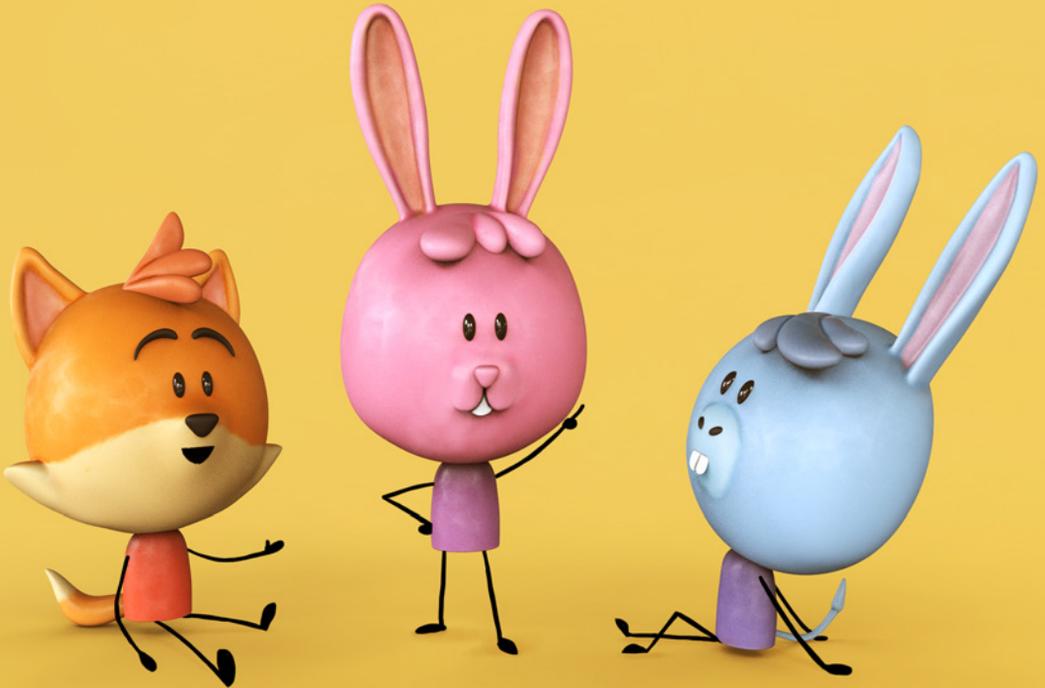


The day when everything stopped



This is a simple little book to read as a family. Children and Parents can use it as a way of easing conversations about the current health crisis and it will help with sharing worries and concerns. To obtain detailed information and advice regarding quarantine, you can search on the World Health Organization's website here <https://www.who.int/es>.



One day, the teacher told us that schools would be closing for a few weeks and that during that time we could not leave our home.



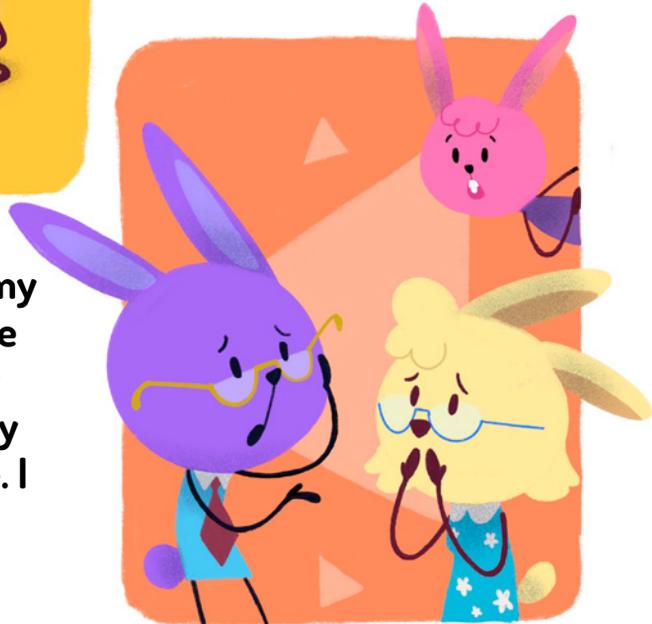
The next day, I looked out the window and noticed that the street was empty.





**My brother was sad
and bored because we
could not go outside
to play.**

**I also noticed that my
Mum and Dad were
worried and they
talked about a very
contagious disease. I
felt scared.**



What is happening?
Asked my sister.

Our dad explained
something that the
doctor told him...



“It’s because of the Coronavirus” she said. “It’s a new virus that appeared for the first time a few months ago”

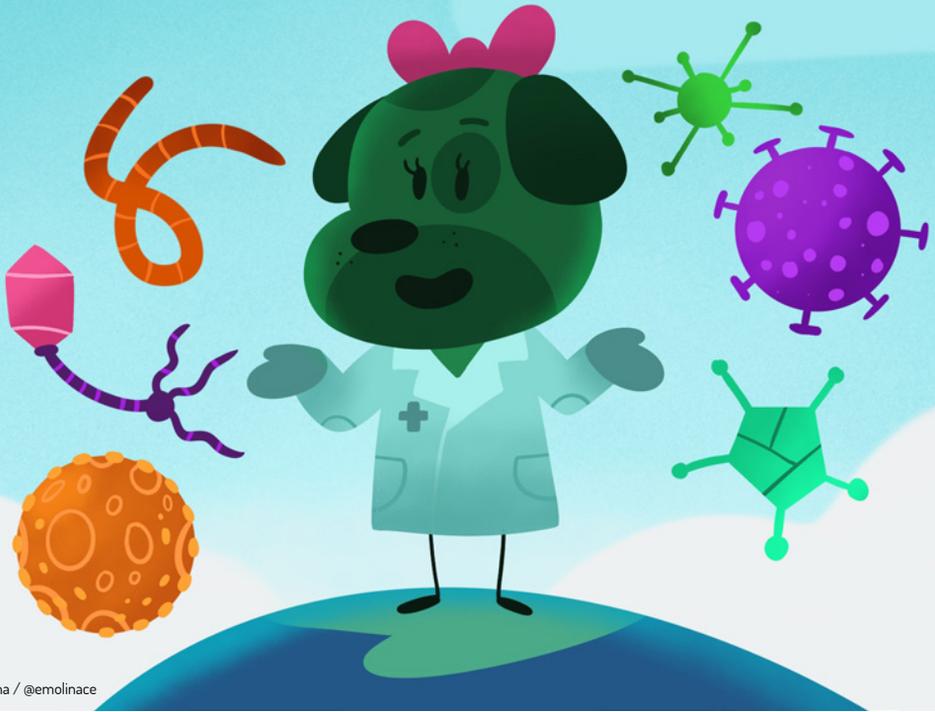


Viruses are a type of bug so small that you cannot see them but if they enter your body you can be infected and very poorly

People who are infected carry the virus inside of them and when they talk, they expel those bugs to the air. If they get to someone else's eyes, nose or mouth, they can also get infected.



There are many viruses the most common a cold or the flu which can give you a sore throat, and cough and fever and can make you feel poorly



Then, I remembered a time when my brother got sick.



Symptoms like a cough or fever is a sign that you are fighting the sickness

Have you ever been sick?

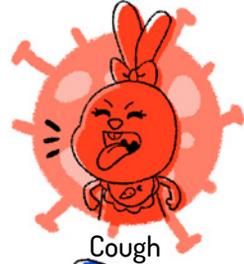
Circle the symptoms you have had before:



Headache



Fever



Cough



Sore throat



Watery eyes



Discomfort



Clogged nose

Have you had any other symptoms? Write them down:

Do you remember how many days it took you to recover?

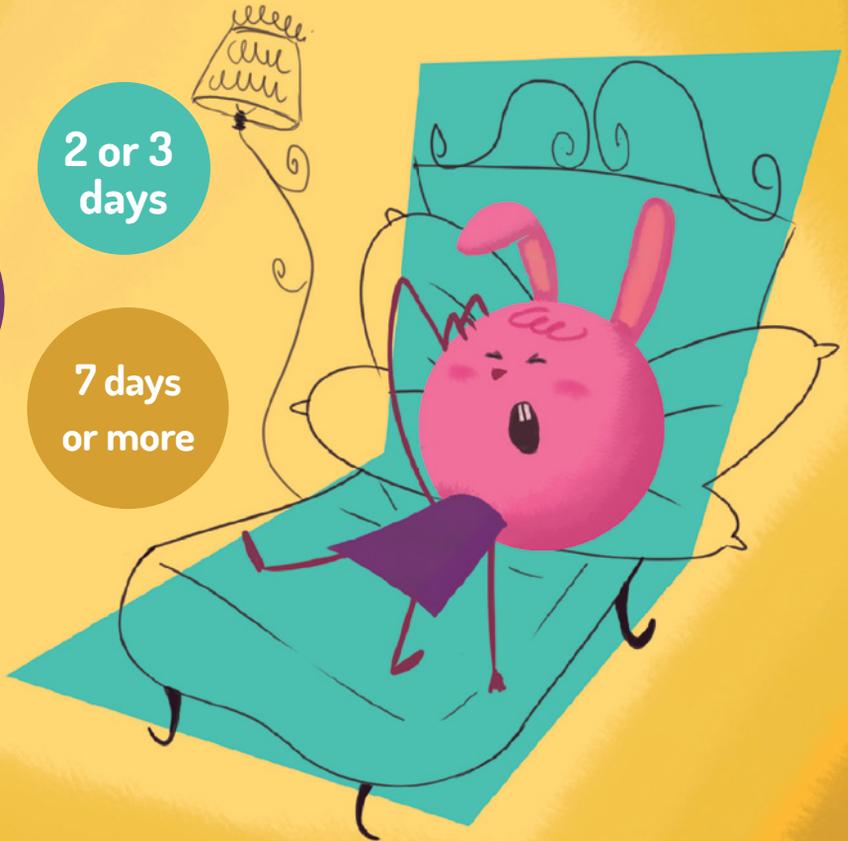
Mark the circle that matches how much time it took you to recover.

1 day

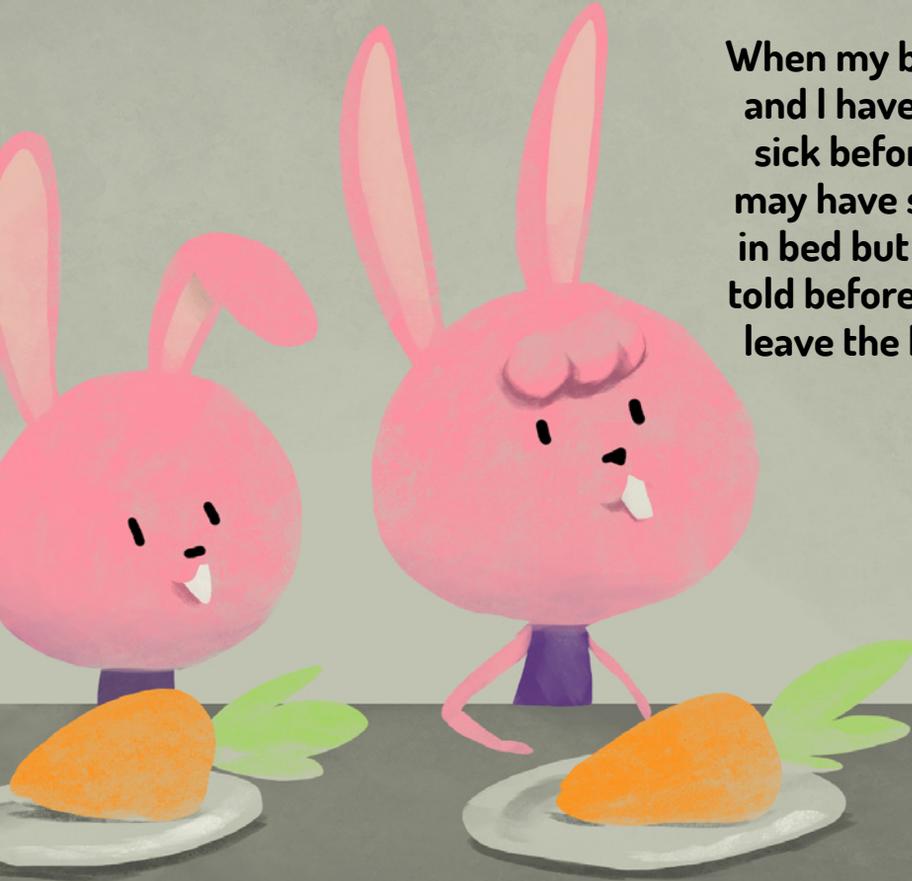
2 or 3
days

Between
4 - 6 days

7 days
or more



**When my brother
and I have been
sick before we
may have stayed
in bed but never
told before not to
leave the house**



My mom explained that this is a new virus and the disease it causes is especially dangerous for the elderly because it makes breathing hard for them.



In some cases it makes them so sick that they have to go to a hospital.

**It's also dangerous for people that have other illnesses.
These groups of people are what we call
a vulnerable population.**



Hypertension



Overweight



Respiratory diseases



Diabetes

Sometimes viruses appear with new characteristics. Normally, we don't even notice them but every now and then they affect us more.



That's what happened with this new virus called Coronavirus, SARS Co-V 2 or COVID-19 that appeared for the first time in December of 2019 in China.

When a lot of people in the same city or country get sick with the same disease it's called an epidemic.



In other countries, there were so many people sick at the same time that hospitals ran out of space to care for them.

**This is why
governments ask us
to stay at home so
we can help stop the
spread of the virus
and that everyone
doesn't get poorly at
the same time**





My Mum and Dad helped me understand what was going on

**They explained the other things we should do to help.
Like washing our hands many times during the day**

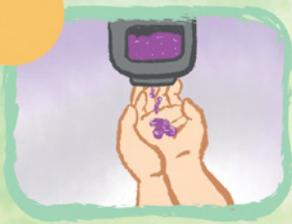


Do you know the correct way of washing your hands?

Write out the steps to wash your hands correctly



.....



.....



.....



.....



.....



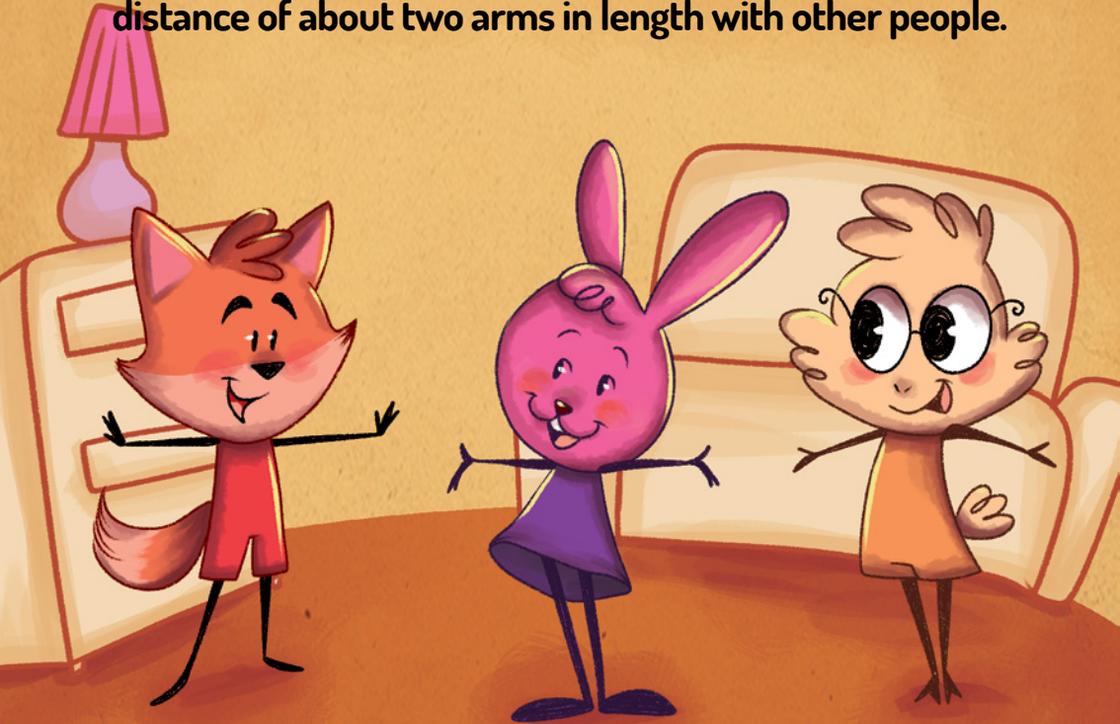
.....

To help prevent the spread of the virus we should cover our mouth and nose with our arm. We should use the inner part of our elbow when we cough or sneeze.



Then, I started practicing this new way to cover my sneezes and it made me laugh a lot. Can you try it?

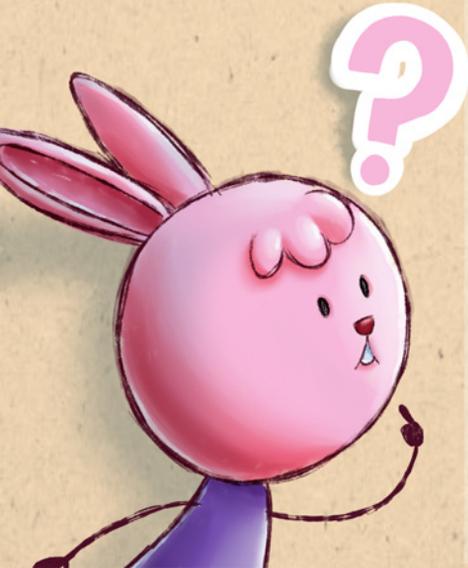
Also, my Mum said that when it's necessary to leave our home, to prevent getting infected, we should keep a safe distance of about two arms in length with other people.



You can practice safe distancing at home too!

After everything was explained to me, I realized I had learned a lot of new words.

Match the words with the picture they describe.



Vulnerable population



Virus



Epidemic



Infection



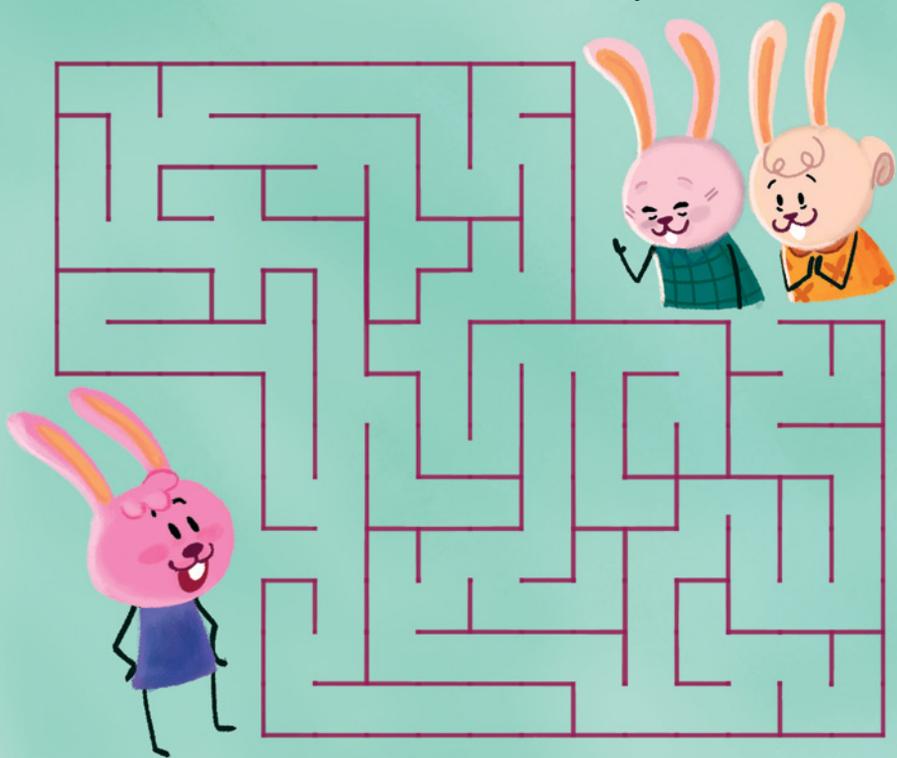
Quarantine





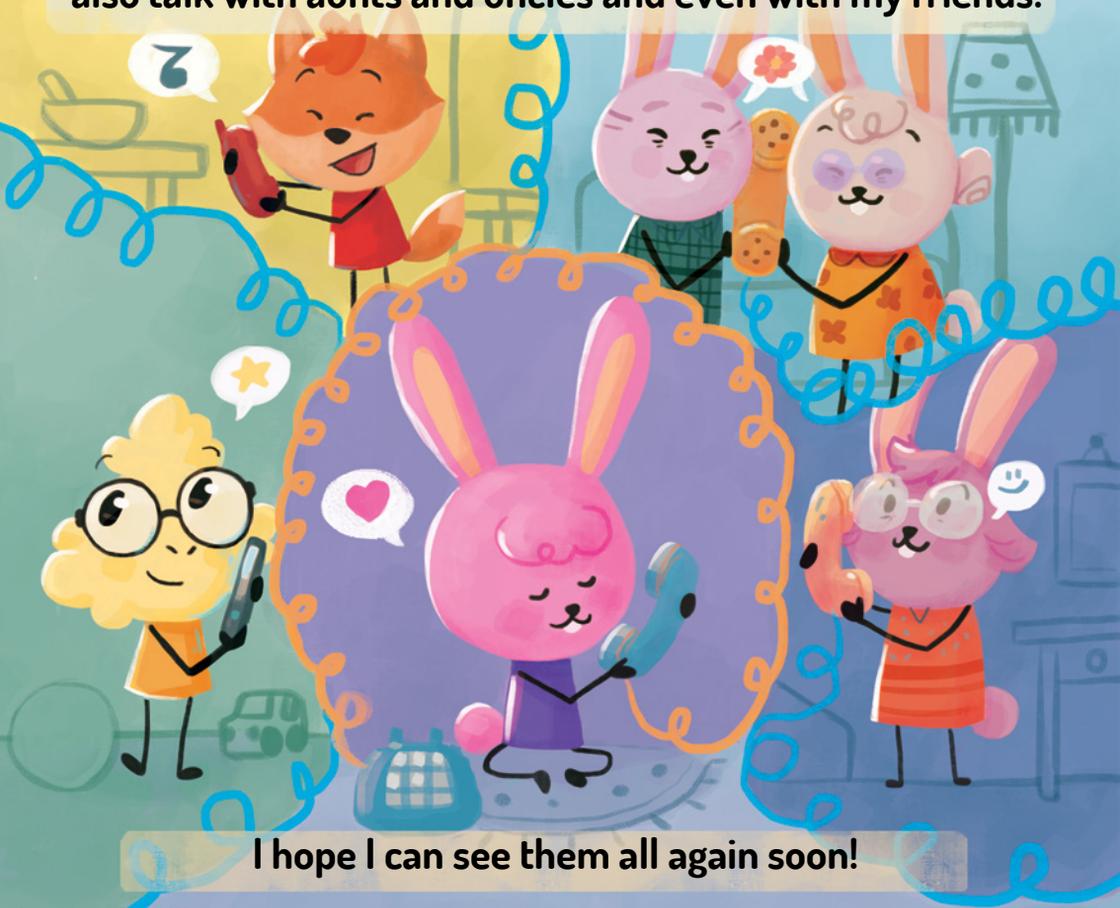
My dad also said “During quarantine we all have to help with household chores in order to make it easier for everyone to be at home”. We also have to try to keep loud noises down.

I told my mom that I missed my grandparents and she told me that they miss me too. She said “We can call them to cheer them up!”.



Help Bunny call her grandparents by solving this maze to connect the call.

Since then, everyday at around the same time, I call my grandparents so I don't miss them so much. Sometimes I also talk with aunts and uncles and even with my friends!



I hope I can see them all again soon!

We have brought this book together for you thanks to the disinterested participation of many artists that with a lot of heart summed forces by donating their time, work and talent to complete it.

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The characters and the visual style are based on a similar book called “El día que todo se movió”, which means “the day everything moved”, that was created after the 2017 earthquake in Mexico. It was another collective work that you can find here: <https://bit.ly/Px17-20>

This collective work was fulfilled as not for profit. The reproduction of such is allowed for non-commercial purposes with the condition that the original work and its authors are referenced. Send any questions or suggestions to info@pixelatl.com



The current pandemic consequence of COVID-19 affects individuals of all ages including children who are watching adults in their surroundings and witnessing their distress. Children may not know how to express their own concerns about the situation.

This simple little book was created in the midst of this difficult time by a group of Mexican creators from all around the country. Its intent is to serve as a tool to help children reflect on the health crisis that the world is experiencing and to encourage them to express how they are feeling, discuss hygiene, and protection measures in these circumstances.

