

Beto and the Coronavirus



Beto is an ace in the necessary hygiene measures!

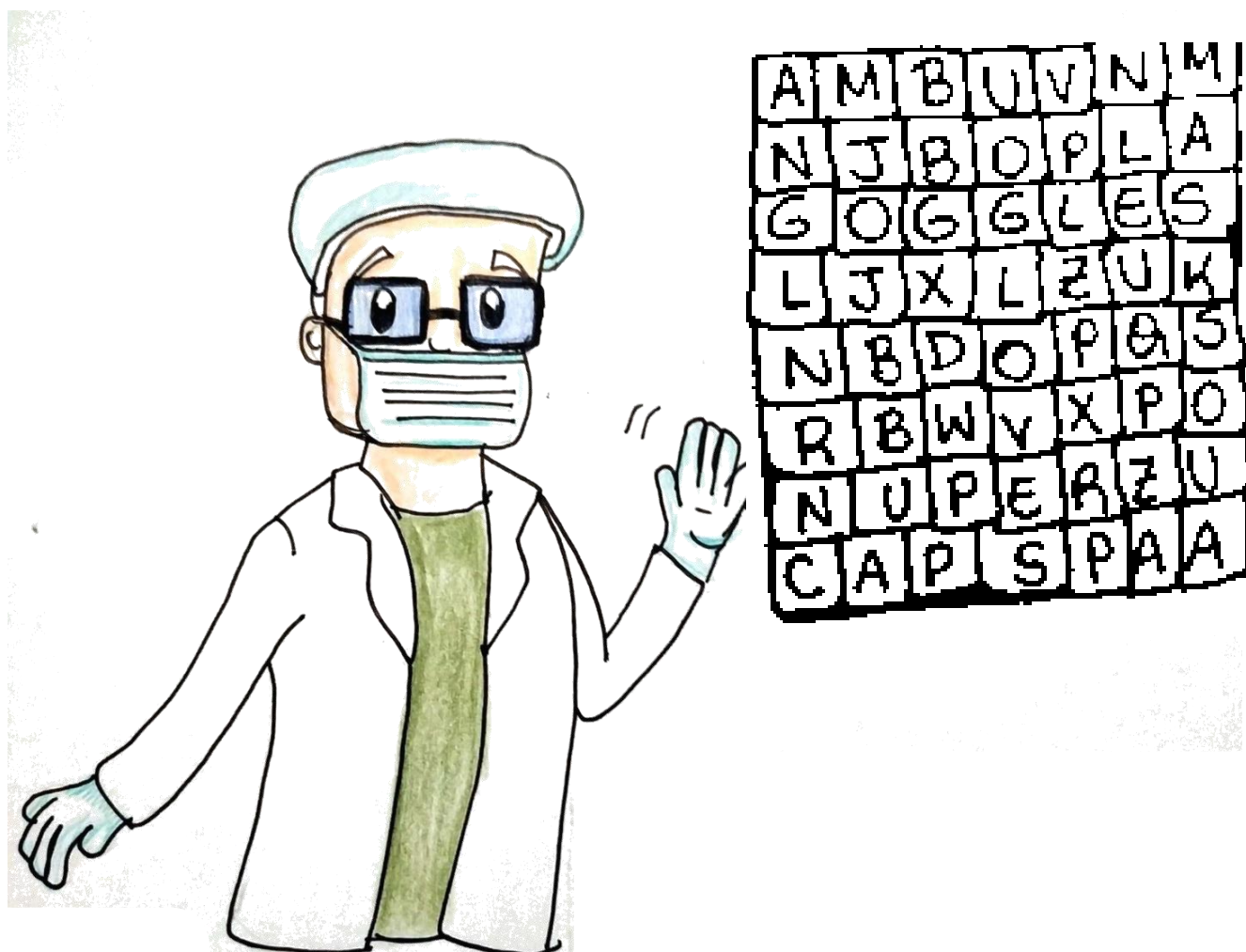
Washing hands is very important to stay healthy!

Let's colour Beto while he washes his hands?



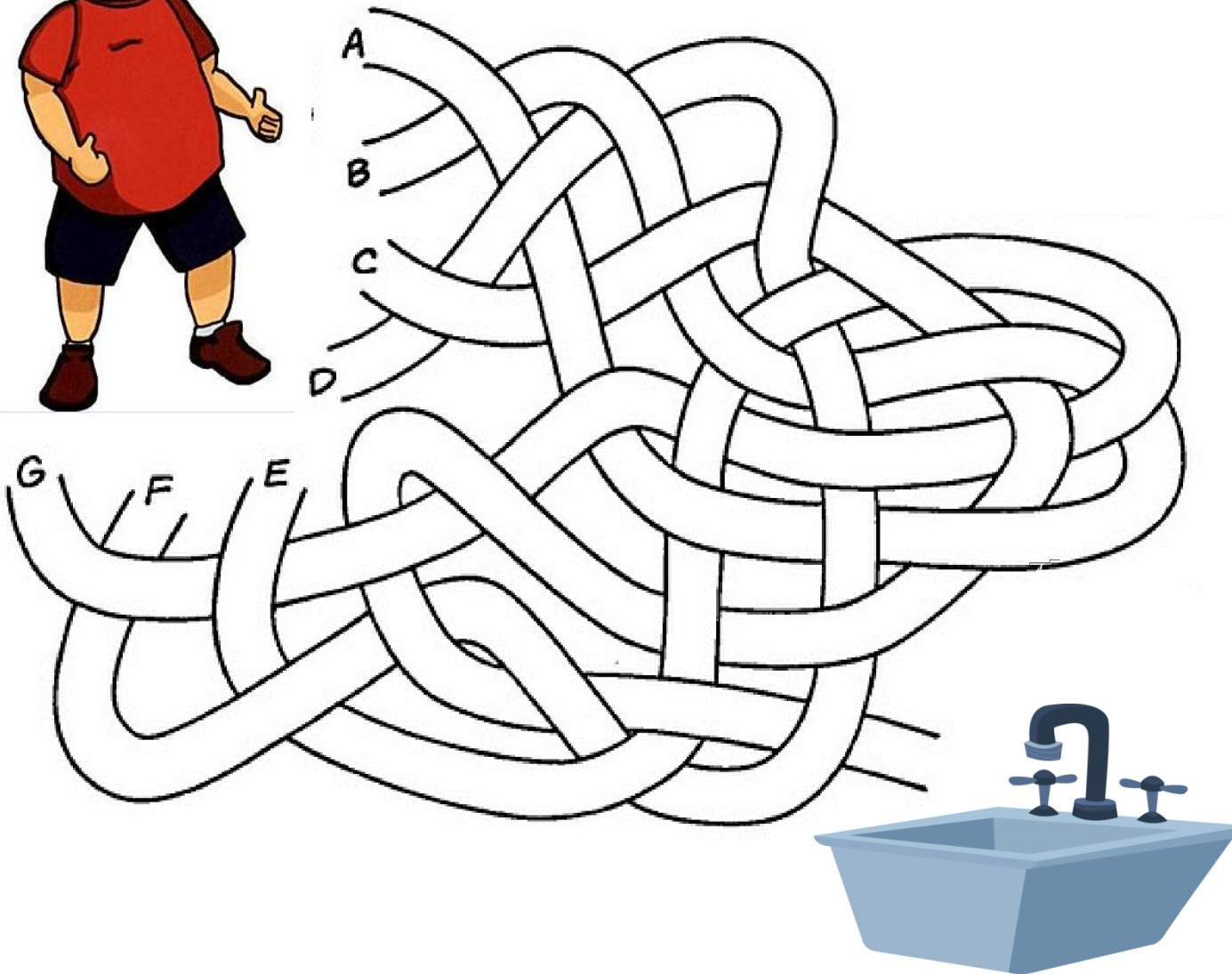
In the hospital that Beto has his treatment, the doctors are using some new equipment!

Let's help the doctor to find 4 personal protective equipment (PPE)?



Arriving home, Beto has to wash his hands immediately.

Choose the fastest way to take Beto to the sink.



Please help Beto to answer some questions:

1) What is Covid-19?

- ☐ a cat
- ☐ a flower
- ☐ a virus
- ☐ a snake



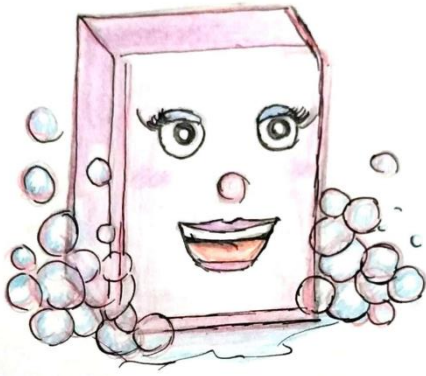
2) Should I continue taking my infusions?

- ☐ no
- ☐ yes
- ☐ It depends on what my doctors say

**Well done, Beto! The right answer is that
Covid-19 is a virus!**

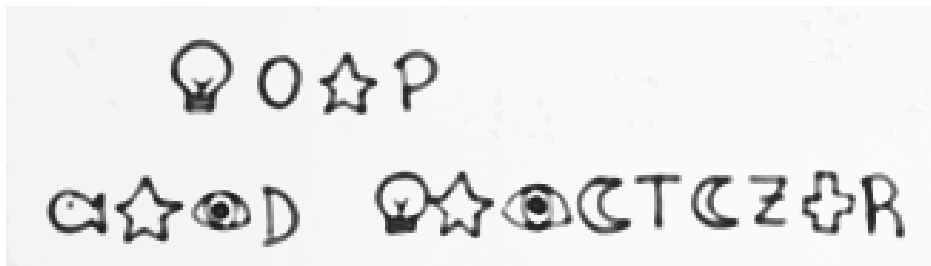
**Important things you should know about
Covid-19:**

- **The virus spreads mainly through respiratory droplets,** which means that others can get infected when they breathe air into their nose or mouth when a person with the disease coughs or sneezes.
- **It can also be spread by touching surfaces** that have been contaminated by droplets of body fluids, such as nasal mucus.
- **As with any respiratory virus, people with lung diseases are at increased risk of complications caused by Covid-19, such as pneumonia.**

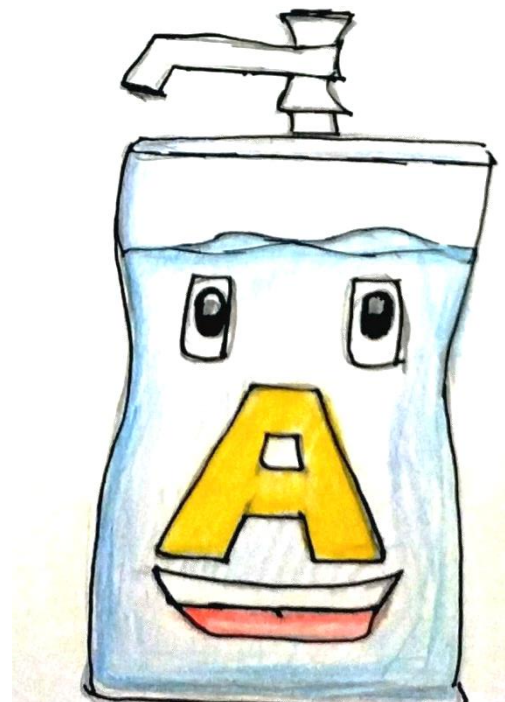


At home, Beto will need two new assistants, which will be very important for him to stay healthy.

Use the code to find out the names!

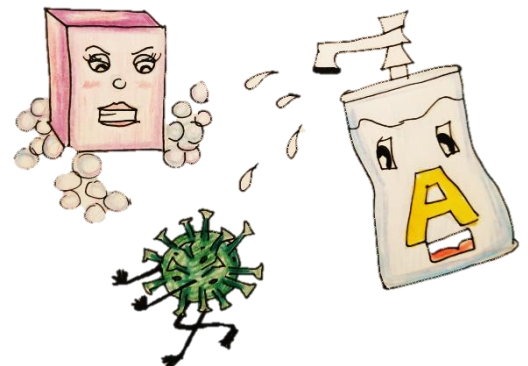


CODE:



How to properly use soap and the hand sanitiser:

- **Wash your hands often**, especially before eating or touching your face. If you can't use soap and water, use at least a hand sanitiser.
- **Clean shared surfaces often**, such as keyboards, door handles, desktops and mobile phones using disinfectant wipes or bleach.



Hand washing tips:

- Keep your nails clean.
- Avoid biting your nails.
- Keep your hands and fingers away from your mouth, eyes and nose.
- How about picking a colourful soap made for children with some fun fragrance or shape to make the hand washing moment cooler?
- **Sing your favorite song while lathering your hands.** By doing this, you will make sure that you have washed them long enough. An example could be 'happy birthday to you'.

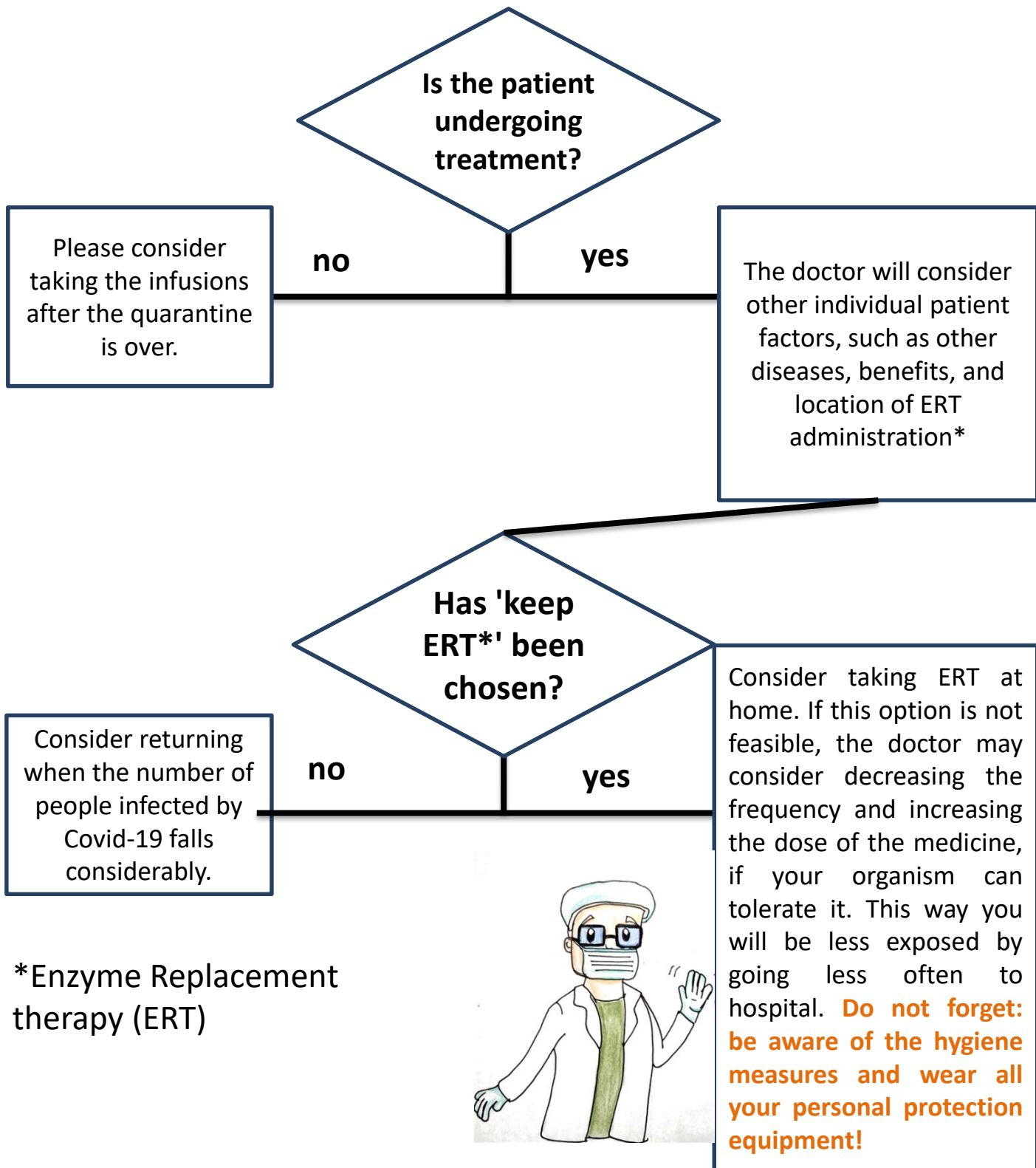
What should I do if I get anxious during the quarantine?

- () Breathe deeply and slowly
- () Eat a lot
- () Set up virtual meetings with my friends
- () Dance at home

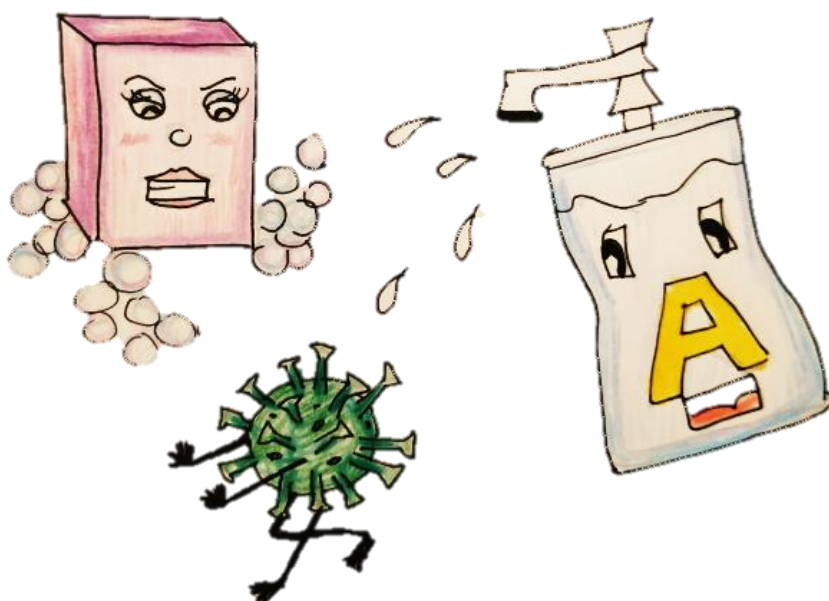


What about the infusions?

(Adapted from the 'Therapeutic decision flowchart for patients with lysosomal disease (DL) during the Covid-19 pandemic, from the Brazilian Society of Genetics and Genomics').



**This publication was issued by the
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