If you do these things you will be protecting your  
family, and yourself,  
and you will be doing your nation and the world  
a lot of help.

