

# InterswitchSPAK April Content Calendar

## WEEK ONE

Knowledge is very important in helping to fight the Coronavirus. Here's what you need to know about the new coronavirus (Covid19).

Stay Safe...

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#Covid19 #Coronavirus #StaySafe

### What Is the Coronavirus (COVID-19)?

At the end of 2019, a new type of coronavirus began making people sick with flu-like symptoms. The illness is called coronavirus disease-19 – COVID-19 for short. The virus spreads easily and has now affected people in many countries.



### What Are the Signs & Symptoms of Coronavirus (COVID-19)?

COVID-19 causes a fever, cough, and trouble breathing. Some people have a sore throat. Symptoms are a bit like those people have with a cold or the flu. The virus can be more serious in some people, and may lead to illnesses like pneumonia.



### How Does **Coronavirus** (COVID-19) Spread?

People can catch coronavirus from others who have the virus. This happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in. People also can get infected if they touch an infected droplet on a surface and then touch their own nose, mouth, or eyes. Experts are looking at whether the virus can spread through stool (poop).



### How Can I Protect Myself From **Coronavirus** (COVID-19)?

- Stay home and away from others as much as possible.
- Avoid people who are sick.
- Stay at least 6 feet (2 meters) away from other people.
- Wash your hands well and often.
- Try not to touch your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects that people touch a lot.
- Obey instructions from your local health authority.



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To protect yourself and help prevent spreading the virus to others around you, it is essential to practice the WHO's five;

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze
- Avoid close contact (1 meter or 3 feet) with people who are unwell
- Stay home and self-isolate from others in the household if you feel unwell
- Don't touch your eyes, nose, or mouth if your hands are not clean

Obey every regulations by local health authorities

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## DO THE FIVE

Help stop coronavirus

1. **HANDS** Wash them often
2. **ELBOW** Cough into it
3. **FACE** Don't touch it
4. **SPACE** Keep safe distance
5. **HOME** Stay if you can

Children are also at risk of contacting the Corona Virus (Covid19). Let's protect them by following these guidelines.

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Is the Coronavirus (COVID-19)  
Dangerous to Children

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Experts are still learning about COVID-19. There are far fewer cases of the virus reported in children. Most of them caught the infection from someone they lived with or a family member. The virus seems to usually cause a milder infection in children than in adults or older people.

Is the Coronavirus (COVID-19)  
Dangerous to Children

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Call your doctor if a child or someone in your family has a fever, cough, or other flu-like symptoms. Tell the doctor if they have been near someone with COVID-19 or lived in or travelled to an area where lots of people have the coronavirus.

Is the Coronavirus (COVID-19)  
Dangerous to Children

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Make sure your children have all their vaccinations. Protect them against illnesses like measles and the flu. This helps keep them out of the doctor's office or hospital where they could be around other germs, including COVID-19. Plus, kids who have another infection may have a harder time getting better if they do get COVID-19.


Is the Coronavirus (COVID-19)  
Dangerous to Children

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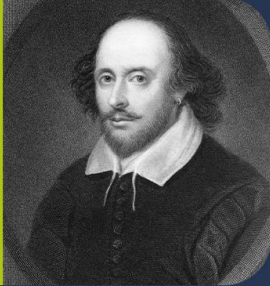
Keep your innovative mind awake during this period of Self isolation. You too can create something great like legendary playwright, and poet, William Shakespeare.

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**DID YOU KNOW?**



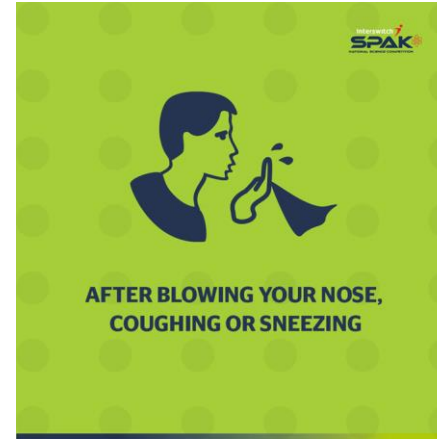
**Shakespeare wrote King Lear during plague quarantine.**

You too can create something awesome during your time in isolation

One of the ways to prevent Covid19 is by washing your hands regularly. Here are some specific times when you should wash your hands.

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#Coronavirus #StaySafe



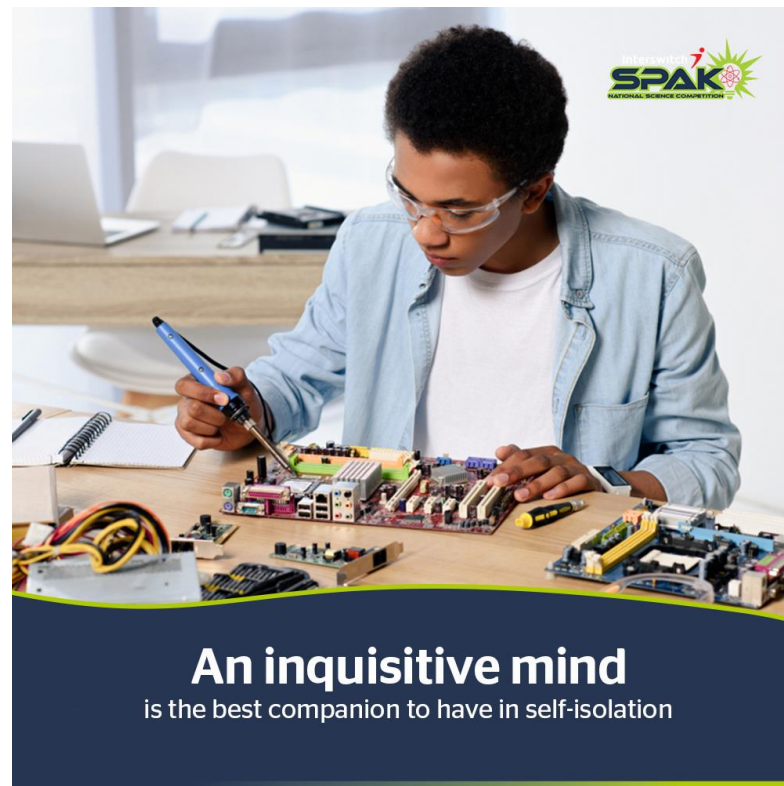


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Try out new things during this period of isolation. Innovate, recreate, invent... let your inquisitive mind guide you.

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## WEEK ONE

**Tuesday, April 7**

### **InterswitchSPAK 3.0 FAQs**

Registration for InterswitchSPAK 3.0 is ongoing.

Here are a few things you should know about the competition.

Nominate a school to register, you'd never know, you could produce our next winner

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Visit <https://bit.ly/2vfKbyS> today to register for InterswitchSPAK 3.0

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## WEEK ONE

# Thursday, April 9 Video Post

Some days are just like this and all we can do is pass.

We all have those days...even geniuses.

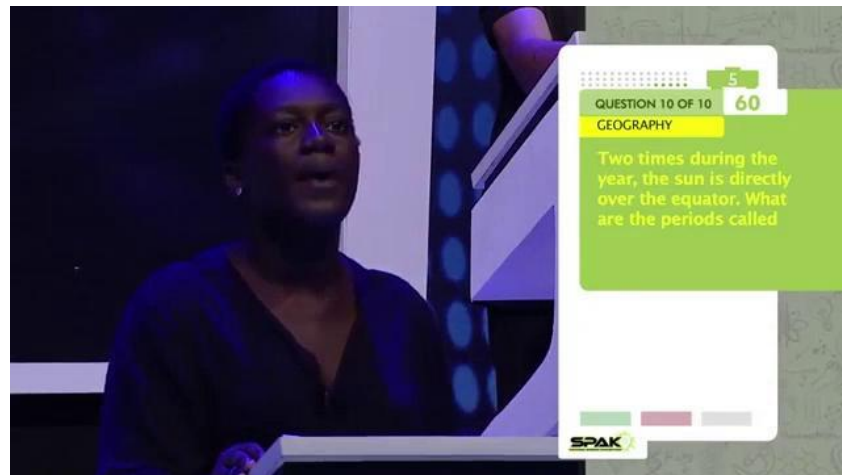
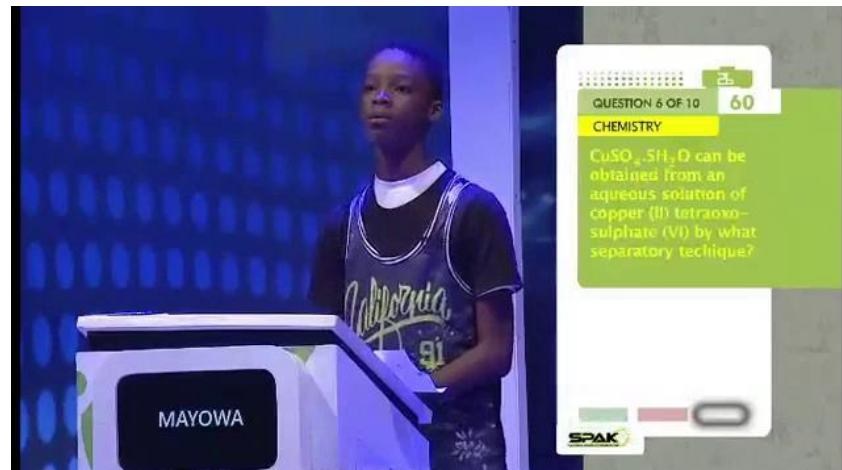
This too shall pass 😊

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## WEEK TWO

Monday, April 13

### Did you know

As much as this may seem strange, it's very true and was only discovered by scientists in 2017.

Before then, scientists believed that the bone marrow was the major site of platelet production. However, it turns out that blood platelets are produced more in the lungs.

Now you know...

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## WEEK TWO

# Tuesday, April 14

## InterswitchSPAK 3.0 FAQs

Registration is still on for InterswitchSPAK 3.0!!!

If you're still wondering, here are some important reasons why you be a part of the competition

Visit <https://bit.ly/2vfKbyS> today to register

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## WEEK TWO

### Friday, April 17 Video posts

Throwback to the final of InterswitchSPAK 2.0!

We celebrate our SuperSpak Deborah who chose to be honest at a time when she was under immense pressure.

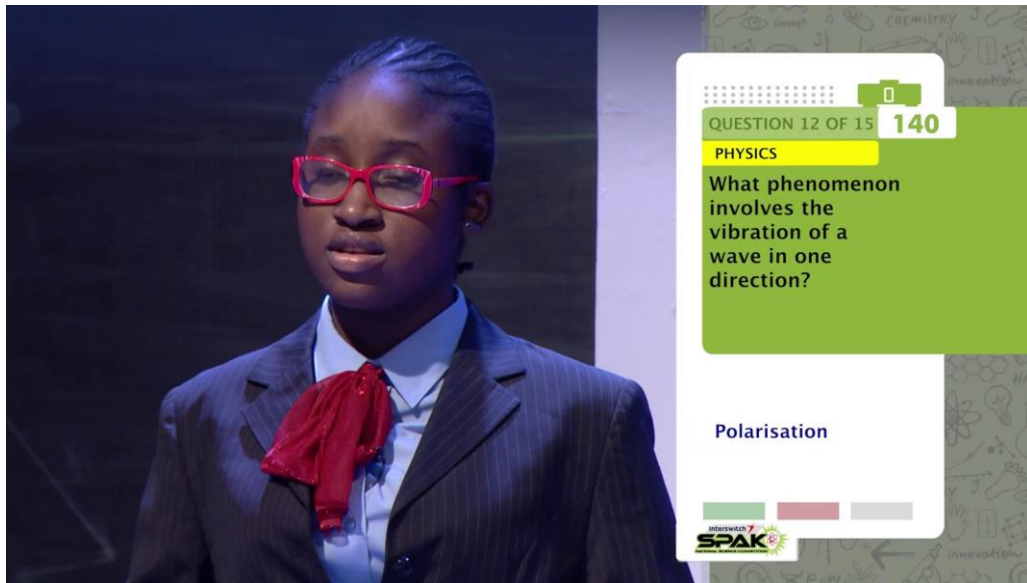
The world needs more people like her

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## WEEK THREE

# Tuesday, April 21

## Tuesday Trivia

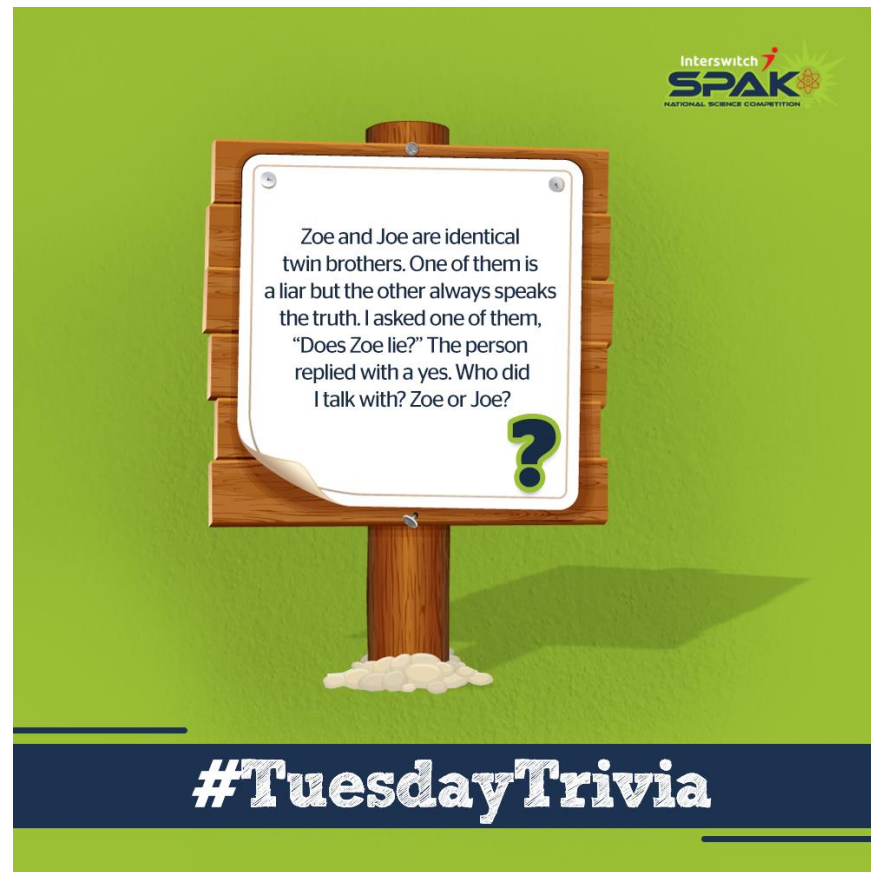
Today, you're a detective 🕵️, solving a crucial case 📁 of impersonation.

Share your answer in the comments and tag your friends to continue the fun...

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## WEEK THREE

# Thursday, April 23

## Video Post

Throwback to the finale of InterswitchSPAK 2.0.

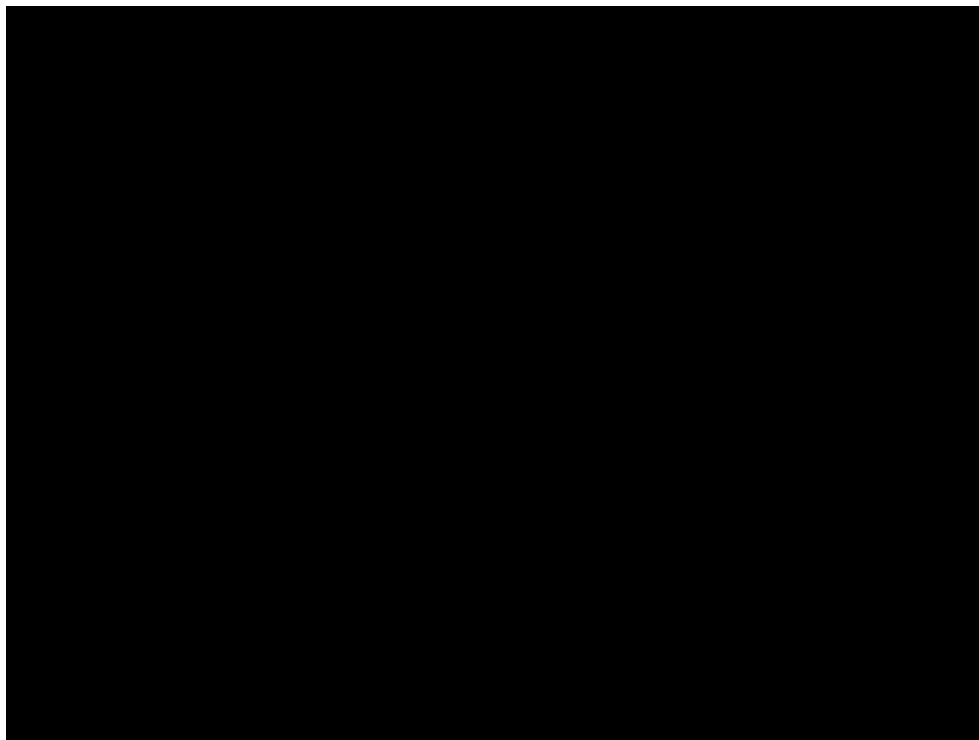
With a 4 Million Naira scholarship won, our SuperSpak Tobi gave rapturous praise.

This could be you, your student or your child next year

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## WEEK THREE

# Friday, April 24

## Motivational Quotes

Dreaming is only the first step, what happens after that decides the nature of result you get.

Set about achieving your dreams today. It would cost you, but the result would be worth it.

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## WEEK FOUR

# Monday, April 27

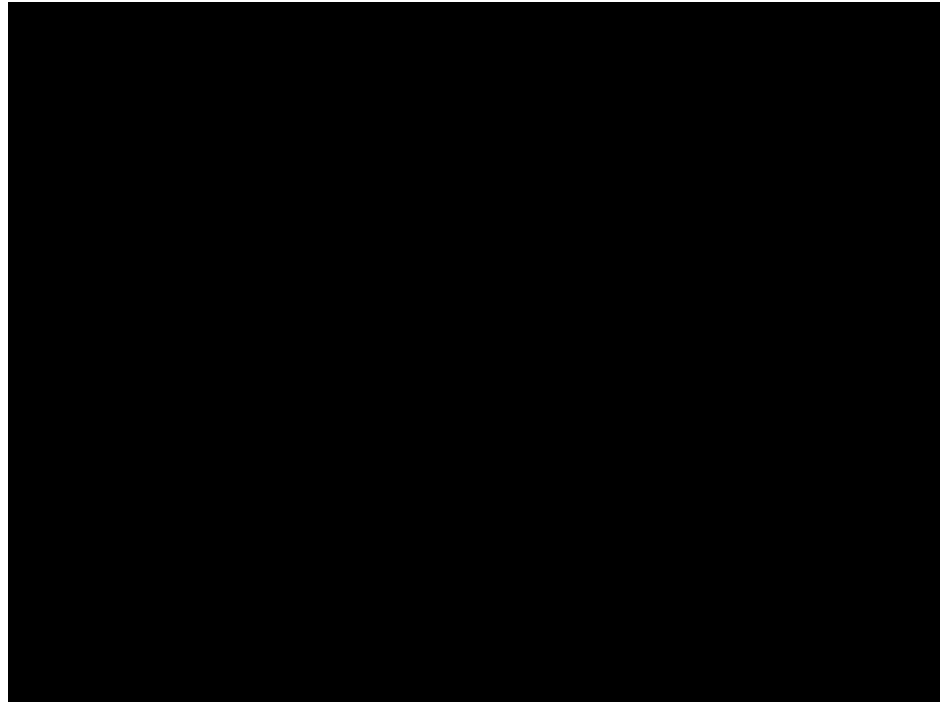
## Video Post

Our SuperSpaks get nervous too sometimes.

Throwback to InterswitchSPAK 2.0 final when Oyindamola needed a break just before he went on to win it.

Here's a lesson for you: It isn't wrong to take a break when you need it. Chances are, you will come back stronger.

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## WEEK FOUR

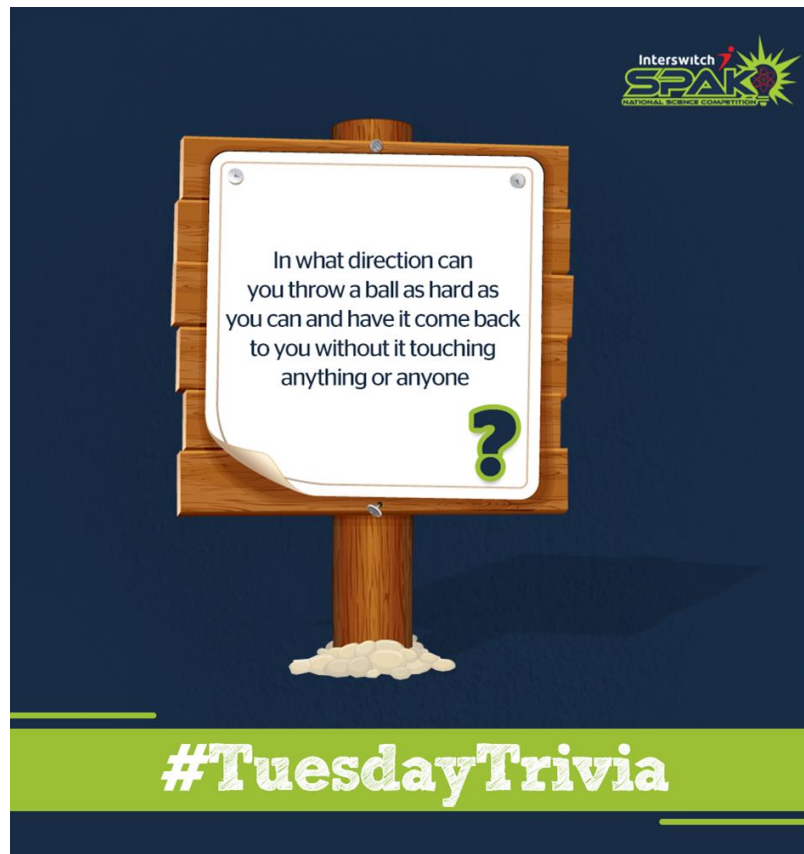
# Tuesday, April 28

## Tuesday Trivia

It's actually quite easy, just read it again.

Share your answer in the comments and tag your ball playing (or ball throwing) friends to see what they think.

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## WEEK FOUR

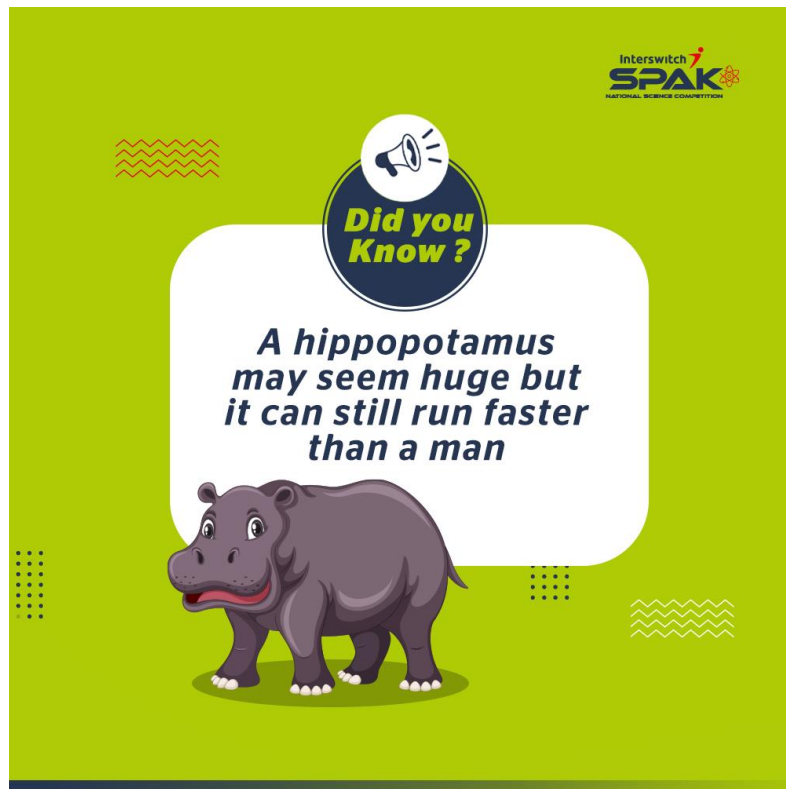
# Thursday, April 30

## Did you know

Hippos may be big, funny looking herbivores but they are very fast and very deadly.

They can run up to 48 kilometres per hour and just so you know, Usain Bolt's top speed is 44 kilometres per hour.

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## WEEK ONE

# Monday, May 4 Motivational Quote

Curiosity is the spark that ignites the discovery of great ideas.

Keep your spark alive, explore endless possibilities.

“The future belongs to the curious”

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