

COPING WITH COVID

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BREAKING NEWS

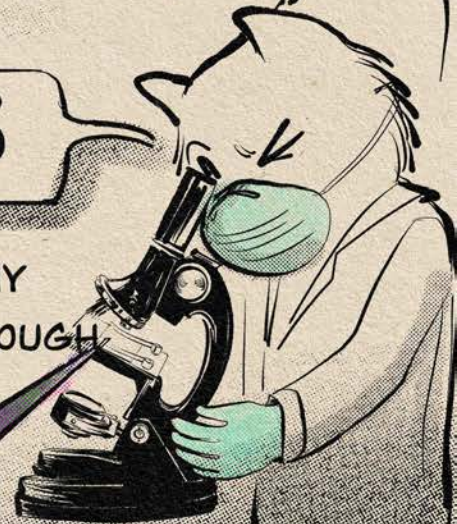
CORONAVIRUS PANDEMIC!

YOU MAY HAVE HEARD THE WORDS COVID-19 OR CORONAVIRUS IN THE LAST FEW WEEKS

BUT WHAT DO THESE WORDS MEAN?

COVID-19 IS A VIRUS

A VIRUS IS A VERY SMALL PARTICLE THAT'S SO TINY THAT IT CAN'T BE SEEN WITH THE EYES, ONLY THROUGH A MICROSCOPE. IT GETS IT'S NAME FROM IT'S SHAPE THAT KIND OF LOOKS LIKE A CORONA, WHICH MEANS CROWN IN LATIN. (AND SPANISH) WHEN IT GETS INSIDE YOUR BODY, IT CAN MAKE YOU SICK

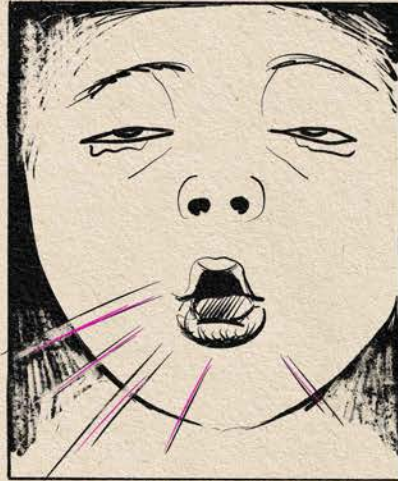


...AND UNFORTUNATELY, IT IS GETTING A LOT OF PEOPLE SICK RIGHT NOW

WHEN SOMEONE GETS INFECTED, OR SICK WITH THE VIRUS, THESE MIGHT BE SOME SYMPTOMS OR SIGNS THAT THEY HAVE IT:



HIGH FEVER



DRY COUGH



STOMACH PAIN

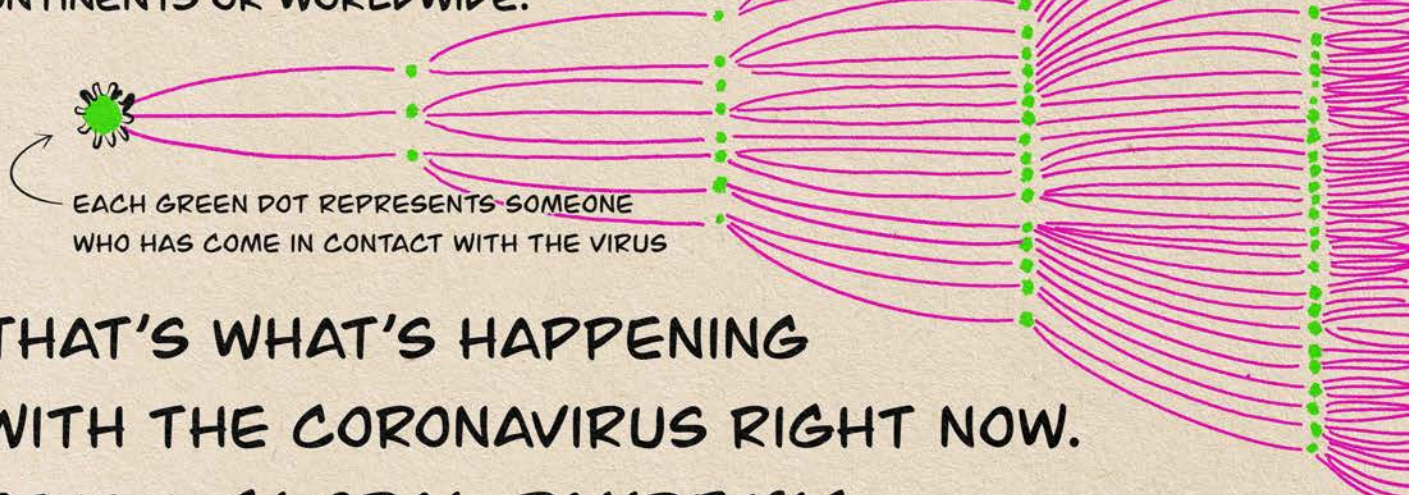
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YOU MAY HAVE ALSO HEARD THE WORDS:

EPIDEMIC OR PANDEMIC

AN EPIDEMIC IS WHEN AN UNUSUALLY LARGE NUMBER OF PEOPLE IN A COMMUNITY GET A DISEASE AT THE SAME TIME.

A PANDEMIC IS AN EPIDEMIC THAT HAS SPREAD ACROSS A LARGE REGION, LIKE ACROSS CONTINENTS OR WORLDWIDE.



EACH GREEN DOT REPRESENTS SOMEONE WHO HAS COME IN CONTACT WITH THE VIRUS

THAT'S WHAT'S HAPPENING WITH THE CORONAVIRUS RIGHT NOW. IT IS A GLOBAL PANDEMIC.

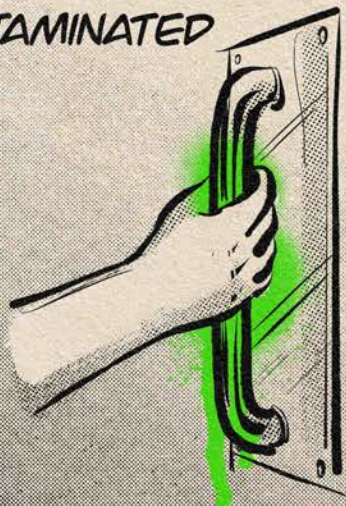
COVID-19, OR CORONAVIRUS, IS SPREAD THROUGH AIRBORNE TRANSMISSION, OR THROUGH THE AIR. USUALLY WHEN A PERSON COUGHS OR SNEEZES. (REMEMBER THAT IT'S SO SMALL YOU CAN'T ACTUALLY SEE IT.)



THE LITTLE DROPLETS CAN CARRY THE VIRUS AND LAND ON SOMEONE, OR SOMETHING ELSE; AND WHEN THE VIRUS IS ACCIDENTALLY TRANSFERRED FROM ONE SURFACE TO ANOTHER, IT'S CALLED **CROSS-CONTAMINATION**. THIS CAN HAPPEN BY:



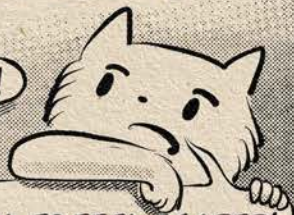
TOUCHING SURFACES THAT ARE CONTAMINATED



...AND TOUCHING YOUR FACE.



THAT'S SCARY!



IT'S NORMAL TO FEEL SCARED! BUT, THERE ARE THINGS YOU CAN DO PREVENT THE DISEASE FROM SPREADING AND TO KEEP YOURSELF AND OTHERS SAFE. (OH, AND DON'T TOUCH YOUR FACE.)

SOME WAYS TO STAY HEALTHY

① WASH YOUR HANDS

FOR 20 SECONDS



1 SOAP AND WATER



2 PALM TO PALM



3 BETWEEN FINGERS



4 FOCUS ON THUMBS



5 BACK OF HANDS



6 FOCUS ON WRISTS

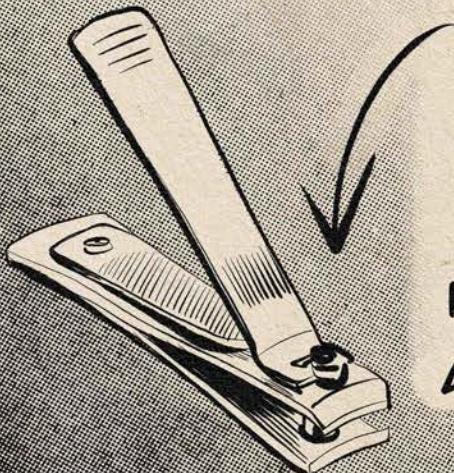


♪ lala lala ♪

PRO TIP: TO MAKE SURE YOU ARE TAKING YOUR TIME TO WASH YOUR HANDS, SING A SONG SLOOOOOOOWLY WHILE YOU DO IT.



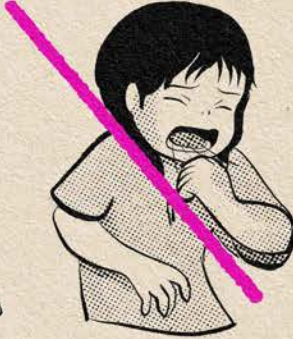
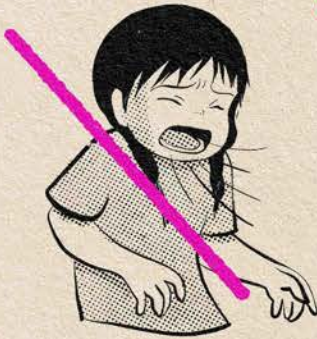
LONG NAILS CAN TRAP THE VIRUS UNDERNEATH AND GREATLY INCREASE THE RISK OF INFECTION. DURING THIS GLOBAL EMERGENCY KEEP YOUR NAILS TRIMMED, CLEAN AND SHORT, BUT DO NOT BITE THEM



2

COUGH OR SNEEZE INTO YOUR ELBOW

THIS BLOCKS DROPLETS FROM GOING EVERYWHERE AND KEEPS YOUR HANDS CLEAN



3

AND DON'T TOUCH YOUR FACE!



NOSE



EYES



MOUTH

(AND IF YOU DO ACCIDENTALLY TO TOUCH YOUR FACE,
JUST WASH YOUR HANDS BEFORE TOUCHING ANYTHING ELSE.
IT'S OKAY, IT'S HARD NOT TO!)

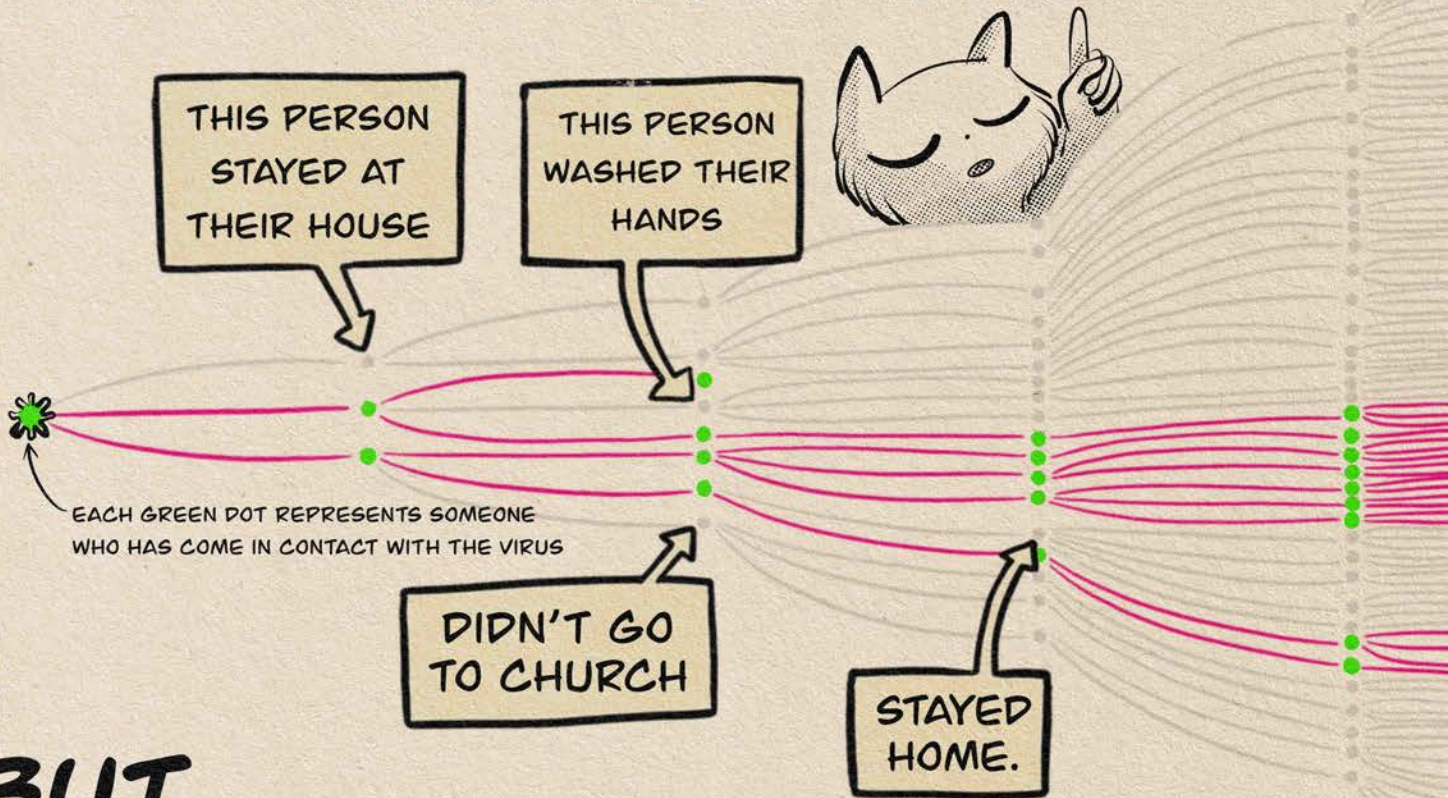
BUT MOST IMPORTANTLY...^{6.}

4 STAY HOME.

YOU MAY HAVE ALSO HEARD THE TERM SOCIAL DISTANCING,

THIS MEANS INCREASING THE PHYSICAL S P A C E BETWEEN PEOPLE TO AVOID SPREADING OF THE DISEASE. THIS ALSO MEANS NOT GOING TO ANY LARGE GATHERINGS WITH LOTS OF PEOPLE, AND STAYING AWAY FROM PEOPLE IN GENERAL BESIDES THOSE YOU LIVE WITH. . . REMEMBER, BY STAYING HOME AND STAYING HEALTHY, YOU ARE NOT ONLY HELPING YOURSELF, YOU ARE HELPING THE PEOPLE YOU LOVE AND HELPING THE REST OF THE WORLD. YOU CAN HELP PREVENT THE SPREAD OF CORONAVIRUS.

STAYING HOME CAN SAVE LIVES!



BUT,


IF YOU DO HAVE TO LEAVE THE HOUSE:

STAY AT LEAST 6 FEET AWAY FROM OTHER PEOPLE.

WEAR A FACEMASK AND MAKE DOUBLE SURE NOT TO TOUCH YOUR FACE

WEAR GLOVES AND WASH HANDS FREQUENTLY, AND BE VERY THOUGHTFUL ABOUT CROSS-CONTAMINATION.







I WAS HAPPY TO BE HOME AT FIRST, BUT NOW I'M JUST BORED.



that makes seeense




BUT, YOU STILL HAVE TO. I KNOW IT'S HARD, BUT IT WON'T LAST FOREVER! WE JUST HAVE TO ACCEPT AND BE PATIENT. ONCE WE DO THAT WE CAN START TO FOCUS ON OTHER THINGS TO PASS THE TIME!



LIKE WHAT?! I FEEL LIKE I CAN'T DO ANYTHING.



YES, YES.



IT REALLY IS HARD NOT TO BE ABLE TO GO TO SCHOOL AND SEE YOUR FRIENDS. IT'S BORING TO BE NOT BE ABLE TO GO TO PARKS, OR MUSEUMS, OR STORES. IT'S HARD NOT TO BE ABLE TO VISIT THOSE YOU LOVE... LIKE YOUR FRIENDS, OR COUSINS OR GRANDPARENTS.

YEAH.



I KNOW EMOTIONS CAN
RUN HIGH... BUT!
HERE ARE SOME THINGS
YOU CAN DO TO
STAY COOL

DEEP BREATHING

FEEL OVERWHELMED?

TAKE A SLOW DEEP BREATH FROM YOUR BELLY AND

SILENTLY COUNT TO 4 AS YOU **BREATHE IN.**

HOLD YOUR BREATH AND SILENTLY COUNT TO 4

BREATHE OUT

COMPLETELY AS YOU SILENTLY COUNT TO 4.



WOW, I ACTUALLY
FEEL A LOT BETTER.

YEAH! IT REALLY WORKS.
DO IT A FEW TIMES IN A ROW
TO GET A FULL EFFECT.
AS MANY TIMES AS YOU NEED!



WHAT ELSE
COULD I TRY?



THINGS YOU CAN DO AT HOME

PLAY GAMES!

PLAYING IS AN ENJOYABLE AND INTERACTIVE WAY TO PASS THE TIME. PLAY CAN BE A NATURAL WAY TO RELIEVE STRESS AND WORK THROUGH DIFFERENT EMOTIONS OR EXPERIENCES. YOU COULD MAKE UP A FUN GAME TO PLAY WITH RULES OR JUST BUILD A FORT OUT OF BLANKETS AND PILLOWS AND PLAY PRETEND.



CHALLENGE YOURSELF! TRY SOMETHING NEW.

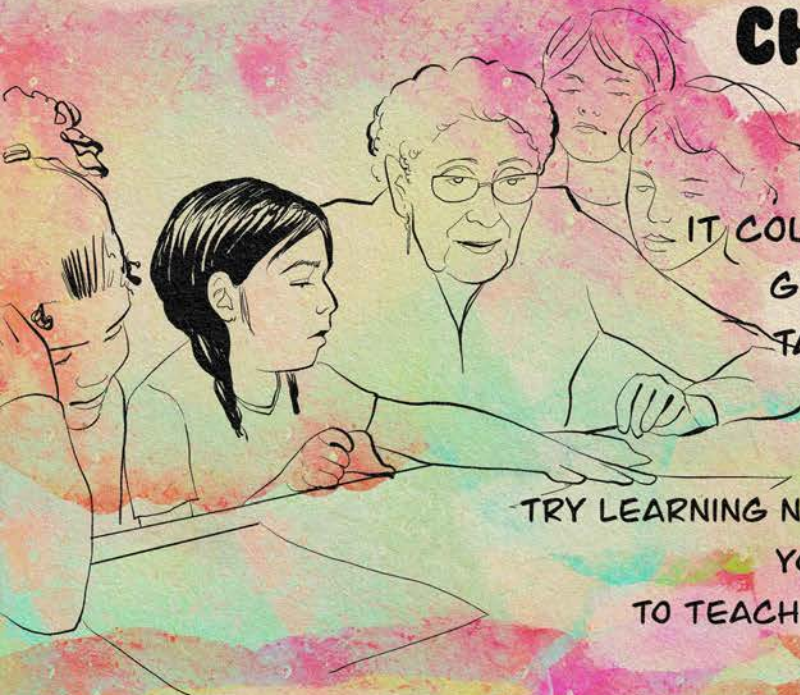
NOW THAT YOU HAVE A LOT OF TIME, IT COULD BE A GOOD IDEA TO GET REALLY GOOD AT SOMETHING THAT NORMALLY TAKES A LOT OF TIME AND PRACTICE.

-YOU COULD PRACTICE DRAWING.

(MAKE ART AND DECORATE YOUR HOUSE!)

-TRY LEARNING NEW WORDS IN A DIFFERENT LANGUAGE,

YOU COULD ASK AN ELDER OR A RELATIVE TO TEACH YOU A SKILL THAT THEY ALREADY HAVE.



READ A BOOK!

OR LOOK AT PICTURES IN A BOOK

READING CAN REALLY HELP PASS THE TIME.

READING CAN TAKE YOU ON AN AMAZING ADVENTURE WITHOUT EVEN HAVING

TO LEAVE YOUR HOUSE. YOU COULD MAKE UP A STORY IN YOUR IMAGINATION.



USE YOUR IMAGINATION!

IMAGINATION IS A LIMITLESS AND POWERFUL FORCE THAT HAS HELPED GENERATE MANY GREAT IDEAS. IMAGINATION IS CREATIVITY, HOPE, POTENTIAL, AND FREEDOM ALL ROLLED UP INTO ONE.

WHAT CAN YOUR IMAGINATION DO?

I KNOW THAT IT CAN BE UNCOMFORTABLE, BUT
IT'S OKAY TO BE UNCOMFORTABLE.

YOU CAN GET THROUGH THIS, BECAUSE

**YOU ARE VERY
BRAVE, SMART,
AND STRONG.**

AND THE MOST *HELPFUL* THING YOU CAN DO RIGHT NOW IS
STAY HEALTHY, WASH YOUR HANDS, AND STAY HOME.

**YOU ARE NOT ALONE!
THE WHOLE WORLD IS GOING THROUGH THIS.**

**THANK YOU FOR DOING YOUR PART
TO HELP THE PLANET!**