

LET'S TALK QUESTIONS AND SAMPLE ANSWERS

ACTIVITY 1: STAYING COVERED

Example questions to ask to prompt the discussion (*and possible answers*):

- How do vaccines protect us against diseases like COVID-19?
Vaccines prepare your body to recognise and fight against specific diseases.
- Are vaccines safe?
Vaccines have been used for hundreds of years and are tested and regulated extensively. Vaccines against the type of virus that causes COVID-19 were being researched long before the pandemic. This helped scientists to speed up the development of safe and effective vaccines against COVID-19.
- Who can get vaccinated against COVID-19?
Any person aged 12 or older. Vaccines are recommended for all people, even those who have other medical conditions and pregnant women. Those 18 and older who are already vaccinated are urged to go for a booster shot to increase immunity.
- What are reliable sources of information about vaccination?
Reliable news broadcasters, the World Health Organization (WHO) or www.sacoronavirus.co.za. Look for sources of information with references. Be cautious if it is not clear where the information comes from, or if it comes from a single person instead of a well-known organisation.
- Do COVID-19 vaccines have side effects?
It is normal to have some side effects. A few hours after getting the COVID-19 vaccine, you might feel like you have flu, with fever, headaches and chills. This shows that your body is learning to fight the virus. But it goes away after a day or two. If your side effects are worse than this, call the COVID-19 hotline on 0800 029 999.
- Masks are not mandatory (meaning that you don't have to wear them), but are recommended, especially in crowded places. How can we encourage acceptance of people who choose to wear a mask?
Wear your mask with pride if you choose to wear one. Be supportive of those who wish to wear masks. Talk about it with your friends and family.
- How can we encourage people to get vaccinated?
Spread information about the safety of vaccines. Address fears and misconceptions.
- What is the COVID-19 vaccination process like?
Getting vaccinated is easy. When you get to the vaccination site, a nurse will take your temperature to check that you are not ill and will ask a few questions to see whether you might have COVID-19. If you are ill, you'll be asked to come back in a month when it's safer for you and those around you. If your temperature is normal, you'll be invited to join the queue to be vaccinated. When it's your turn, you'll feel a small prick in your arm. Afterwards, you'll be asked to stay for 15 minutes just to make sure you have no side effects.

● BASIC ● ADVANCED ● MORE ADVANCED

ACTIVITY 2: STAYING CLEAN

Example questions to ask to prompt the discussion (and possible answers):

- Why do we need to wash our hands?
Handwashing with soap and water removes germs that can make you sick.
- When should we wash our hands?
After going to the toilet, before eating or handling food, after going to the shop or other public places
- How and for how long should we wash our hands?
For at least 20 seconds with soap and water, scrubbing all sides and areas of both hands
- What else can we do to keep our hands clean?
Avoid touching frequently touched surfaces. Clean your hands with hand sanitiser if water and soap are not available.
- What do we like about washing our hands?
Washing our hands removes the germs that can make us sick.
- Why do people not wash or sanitise their hands, and how could we change that?
Lack of information, poor hygiene habits, lack of soap and water. Inform and motivate people to wash their hands. Set an example.
- How can you encourage others to practise good hand hygiene?
Set an example. Have conversations about hygiene. Motivate others with your acts and words.
- What can you do if you see someone not washing their hands after using the toilet or sneezing into their hands?
Start a conversation to share your knowledge in a kind manner. Ask a teacher or caregiver to speak to the person.

● BASIC ● ADVANCED ● MORE ADVANCED

ACTIVITY 3: STAYING CARING

Example questions to ask to prompt the discussion (and possible answers):

- What does good mental health look like in a person?
Positive attitude, happy, hopeful, strong, resilient, knows what to do in a crisis, practises self-care and healthy habits and coping mechanisms
- What are things you might do or feel that are signs that your mental health is not doing well?
Feeling hopeless, afraid, sad or confused all the time. Avoiding people. Shortness of breath, tense muscles, tiredness and frequent tummy aches.
- What must you do if you (or a person you care about) experience any of these symptoms?
Reach out for help. Contact a caring person at school or an organisation that could help. Call Childline on 116 to speak to a caring counsellor. Keep asking for help or follow up with the person to make sure their feelings are being heard and they get the help they need.
- What is a circle of support?
A network of people whom you know and trust who can help you. This could include your caregivers, family, teachers, friends and the counsellors at Childline (call 116) - it is free from all networks and available 24/7.
- How can you take care of your mental health?
The South African Depression and Anxiety Group website <https://www.sadag.org/> and helpline 0800 567 567; call Childline on 116.
- What are reliable sources of information about mental health?
Ask for help if you feel alone, confused, sad or afraid. Talk to supportive, caring people. Stay healthy by enjoying healthy hobbies, getting enough sleep, playing sports or doing exercise, and spending time outdoors.

● BASIC ● ADVANCED ● MORE ADVANCED