



*Cacilda,
saúde e cia*



**SOS THE CORONA
IS HERE!**



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Conselho Federal de Farmácia
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*Cacilda,
saúde e cia*

**SOS THE CORONA
IS HERE!**

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CACILDA

is a clumsy girl, full of energy!

She is **very surprised** by the current events.



Cacilda heard the upstairs neighbor sneeze *Atchoo!* And then she heard two boys on the ground floor of the building where she lives shouting out loud and clear: *Coronaviruss!*





CORONAVIRUS!!

CACILDA



"Oh! After someone sneeze, we said God bless you! Why did they speak coronavirussss? Corona what? What is it?"

Therefore, other doubts arose... Cacilda's parents did not have all the answers and were also confused...



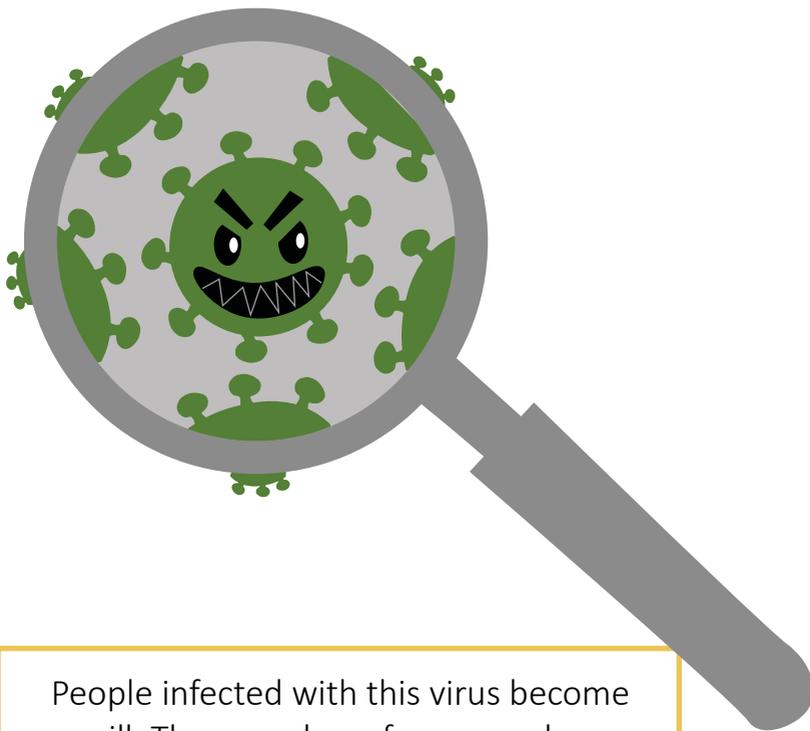
CACILDA KNOWS THAT HEALTH IS IMPORTANT AND SHE CAN SEEK PROFESSIONAL ASSISTENCE TO CLEAR UP ANY DOUBTS.

She decided to ask those she knows, and discovered a lot of things about this new disease!



HOW DID IT ALL BEGAN?

The disease caused by new new coronavirus, COVID-19, appeared at first time in China in December 2019.



People infected with this virus become ill. They may have fever, cough, difficulty breathing and in some cases complicated pneumonia and can lead to death!

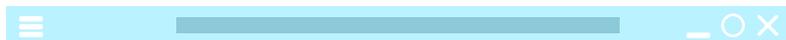


THE VIRUS HAS CAUSED MANY DEATHS

Many people cannot resist infection from the novel coronavirus and die quickly. And families cannot even say goodbye to them, due to the high contagious potential of the disease.



Cacilda researched about the novel coronavirus



SEARCH



Name: SARS-COV-2.

Popular name: *coronavírus.*

Source: *China.*

Destinity: *all countries.*

Damage it may cause:
infection, sickness, death.

Ping-Pong (words of the novel corona):

A lie? A little flu.

A fear? Medicines.

A regret? Act without thinking.

A desire? Agglomeration of people.

A master? Spanish flu.

A success? To be invisible.

A dream? A world without vaccines.

A truth? Life goes in a glimpse of carelessness!



WORLD

The new virus came from China and spread quickly from one person to another. It infected one, two, 20, 50, 300, 1.000, thousands and spread across the world in just few months. By infecting people in several countries on all continents at the same time, the novel coronavirus caused a pandemic.

BRAZIL

It was also how the virus arrived in Brazil, in the body of people who came from Europe and Asia, on vacation or on business. The first case of the disease in the country was registered in Sao Paulo city.

THE SCIENTISTS ARE WORKING

Scientists around the world have developed treatments and vaccines for COVID-19.

ATTENTION!

You need to be very careful with the news that circulates around the world! There is a lot of fake news!

To resolve doubts, the best alternative is to consult reliable sites, such as the Brazilian Ministry of Health (<<http://www.saude.gov.br/coronavirus>>). For the children, the Brazilian Federal Council of Pharmacy created the page Cacilda Team (<<https://www.cff.org.br/turmadacacilda>>).

Another option is to ask a health professional, as your neighborhood pharmacist!



How will I protect myself from this enemy?



*Why do I have to
stay at home?*

QUARANTINE OR ISOLATION

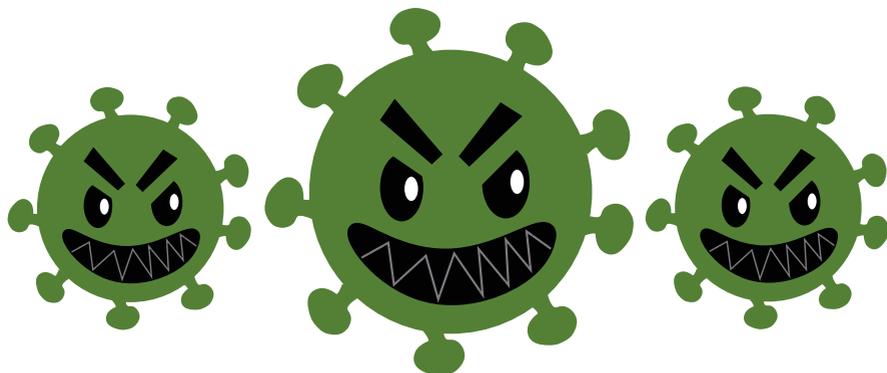
Quarantine is a term originated from the ancient practice of keeping ships that arrived at ports from some specific places, specially from the east, without communication for forty days.

About COVID-19, the quarantine corresponds to the maximum virus incubation period (15 days). This is how long that most people, after being infected, take for symptoms.

In quarantine, a person suspected of having the coronavirus or being ill is separated from family/social life during the period of transmissibility, in order to prevent other people.

ME HERE, YOU THERE!

Social distancing is avoid agglomerations of people in parks, stadiums, concerts, markets, shopping malls etc. Because if everyone goes to street, one transmits the disease to the other, and the number of cases increases so much that hospitals cannot serve all, collapsing the health system.



HOW DOES WE CATCH THE VIRUS?

You generellay need to be in close contact with an infected person, specially during coughing, sneezing or talking. Once contaminated, hands can transfer the virus to your eyes, nose or mouth and after contact with contaminated objects with virus, such doors handles, stair railings etc.

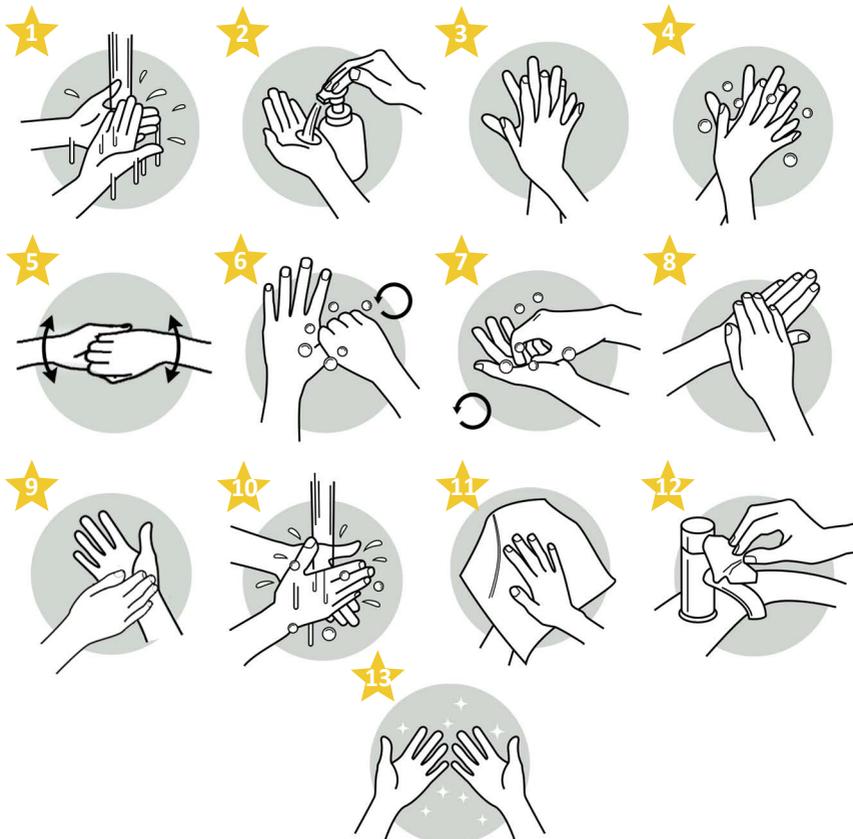
AND HOW TO AVOID CONTAMINATION?

Avoid touching your face, mouth, nose and eyes, not using plates, cutlery and glasses without washing them after every use and do not share foods. It is also recommended to avoid kissing, hand-holding and hugging people during the pandemic.

Other important preventive measures: wash your hands, cover your mouth and nose when coughing or sneezing, with a tissue or elbow, and wear masks when leaving home.

STEPS TO PROPER HANDWASHING

- Wet;
- Lather;
- Scrub all surfaces of the hands for at least 20 seconds (between the fingers, palm to palm, the back of each hand, nails and wrist);
- Rinse;
- Dry.



Source: Adapted from World Health Organization (2006).

FACE MASK USE...

The fabric mask can be washed, unlike the disposable mask which is of single-use.

After washing your hands, put on the mask holding it by the elastic, so that it covers the nose and mouth.

It is not recommended to touch the mask during use.

After use, disposable masks must be placed in the trash, after being packed in plastic bags identified with the inscription “used mask”.

Cloth masks can be washed with soap and water. An alternative is to soak them for at least ten minutes in water containing a small amount of bleach. The masks are for individual use and should not be lent to anyone.



WHEN SNEEZING...

Cover your mouth and nose with tissue paper or your elbow to avoid the spread of virus, if the person is infected. Avoid kisses and handshakes, too. Wave is a loving and safe way to greet each other in the times of pandemic.

WHO CAN CATCH THE VIRUS?

The virus spreads among people of all ages!

In children, the manifestations are usually mild, not much different from colds and common flu, with signs and symptoms such as low fever, redness, cough and breathing difficulty.



However, children who are sick with other illnesses can be very ill. Adults, especially the elderly, can also develop severe forms of the disease caused by the 2019 novel coronavirus.

It is important to stay at home, because people, especially children and young people, can become infected with the virus and transmit it without any symptoms. Staying at home is a way to protect the most fragile, such as the elderly people.



PHYSICIAN

CAN YOU CATCH CORONAVIRUS TWICE?

While it is a new disease, we do not yet know for sure! Everything indicates that the person who has COVID-19 is protected against the virus... as though he/she was vaccinated! But it is also not sure for how long.

WHAT IF WE NEED TO LEAVE?

It is important to stay at home so as not to give the virus a chance to spread. But if it is necessary to go out to go to the doctor, for example, it is recommended to keeping a distance of at least one meter between yourself and others.

in addition, it is recommended to wash your hands thoroughly with soap and water. If not possible, an alternative is to rub your hands with 70% alcohol-gel while slowly count to 20.

It is also important to remember to wear a protective face mask, because it is not known who may be infected with the virus and who hasn't yet developed signs or symptoms.

Always washing your hands, especially when you get home, before eating, before and after going to the bathroom, and after playing with the pets is essential. Avoid touching the eyes, mouth and nose after touching a surface and objects such as a door handle, keys, stair railings and elevator buttons. They may be contaminated with the novel coronavirus. And who is smart will keep up the habit into their life because it prevents many diseases.

Seriously? So that's why I see so many people wearing masks.

HEALTH CARE

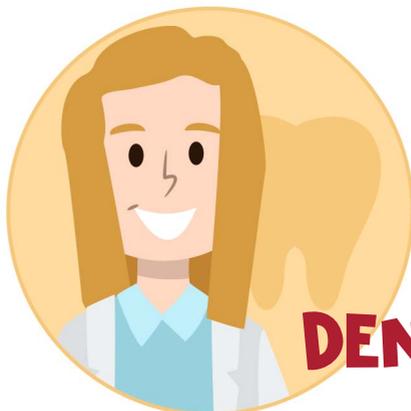
Sleep well (at least 8 hours a night), practice physical activity regularly (see suggestions in Cacilda's Club), and avoid exaggeration, like overeating or undereating, are excellent habits!

It is not recommended to spend a lot of time watching television or playing with cell phone!

It is also important to have faith, in addition to a healthy and positive thinking!

Eating well provides your body with nutrients that help fight the infections.

Make sure to expose yourself to the sun, at least 15 minutes each day, early in the morning (before 10 am) or in the evening (after 4 pm).



DENTIST

ORAL HEALTH CARE

Everyone, children or adults, should clean their teeth when they wake up, after meals and before bedtime. It is also recommended to change the brush every two months or when the bristles deform which prevents the accumulation of microorganisms, such as bacteria and fungi.

Ahhh ... A good tip is to avoid biting the brush, so that it lasts longer! Who uses orthodontic appliance, fixed or removable, need to redouble cleaning care.

Eating only at breakfast, lunch, dinner and snack times also helps to prevent mouth disease and maintain health.



NUTRICIONIST

WHAT TO EAT?

Proper diet is very important to strengthen a child's immunity, increasing resistance to infections. Various vitamins and minerals are important for the body defense.

So it is important to eat greens, vegetables, fruits and avoid excess sweets.

It is also very important to drink water regularly.

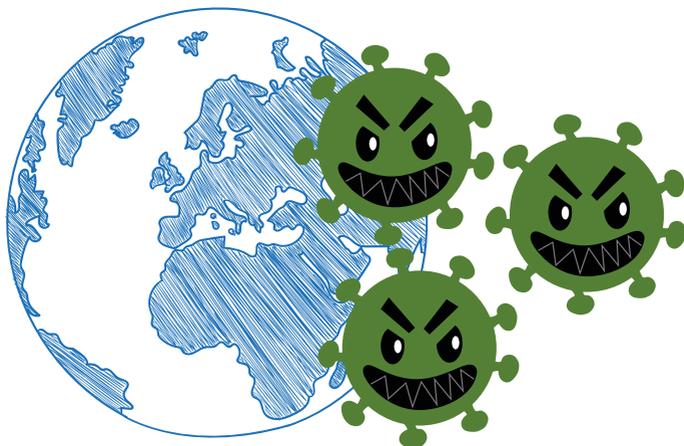


*I will share
cool recipes
on my blog*

Health professionals such as dentists, nurses, pharmacists, physiotherapists, physicians, veterinarians, nutritionists, psychologists are working hard to help and guide the population on health care, including pet care, and also to care for the sick.



Thousands of health workers infected with COVID-19 have lost their lives worldwide. Others work day and night! They are exhausted...



The struggles caused by this pandemic has stimulated solidarity! Most people make face masks and give to those who don't have, they donate basic food baskets too and play and sings from balconies and windows of homes to comfort their neighbors...



SOLIDARIETY!



I have a cat called **Felicia** because it is happy with me!



WHAT ABOUT PETS?

The main mode of transmission for COVID-19 is through close contact from person-to-person. At this time, there is limited information available about pets become infected with the novel coronavirus and whether dogs and cats transmit the virus to other species or human beings. However, there is a possibility that some animals are contaminated after close contact with infected humans.

The main forms of prevention are hand washing before and after interacting with animals and do not kissing or sharing food with them. Person with COVID-19 should avoid close contact with their pets



VETERINARY DOCTOR

TAKE YOUR PET FOR A WALK

If there isn't sick person in the house, it is recommended to take the animal somewhere else for a walk just for their physiological needs. The pet's poop shall be collected in a plastic bag and discarded in the trash. Before entering the house, it's important to clean the animals with specific products, such as dry bath shampoo or a wet wipe for animal usage or with soap and water. The use of alcohol liquid 70% on the animal's paws is recommended, as long as it is not used many times throughout the day, to avoid dryness. It is worth repeating that: after touching the animal, you should wash your hands!

TAKE CARE OF YOUR PET!

Offer water to the pets when they come back home and wash pots with detergent, replacing fresh, filtered water are important precautions to maintain them healthy. It prevents contamination keeping food and water bowls always clean.



PHARMACIST

BEWARE OF MEDICINES...

*Medicine is not a toy!
Do not store in the kitchen
or in the bathroom!*



Remind your parents to keep medication safely stored, out of reach of children and pets. It is really good to store them in high cabinets, dry places and protected from the sun. Always consult pharmacists when in doubt about the appropriate use of a medicines.



QUARANTINE

Isolation is not solitude, it is protection! During the quarantine period, when people should stay home, you should open your windows every day to allow sunlight and fresh air circulation. Staying home does not mean giving up fun! Nor should it be an excuse to neglect of feeding or forget to drink water. This moment can be fun and joyful, in addition to being an opportunity for everyone to take care of themselves and their families.



LEISURE TIME

Reading a book, playing music instruments or listening to music, playing games and doing physical activities help to combat boredom...

DISTANCE EDUCATION

Some boys and girls are taking on-line classes. In this case, the ideal is to put the alarm clock to wake up early, wash the face, have breakfast and already prepare the study material.

A well-organized table and a quieter place help a lot.

Focus! Turn off the phone!



*I already did my daily routine
to quarantine*

- 8am** – Wake up, wash the face, take breakfast without haste
- 9am** – Make the bed and organize the bedroom
- 10am** – Study
- 11am** - Help cooking
- 12pm** – Lunch time
- 1pm** – Help with household chores
- 2pm** – Play and listening to music
- 3pm** – Daily practice physical activities
- 4-5pm** – Take care of my cat, exposing 15 min to sunshine through window, listen to music, play musical instrument, play a little with a smartphone or tablet
- 6pm** – Take a bath and have dinner
- 7-8pm** - Watch television
- 9pm** – Sleep

*When can I play
with the other kids again?*

IT WILL PASS...

We should also keep firmly! It will pass!...

The COVID-19 pandemic is expected to end in a few months, how many, exactly, no one knows yet! And our victory against the virus depends on following the protection and safety recommendations, in addition to maintaining good mood, regardless of the circumstances.

Cacilda and all the children, boys and girls, can help to end this story...



VIDEOS

Videos for kids about the novel coronavirus:



Nosso Amiguinho against coronavirus

https://www.youtube.com/watch?v=7hDp_yfRrIQ



The Sneeze

<https://www.youtube.com/watch?v=defTJs6eO4A>

Video for adults about the novel coronavirus:



The novel coronavirus

<https://www.youtube.com/watch?v=3MkRE2rG4Ok>



ACTIVITY BOOK

1) How can we catch the new coronavirus?

Sneezing

Playing in the garden

2) How to protect yourself and others from the novel virus?

Hugging

Wearing face mask

3) To avoid contamination, we need to avoid:

Agglomeration of people

Social distancing

4) For great security, when leaving, we must wear:

Facial mask

Hat

5) One of the best forms of prevention is:

Hand wash

To touch mouth,
eyes and nose

6) After touching the pet we must:

Hand wash

Play

7) To stay strong you need to:

Eat anything

Eat nutritive
foods

8) To be healthy you need to:

Drink water
frequently

Drink a little
amount of water

9) To stay well in quarantine you need to:

Get desperate!

Breathe, inhale and
don't go crazy!

10) For our safety:

We shouldn't play
with medicines

We should leave the medicines
spread throughout the house

11) The right thing to do in the quarantine with the family is:

To plan activities with your parents/ legal guardian and to help with household chores

To play on tablet or smartphone or access to the internet too much time

12) To check for the most appropriate place to store your medicines:

Bathroom

Closet far from the window

TOTAL NUMBER OF HITS

CONGRATULATIONS!

Congratulations to everyone,
regardless of the number
of the points scored!

Respostas

- 1) Sneezing.
- 2) Wearing face mask.
- 3) Agglomeration of people.
- 4) Facial mask.
- 5) Hand wash.
- 6) Hand wash.
- 7) Eat nutritious foods.
- 8) Drink water frequently.
- 9) Breathe, inhale and don't go crazy!
- 10) We shouldn't play with medicines.
- 11) To plan activities with your parents/legal guardian and to help with household chores.
- 12) Closet far from the window.

EXERCISES

Playing with Cushions: place the cushion or a plush toy on the floor. Lie down and place a basin on your back. With your feet take the pillow and try to hit the basin.

Zig-Zag: spread cans or pet bottles on the floor with a distance of 2 or 3 meters, to run between obstacles several times.

RECIPES

SPRINKLE BREAD



Ingredients:

- ½ glass of milk (can be of a vegetable origin) or water;
- 1 cup of sour manioc starch (tapioca starch);
- ¼ cup of oil;
- 1 teaspoon of salt.

Preparation method:

Mix all the ingredients using a blender and put this mixture into muffin baking pans, greased with oil. Bake and leave enough time until golden brown. Do not remove before that period. If you don't have muffin baking pans, you can place small portions directly in a flat baking pan.



CORN DONUTS

Ingredients:

- 4 eggs;
- 1 cup of tea with fit sugar;
- 1 cup of tea with heavy cream (can be light or lac-free);
- 1 tablespoon (shallow) of baking powder;
- 1 pinch of salt;
- 1 cup of tea with fine corn flour;
- 1 cup of tea with sweet manioc starch or cornstarch;
- 1 or 1/2 cup of tea with wheat flour (you can use gluten free);
- Sweet anise (optional).

Preparation method:

Beat the eggs, sugar and milk cream or oil until smooth. Add corn flour, sweet manioc starch or cornstarch, baking powder, salt and sweet anise and mix lightly. Make donuts (around 20 units) and place them in a greased and floured flat baking pan, with a small distance between them. Place in a preheated oven at 200° C and allow to bake for 25 minutes or until golden brown.

JOKES

1. Balloon Games – You can play a game of volleyball or perform various juggling with ballons.

2. Bole-bole (a version of jacks played with flat rocks) – Select five stones with the same sized or make five cloth bags and fill them with rice or sand. In the first round, throw all the rocks on the ground and take one (usually the stone that is closest to the other). Then, with the same hand, throw it in the air and take one of the ones left on the floor. Do the same thing until you get all the stones. In the second round, throw the five rocks on the floor, then take one and throw it up, but this time, pick up two rocks at once, plus the one that was thrown up. Repeat. In the third round, with five pebbles on the floor, take one out and throw it up, taking, this time, three rocks and then the one that was thrown up. And in the last round, throw the pebble up and pick up all the rocks that were left on the floor.

CACILDA'S CLUB

If you are between 7-11 years old and want to be part of Cacilda's Club send a drawing, photo or video with the themes described below with the authorization term for use of image signed by the parents or legal guardians and the authorization term for use of image signed by the child (models on the website) for turmadacacilda@cff.org.br. The selected images will be added to Cacilda's wall, on the website: <<http://www.cff.org.br/turmadacacilda>>.

- 1) Hand washing with soap and water.
- 2) Using alcohol gel-based hand sanitizers.
- 3) Cooking.
- 4) Sunbathe.
- 5) Playing.
- 6) Practicing regular physical activity at home.
- 7) With a positive attitude (hand making an ok sign, smiling).
- 8) Enjoying the family.
- 9) Taking care of a pet.
- 10) A poster stating: The Corona arrived! Or It will pass!...Or Cacilda's Fan! Or SOS, the corona arrived! Etc.
- 11) Drawing on: Pandemic or the Novel Coronavirus or me in pandemic or Cacilda in pandemic.
- 12) Playing a music instrument.
- 13) Listening to music.
- 14) Helping in household chores.
- 15) Humor, making use of mime.
- 16) Another one, use creativity.





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Cacilda

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