



*Cacilda,  
saúde e cia*



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Translated to english - March/2021

**SOS THE CORONA  
IS HERE!**



Catalographic card

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Olivera CMX, Farias E, Abreu-e-Lima FCB, Fabrício GS, Queirós RNS, Cavalcante T. SOS, the corona is here! Brazilian Federal Council of Pharmacy: Brasília; 2020.

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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!*





## CACILDA



*"Oh! After someone sneezes, we say:  
God bless you! Why did they say  
coronavirussss? Corona what?  
What is it?"*

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



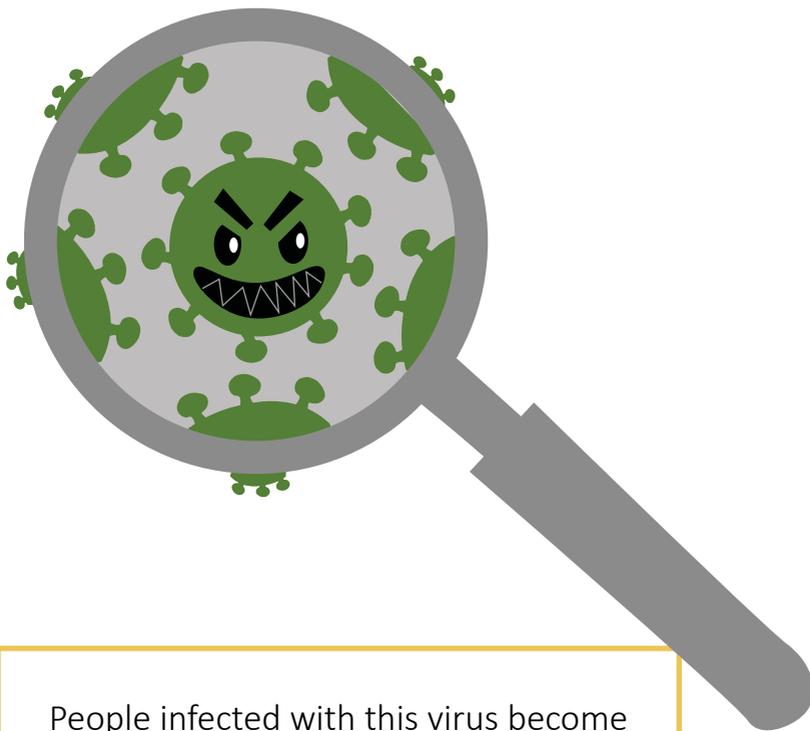
# CACILDA KNOWS THAT HEALTH IS IMPORTANT AND SHE CAN SEEK PROFESSIONAL ASSISTANCE TO CLEAR UP ANY DOUBTS.

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



# HOW DID IT ALL BEGIN?

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



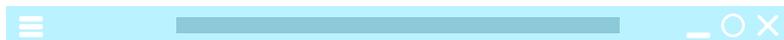
People infected with this virus become ill. They may have fever, cough, difficulty breathing and, in some cases, develop a pneumonia that can lead to death!



# 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 highly contagious potential of the disease.

Cacilda did some research about the novel coronavirus.



**Name :** SARS-COV-2.

**Popular name :** Coronavirus.

**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?*** Medicine.

***A regret?*** Act without thinking.

***A desire?*** Agglomeration of people.

***A master?*** Spanish flu.

***A success?*** Being invisible.

***A dream?*** A world without vaccines.

***A truth?*** Life ends 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.

## SCIENTISTS ARE WORKING

There is still no vaccine or medicine capable of killing the novel virus, but scientists around the world are working to discover the weapon against this invisible enemy. The best way to avoid the COVID-19 is to prevent contagion.

# ATTENTION!

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

To answer your questions, the best alternative is to consult reliable sites, such as the Brazilian Ministry of Health ([www.saude.gov.br/coronavirus](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 asking a health professional, such as your neighborhood pharmacist!



*How will I protect myself from this enemy?*



*Why do I have to  
stay at home?*

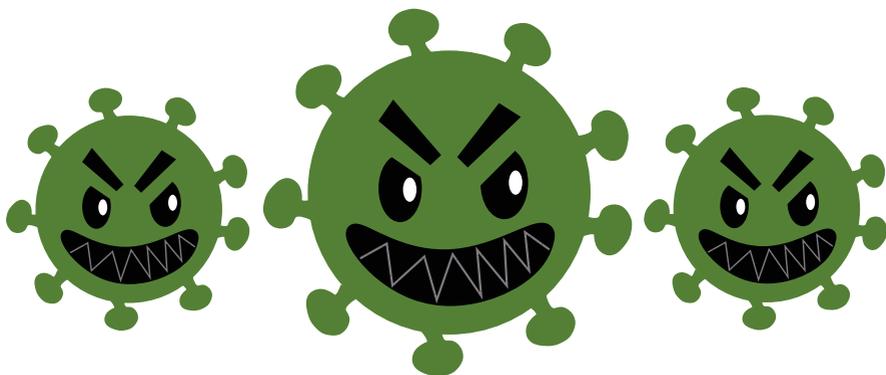
## **QUARANTINE OR ISOLATION**

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.

Concerning COVID-19, the quarantine corresponds to the maximum virus incubation period (15 days). This is how long that most people, after being infected, take to show symptoms. In quarantine, a person suspected of having the coronavirus or of being ill is separated from family/social life during the transmissibility period, in order to preserve other people.

## ME HERE, YOU THERE!

Social distancing means avoiding agglomerations of people in parks, stadiums, concerts, markets, shopping malls etc. Because if everyone leaves their home, one transmits the disease to the other, and the number of cases increases so much that hospitals cannot treat everyone and the health system collapses.



## HOW DOES WE CATCH THE VIRUS?

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

# AND HOW CAN WE AVOID CONTAMINATION ?

Avoid touching your face, mouth, nose and eyes. Don't use plates, cutlery and glasses without washing them after every use and do not share foods. We should also 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 WHO (2020b)

## FACE MASK USE...

The fabric mask can be washed, unlike the disposable mask which can only be used once.

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

Covering one's mouth and nose with tissue paper or with one's elbow avoids the spread of the virus, if the person is infected. Avoiding kisses and handshakes is recommended, too. Waving is a loving and safe way to greet each other in 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, kids who have other conditions can get 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 youngsters, 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.



**PHYSICIAN**

## **CAN YOU CATCH CORONAVIRUS TWICE?**

Because 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 if he/she had been vaccinated! But, if this is in fact the case, we aren't sure how long the protection lasts.

# 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 that you keep a distance of at least one meter between yourself and others.

In addition, you should wash your hands thoroughly with soap and water. If that is not possible, an alternative is to rub your hands with 70% alcohol-gel while slowly counting to 20.

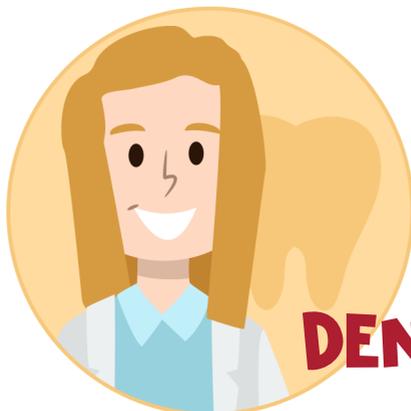
It is also important to remember to wear a protective face mask, because it is not known who may be infected with the virus and who hasn't yet developed signs or symptoms.

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 if you're smart, you'll keep up the habit in your life because it prevents many diseases.

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



**DENTIST**

## **ORAL HEALTH CARE**

Everyone, children and adults alike, should brush their teeth when they wake up, after meals and before bedtime. You should change the brush every two months or when the bristles deform, in order to prevent the accumulation of microorganisms, such as bacteria and fungi.

Ohhh ... A good tip is to avoid biting the brush, so that it lasts longer! If you wear braces, fixed or removable, you need to be extra careful with cleaning care.

Eating only at breakfast, lunch, dinner and snack times also helps to prevent mouth disease and keep you healthy.

## HEALTH CARE

Sleeping well (at least 8 hours a night), exercising regularly (see suggestions from Cacilda's Club), and avoiding excesses, like overeating or undereating, are excellent habits! It is not good to spend a lot of time watching television or playing with your cell phone!

It is also important to have faith, besides keeping a healthy and positive mindset!

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 late in the afternoon (after 4 pm).



## NUTRITIONIST

### WHAT TO EAT?

Keeping a proper diet is very important to strengthen a child's immunity, increasing resistance to infections. Various vitamins and minerals are important for body defense. So it is important to eat greens, vegetables, fruits and avoid sweets in excess.

It is also very important to drink water regularly.

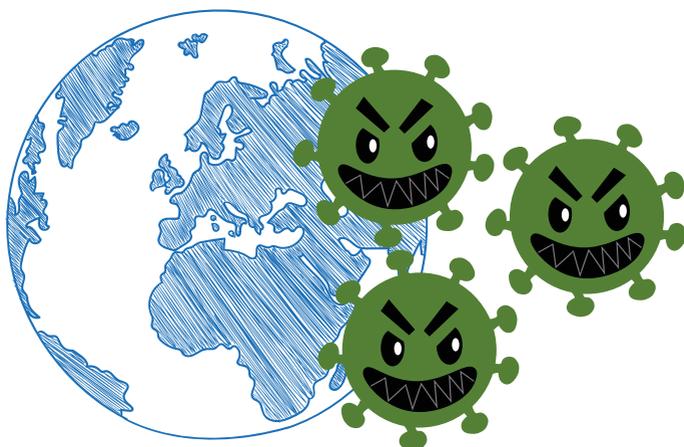
*I will share cool recipes on my blog*



Health professionals such as dentists, nurses, pharmacists, physiotherapists, physicians, veterinarians, nutritionists and 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 great alarm caused by the pandemic stimulated solidarity!  
People make face masks and give them to those who don't  
have access to them, they donate basic food items too and  
sing from balconies and windows of their 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 of COVID-19 is through close person-to-person contact. So far there is limited information available about pets becoming 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 avoiding kissing or sharing food with them. Persons 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 a good idea take the animal out for a walk just for their physiological needs. The pet's feces 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 liquid alcohol 70% on the animals' paws is recommended, as long as it is not used many times throughout the day, to avoid dryness. It is worth repeating: after touching the animal, you should wash your hands!

## **TAKE CARE OF YOUR PET!**

Offering water to the pets when they come back home and washing their bowls with detergent, replacing fresh, filtered water are important precautions to keep them healthy. Keeping food and water bowls always clean prevents contamination.



## PHARMACIST

### BEWARE OF MEDICINES...

*Medicines are a serious thing!  
Do not store them in  
the kitchen  
or in the bathroom!*

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



# 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 in and fresh air to circulate. Staying home does not mean giving up fun!

Nor should it be an excuse to neglect proper dieting or drinking enough 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 musical instruments or listening to music, playing games and exercising help to combat boredom...

# ONLINE SCHOOLING

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

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

Focus! Turn off the phone!



*My quarantine routine is ready!*

- 8am** – Wake up, wash your face and eat a long breakfast
- 9am** – Make the bed and organize the bedroom
- 10am** – Study
- 11am** - Help cooking
- 12pm** – Lunch time
- 1pm** – Help with household chores
- 2pm** – Play and listen 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 shower and have dinner
- 7-8pm** - Watch television
- 9pm** – Sleep

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

## **IT WILL PASS...**

We must also hang in there! 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  
keeping a good mood, regardless of the circumstances.  
Cacilda and all the children, boys and girls, can help to put an  
end to this terrible thing!



# VIDEOS

Videos for kids about the novel coronavirus:



Ou Little Friend's gang against the coronavirus

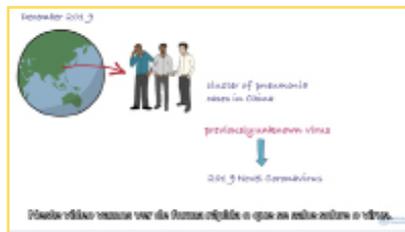
[https://www.youtube.com/watch?v=7hDp\\_yfRrIQ](https://www.youtube.com/watch?v=7hDp_yfRrIQ)



The Sneeze

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

Video for adults about the novel coronavirus:



The novel coronavirus

<https://youtu.be/3MkRE2rG4Ok>



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# 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

Using a face mask

## 3) To avoid contamination, we need to avoid:

Agglomeration of people

Social distancing

#### **4) What helps avoid the spread of the coronavirus?**

Children at home      Children in the park

#### **5) For greater security, when living, we must use:**

Facial mask      Hat

#### **6) One of the best forms of prevention is:**

Hand wash      Touching one's mouth,  
eyes and nose

#### **7) After touching the pet we must:**

Wash our hands      Play

**8) To get strong, you need to:**

Eat anything

Eat nutritious  
foods

**9) To be healthy you need to:**

Drink water  
frequently

Drink a small  
amount of water

**10) To feel good during the quarantine you need to:**

Get desperate!

Breathe, inhale and  
don't go crazy!

**11) For our safety:**

We must not play  
with medicines

We should leave the medicines  
spread throughout the house

**12) The right thing to do with your family during quarantine is:**

Planning activities with your parents/legal guardians and helping with household chores

Playing on tablet or smartphone or surfing the internet for too long time

**13) Check the most appropriate place to store your medicines:**

Bathroom

Closet far from the window

# TOTAL NUMBER OF RIGHT ANSWERS

## CONGRATULATIONS!

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

### Respostas

1. Sneeze.
2. Use of face mask.
3. Agglomeration of people.
4. Children at home.
5. Facial mask.
6. Hand washing.
7. Wash our hands.
8. Eating nutritious foods.
9. Drinking water frequently.
10. Breathe, inhale and don't go crazy!
11. We shouldn't play with medicines.
12. Planning activities with your parents/legal guardian and helping with household chores
13. Closet far from the window.

# 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](mailto:turmadacacilda@cff.org.br). The selected images will be added to Cacilda's wall, on the website: [www.cff.org.br/turmadacacilda](http://www.cff.org.br/turmadacacilda) (when available).

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





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**Cacilda**

# EXERCISING

**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 within a distance of 2 or 3 meters from one another and run between the obstacles several times.

## RECIPES

# TAPIOCA STARCH 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 olive 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. Take it to the oven and leave it there until the crust is golden brown. Do not remove it until then. If you don't have muffin baking pans, you can place small portions directly in a flat baking pan.



# CORN DOUGHNUTS

## Ingredients:

- 4 eggs;
- 1 cup of tea of light sugar;
- 1 cup of tea of table 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);
- Anise to taste (optional).

## Preparation method:

Beat the eggs, sugar and milk cream or oil until you have a smooth dough. Add corn flour, sweet manioc starch or cornstarch, baking powder, salt and anise and mix lightly. Make doughnuts (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 them to bake for 25 minutes or until golden brown.

# JOKES

**1. Balloon games** – You can play a game of volleyball or perform various juggling tricks with balloons.

**2. Cinco Marias (a version of jacks played with flat rocks)** – Select five rocks with the same size or make five cloth bags and fill them with rice or sand. In the first round, throw all the rocks on the ground and pick one (usually the stone that is closest to another one). Then, with the same hand, throw it in the air and pick another one from the ones left on the floor. Do the same thing until you get all the rocks. In the second round, throw the five rocks on the floor, then pick 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.



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