

COVID-19 LESSONS WITH

**LUNGA**

**ASKING FOR HELP  
WHEN YOU ARE SICK**



Did you know that  
superheroes also ask  
for help?

**BOOM!**

Be like Lunga, our COVID-19  
hero. He wasn't feeling well  
and asked his teacher for  
help.

**ZAP**



If you, or a friend, are at school and suddenly not feeling well, be a COVID-19 hero and ask an adult or teacher that you trust for help.



NATIONAL INSTITUTE FOR  
COMMUNICABLE DISEASES

Division of the National Health Laboratory Service

For more lessons, visit  
the NICD website-  
[www.nicd.ac.za](http://www.nicd.ac.za)