

MAGDANO G?!

EVERYTHING YOU NEED TO KNOW TO
AVOID A CORONAVIRUS INFECTION!



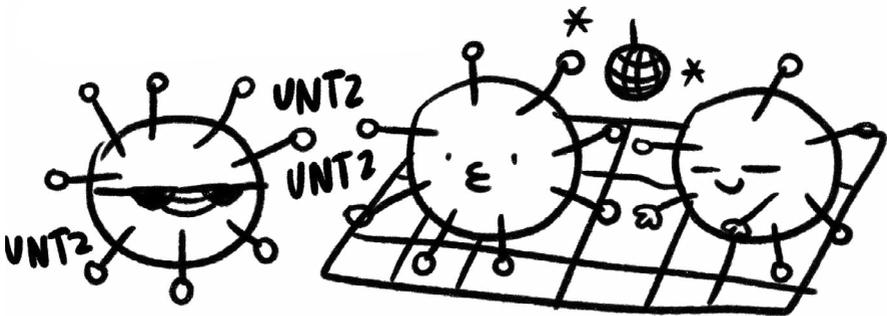
WHAT IS MAGDANOG?! EXACTLY?

2020, what a rotten year that was! But...

young people are doing the right thing. You've put most of your life on hold over the past year to protect others. Hats off to this!

It's not easy to live with the measures. A lot of things have been closed for a very long time and that's not fun. But fortunately, there are many things that can still be done.

This booklet wants to encourage you to do as much as possible in a safe way despite the measures. It explains how the virus spreads and how you can make sure that it spreads less rapidly.



On the following pages you will find **the protective layers**, which are very important. In everything you do, try to keep these protective layers in mind.

Do you still notice that this is difficult? Then it is better to choose a different activity.

In this booklet, we give you **examples** and **always explain what the risk is**. This allows you to **estimate for yourself** what risk you run with which activity.

Enjoy reading and thank you for persevering with the measures!



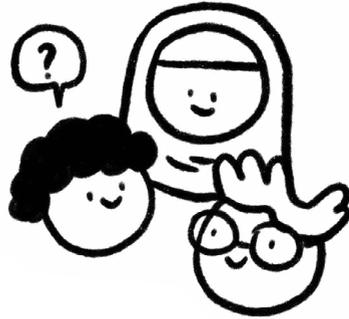
I also exist in other languages!
Check out www.shop.watwat.be

DO YOU KNOW WAT WAT YET?



WAT WAT made this booklet in Dutch and then had it translated into the version you are now holding.

WAT WAT gives you answers to the questions you have as a young person, such as: how old must I be to drive a car? Someone I know is down, how can I help?



Need someone to talk to?
check: www.watwat.be/zoek-hulp



WAT WAT gives you non-controlling info, so that you can make your own choices.

You can see where to go for **more help or info** via chat, phone, email or by visiting.



WAT WAT also offers all the latest coronavirus info for young people. Because what is actually still allowed?

check: www.watwat.be/corona

Check out our site and social media for info and recognisable stories from other young people in Dutch.

www.watwat.be



[@watwat_jijweet](https://www.instagram.com/watwat_jijweet)

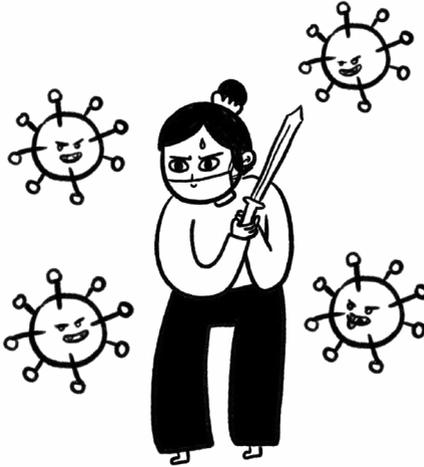


[WAT WAT](https://www.youtube.com/WATWAT)

YOUR PROTECTIVE LAYERS

Behold, fighter, your protective layers!

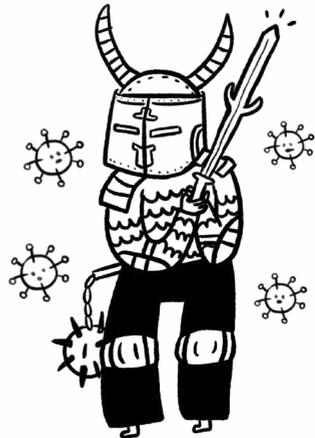
To protect yourself optimally against the virus, you combine these four layers. That's how you defeat the virus.



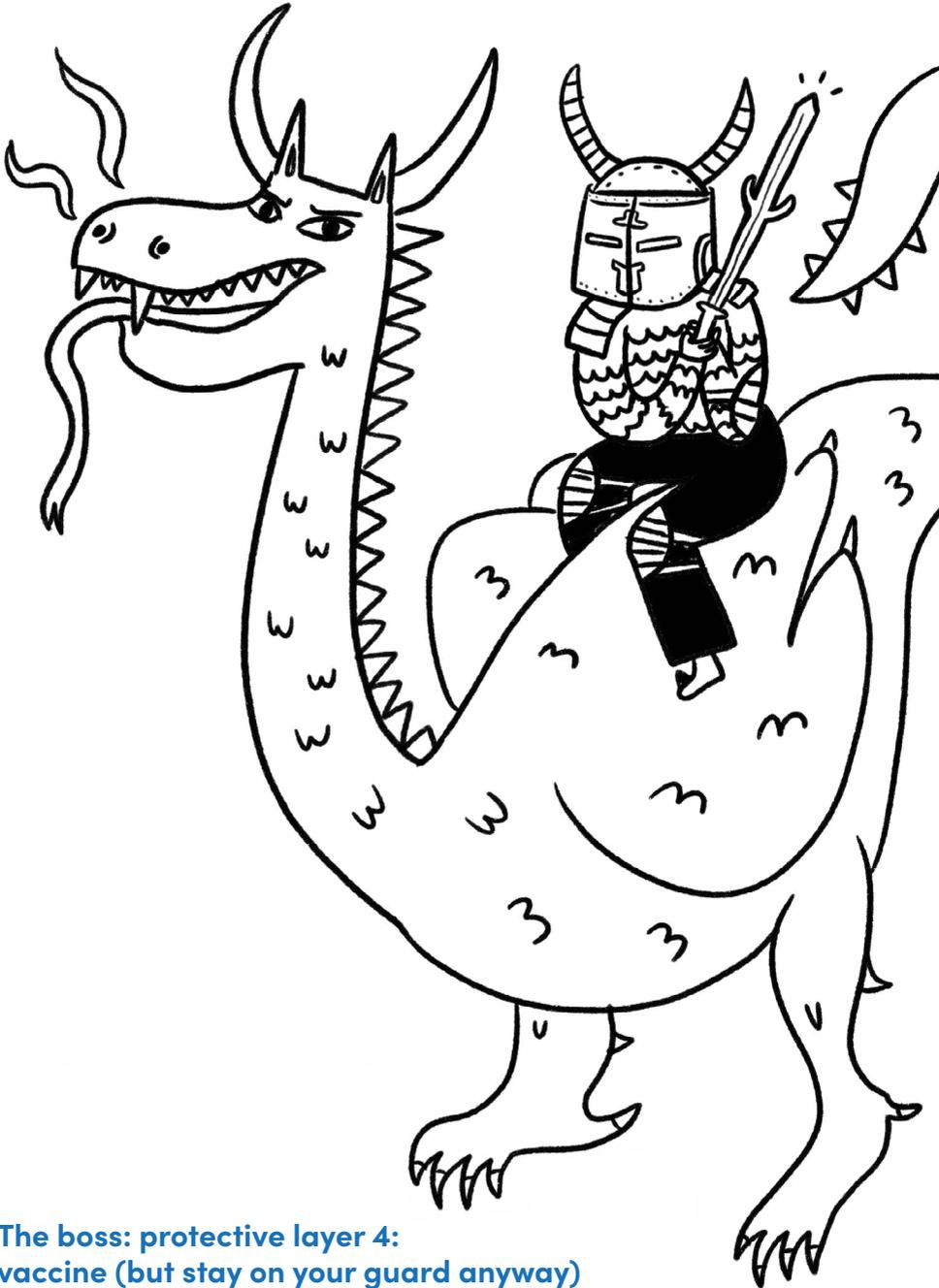
Protective layer 1: face mask, wash your hands and keep your distance



Protective layer 2: ventilation



Protective layer 3: limit your number of close contacts



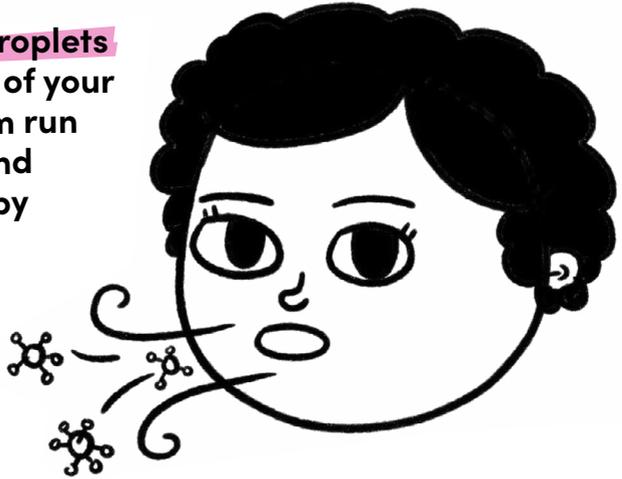
The boss: protective layer 4:
vaccine (but stay on your guard anyway)



PROTECTIVE LAYER 1: FACE MASK, WASH YOUR HANDS AND KEEP YOUR DISTANCE



The virus is in the droplets and micro droplets of your breath. You let them run free by coughing and sneezing, but also by laughing, shouting, singing, panting, or even just breathing. The good news is: you can protect yourself and others...



CORONAVIRUS NO CHANCE? WASH HANDS!

Saliva droplets soon come via your hands onto your face and so end up in your mouth or nose. If you wash hands frequently, you prevent the virus particles from getting onto your face.



FACE MASK ME UP

With a mask (which you also wear over your nose) you keep your own droplets with you. They do not get on the face of your conversation partner and the air does not become infected. It is certainly a good idea to wear your face mask in a closed room, or when you cannot keep a distance.



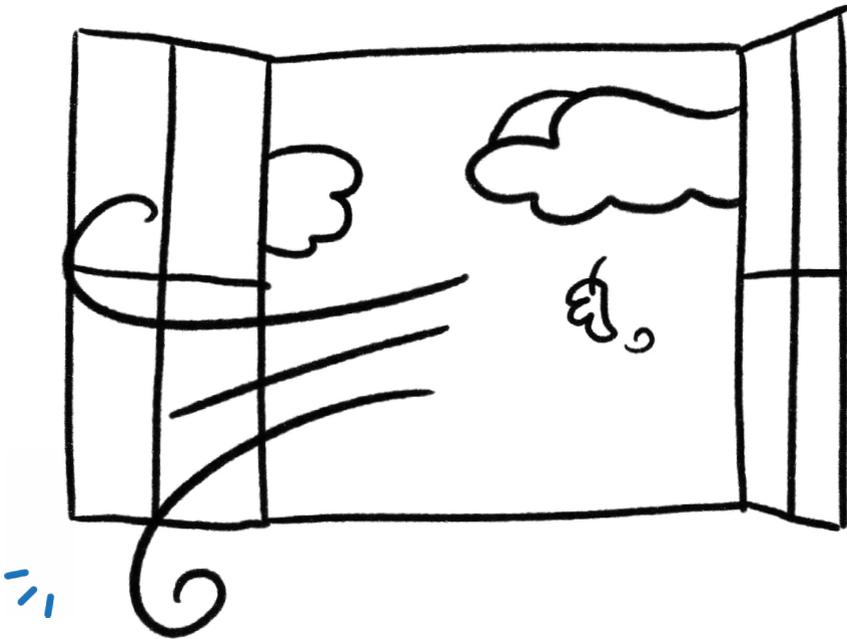
GOOD, BETTER, ONE AND A HALF METRES

The more distance you keep, the less likely you are to infect someone else with the droplets you breathe out, or vice versa. 1.5 metres is a safe distance, both inside and outside.



PROTECTIVE LAYER 2: VENTILATION

When you breathe out, **micro droplets remain hanging in the air**. Outdoors they evaporate faster. In a closed, unventilated space they pile up and the air (which you or others are breathing in) becomes infected. That is why it is safer to meet outside and to ventilate indoor spaces.



THE CO2 METER

You can check whether a space is well ventilated by using a CO2 meter. It does not measure how much coronavirus there is in a room, but when the CO2 level is too high, the room is not properly ventilated, and the windows have to be open until the CO2 meter says it is good.



Don't you have a CO2 meter? That's okay. Make sure that several windows are open so that the room remains well ventilated.

PROTECTIVE LAYER 3: LIMIT YOUR NUMBER OF CLOSE CONTACTS

NOT SHARING = CARING



The **droplets** which an infected person breathes out can get **onto objects**. If you touch them, you can become infected. So do not share any objects with people outside your bubble.

LIMIT YOUR (CUDDLE) CONTACTS



Most infected people transmit the virus to 2 or 3 others, but there are also **superspreaders** who suddenly infect many people by their behaviour (poor ventilation, not keeping a distance, not wearing a mask). The fewer people you see, the less you are at risk of infecting someone or getting infected yourself.

MANY PEOPLE, SMALL SPACE?



Passing someone on the street is safe, but with large gatherings you stand close together for a long time, increasing the risk of infection.

If everyone wears a **face mask**, most of the droplets are collected, and the risk is not so high. But if you are pressed against people and touch the same objects, then the situation becomes less safe. So try to **avoid crowded places**.

THE CORONAVIRUS APP



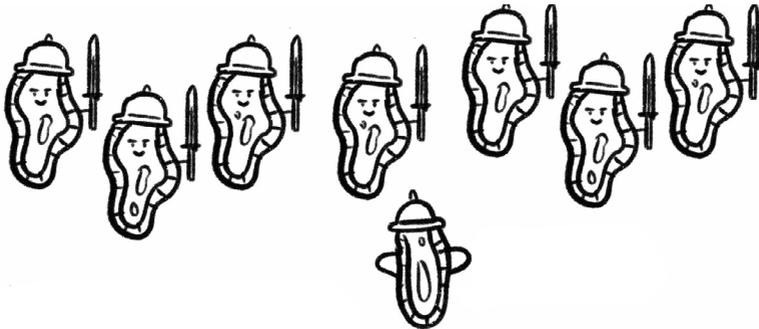
The coronavirus app keeps track for 14 days with whom you come in contact (who have the coronavirus app). No worries, it happens **anonymously**. So no one knows who you are dating. Does someone test positive? Then you get a notification that you have to do a test as well. **The more people who do this, the safer.**

↓
PSST! → The app is free and anonymous.

PROTECTIVE LAYER 4: VACCINE



A vaccine is an injection of small, **harmless pieces of coronavirus**. If those pieces of virus get in your body, your immune system creates substances that make the virus particles harmless. Those are antibodies. Are you exposed to the virus after your vaccination? Then **your body is well prepared** and it will fight against the virus itself without you getting ill.



IS IT COMPULSORY?

Vaccines are **not compulsory**, but it is important to make as many people as possible immune to the virus. When 70% of the population is vaccinated, we can think about a normal life with festivals, unlimited contacts and free travel.

HOW COME IT'S SO SOON?



The vaccine is so soon because it was given **priority in labs around the world**. Researchers have not skipped any steps: all the tests and inspections have been done. This vaccine has simply **overtaken** other research so that we have not had to wait for years.



WHO GETS IT FIRST?



Not everyone can be vaccinated at the same time. **Vulnerable people and people who work in healthcare** will be given priority.

WILL I GET SIDE EFFECTS?



If a vaccine is approved, it is safe. Then there is little chance of serious side effects. But we can never completely exclude it, just as with other vaccines. That is why the vaccine is **properly monitored**.



QUARANTINE VS. ISOLATION

FIRST THIS:



Positive test =
coronavirus
infection



Negative test =
no coronavirus
infection

Does your test show that you do not have the coronavirus? Well done! Depending on the measures, you can get out of quarantine. Tested positive? Bother. Then you have to go into isolation.

But **what is the difference** between the two?

QUARANTINE

If you **might have the coronavirus**, you go into quarantine to avoid passing on the virus. Because you can pass on the virus before you have symptoms, or you may have no symptoms and yet infect others. You go into quarantine for example if you had contact with an infected person or return from a red zone. For the current colour codes, check out www.diplomatie.belgium.be (information available in Dutch, English, French and German).

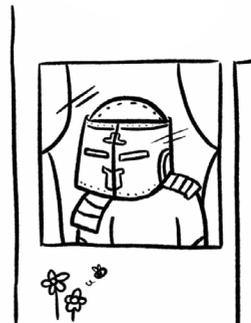
ISOLATION

If you **certainly have the coronavirus**, you have to go into isolation. Isolation means you must stay at home for at least 7 days. You may only leave your house after at least 7 days if you have had no fever and no respiratory problems for at least 3 days.



WHAT IS CONTACT TRACING?

When you **have been in contact** with an infected person, you may be contacted by a contact tracer. They explain to you what steps you should take, what you may or may not do, and how long your quarantine will last.



ACTIVITIES

MAGDANOG?!

We've created this list of activities for you. There are of course many more, but we cannot list all of them.

Let's get started!

www.watwat.be/corona

CHILL



In these activities, you run little risk of getting infected. They are usually safe because you do them with few people and in safe conditions.

Remember: all outdoor activities are safer, because there the virus droplets evaporate faster.

WALKING? JOGGING? DO IT!



In the open air, with 1.5 metres distance from others, walking is a-okay. The physical exercise you get comes for free. Boring? Find a sporty friend and go jogging together. Tip: avoid crowded places and wash your hands when you get home.

INVEST IN YOURSELF

It is probably the first time that you have had so much time to invest in your own skills. Learn more via online YouTube tutorials, read books or sharpen up your language skills.



STAY CONNECTED



Stay connected, but then digitally. Organise a quiz for your friends, do some video gaming together or cook the same meal as your date and eat it together in front of your screen. The list of options is endless.



IMPROVISED DO-IT-YOURSELF FITNESS

Use bottles of water as dumb-bells, do pull-ups on the door or push-ups on the floor. Rather zen? There are plenty of YouTube tutorials for yoga or meditation!





HOME PARTY

Do you live with your parents? Brothers and sisters? Housemates? Create a playlist. Everyone can choose five numbers and then dance away all the frustration.



CHILL (BUT WATCH OUT)



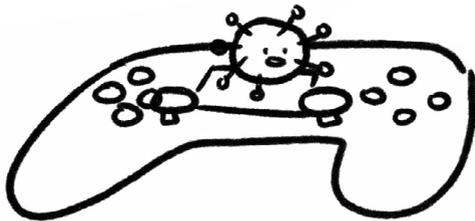
In these activities, the risk of infection is small, if you follow the rules. Remember your protective layers!

LOOKING IS ALLOWED, NOT TOUCHING



The virus is mainly transmitted through the air and less by touching surfaces. It seems to survive longer on smooth surfaces such as glass and metal, than on rough surfaces such as fabric and cardboard.

Yet the probability that you get it from touching a surface is small when you wash your hands frequently.



RELAXATION AND CULTURE

Relaxation and culture are OK, but only when your protective layers are in order (face mask, soap, etc.). Many cultural centres are coming up with alternatives: outdoor performances, live broadcasts, online festivals or even theatre via WhatsApp.

PUBLIC TRANSPORT

Face mask on? Feel free to take public transport. If possible, open the windows for extra ventilation. With the De Lijn or the MoveSafe app, you can see if it is busy on the train, tram or bus. Avoid anything that is overcrowded. Cycling is still safer (and more fun).



EATING OUTSIDE

Eating outside is OK if you do not meet with too many people, sit at enough distance, and when everyone brings their own food and drinks.



EXERCISING TOGETHER

Going outside and exercise keeps you physically and mentally healthy, but avoid physical contact. Kick penalties rather than wrestling. Throwing the ball to each other can do little harm, but wash your hands when you get home.



SHOPPING

With a face mask and at 1.5 metres distance from others, shopping is no problem. If you're going to touch things, disinfect your hands. If it is very busy or the room is poorly ventilated, then it is better to stay away.



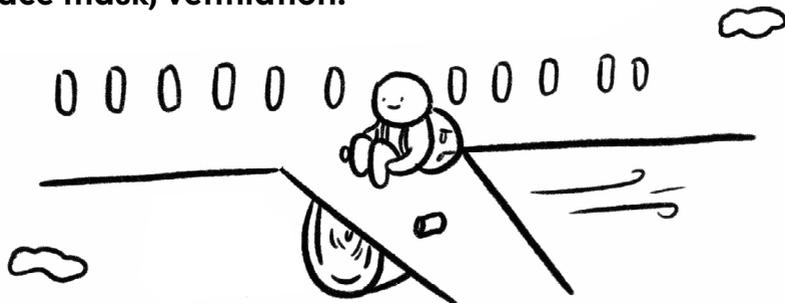
PHYSICAL EDUCATION

The coronavirus is (unfortunately?) no excuse to cancel PE. Keep a distance and make sure the space where you exercise is well ventilated. Or ask your teacher to exercise outside, that's always safer.



FLYING

Thanks to good ventilation, face masks and fixed places, you have little risk of infection on the plane. But if it is busy at the airport, be careful. Abroad, there are sometimes other measures. There too, always think about your protective layers: soap, distance, face mask, ventilation.



RISKY



In these activities, you run more chance of getting infected. Even if you follow the measures. Replace these activities as much as possible by chill activities. This way, the virus will be less likely to spread.

EATING IN THE REFECTORY



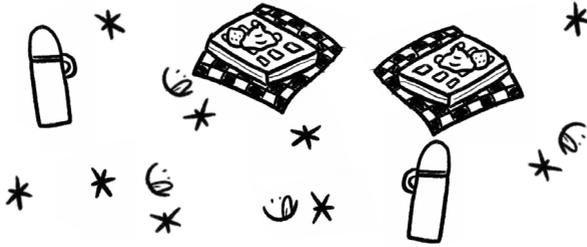
In the cafeteria you sit with a lot of people without a mask in one room. And you usually talk while eating, so that you produce droplets and micro droplets. It is a better idea to eat in your class bubble with the window open, or even in the playground, rather than huddling together in the refectory.



MAKING SELFIES OR TIKTOK VIDEOS TOGETHER

It's okay to make a selfie or a TikTok video with your cuddle contact, but it is better to keep a distance from others. Or go outside together, then you are in an original setting straight away. Keep a distance!





EATING (OR DRINKING) OUT

If you go to a bar or restaurant, ask if a window may be opened. Sitting on the terrace is safer. Make it cosy: get a takeaway together and eat it outside.

OUTSIDE PARTY

A party in the garden is safer than a party inside, but it is still dangerous when you share things. So keep a distance and do not share food or drinks.

#NOTSHARINGISCARING



ACROSS THE BORDER

It is not forbidden to cross the border, but it is also not recommended. You do not necessarily need to go abroad to discover something new. There are probably still places in Belgium that you have not yet seen.



BEAUTYLICIOUS

At the hairdresser or beautician, you cannot keep a distance and you often sit in a confined space, so that infected micro droplets can accumulate. Varnish your nails or trim your beard yourself (thank you YouTube!) or shave off all your hair right away. That's a trend after all. Once the salons reopen, ask whether a window may be opened and keep your face mask on.



TO THE FITNESS

Fitness rooms are often poorly ventilated. Moreover, you wear no face mask and you breathe in more deeply during exercise, so you breathe out more micro droplets. You can also exercise outdoors, or at home on a mat.

VISITING YOUR GRANDPARENTS

Are you going to visit elderly people, a high-risk patient or someone in poor health? Then put on a face mask, keep your distance, take a thick sweater, and open a window. Also, do not call out, that releases more virus.



PURE HORROR



In these activities, the chance of super spreading is the greatest. We recommend you to avoid these activities or this behaviour. Try to choose less risky alternatives. The best thing is that you look for chill alternatives. That's the fastest way for us all to get out of this crisis.

KARAOKE WITH FRIENDS IN YOUR BEDROOM



Singing and laughing spreads many micro droplets. Outside you can sing as loud as you want. And certainly in the shower.



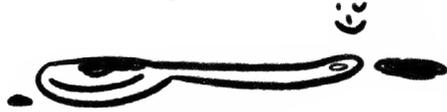
LOCKDOWN PARTY

If many people are in one closed space at the same time, the virus gets every chance. The risk is just as big as with a nightclub party. You can of course have a party with the people you live with. Or (while observing the restriction on public gatherings), a party with a few people in the garden. Yee-haw!



ALL YOU CAN EAT

A buffet can be dangerous because people touch the same serving spoon, or sometimes the food itself. It is safer to be served at the table. A takeaway is even more safe! Takeaway is the best way.



SMOKING TOGETHER

You can also become infected through contact with the saliva of an infected person. So it is not a good idea to pass along something that you have had in your mouth. Everyone their own smoking material, there's nothing wrong with that.



PHYSICAL CONTACT

Shaking hands passes the virus on, but a pat on the shoulder or a fist-bump a lot less. It is better to give an elbow or a foot, since you do not touch your mouth with that. Hugging you do with your housemates and/or your cuddle contact.



DATING ♡~♡

Dating is especially unsafe if you see lots of different people at the same time. But in the open air, it's fine to go out together. You can for example get a takeaway, do some sports together or go for a walk. Surprise your date with a creative excursion outdoors, but postpone that first kiss for a while.

TOUCHING SOMEONE ELSE'S MOBILE PHONE

You constantly pick up your phone, others do so too. If you do handle someone else's mobile phone, disinfect it afterwards and wash your hands as well.

TOUCHING PETS

The virus can certainly be transmitted from animals to humans. We do not yet know everything, but it is better to stroke only your own pet or that of your cuddle contact.



**Been tempted by a 'pure horror' activity after all?
Be extra alert and cautious the week afterwards.**

THANK YOU

Thank you for persevering.
Thanks for doing this so well.
You have to sacrifice a lot in
this crisis, but you and your
generation have often proven
that you can be creative and
flexible.

Many small efforts make a big
difference. So: thanks!



MAGDANOG?!

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