

COPING
in a **COVID-19** world
(Tips on staying healthy - inside & out)



So, we know:
- How to wash our hands
(for 20 seconds with warm water & soap)



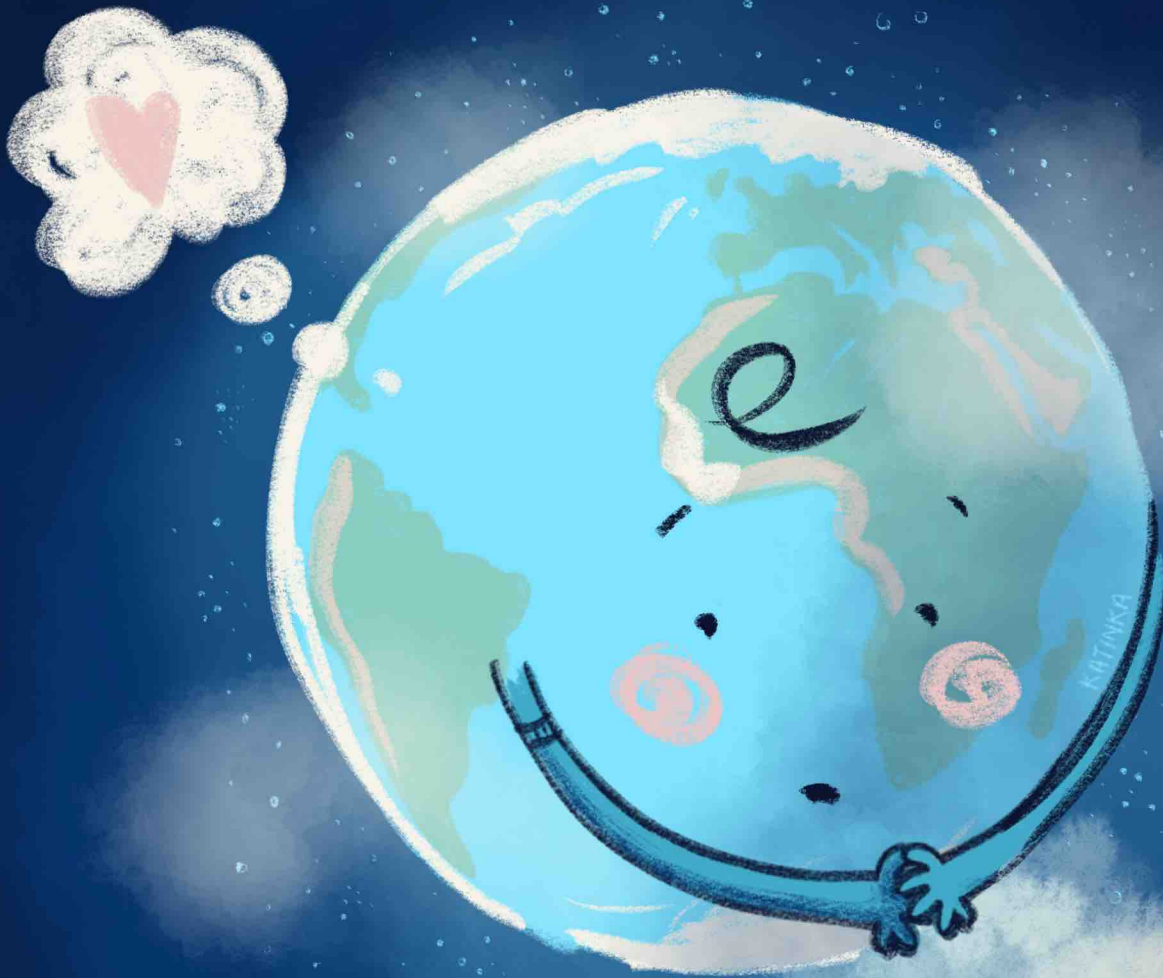
- All about social distancing



- How to cough or sneeze
into the crook of your
elbow or tissue AND

- Not to touch
your face,
even if your
nose is itchy





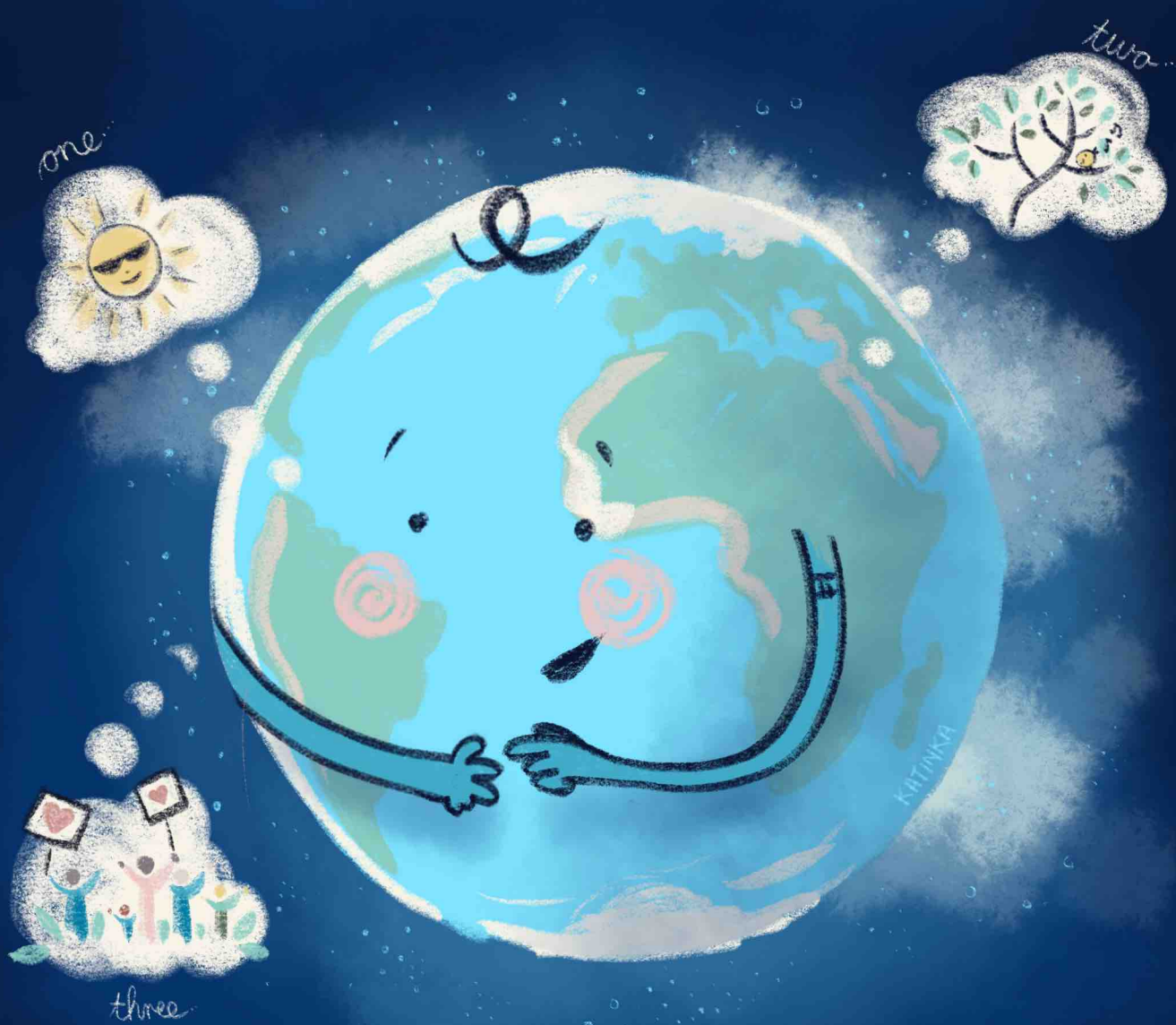
And it's good to stay healthy,
but how on earth do we stay
healthy on the **INSIDE**?



Do something
you love



Do a little social media
and news distancing too
(take a deep breath and just be present)



Name **(S)** things
you are thankful for



Now share these with
someone you care for

If you still feel small,
insignificant



and alone...
Look up at our **CREATOR**
and trust in Him

(He's still got the whole world in His hands)

This little picture book:

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was created by KATINKA JOUBERT (www.onesanesoul.com)
in association with **SUKUMA Community Transformation.**

PLEASE FEEL FREE TO SHARE IT HIGH AND LOW!

We would really appreciate any contribution (time, talents, prayers and funding)
towards making a difference in rural communities devastated by the
Covid-19 pandemic.

Feel free to contact us at +27 83 282 2401 or learn more about our projects at
www.sukuma.org.za

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BANKING DETAILS
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