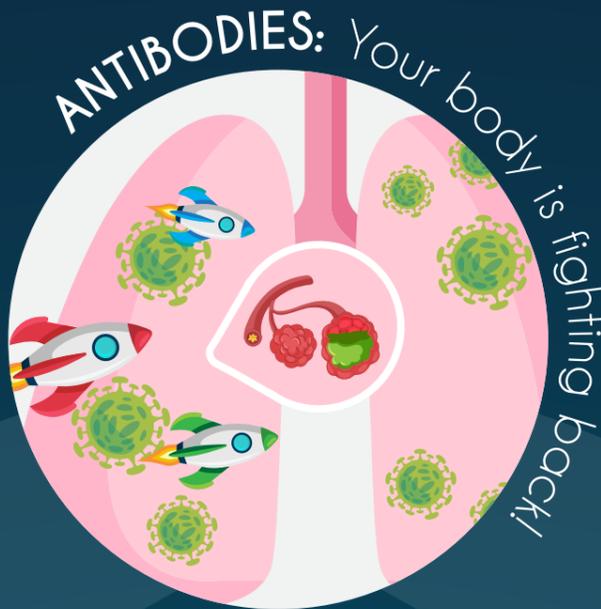


# Food For Mzansi kiddie guide to covid-19



One day it wasn't there and the next day, like an enemy had attacked overnight, it was everywhere - in the air, in shops, everywhere people were gathering. Now we have to fight back.



An antibody is a clever protein complex used by your immune system to identify and neutralize bacteria and viruses. Very much like your own little army inside you!



A vaccine is often made from very small amounts of weak or dead germs like viruses and bacteria. You don't get sick from the vaccine, but it prepares your body to fight the disease faster and more effectively so you won't get very sick.



Sneezing and coughing are two ways these small enemy viruses can spread. Use a tissue or your elbow to keep your hands clean and virus-free.



Keeping your body healthy with fresh fruits and vegetables and washing your hands (all the time!) will help your body fight off any virus and build those antibody spaceships!



These clever little viruses cling to anything - playground equipment, soccer balls... absolutely anything you touch. For now you have to stay indoors or in your yard and only play with the people in your house.



## Dr. Abraham Says: **STAY SAFE IN THIS PANDEMIC!**

Keep yourself and your family safe, informed and healthy during the covid-19 pandemic and nationwide lockdown. Use this infographic to explain the importance of physical distancing and hand washing to your children, and let them learn more about the virus. The greatest weapon we have against this disease is knowledge, and the more well-informed everyone is, the safer we all will be.

### WHO IS DR. ABRAHAM?

This robot, designed by 11-year-old Jan Louwrens, is one of the members of the Baggo Stonetrip crew. Ever since he could hold a pencil, Jan has been intrigued by robots, drawing their intricate details and telling their stories. This inventive young man began a business at the age of 9, built on a love of engineering and a ton of creativity.

[www.baggostonetrip.co.za](http://www.baggostonetrip.co.za)

