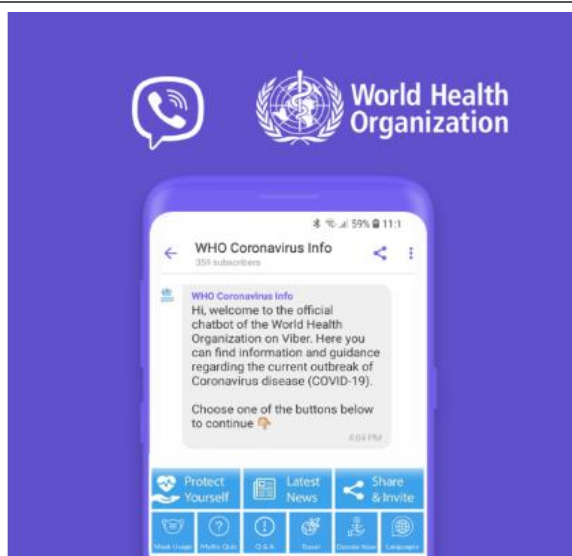




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## WHO RESPONSE



WHO has created a partnership with Rakuten Viber to reach to over 1 billion people with accurate information about COVID-19 in multiple local languages directly through their mobile phones. Viber has also created a dedicated sticker pack which recognizes nurses, midwives and other healthcare workers for the work they are doing and the sacrifices they are making to fight this pandemic.

WHO together with IPA and UNICEF, has launched Read the World initiative to support children and young people in isolation

## GLOBAL

Countries, Areas or Territories Affected | **205**

Confirmed Cases | **823,626**

Deaths | **40,598**

Source: WHO SitRep 1-April 2020

## ETHIOPIA

**02** New confirmed cases

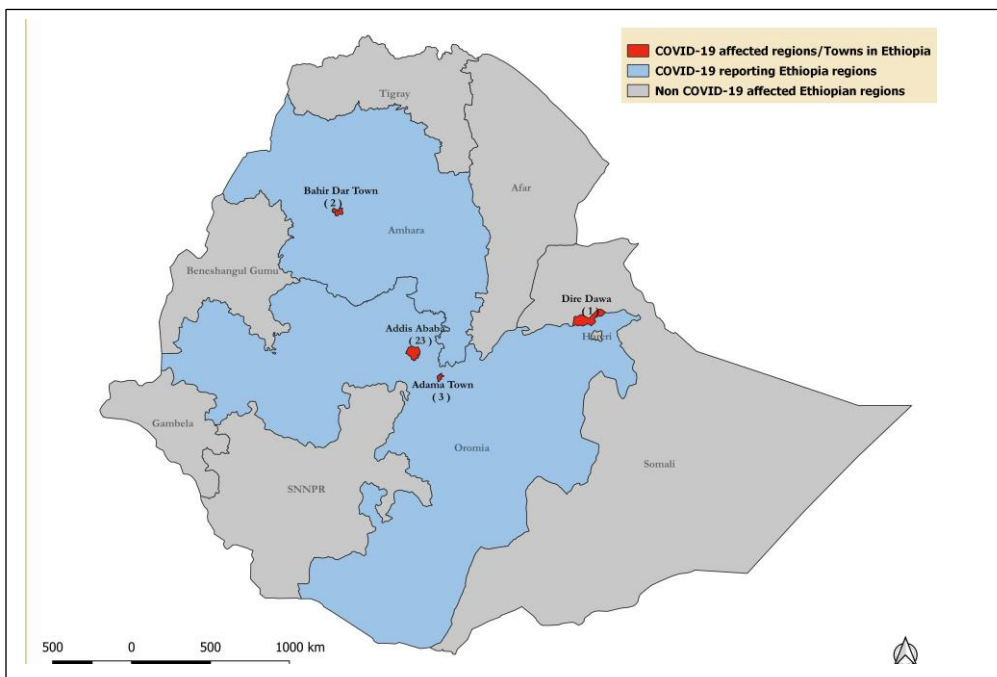
**31** Total confirmed cases

**04** Total recovered

**342** Total suspected cases

**00** Total deaths

Source: EPHI SitRep



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# 3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

## Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.

## Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

## Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
- Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).



## You are a model for your child's behavior

- If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!



For more information click below links:

[Parenting tips from WHO](#)

[Parenting tips from UNICEF](#)

[In worldwide languages](#)

[EVIDENCE-BASE](#)



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