Top Vibe Online

KIDS Magazine

Issue 21
2020

Happy Easter



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Top Vibe Kids Magazine

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Redakteurs nota

Charms

Liewe maats,

Hoe gaan dit met julle? Met my gaan dit goed dankie.

Die skool het vroër gesluit en nou het julle 'n paar dae ekstra vakansie.

Ongelukkig sit ons nou met die COVID-19 ophande. Wees asseblief net veilig. Bly tuis, was kort-kort hande en drink baie vitamins en eet vrugte.

Dit is April maand en die winter kruip nou stadig nader, dan is dit weer bitter koud en ons almal wens die somer is weer terug.

So, wees maar veilig en luiste vir Mamma en Pappa.

Binnekort maak die Paashaas ook weer, sy opwagting. Dit is iets om na uit te sien.

Maats, dit is ook een van die dae Moedersdag. Begin somer dadelik om vir ma 'n hand gemaakte geskenk te maak. Vra vir pappa of ouboet of sus vir hulp.
Moet nie van Vadersdag vergeet nie. Gelukkig het julle nou nog baie tyd om iets te maak.

Dit kan lekker baie pret wees.
Die volgende uitgawe sal daar 'n paar idees wees wat julle kan volg en gebruik.

Nou ja, maats soet wees en mooi bly ek praat weer volgende maand met julle. Onthou om op ons Facebook blad te gaan loer dit is www.topvibe.co.za of top vibe kids magazine.

My nommer is 072 768 8582 as julle wil praat, ek wag om van julle te hoor.
Liefde Tannie Charms

Top Vibe
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COVID-19 AND CHILDREN

As the number of Covid-19 cases rises worldwide, parents trying to protect their children from the disease can take solace in one thing: the disease has generally been milder in children.

However, there are many unknowns about coronavirus, and research is ongoing. Here is what we know now.

Can children catch coronavirus?
Yes. They can be infected with and appear to be able to transmit coronavirus, even if they do not have symptoms. That is why it is important for children to practice social distancing and hand-washing, even if they do not appear ill.

How does coronavirus affect children?
It is generally believed to cause milder symptoms in children, but the specific impacts by age are becoming clearer as the outbreak goes on.

Much of what we know today is based on reports out of China, where the outbreak began. There 2.4% of all identified cases were in children under 19 years old. An even smaller number within this group of children had severe symptoms, 2.5%, or what the World Health Organization (WHO) described as "a very small proportion". But more research is being done and a clearer picture is still emerging.

Why does coronavirus affect children differently?
That remains unknown. Dr Jay C Butler, deputy director of infectious disease at the US Centers for Disease Control and Prevention, said, "The phenomenon is very significant," on a live-streamed show hosted by the Journal of the



People aged 60 and older or with existing health conditions remain the most vulnerable to the coronavirus. That includes people with conditions such as high blood pressure, diabetes, cancer, cardiovascular disease and chronic respiratory conditions, according to the WHO.

My child has a health condition. Should I be concerned?
Respiratory conditions such as asthma often result in more severe cases of viral diseases such as influenza. But the coronavirus is new.

At first it was only elderly people. The narrative about coronavirus, fanned by the details of every sad death announced, was that the virus was mainly a concern for those over 70, or people with serious underlying health conditions. These were the groups initially urged to socially distance themselves. But we're beginning to see that coronavirus can make some younger people seriously ill. Crucially, although the majority of younger people and children will develop symptoms little worse than flu, they could be invisible carriers of the virus – and play a key role in its spread.

When you can't easily tell if someone has a cold or coronavirus, infection control is far more difficult. so if you think you might have symptoms go and get yourself tested.

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Like many of my colleagues, I could see no obvious reason why children weren't being infected: this was a virus spread by the respiratory route, not through a process unique to adults. If significant numbers of children were infected and suffered very minor cold-like symptoms, then their potential to spread the virus was immense.

One of the key differences between the novel coronavirus and Sars and Mers is that people with Covid-19 may have only mild symptoms – making it more difficult to detect. With Sars, most people infected quickly developed pneumonia. Identifying and isolating people with severe symptoms is a relatively easy task, and this made infection control through case identification and contact tracing comparatively easy.

The current coronavirus is different. In more than 85% of confirmed cases symptoms can go undetected or be easily confused with the common cold of mild flu. Its biggest weapon – the thing that has, according to one study, allowed it to spread so easily – is this ability to cause mild disease in the majority of people it infects. When you can't easily tell if someone has a cold or coronavirus, case identification and infection control are far more difficult.

Far from being uninfected by this virus, children could in fact be its unseen carriers, important links in community transmission chains. But there's still an important piece of the jigsaw missing. While many of us suspect that children have a key role to play in this outbreak, hard evidence to support this belief is still lacking.

In perhaps the largest study of its type, Chinese researchers examined infection



Severe and critical diseases, where body oxygen levels are low and various organs are under threat, were seen in around 5% of the children studied, with the youngest (under one year old) most at risk. There are still significant gaps in this analysis. Importantly, most of these were suspected rather than confirmed Covid-19 cases. But this study does at least reaffirm that most infections in children are mild.

Judging from past pandemics, school closures can be an effective way to reduce the spread of a virus – particularly when they form part of a larger programme of social distancing measures. Every school day, children congregate en masse, often in close proximity, and then return home, taking with them any new infection they've picked up. Intuitively, reducing this cycle should help slow the virus.

South Africa is in lock down for 21 day's

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*** Use a mask**

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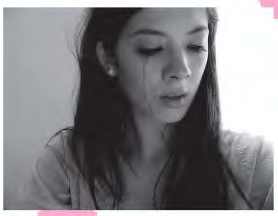
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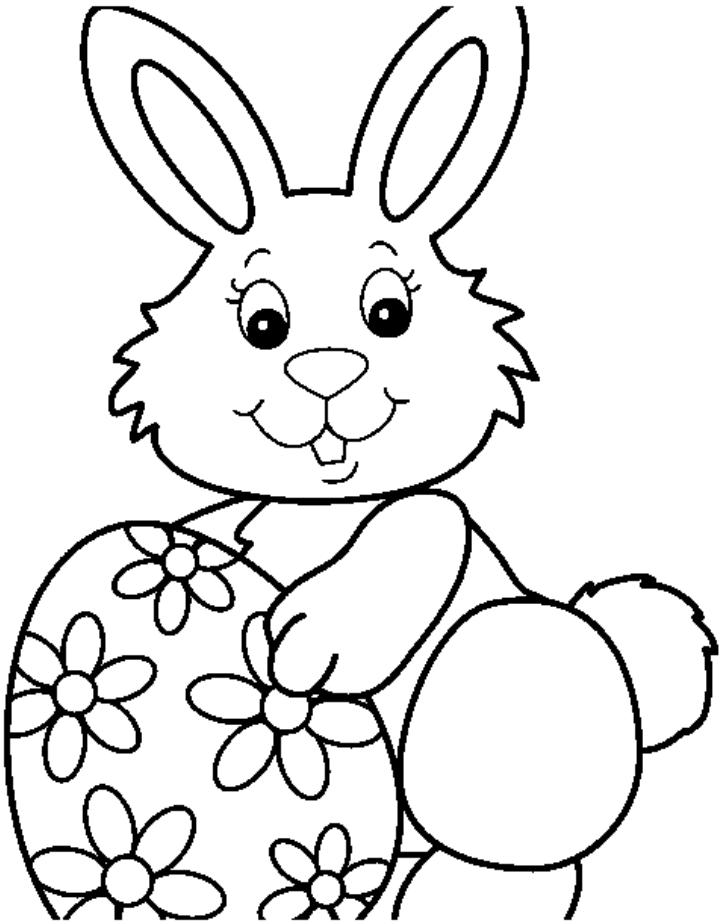


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