

# Beto and the Coronavirus



**Beto is an ace in the necessary hygiene measures!**

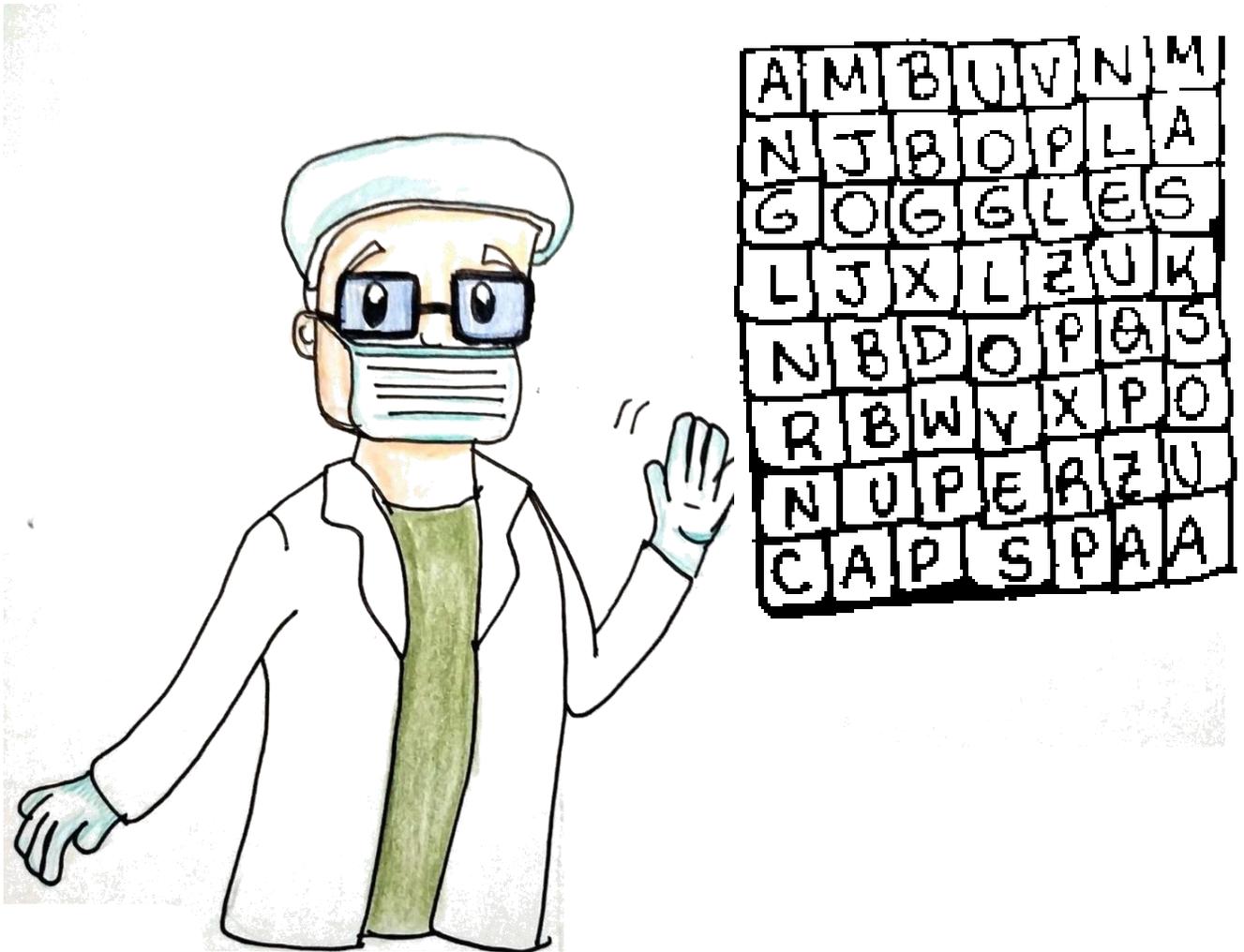
**Washing hands is very important to stay healthy!**

**Let's colour Beto while he washes his hands?**



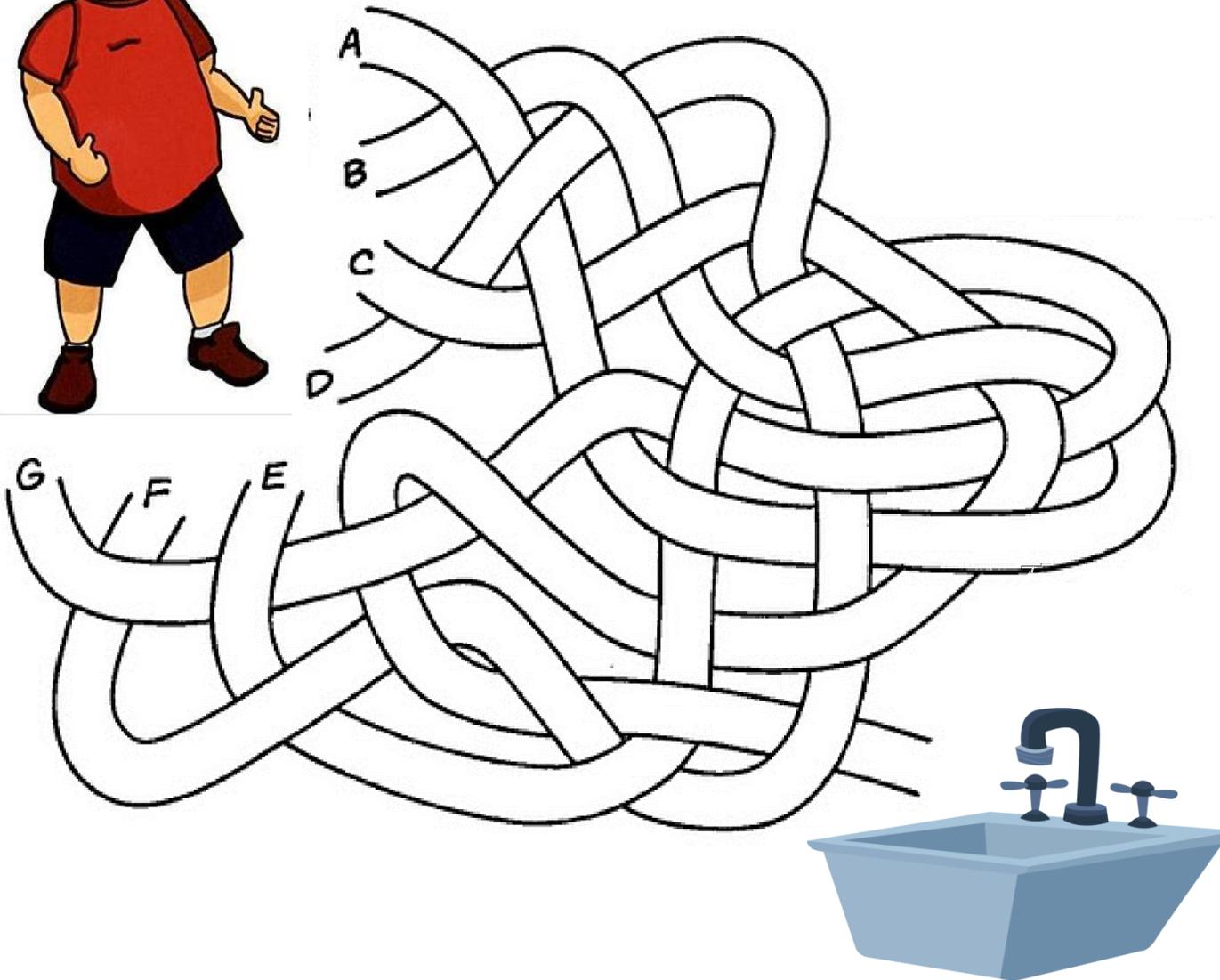
In the hospital that Beto has his treatment, the doctors are using some new equipment!

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



Arriving home, Beto has to wash his hands immediately.

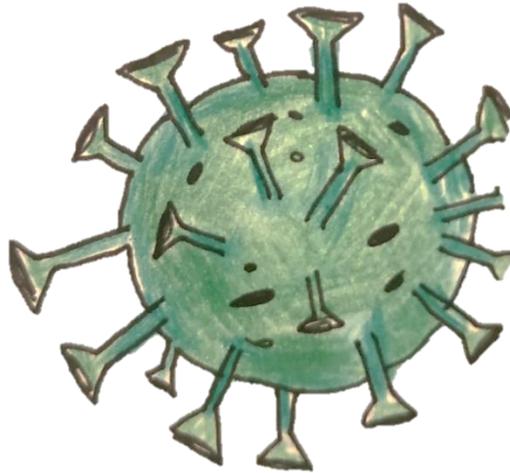
Choose the fastest way to take Beto to the sink.



Please help Beto to answer some questions:

**1) What is Covid-19?**

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



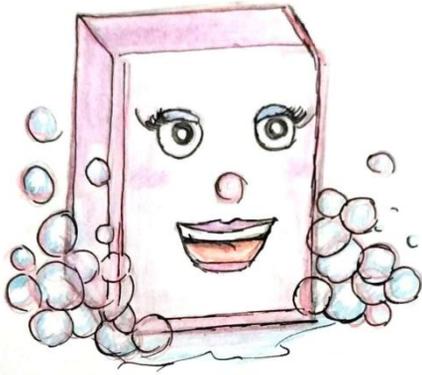
**2) Should I continue taking my infusions?**

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

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

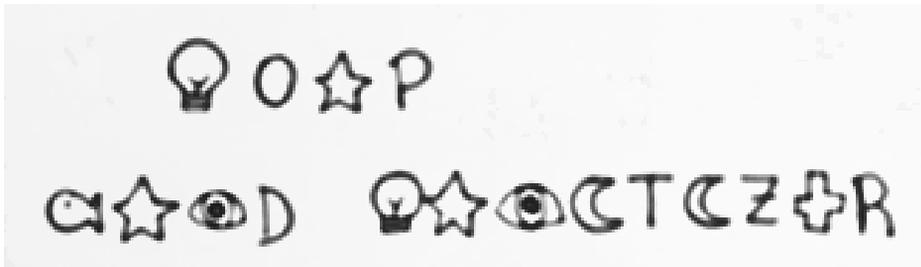
## Important things you should know about Covid-19:

- **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.

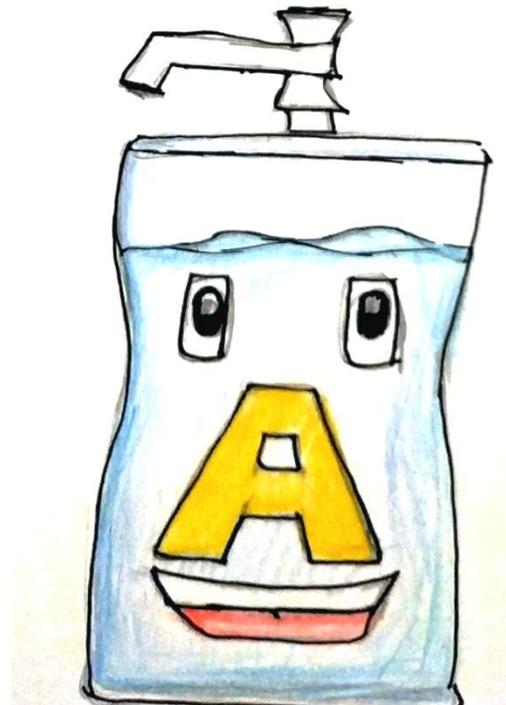
Use the code to find out the names!



CODE:

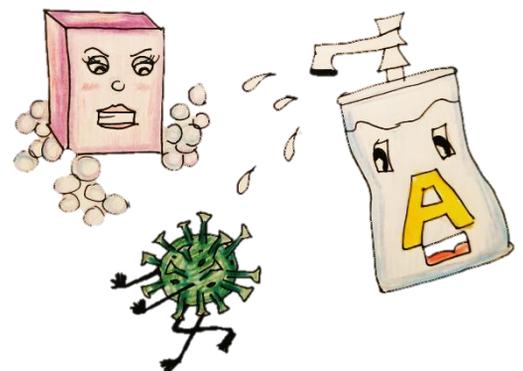
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# How to properly use soap and the hand sanitiser:

- **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'.

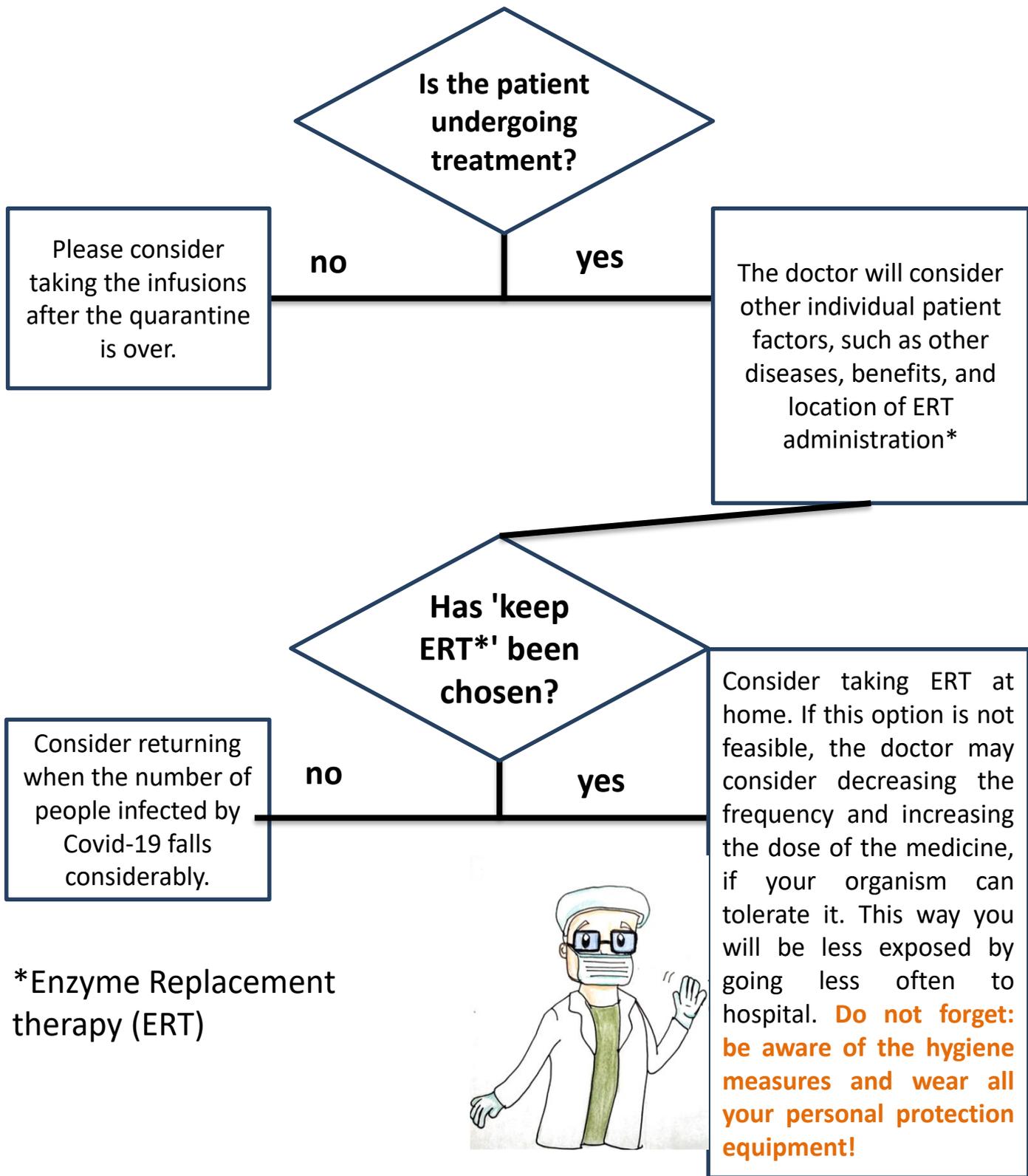
What should I do if I get anxious during the quarantine?

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



# What about the infusions?

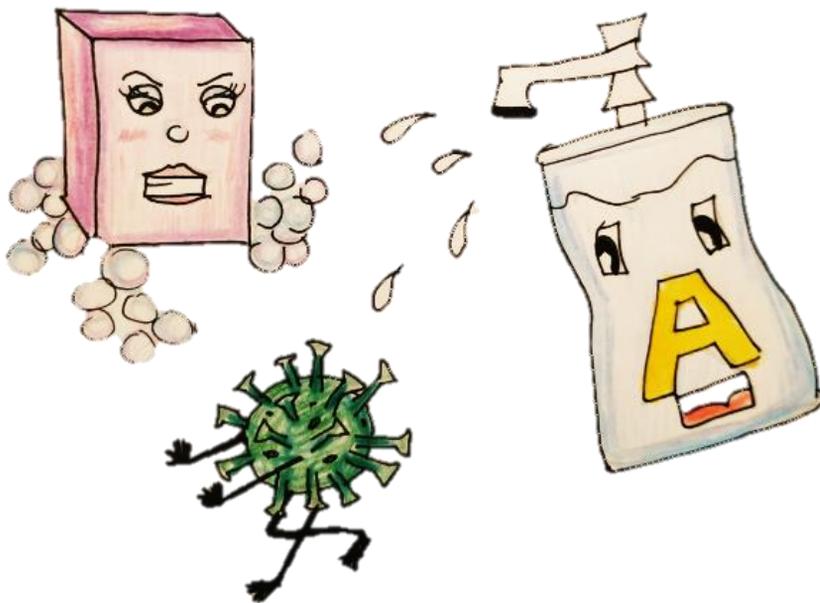
(Adapted from the 'Therapeutic decision flowchart for patients with lysosomal disease (DL) during the Covid-19 pandemic, from the Brazilian Society of Genetics and Genomics').



\*Enzyme Replacement therapy (ERT)



**This publication was issued by the  
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