

A family toolbox

for managing health and happiness during COVID-19



CONTENTS

What's this all about?	1
Let's get started.....	1
Knowing the essentials.....	2
How the virus spreads	2
When can infected people transmit the virus?	3
What to do if you contract the COVID-19 virus or if you are confirmed to be exposed to the virus	4
When can I get a vaccine?	5
If I am vaccinated can I stop wearing a mask or keeping a distance from others?.....	5
Will the vaccine cause side effects?	5
Where do you get your information?	6
Additional health information resources.....	7
Playing our part.....	7
Family risk.....	8
Example – family risk table	8
Template – family risk table.....	10
Getting on with your day:	
Preventing, managing and avoiding risk in your community.....	12
Location, proximity, time.....	12
Mapping the risky business.....	13
Planning your day right	14
Example – mapping your day.....	15
Template – mapping your day	16
Writing your family pact	17
Annex. Corona Vida: A card game about life during COVID-19.....	21

WHAT'S THIS ALL ABOUT?

We now have greater understanding of how the virus spreads and how we can protect others to keep our communities safe.

The smart decisions you make can save lives and stop the spread of the COVID-19 virus. This is all the more important until vaccines are widely administered around the world and until we understand the extent to which vaccines may reduce transmission of the virus.



LET'S GET STARTED

The more members of your household that participate, the more everyone will understand what it takes to keep everyone safe and healthy.

You can explore all the activities or, as a family, you can pick and choose the ones that suit you best. Each family member has an important role to play, so it's best for everyone to be a part of the conversation from the start!

The goal of these activities is to learn how to avoid and slow the spread of COVID-19. The spread of the virus is affecting families everywhere in many ways.

Here are some of the ways the pandemic may be impacting you and your family that may or may not be in your control:

- Local movement restrictions
- Losing your job/income
- Feeding your family
- Missing out on school or childcare
- Missing out on important social events such as birthdays, weddings or funerals.
- Putting off other important health concerns (vaccinations, health checks, planned surgeries, etc.)
- Feelings of fear, hopelessness, or resignation



By completing these activities you and your family can identify major risks you may not have considered and the impacts these risks could have on your family. These activities can help you develop a family plan to help manage risks and hopefully lessen the impact of the pandemic on your daily lives. You and your family will want to weigh ALL possible impacts and risks before you develop and agree to your family plan. But before that, let's go over what we know about COVID-19 and what you need to remember to keep you and your family members safe!

How the virus spreads

1. COVID-19 spreads between people, mainly when an infected person is in close contact with another person.

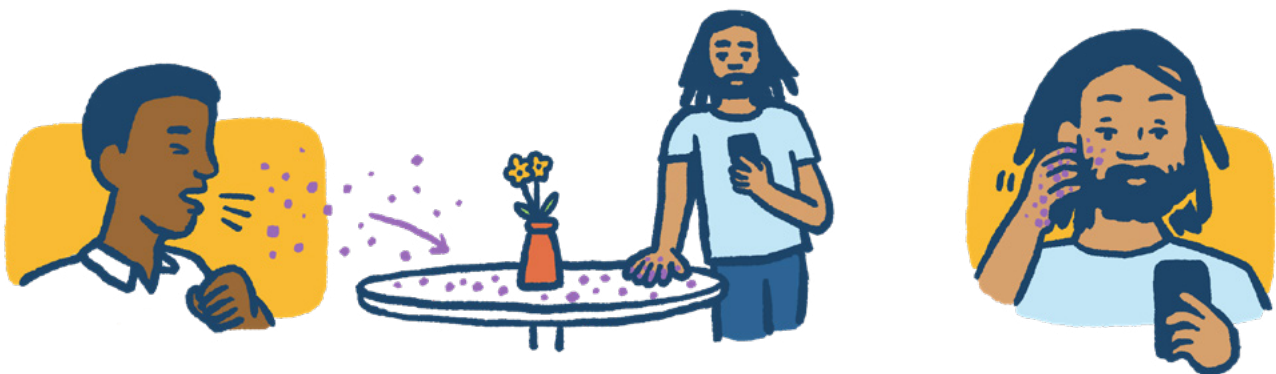
2. The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe.

3. These liquid particles are different sizes, ranging from larger droplets to smaller aerosols.

4. Other people can catch COVID-19 when the virus gets into their mouth, nose or eyes, which is more likely to happen when people are in direct or close contact (less than 1 metre apart) with an infected person, even if they do not appear to be sick.

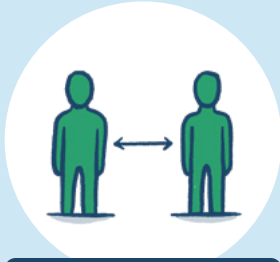
Currently we believe the main way the virus spreads is by close contact with other people. Specific settings, such as indoor spaces with poor ventilation, are riskier.

Restaurants Choir practices Gyms Offices Places of worship



People may also become infected by touching surfaces that have been contaminated by the virus when touching their eyes, nose or mouth without cleaning their hands. When you are out, clean hands frequently with soap and water or use an alcohol-based hand sanitizer.

If COVID-19 is spreading in your community, stay safe by taking all the precautions:



Keep at least
1 metre distance



Cough or sneeze
into your elbow



Wash your
hands regularly



Open doors
and windows



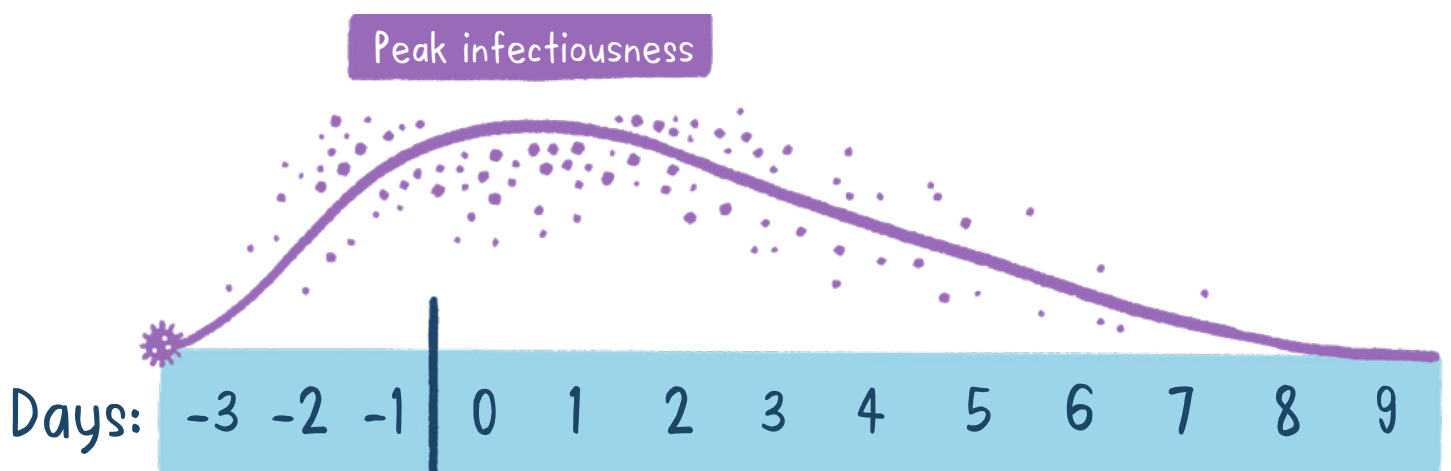
Wear a mask



Get vaccinated
when it's your turn

Finally, always check and follow the advice of local health authorities where you live and work, including any restrictions put in place on travel, movement and gatherings.

When can infected people transmit the virus?



People can transmit the virus with and without symptoms. People are most infectious at or around the time of symptom onset and appear to remain infectious up to 8-9 days after symptoms appear, but this may be longer for people with severe disease.

If you contract the COVID-19 virus or if you are confirmed to be exposed to the virus, remember that it is no one's fault. Anyone can contract the virus regardless of race, gender, age or income.



What do I do if I have been exposed to someone who has COVID-19?

1. Place yourself in quarantine for 14 days, or the time indicated by your national or local regulations.
2. Contact your local health authorities and let them know that you are a contact of a case of COVID-19.
3. If you begin to feel symptoms of COVID-19 reach out to a health care provider for advice and recommendations.

Quarantine means staying in a separate room or isolated space if a separate room is not available for the entire 14 days. Stay at home, or in a facility designated by local authorities, for the duration of quarantine. Open windows, wear a mask, do not share eating utensils or bedding, and clean frequently touched surfaces.

What do I do if I become infected with the COVID-19 virus?

1. If you have COVID-19 with symptoms, or a positive test result without symptoms, isolate at home or in a health care facility.
2. Contact your local public health authority. They may be able to help you to notify your contacts and inform them about next steps.
3. Think back to 2 days before you started to feel unwell, or if you don't have any symptoms, 2 days before you took your COVID-19 test. Consider where you went and who you might have spent time with.
4. Contact people with whom you had physical contact or spent more than 15 minutes at a distance closer than one metre, and let them know of your positive test result.
5. If you visited a store, health facility, or other closed or crowded establishment during this period, if possible please let them know the day and time that you were present.

Isolation means staying in a separate room, or isolated space if a separate room is not available, for at least 10 days. If you have symptoms, you should stay in isolation at least 10 days plus 3 additional days after symptoms go away. Stay at home, or in a facility designated by local authorities, for the duration of isolation. Open windows, wear a mask, do not share eating utensils or bedding, and clean frequently touched surfaces.

When can I get a vaccine?

Vaccines are not yet widely available in all areas of the world. WHO is working with other international organizations to make vaccines available in all regions and countries, especially those with fewer resources.

All approved COVID-19 vaccines have been thoroughly tested, and all provide a high degree of protection against getting seriously ill or dying from the disease. It is important to be vaccinated as soon as possible to build immunity in communities faster and get back to normal lives.



If I am vaccinated can I stop wearing a mask or keeping a distance from others?

Vaccines prevent you from getting very sick or dying, but we are still learning whether they prevent spread of the virus to others. So even if you are vaccinated, continue to follow the precautions shared on page 2.

Will the vaccine cause side effects?

After you receive your jab, you may experience the following:



In most cases, this is a normal and healthy reaction to the vaccine, this is your body developing protection against infection.

Contact your care provider if the redness or tenderness where you got the shot increases after 24 hours, the side effects do not go away after a few days or you have any unexpected illnesses.

Vaccines go through a vigilant safety process before they are released to the public. They are first tested on animals, large clinical trials are conducted, and only then are vaccines declared safe for public use. So far more than 1 billion doses of the vaccine have been administered around the world and adverse events (serious side effects) are extremely rare.

It is important to know where to find reliable information about COVID-19. However, you may be experiencing too much information.

Some of this information will be true and useful, but some may also be false and potentially harmful. Inaccurate information spreads widely and quickly. This can make it difficult to identify verified facts and advice as well as what are trusted sources, such as your local health authority or the WHO.

Rumours and misinformation are difficult to distinguish from facts. That's especially true when they come from people you know or what seems to be a legitimate source on the radio, television or online. However, you have the ability to help stop the spread of misinformation. Avoid sharing information that is not from a trustworthy and credible source. If you see content online that you believe is false or misleading, you can report it to the WHO's misinformation platform.



Here's how you do it:

<https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/how-to-report-misinformation-online>

ADDITIONAL HEALTH INFORMATION RESOURCES:

7

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>








National public health agency (location-specific):

City/county-level public health agency (location-specific):

Contact information for CBO/NGO facilitating or disseminating the package:

PLAYING OUR PART

THE FOLLOWING QUESTIONS CAN IDENTIFY POTENTIAL SOURCES OF RISK AMONG YOUR HOUSEHOLD MEMBERS.

	Who in your family might be exposed to COVID-19 on a daily basis (work, school, socializing, errands, etc.)?	
	Is there a family member who interacts with higher numbers of people in public spaces (the market, bank, public offices, transportation, etc.)?	
	Who does the shopping and runs errands?	
	Do you regularly have guests in your home?	
	Do you visit people outside your household?	
	Is a member of your family working as a health worker, either in a clinic or hospital or traveling from house to house?	
	Are the children in your family attending school?	

Use the table below to discuss and assess household members' individual risk levels and what role each of you play to protect your family. Some families may want to fill in the table to review and reflect on after the activities are completed, others may just use it as a starting point for conversation and to ultimately guide decision making.

FAMILY MEMBERS	AGE	HEALTH CONCERNS	COVID RISKS	OTHER FAMILY CHALLENGES	ROLE TO PLAY/ POTENTIAL SOLUTION
Example: James (son)	20	Asthma	Passengers on my motorbike, lunch in the market, running errands for my family. Sometimes I meet my friends for a drink, but usually outside.	If I don't work, I don't make money and we have less to eat. But, sometimes I worry about passengers being ill. I do not want to make my family sick.	Income earner/risk taker: I'm healthy and young. It makes sense for me to take on a little more risk so that my father can work less during this time. I can also escort my grandparents to their medical appointments and pick up their medicines for them.
Example: Faith (mother)	41	Diabetes	In contact with many people at the market when I go to sell eggs, also on the micro-bus to and from our home to the market.	I'm worried about my diabetes and if that makes me at higher risk for COVID-19, but if I don't go to the market we lower our income and also, who will shop for the family?	Family caretaker: Because of my diabetes, I will send my daughter and son to the market to sell the eggs and do the daily shopping. I will focus my role on caring for the small children and my parents who are old and quite sick and shouldn't leave the house.
Example: Mary (grandmother)	67	Hypertension (high blood pressure)	I don't go out as much as I used to but I do like attending church and community events. There are often many people there.	I feel very isolated when I cannot meet with my church group. They also rely on me to help prepare the church and Sunday school.	I will speak to my church group and see if we can hold services outside. If they say no, I'm afraid it will be too dangerous for me to attend.

FAMILY MEMBERS	AGE	HEALTH CONCERNS	COVID RISKS	OTHER FAMILY CHALLENGES	ROLE TO PLAY/ POTENTIAL SOLUTION
Example: Andrew (father)	45	None that I know of	Work in the factory means standing all day, side by side with many people. I'm also on a very crowded public taxi each morning and evening coming to and from work. I sometimes worry about getting my family ill, even before learning about this so-called COVID-19.	We need all the money we can get. We barely survive as is. If I stopped working, I could not afford medicine or school books for the children. Since I am healthy, I will focus on staying that way by being more cautious than usual.	I cannot afford to stop working. But, I could try to change how I get to work so that at least I don't have people coughing and sneezing on me during my taxi rides. I could also ask Faith to make me a mask and I heard that the local health clinic is passing out supplies. Maybe they have hand sanitizer or soap I can carry with me to work.
Example: Hope (younger daughter)	5	Faith says Hope is very healthy but does tend to get sick quite a lot, especially at school.	Hope's school has big classes, but she usually walks with her mother or grandmother and avoids big crowds when not at school or playing with friends.	If Hope's school closes she will likely fall behind. We do not have the internet at home and our TV broke a few months ago. We heard that maybe they will give classes through the radio but Hope is too young for that. It was also helpful for the family to have Hope in school as it meant we could work and finish errands, rather than care for her.	Because Hope is little and not at a very high risk of becoming very sick even if she gets COVID-19, we will keep her in school so long as it stays open. We will try to encourage her to wash her hands more and use a face mask.

To help understand how you and your family can plan each day as safely as possible, use the table below to assess household members' individual risk levels and what role each of you play to protect your family.

FAMILY MEMBERS	AGE	HEALTH CONCERNS	COVID RISKS	OTHER FAMILY CHALLENGES	ROLE TO PLAY/ POTENTIAL SOLUTION

Use the table below to assess household members' individual risk levels and what role each of you play to protect your family.

FAMILY MEMBERS	AGE	HEALTH CONCERNS	COVID RISKS	OTHER FAMILY CHALLENGES	ROLE TO PLAY/ POTENTIAL SOLUTION

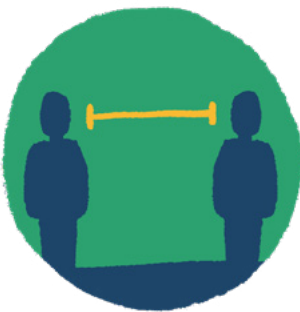
Preventing, managing and avoiding risk in your community

Consider these 3 factors when planning your day:



LOCATION

- Where are you going?
- Is it outside or in an open-air space like a covered market?
- Is it inside with inadequate or poor ventilation, like a crowded train or registry office?
- Is it clean?
- Are there handwashing facilities?
- Outdoors is better than indoors, if possible.



PROXIMITY

- Places with fewer people and larger spaces are safer. The more crowded and smaller the space, the higher the risk of transmission.
- Think about the type of place that you are visiting. Some places are known to have high transmission levels, such as factories and restaurants
- Be more careful and take the greatest precautions in these types of settings.
- Remember, the safest options are always locations with fewer people and where you can keep a distance of at least 1 metre.



TIME


- The amount of time you spend somewhere matters!
- The shorter the better – the longer the time spent, the higher the risk of contracting or spreading the virus.

The activities below are examples of the risks you might encounter while going about your day. Please think about the activities that apply to you and your family.




Lower risk

- Exploring nature (beaches, mountains, desert, forests, etc.)
- Traveling via motorbike or tuktuk
- Shopping at an outdoor market (wear a mask if you cannot physically distance)
- Walking, running or riding your bicycle
- Outdoor picnic or eating outside a food stall (consider physical distancing and hygiene measures)
- Staying at home alone or with members of your household
- Work in outside environments (auto garage, bazaar, construction)
- Children playing outdoors in small groups
- Outdoor activities like exercise, picnics or hiking



Medium risk

- Visiting older friends or family members in their home (wear a mask)
- Eating inside a restaurant, food stall or market
- Visiting people indoors but physically distanced, small religious ceremonies outdoors (with either physical distancing or wearing a mask)
- Visiting the hospital (wear a mask)
- Playing sports with physical contact or shared equipment
- Visiting your doctor (consider physical distance and wear a mask)
- Sending children to school or day care
- Riding a bus, train or shared taxi (wear a mask if you cannot physically distance)
- Working in a shared office or indoor space (wear a mask if you cannot physically distance)
- Visiting with a small group of friends outside
- Children playing indoors in small groups
- Shopping at a busy indoor market



Higher risk

- Religious ceremonies indoors (with limited physical distance)
- Large indoor gathering
- Not wearing a mask in crowded spaces
- Working indoors where social distancing is not possible
- Handshakes, hugs and kisses
- Indoor bar
- Attending a large community ceremony (holidays, weddings, funerals)

*in the context of low or no vaccination coverage

To help you map the risks that occur throughout your own day you may want to consider the example activities above and where they fall on the risk scale.

Mapping your day is a fun and useful way of getting on with your day safely. Start by drawing your home. Then add each activity you participate in each day, how you get there (such as walking, biking, or taking a car) and who you might interact or socialize with. Decide which activities you can modify, avoid, reduce or accept. Decide which activities might be better carried out by other family members who are at a lower risk of contracting COVID-19.

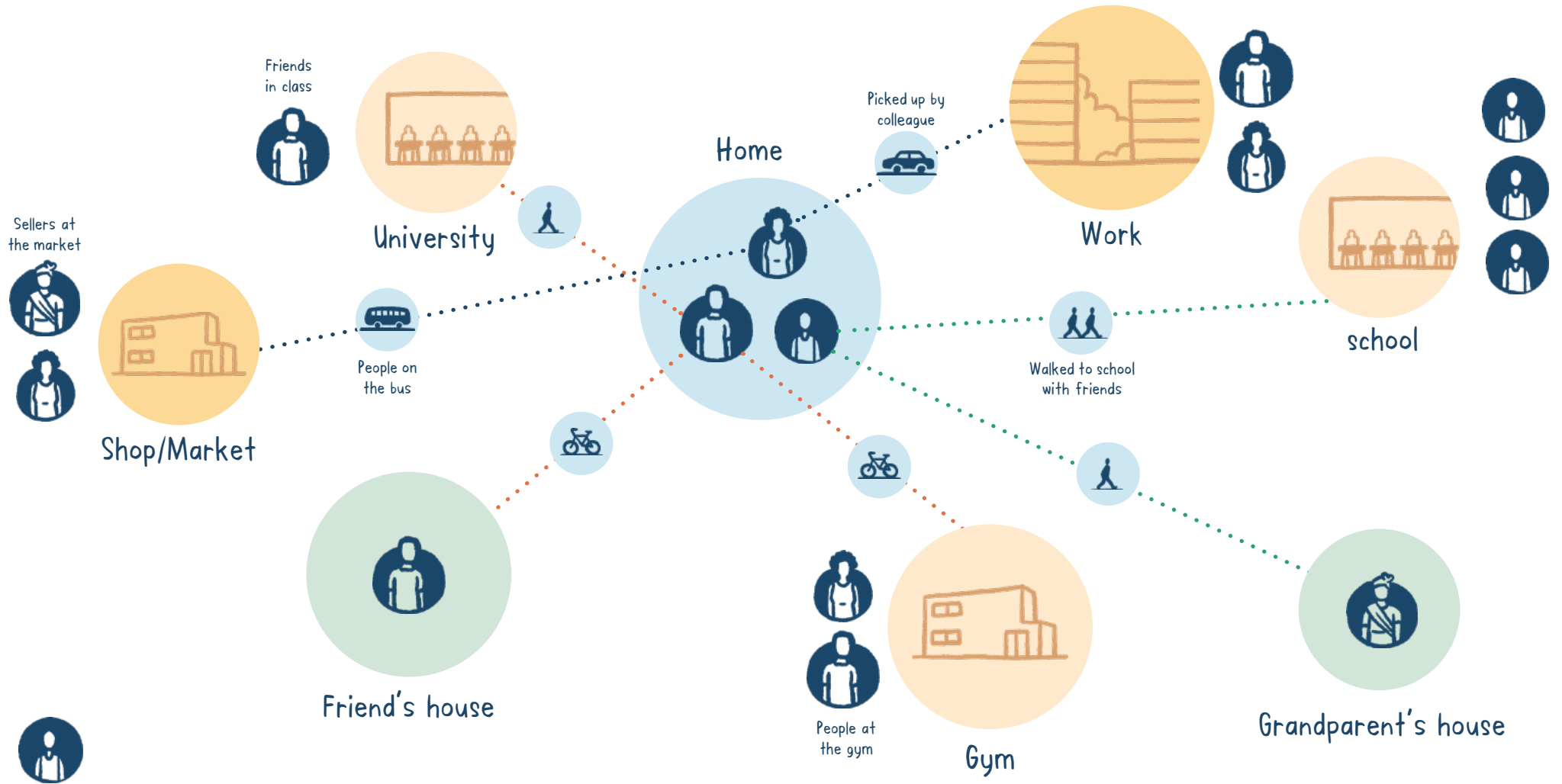
Some considerations while mapping out activities within your community:

-  Is your area known to have many people with COVID-19? If the virus is present in your location, some activities will be riskier than others.
-  Which activities and environments can you control (and which can you not)?
-  Can you practise preventive measures in each location (mask, distance, handwashing)?
-  How long will you spend completing your errand?
-  Are you frequenting areas that are crowded with a lot of people?
-  Consult your family risk table.

See illustration as an example of what your journey might look like at the end of this exercise. Help younger children and older adults with this exercise as well. Everyone, no matter their age, has a role to play in preventing the spread of COVID-19.

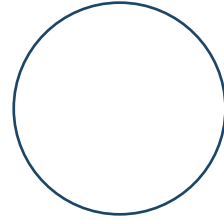
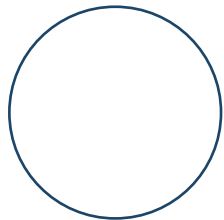
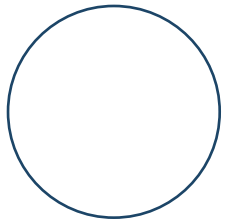
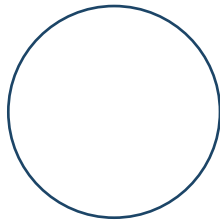
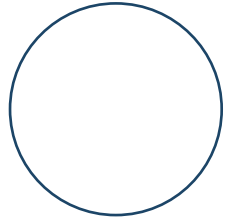
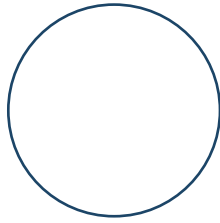
EXAMPLE: MAPPING YOUR DAY

This is an example of how a family might spend their day. The example family has connected with friends and family and gone to work, school, the gym and the shops. Your day might look different, use the template on the next page to show your day. Draw or write in the people you interacted with on you way.

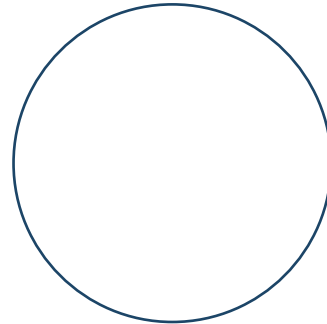


MAPPING YOUR DAY

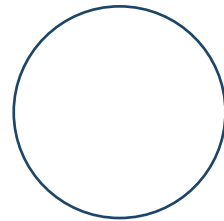
Write down your daily activities on the dotted lines below.
Add in how you travel to the location and join up the
bubbles to show how the activities are connected.



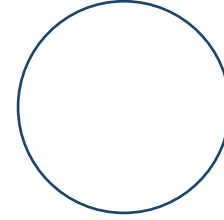
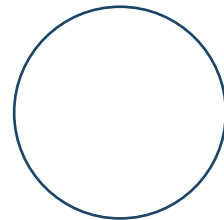
School



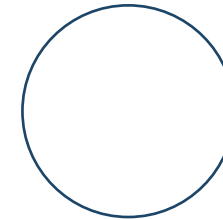
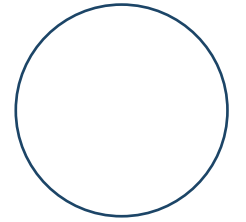
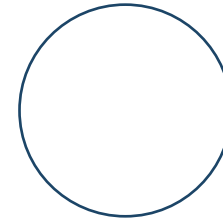
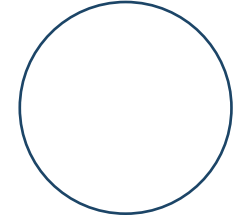
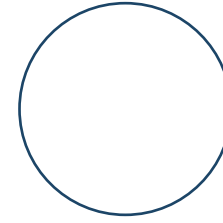
Your home



Market



Work



Now that you and your family understand the risks associated with your daily activities, the next step is to manage those risks. This means thinking about, planning and changing your actions and behaviour to reduce COVID-19 transmission.

A family pact is a simple way to manage risk as a family and as individuals to minimize the chances of spreading COVID-19. All members of your family (or household) should agree to the pact and revise it as conditions change.

1 Think about which members of your household are most vulnerable to COVID-19 (consult your family risk table). Decide what part each person will play in protecting the most vulnerable.

Who will be the educator, staying informed about COVID-19 risk in the community?

Who will be the shopper, carrying out errands for more vulnerable family members?

Who will be the caregiver, taking care of children, or taking care of a family member if they become ill?

Other roles?

2 Identify high-risk activities that you are doing. Some of these may be necessary, like earning money, but others may not be so important. List risky activities below that members of the family are willing to give up during the time of COVID-19:

1. _____

2. _____

3. _____

4. _____

3

Think about limiting the number of visitors and agree on a small list of family or friends that may enter the home:

1. _____

2. _____

3. _____

4. _____

4

Develop a plan to cover the risk of one member of the family contracting COVID-19 and having to self-isolate. How will that person rest, get food and medicine and stay apart from others?

5

Discuss what the family would do if someone doesn't do what they have agreed to in the pact. What are some ways that the family can remind and support each other to keep their agreements?

We the _____ family,

Commit to the following actions to keep our family and community safe:

-
-
-
-
-
-
-
-
-
-
-

In health and solidarity,

Sign here: _____

Once everyone signs your family pact, place it in a location that is easily visible in the house. Your family is now prepared to take on each day with the right information and knowledge to keep you, your loved ones and community safer from COVID-19!

CORONA VIDA

A card game about life during COVID-19

Instructions:

1 Number of players:

The game is played by 3-5 players. If your family or group has more than 5 people, you may take turns playing the game.

2 Cards: There are three types of cards in this game:

Story cards: These cards tell the story of one character as they move throughout the day trying their best to prevent contracting or transmitting COVID-19. The story cards show how each person must respond to their own risks and how their family members respond to risks.

Event cards: 27 event cards. These cards, much like real life, provide a changing set of circumstances that characters must respond to as they go about their daily lives.

Action cards: 12 action cards for each player. These cards represent the potential responses that a person can have to the changing circumstances represented by the event cards.


3 Objective:

Collect the most event cards by being the fastest, and most accurate person to play your action cards.

4 Set-up:

- A. **To start**, place all the event cards into a stack in the middle of the table.
- B. **Choose a character:** Each player chooses a different character by selecting one of the story cards. The story card you select is your character for the game.
- C. **Get your action deck:** Each player has their own deck of 12 action cards. Take your action cards and place them in a stack in front of you.

5 Play:

- A. **The game is played in rounds.** Each game has the same number of rounds as the number of players. Each round a player takes a turn as the storyteller and reads the story card for their character.
- B. **Action decks:** Each player has their own deck of 12 action cards. Before the storyteller reads the story, players shuffle their action cards and take the first three cards from the top. We take only three cards, because as in real life, we do not always have every option available to us. After each event card is played, players consider the best possible response of the three cards in their hand, and play the card as quickly as possible. After each event, discard the cards in your hand, and draw three more cards for the next event. When you run out of cards, reshuffle them and continue playing.
- C. **During each round**, the player who is the storyteller for that round reads his/her story, and turns over the event cards in the middle of the table when they see the following symbol: 
- D. **For each event card that is played on the storyteller's turn**, players choose a card from their hand which they believe is the best response to the event. Based on what we have learned about COVID-19 transmission, the storyteller looks at the action cards and chooses the card they believe best prevents transmission of COVID-19. If the storyteller is unsure which is the best played action card, the storyteller can ask for assistance from the facilitator, or open up a discussion with the group about which is the best answer. In this case, other players should support the storyteller in thinking through which is the best response and why. Whoever plays the most accurate action card in the quickest amount of time wins the event card.

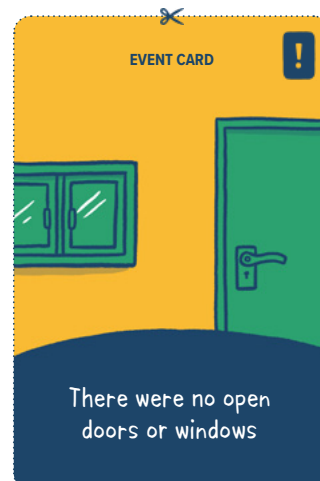
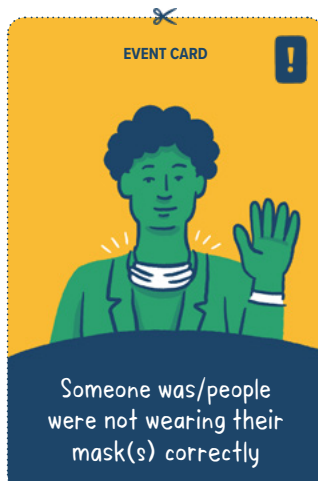
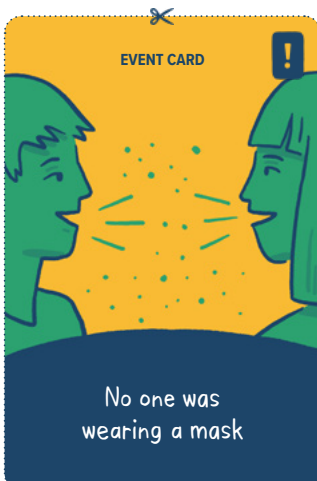
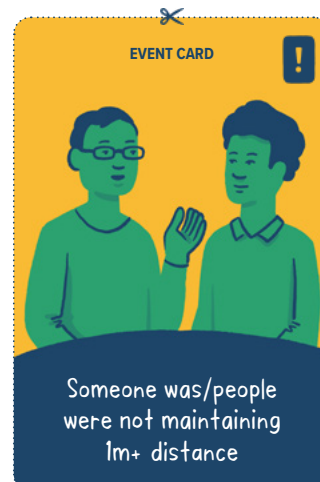
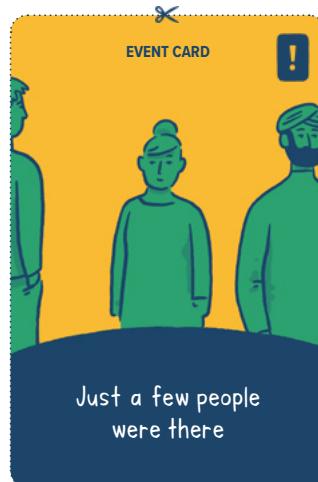
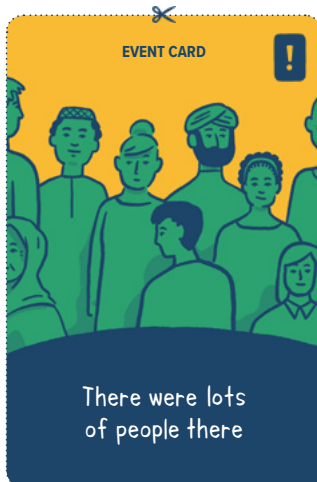
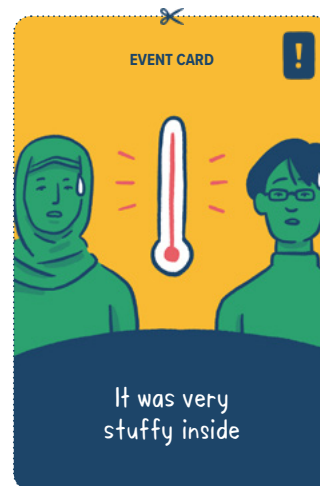
6 Winner:

When you have played all rounds, count your event cards. The player who has the most event cards is the winner.

MORE ABOUT THE CARDS

Event Cards:

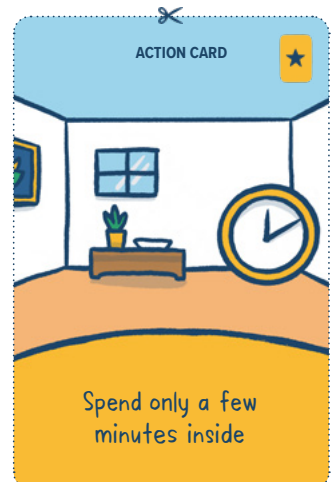
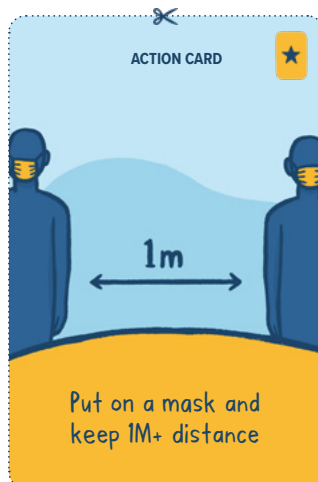
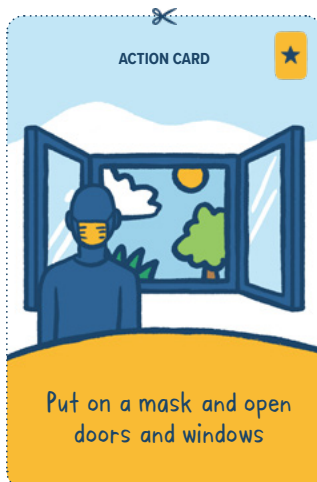
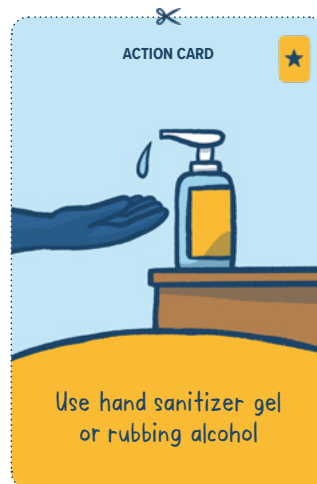
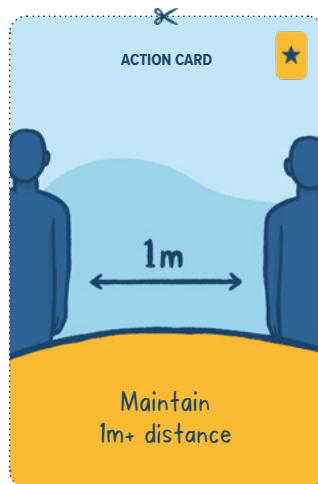
The event cards are shuffled between each round and change the circumstances for the actions in the story. The deck contains three of each of the following scenarios:



MORE ABOUT THE CARDS

Action Cards:

Each player gets 12 action cards (1 each of the following actions), but players can only hold 3 cards in their hand at a time. After each event, discard the cards that have been played, and have each player draw 2 more cards. You should always have three cards in your hand. After each round, reshuffle the deck. Action cards answer the question, "What should this character do?" in response to each event.



STORY CARD

Grandma Sveta



STORY CARD

Dad, Anatoly



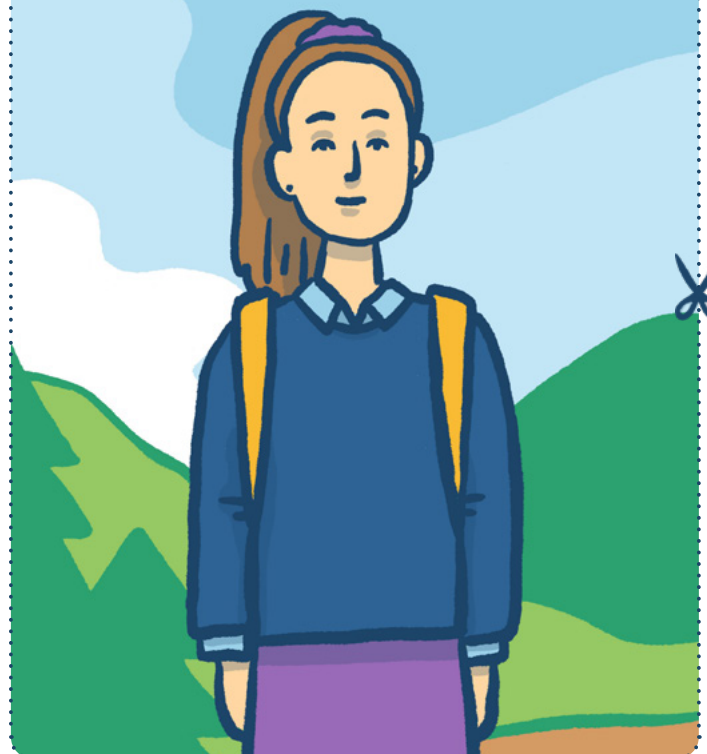
STORY CARD

Mom, Maria



STORY CARD

Daughter, Irina



The town was just starting to wake up and there were just a few other trucks on the road when Anatoly began his journey to work in the morning. Suddenly, out of the corner of his eye, Anatoly saw his son, Sasha, walking backwards on the side of the road with his shirt and pants on backward too! He swerved to the right and called to his son: "Sasha, what are you doing out here?" As the truck turned, it caught the curb and Anatoly heard the tire burst. He pulled over, but Sasha had disappeared. Instead, he caught sight of a car repair shop next door. !

"That crazy kid" he thought to himself. Rather than purchase a new one, Anatoly decided to use his spare tire, got back on the road and finally arrived at the factory. !

When lunchtime came around Anatoly was very hungry. He passed his colleague, Dima, in the hallway. !

"Rough day?" Dima asked. Dima then suggested they meet at a cafe nearby. !

"Would you like to sit inside or on the patio?" the host asked when they arrived. !

When Anatoly got back to the factory he kept wondering what Sasha was doing that morning on the sidewalk and if Sasha was actually in school that day. "That kid is going to have to turn things around when I get home," he laughed to himself.

Grandma Sveta got up early and started making breakfast for her grandchildren, Sasha and Irina. They would be awake soon and ready to eat before going to school. Opening the pantry, Grandma saw the house was completely out of jam and bread. "I will have to go to the market today" she thought, "these little rascals could eat their weight in blueberry jam." Smiling to herself, Grandma suddenly heard a knock at the door. "Hello?" Grandma asked as she opened the door. !

It was the neighbor, who told Grandma about an upcoming birthday celebration in the neighborhood. "I will talk to my family about it and let you know. We have to think about our risks with the virus going around, but thank you so much for the invitation." Grandma Sveta left breakfast on the table for Sasha and Irina and started walking down the road toward the market. "Grandma Sveta! Grandma Sveta! How are you today? You look like you are on a mission!" Grandma Sveta turned to see her cousin Vova, the local butcher, beckoning her inside his shop. !

"How are those hungry little grandchildren of yours?" Vova said. "I know they just love my kolbas! Please take some on me", Vova winked as he handed Grandma the package. !

"Oh you really didn't have to," Grandma said, and she continued on toward the market. Finally, Grandma arrived at the market. !

On her way home, Grandma purchased some blueberries from a fruit stand. !

"I'll have to start making even more jam than before," she thought. "I'll turn those kids blue if I have to."

Irina and her brother, Sasha, sat at the breakfast table. "You always hog the jam in the morning," Irina complained to her brother. "I'm trying to stay healthy so I don't catch COVID-19," Sasha said without looking up. Irina looked down at her little brother, he was 9 years old, and full of crazy ideas. "Sasha, jam is not going to keep you from catching COVID-19." Then, after a few moments, she said, "but I read that if you put your clothes on backwards and walk backwards at the same time, it confuses the virus and you can't catch it." Sasha's eyes lit up and he ran out of the room. Irina rolled her eyes, grabbed her backpack, and headed to school. She arrived at her class. !

It was her second year of high school, and Algebra was her favorite. At lunch, Irina went to the school cafeteria. !

On the way home from school, Irina remembered that Grandma Sveta needed her medicine. Irina liked to help her Grandma, so she decided to drop by the pharmacy. !

When she arrived home, she heard a knock at the door and went to open it. !

"Can we come in?" !

It was a group of her classmates and they seemed anxious to tell her something.

The morning was cooler than usual as Maria waited for the bus to arrive. !

Later, when she arrived at the office building, !

she realized she had forgotten to eat breakfast. "I'll head over to that little soup spot next door" she thought. As she was about to order some food, someone behind her called her name. She turned to see an old woman standing, a bit hunched over, staring at her with bright eyes. !

"Mrs. Pavlova!" Maria said with surprise. It was her beloved elementary school teacher whom she had not seen in nearly a year. "I saw that son of yours this morning," Mrs. Pavlova, said. "He was acting very strangely. Did you see what he was wearing?" Mrs. Pavlova asked. "No, I leave for work before the kids" Maria said, "he's a sensitive kid, and I am giving him a bit more independence. As long as he's wearing something!" Maria joked. Maria said goodbye to Mrs. Pavlova and headed back to the office. A few hours later, a co-worker came into the room. !

"There is a teacher asking for you in the front lobby," the co-worker informed her. "Please tell Mrs. Pavlova that I will call her this weekend, I am very busy" Maria said. "No, no. She said her name was Mrs. Ivanova" the co-worker insisted, "she said Sasha is her student." "I see" Maria said and she headed toward the lobby to see what might be the trouble. !

STORY CARD

Son, Sasha



After breakfast, Sasha got dressed and left for school. He walked backwards, which meant it took him much longer to arrive, but finally he arrived to his classroom. 🗨️

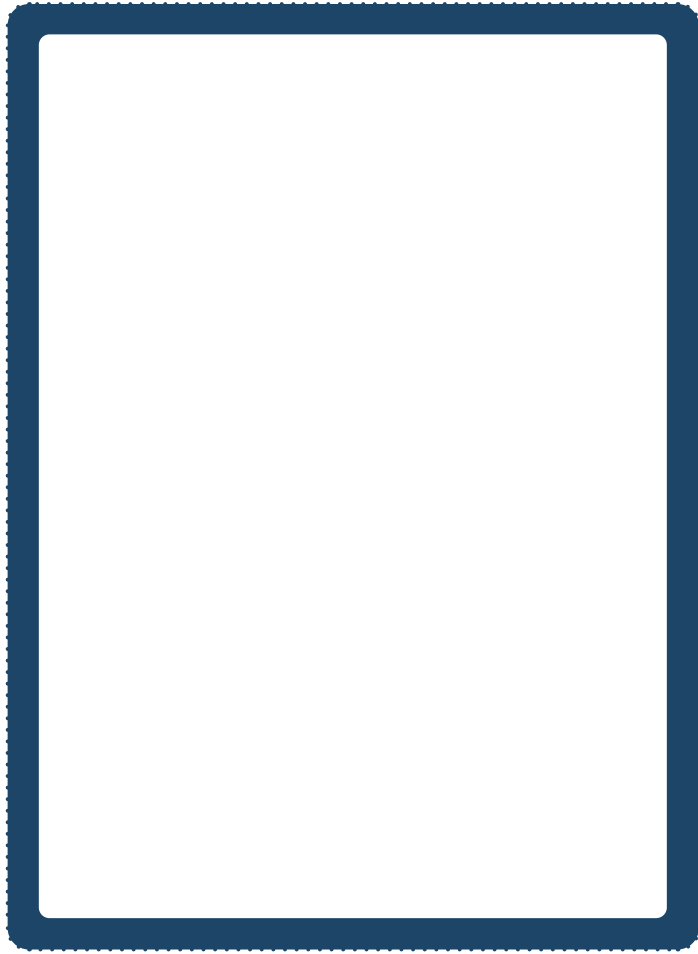
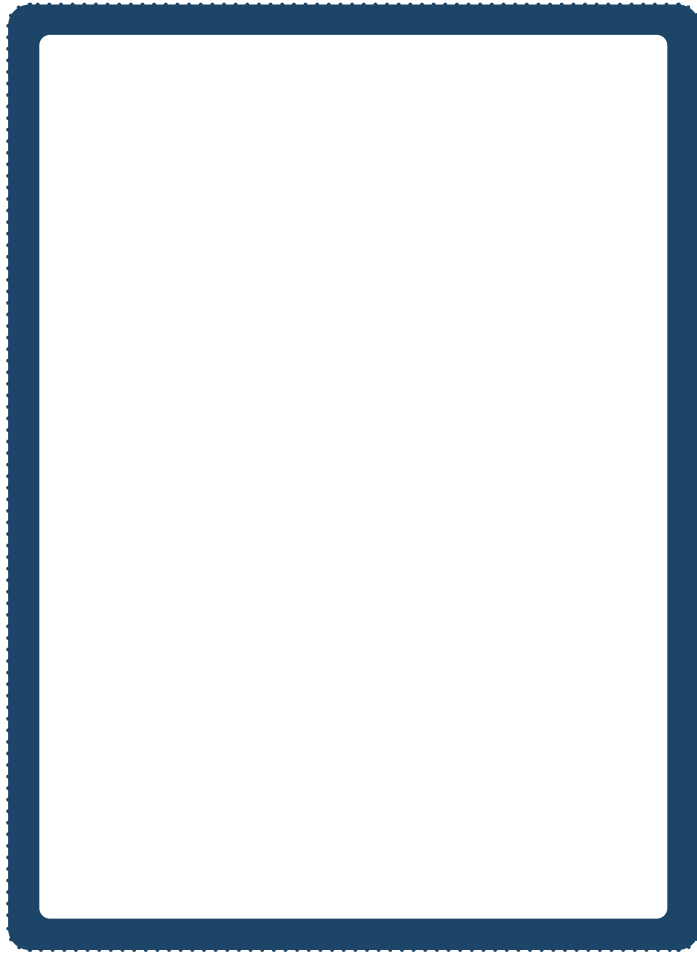
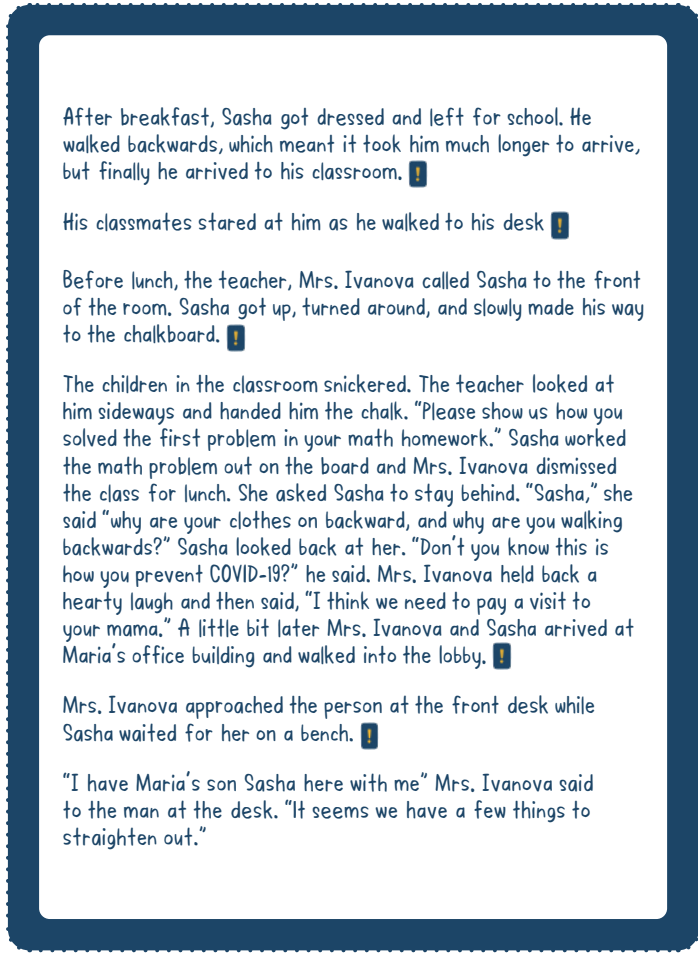
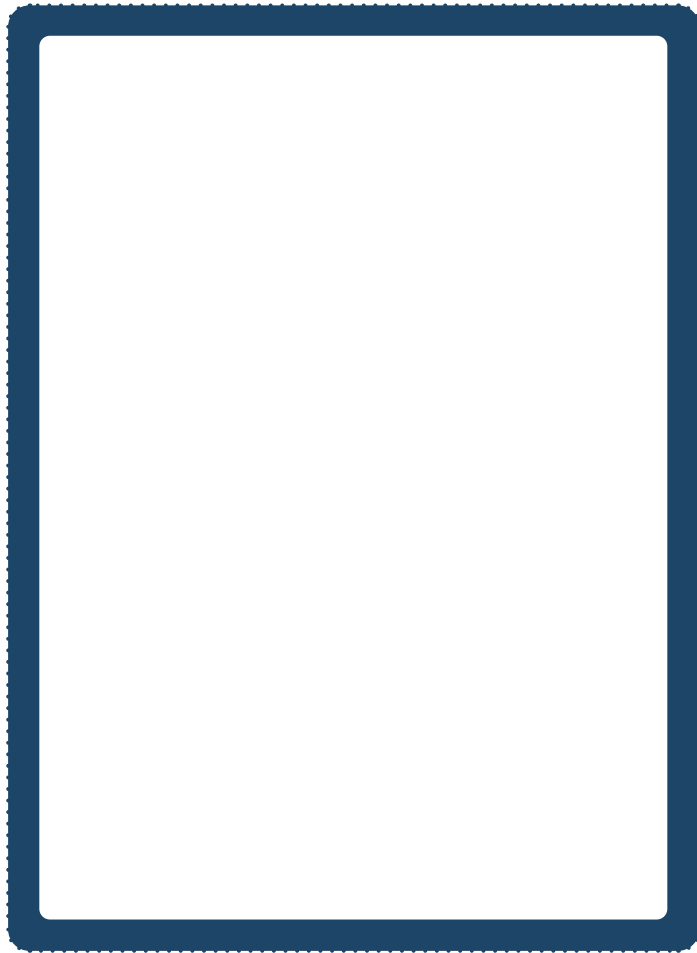
His classmates stared at him as he walked to his desk 🗨️

Before lunch, the teacher, Mrs. Ivanova called Sasha to the front of the room. Sasha got up, turned around, and slowly made his way to the chalkboard. 🗨️

The children in the classroom snickered. The teacher looked at him sideways and handed him the chalk. "Please show us how you solved the first problem in your math homework." Sasha worked the math problem out on the board and Mrs. Ivanova dismissed the class for lunch. She asked Sasha to stay behind. "Sasha," she said "why are your clothes on backward, and why are you walking backwards?" Sasha looked back at her. "Don't you know this is how you prevent COVID-19?" he said. Mrs. Ivanova held back a hearty laugh and then said, "I think we need to pay a visit to your mama." A little bit later Mrs. Ivanova and Sasha arrived at Maria's office building and walked into the lobby. 🗨️

Mrs. Ivanova approached the person at the front desk while Sasha waited for her on a bench. 🗨️

"I have Maria's son Sasha here with me" Mrs. Ivanova said to the man at the desk. "It seems we have a few things to straighten out."



STORY CARD

Grandma Henda



STORY CARD

Dad, Juma



STORY CARD

Mom, Marta



STORY CARD

Daughter, Adelina



Juma got up early and waved down the chapa as it passed his house. The door of the chapa opened and Juma looked inside. !

When he arrived at the construction site, his co-workers were standing in a circle talking and pointing inside the newly built lobby. Juma walked over to see what they were talking about. !

"Boss is giving bonus pay to whoever can fix that," his co-worker Lucio said, pointing to a large crack above. Juma's eyes lit up. "Adelina and Momed really need new clothes, I'll try my hand at that." Juma worked overtime and finally fixed the crack in the ceiling. He went to tell the boss the work was done. !

By the time he left work, it was dark. "It will be a long walk home," he thought to himself. On the way, Juma felt hungry and stopped at a grill hut on the beach. !

As he started again back home, the neighbor Gilberto ran up beside him. !

"I tried to talk to your mother today but she kept swatting me off," Gilberto said. Juma looked back at Gilberto skeptically. "Alright Gilberto," Juma said. "What are you on about this time?"

Grandma Henda got up early, hung the laundry to dry, and began preparing Xima for her grandchildren, who would come home for lunch in a few hours. When she reached into the bag of cornmeal, she saw that there was not enough for three. "I'll have to go to the market," she thought. When she arrived at the market, !

Grandma ran into her neighbor, Gilberto. !

"I saw Adelina and Momed acting very strangely this morning," Gilberto said. "Kids these days are all strange," Grandma said. She swatted her hand and left Gilberto with his mouth still open. When she arrived home, Gilberto was waiting at her front door. !

"I'm sorry Gilberto, can you come back another time? I've got to make lunch and then take the chapa into town." Gilberto, hung his head and waved goodbye. "That Gilberto is such a nuisance," she thought to herself. Grandma made the xima and set it out for her grandchildren to eat. Heading out of her house, she waved down the chapa, which stopped right in front of her. !

"Adelina's dress is looking so worn and dirty these days. I will sew her something new for her birthday," she thought on the way to town. When she finally arrived, Grandma was tired, but soon she felt good as new. "Ah there it is!" she exclaimed as she arrived at the door of the caipulhanha shop. !

"Adelina will feel like a queen in that one!"

Adelina and her twin brother, Momed, waved goodbye to Grandma Henda and walked toward school. "I heard Gilberto tell Mom that you can prevent COVID-19 using the 'elephant way'," Momed said. "You haven't heard of that?" Adelina scoffed. She stopped, grabbed some sand and dirt and rubbed a thin layer on her dress. "How long have you been doing this?" Momed asked. "A few weeks," Adelina said. Momed was puzzled, but he grabbed some sand and dirt and did the same. A few moments later the neighbor, Gilberto, walked up to them. !

"What are you two doing?" he asked. Adelina and Momed looked at Gilberto, looked at each other, and ran off. They didn't stop running until they reached the classroom door. !

At lunchtime, Adelina suggested they take the chapa to her cousin's house on the way home. It was stopped just a few meters ahead picking up passengers. !

Adelina stopped at her cousin's house. !

She looked back to make sure that Momed was behind her, but he had disappeared. Worried, she paced up and down the street and knocked on the door of Momed's classmate, Emelia. !

"Where could he have gone off to?" Adelina thought, confused.

Marta got up very early and ran toward the chapa as it stopped on the street corner. !

When she arrived at the Magaia's house, the light was just starting to rise over the ocean. She cleaned the kitchen, hung up the laundry to dry, and began making lunch for the Magaia's children. While she cooked, she laughed to herself about a joke Gilberto had shown her on whatsapp. It said: "Prevent COVID-19 the 'elephant way'." "How ridiculous," she chuckled as the water boiled. When the children arrived home, the xima and cassava were fresh, steamy, and ready to eat. As soon as they sat down, however, the boy Paolo asked Marta to go to the store to buy some soda. Marta said she would, and walked to the little shop on the corner. !

When she returned, Mrs. Magaia was home earlier than expected. !

"You can take a few hours off this afternoon," Mrs. Magaia said. Marta smiled, nodded, and headed back to the street where she waved down the chapa again. !

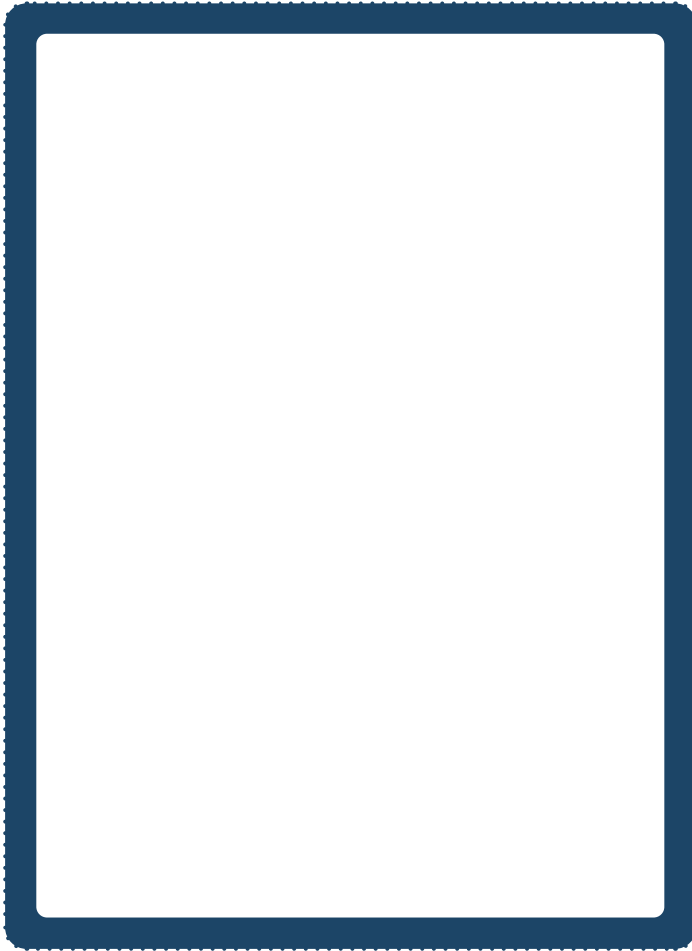
On the way home, Marta stopped to treat herself to some grilled chicken, something she did very rarely. !

"If you see my husband this week, don't tell him you saw me here" she winked and told the vendor. "I'll work a bit more overtime with the Magaia's" she thought to herself, breathing in the cool ocean air.

STORY CARD

Son, Momed





Momed got up early before anyone else was awake. "I'm twelve now," he thought to himself. "In just a few years I will ask Emelia to marry me, and I'll go to work with my dad." He was still thinking of Emelia, when he arrived to school with his sister, Adelina. !

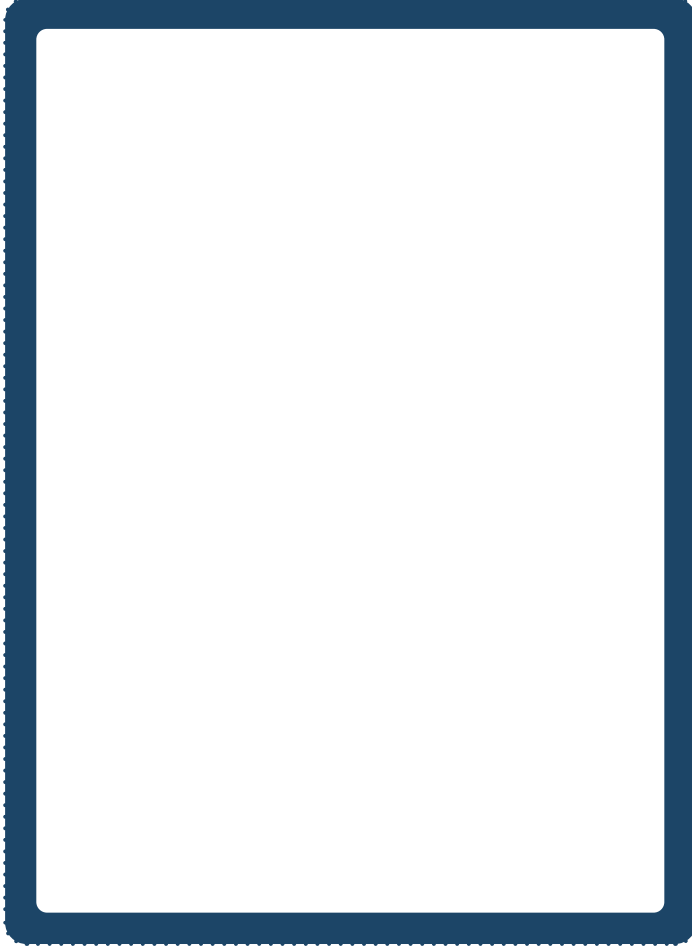
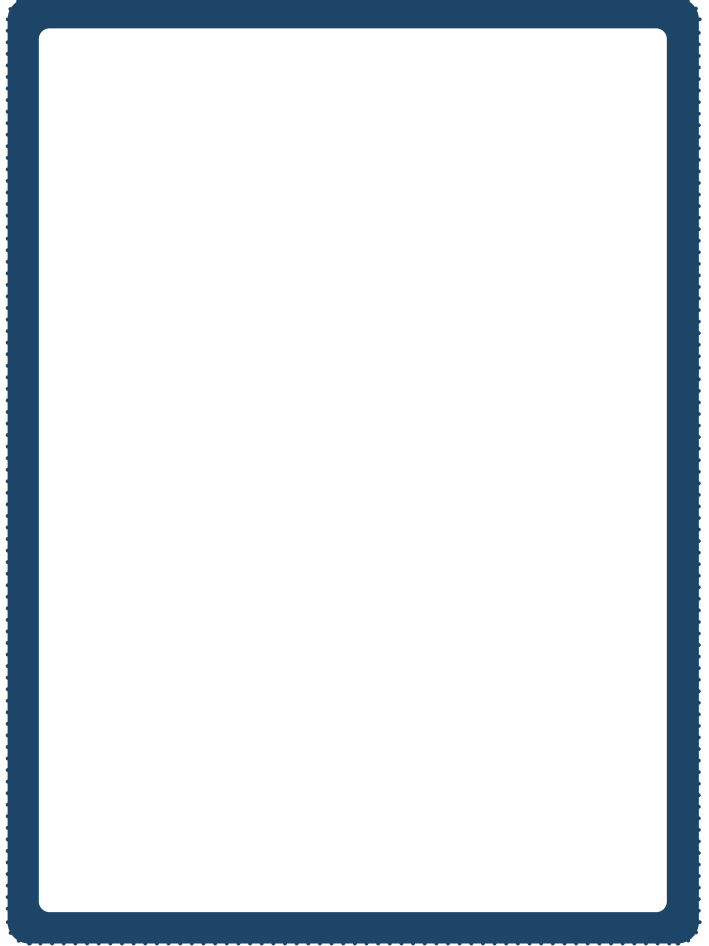
After the first class, the teacher called him to her desk. "You will need to see the Principal. He wants to talk to you." Momed was confused, but he headed out to the Principal's office anyway. !

On their way home to eat lunch, Adelina suggested they visit their cousin. Momed smiled and thought to himself, "Emelia lives nearby." "Yes, let's do that" he told Adelina. When they reached the street where their cousin lived, Momed ducked into a shop on the corner. !

Then, checking to make sure that Adelina could not see him, he headed to Emelia's house. !

"Emelia is not home yet," Emelia's grandmother told Momed. Disappointed, Momed walked to his cousin's house. !

When he got to the door, however, Adelina was nowhere in sight. "Where could she have gone off to?" he thought.



STORY CARD

Grandma Muna



STORY CARD

Dad, Mohammed



STORY CARD

Mom, Farah



STORY CARD

Daughter, Amina



The town was just starting to wake up and there were just a few other bicycles on the road when Mohammed began his journey to work in the morning. Suddenly, out of the corner of his eye, Mohammed saw his son, Hassan, walking backwards on the side of the road with his shirt and pants on backward too! He swerved to the right and called to his son: "Hassan, what are you doing out here?" As the bike turned, it caught the curb and Mohammed heard the tire burst. He pulled over but Hassan had disappeared. Then, Mohammed caught sight of a bike repair shop next door. !

"That crazy kid" he thought to himself. Rather than purchase a new one, Mohammed decided to patch up the tire, got back on the road and finally arrived at the factory. !

When lunchtime came around Mohammed was very hungry. He passed his colleague, Karim, in the hallway. !

"Rough day?" Karim asked. Karim then suggested they meet for a tea nearby. !

"Would you like to sit inside or in the garden?" the host asked when they arrived. !

When Mohammed got back to the factory, he kept wondering what Hassan was doing that morning on the sidewalk and if Hassan was actually in school that day. "That kid is going to have to turn things around when I get home," he laughed to himself.

Grandma Muna got up early and started making breakfast for her grandchildren, Amina and Hassan. They would be awake soon and ready to eat before going to school. Opening the pantry, Grandma saw the house was completely out of chickpea flour. "I will have to go to the market today" she thought, "these little rascals could eat their weight in falafel." Smiling to herself, Grandma suddenly heard a knock at the door. "Hello?" Grandma asked as she opened the door. !

It was the neighbor, who told Grandma about an upcoming wedding celebration at the mosque. "I will talk to my family about it and let you know. We have to think of the virus, but thank you so much for the invitation." Grandma Muna left breakfast on the table for Amina and Hassan, and called a shared taxi. !

When she arrived at the bazaar, she heard someone calling her name. "Grandma Muna! Grandma Muna! How are you today? You look like it's been a long day already!" Grandma Muna turned to see her cousin Moustafa, the vegetable vendor, beckoning her inside his stall. !

"How are those hungry little grandchildren of yours?" Moustafa said. "I know they just love my hummus! Please take some on me", Moustafa winked as he handed Grandma the package. !

"Oh you really didn't have to," Grandma said. On her way home, Grandma purchased fresh herbs at the neighborhood shop. !

"I'll have to start making falafel for breakfast and lunch," she thought. "Those kids are going to be swimming in falafel when I am done."

Amina and her brother, Hassan, sat at the breakfast table. "You always hogg the falafel in the morning," Irina complained to her brother. "I'm trying to stay healthy so I don't catch COVID-19," Hassan said without looking up. Amina looked down at her little brother, he was 11 years old, and full of crazy ideas. "Hassan, falafel is not going to keep you from catching COVID-19." Then, after a few moments, she said, "but I read that if men put their shoes on backwards and walk backwards at the same time, it confuses the virus and they can't catch it." Hassan's eyes lit up and he ran out of the room. Amina rolled her eyes, grabbed her backpack, and headed to school. She arrived at her class. !

It was her second year of high school, and Algebra was her favorite. At lunch, Amina headed to the school cafeteria. !

On the way home, Amina remembered that Grandma Muna needed her medicine. Amina liked to help her Grandma, so she decided to drop by the pharmacy. !

When she arrived home, she heard a knock at the door and went to open it. !

"Can we come in?" !

It was a group of her classmates and they seemed anxious to tell her something. !

The morning was cooler than usual as Farah waited for the bus to arrive. !

Later, when she arrived at the office building, !

she realized she had forgotten to eat breakfast. "I'll head over to that little mezza stall next door" she thought. As she was about to order some food someone behind her called her name. She turned to see an old woman standing, a bit hunched over, staring at her with bright eyes. !

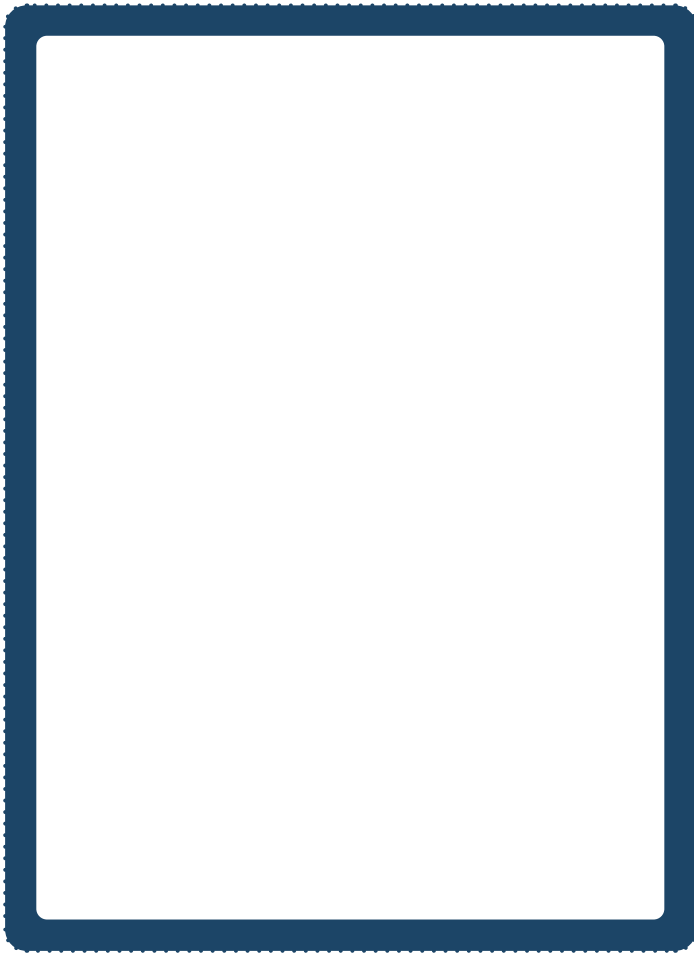
"Auntie Leila!" Maria said with surprise. It was her beloved aunt whom she had not seen in nearly two months. "I saw that son of yours this morning," Auntie Leila, said. "He was acting very strangely. Did you see what he was wearing?" Auntie Leila asked. "No, I leave for work before the kids go to school" Farah said, "he's a sensitive child, and Mohammed says that I should treat him more like a man. As long as he's wearing something!" Farah joked. She said goodbye to Auntie Leila and headed back to the office. A few hours later, a co-worker came into the room. !

"There is a teacher asking for you in the front lobby," the co-worker informed her. "A teacher? I am very busy" Farah said. "No, no. She said her name is Mrs. Hussein" the co-worker insisted, "she says Hassan is her student." "I see" Farah said and she headed toward the lobby to see what might be the trouble. !

STORY CARD

Son, Hassan





After breakfast, Hassan got dressed and walked to school. He walked backwards, which meant it took him much longer to arrive, but finally he arrived to his classroom. !

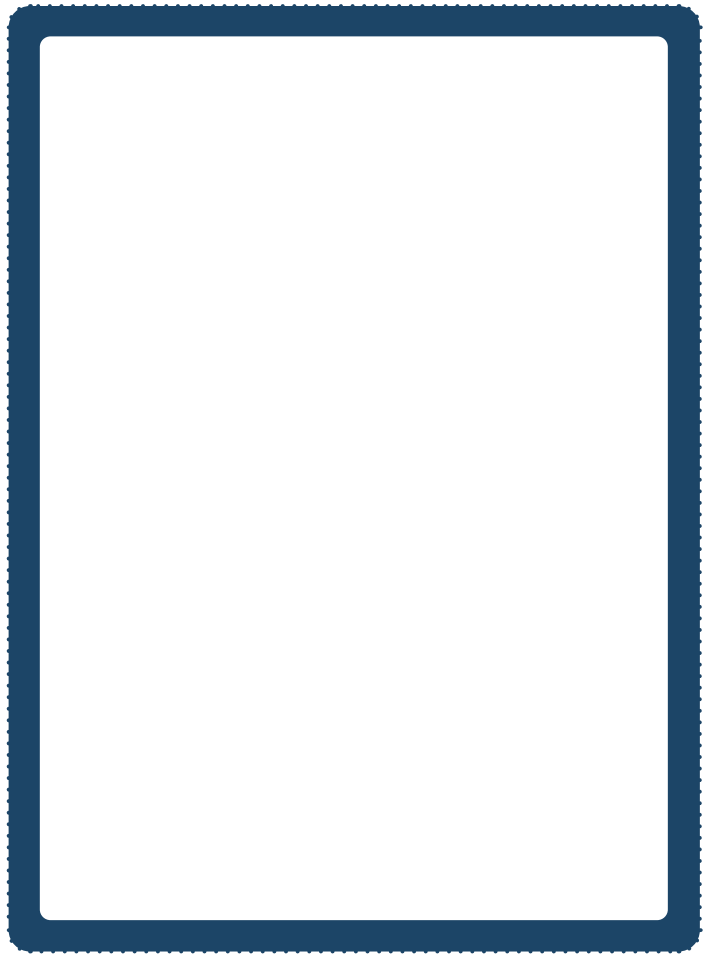
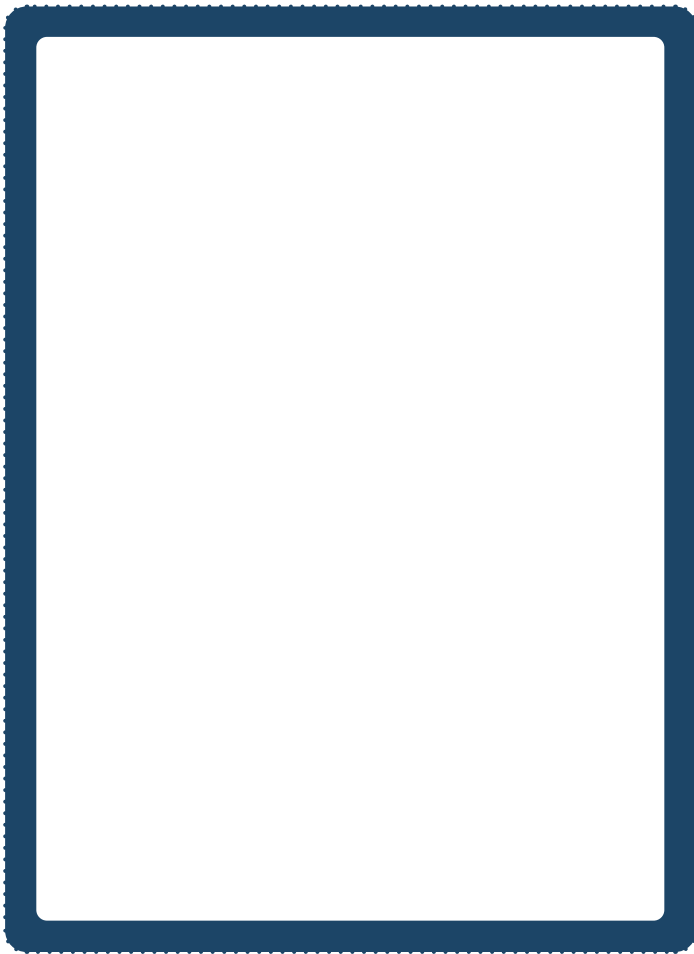
His classmates stared at him as he walked to his desk. !

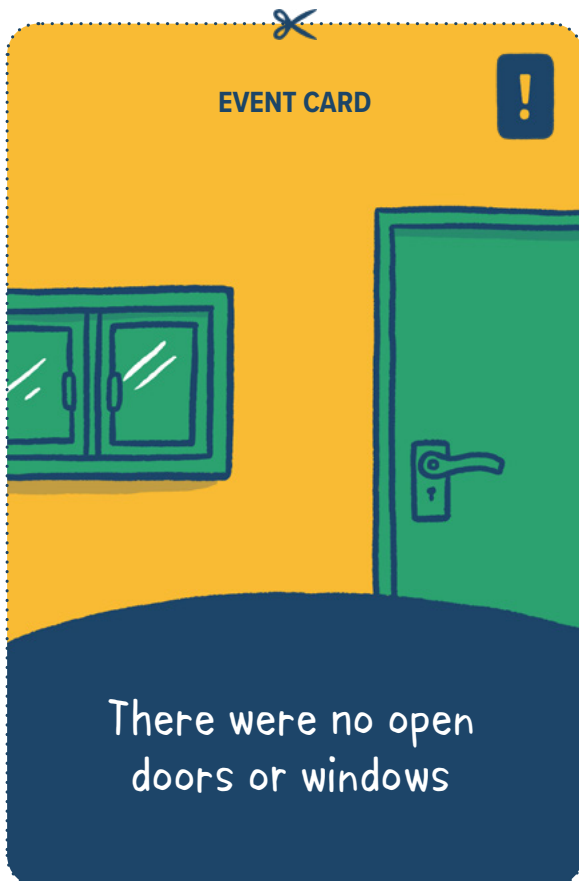
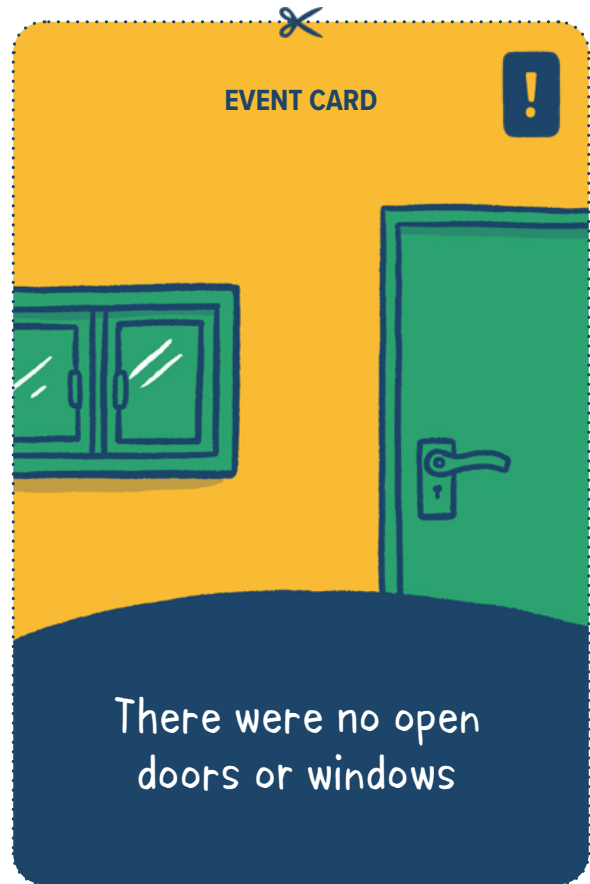
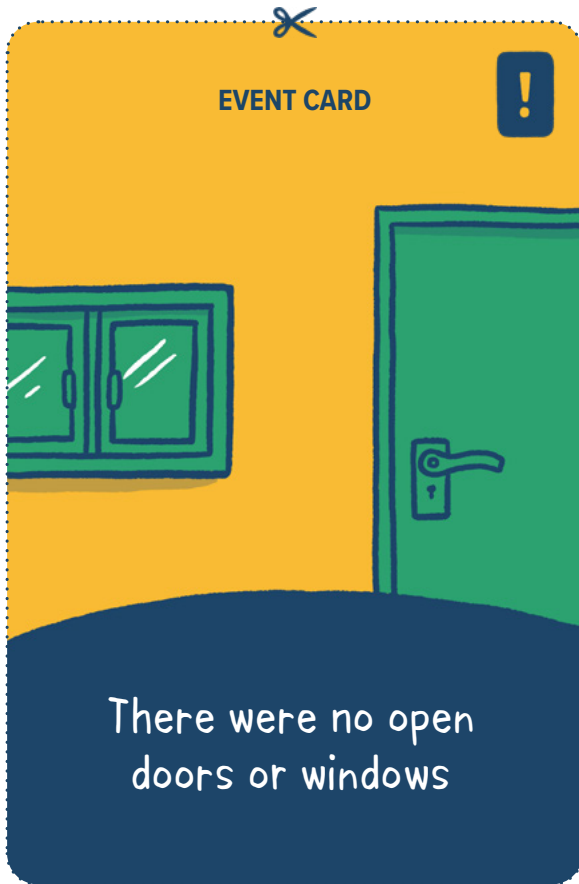
Before lunch, the teacher, Mrs. Hussein called Hassan to the front of the room. Hassan got up, turned around, and slowly made his way to the chalkboard. !

The children in the classroom snickered. The teacher looked at him sideways and handed him the chalk. "Please show us how you solved the first problem in your math homework." Hassan worked the math problem out on the board and Mrs. Hussein dismissed the class for lunch. She asked Hassan to stay behind. "Hassan dear boy," she said "why are your shoes on backward, and why are you walking backwards?" Hussein looked back at her. "Don't you know this is how you prevent COVID-19?" he said. Mrs. Hussein looked concerned and then smiled. "I think we need to pay a visit to your mama," she said. "I know she works just across the street so let's stop in to see her for a bit." After crossing the street, Hassan and Mrs. Hussein arrived at Farah's office building and walked into the lobby. !

Mrs. Hussein approached the person at the front desk while Hassan waited on a bench. !

"I have Farah's son Hassan here with me" Mrs. Hussein said to the man at the desk. "Would you be so kind as to call her? It seems we have a few things to straighten out."





✂

EVENT CARD 



Someone was/people were not wearing their mask(s) correctly

✂

EVENT CARD 



Someone was/people were not wearing their mask(s) correctly

✂

EVENT CARD 

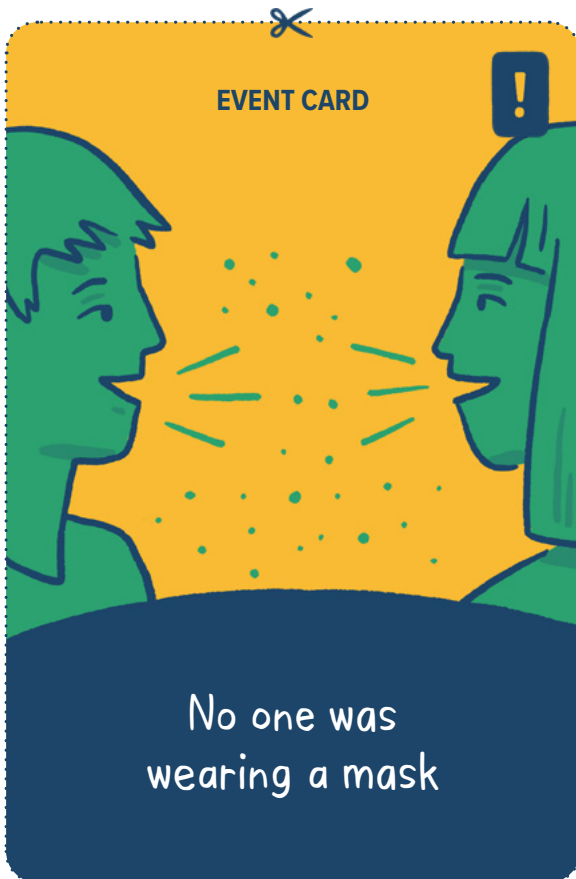


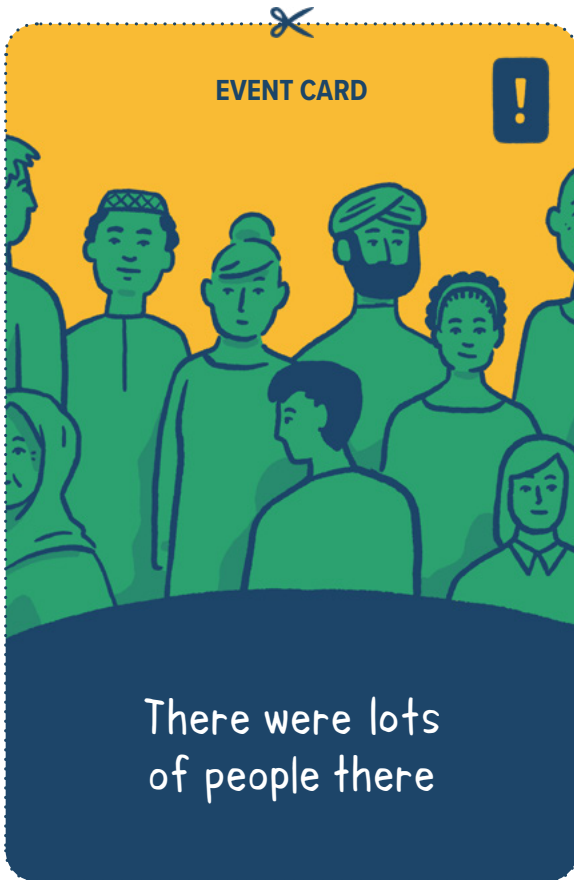
Someone was/people were not wearing their mask(s) correctly











✂

EVENT CARD 



She/he could not find his/her mask

(This means you cannot use the "Put on a mask" action card)

✂

EVENT CARD 



She/he could not find his/her mask

(This means you cannot use the "Put on a mask" action card)

✂

EVENT CARD 



She/he could not find his/her mask

(This means you cannot use the "Put on a mask" action card)

✂

EVENT CARD 



Someone was/people were coughing

✂

EVENT CARD 



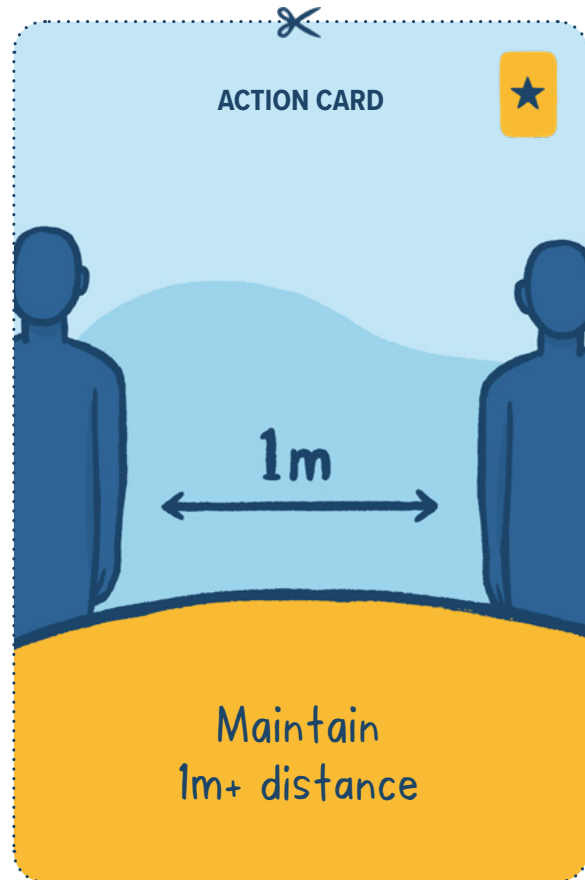
Someone was/people were coughing

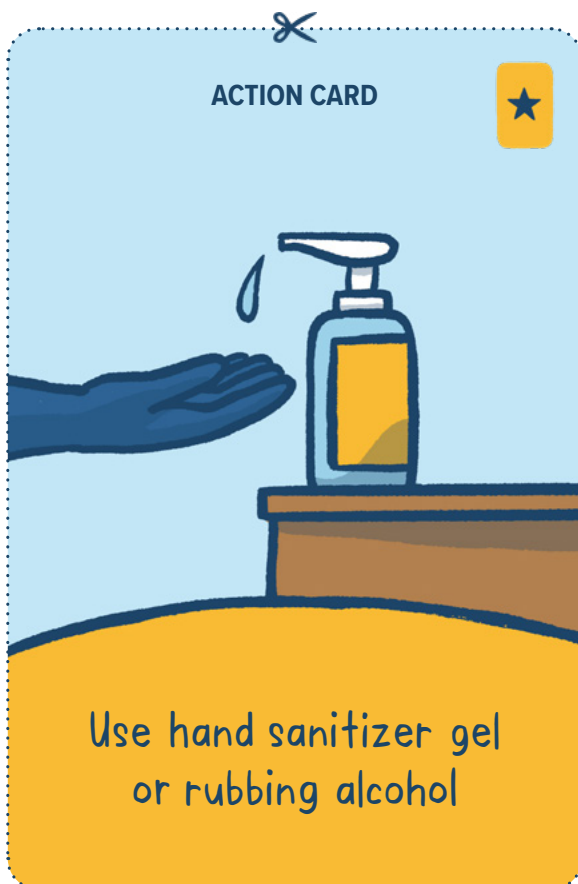
✂

EVENT CARD 




Someone was/people were coughing





✂

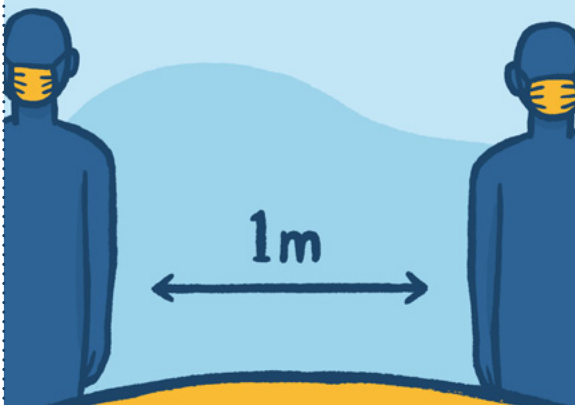
ACTION CARD ★



Put on a mask and open doors and windows

✂

ACTION CARD ★



Put on a mask and keep 1M+ distance

✂


ACTION CARD ★



Take a different mode of transportation

✂

ACTION CARD ★



Spend only a few minutes inside

✂

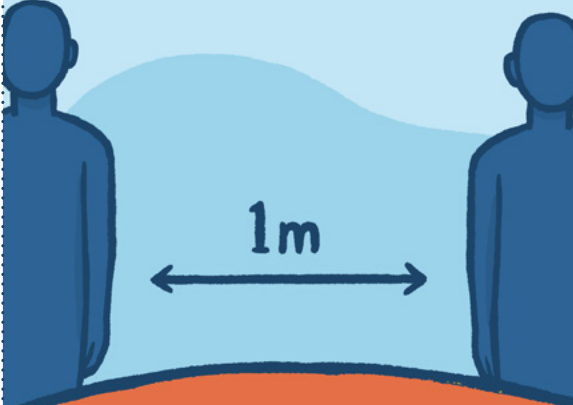
ACTION CARD ★



Put on a mask

✂

ACTION CARD ★



Maintain 1m+ distance

✂


ACTION CARD ★



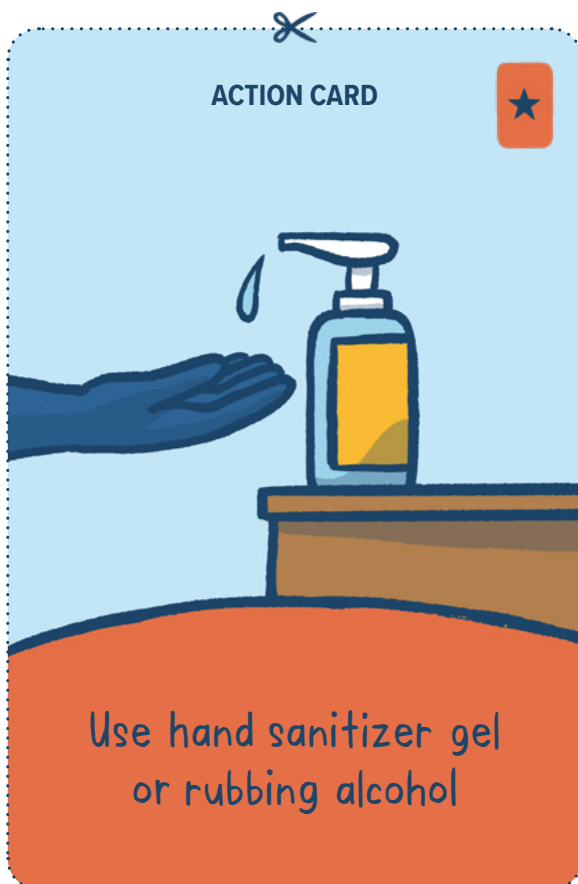
Open doors and windows/
ask someone to open
doors and windows

✂

ACTION CARD ★




Go outside/leave



✂

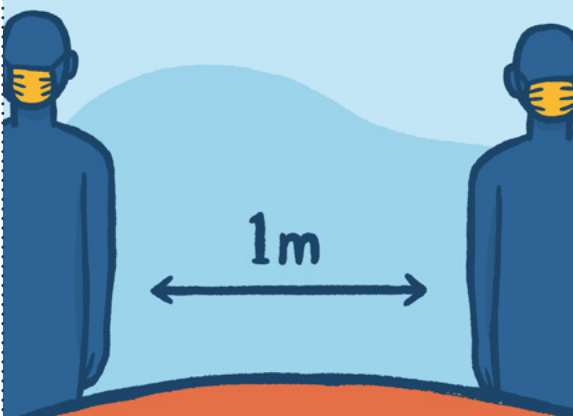
ACTION CARD ★



Put on a mask and open doors and windows

✂

ACTION CARD ★



Put on a mask and keep 1M+ distance

✂

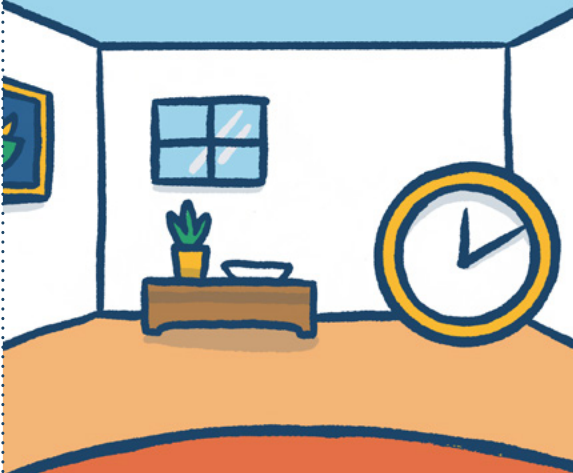
ACTION CARD ★



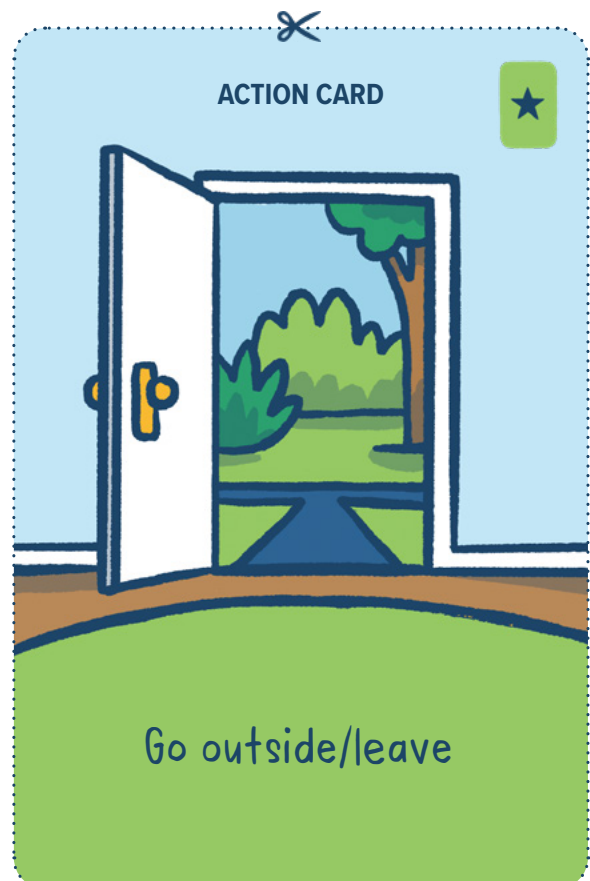
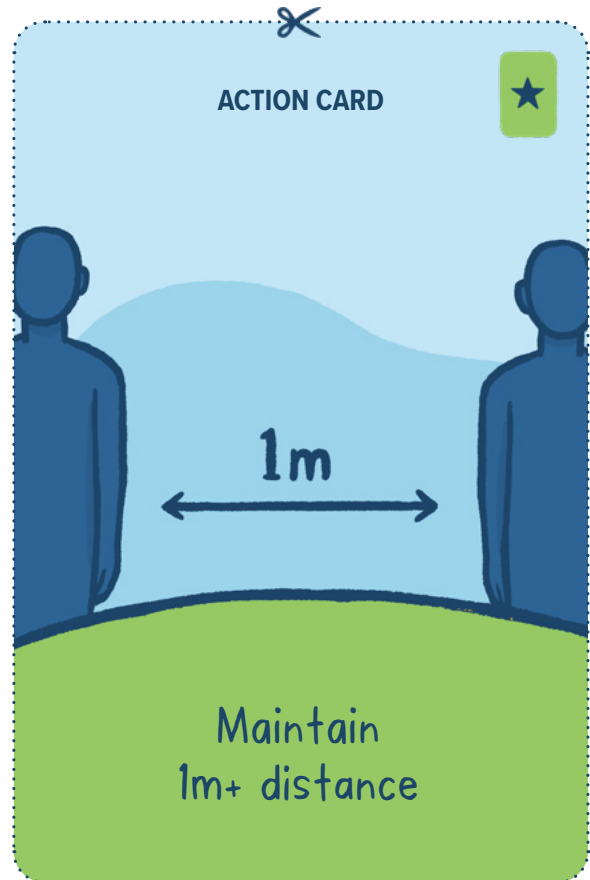
Take a different mode of transportation

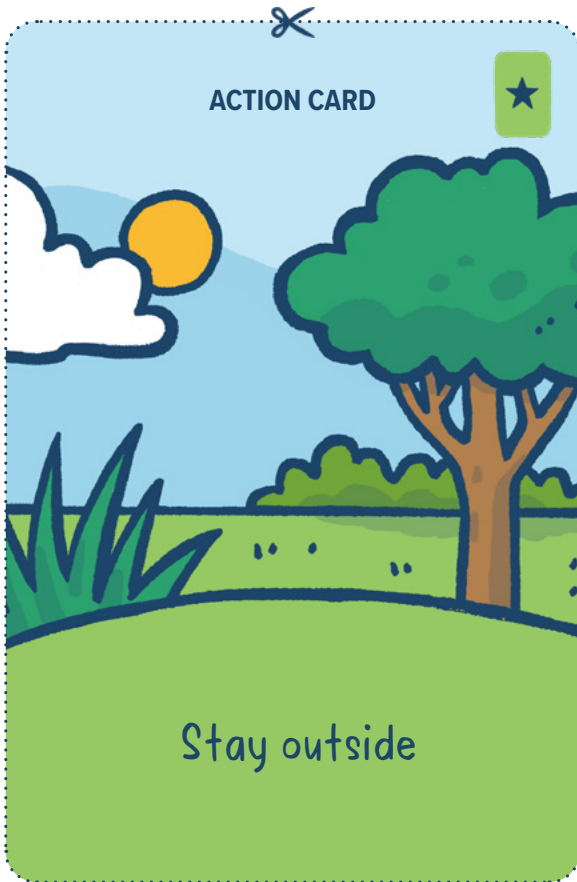
✂

ACTION CARD ★



Spend only a few minutes inside





✂

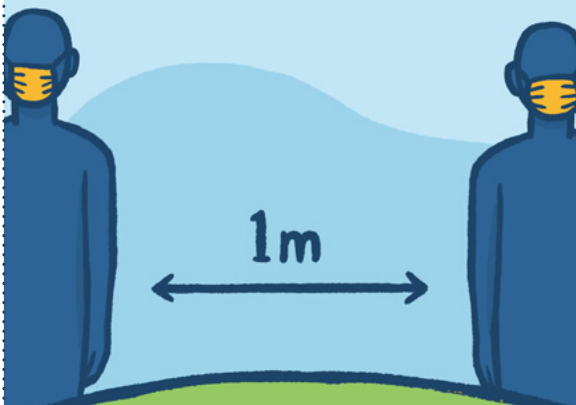
ACTION CARD ★



Put on a mask and open doors and windows

✂


ACTION CARD ★



Put on a mask and keep 1M+ distance

✂

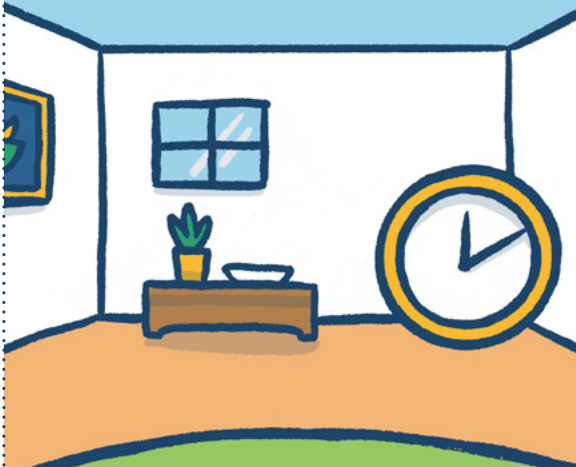
ACTION CARD ★



Take a different mode of transportation

✂

ACTION CARD ★



Spend only a few minutes inside

✂

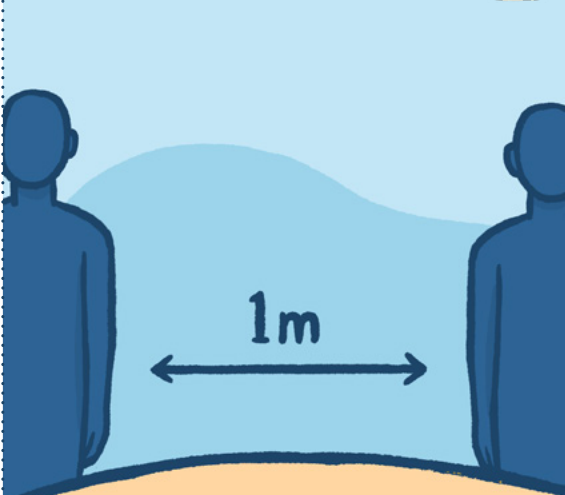
ACTION CARD ★



Put on a mask

✂

ACTION CARD ★



Maintain 1m+ distance

✂


ACTION CARD ★



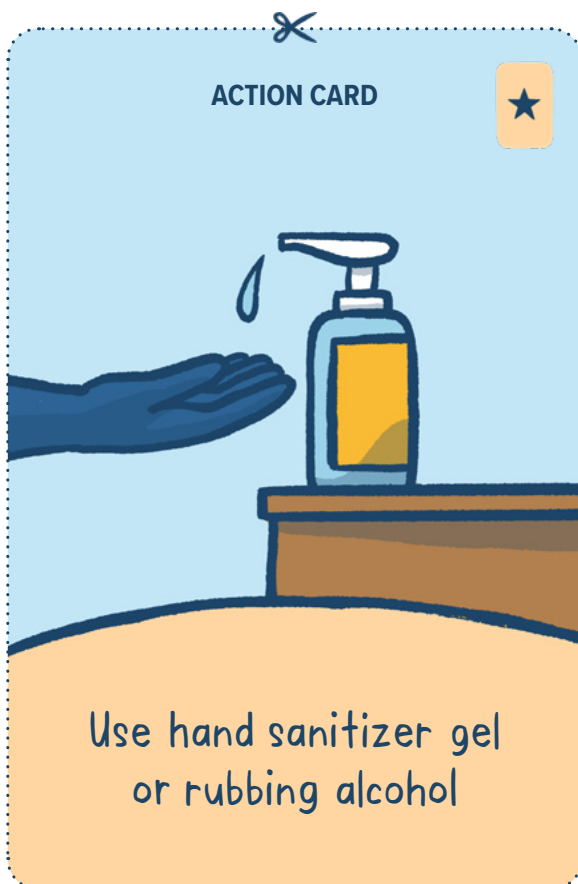
Open doors and windows/
ask someone to open
doors and windows

✂

ACTION CARD ★



Go outside/leave



✂

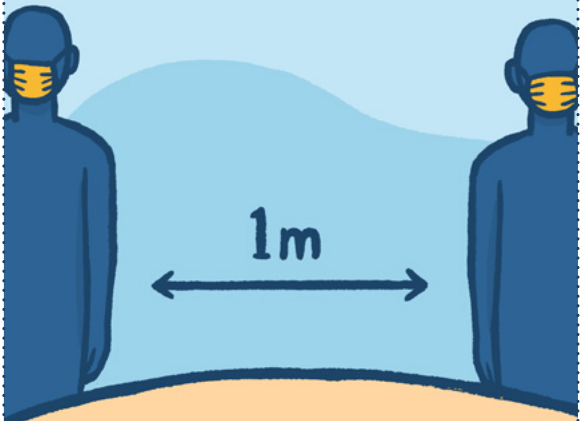
ACTION CARD ★



Put on a mask and open doors and windows

✂


ACTION CARD ★



Put on a mask and keep 1M+ distance

✂

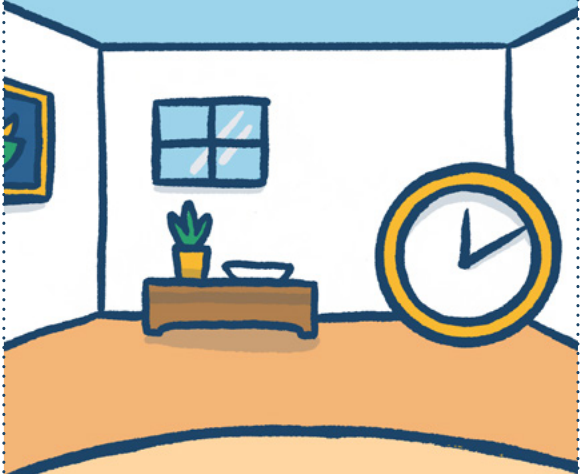
ACTION CARD ★



Take a different mode of transportation

✂

ACTION CARD ★



Spend only a few minutes inside

✂

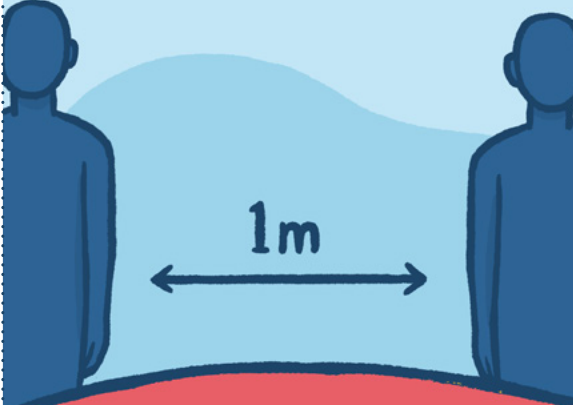
ACTION CARD ★



Put on a mask

✂

ACTION CARD ★



Maintain 1m+ distance

✂

ACTION CARD ★



Open doors and windows/
ask someone to open
doors and windows

✂

ACTION CARD ★




Go outside/leave



✂

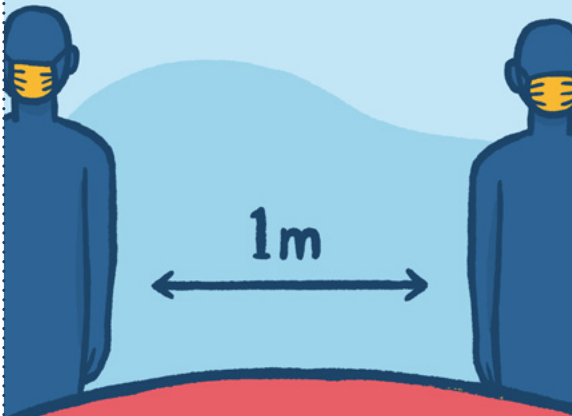
ACTION CARD ★



Put on a mask and open doors and windows

✂

ACTION CARD ★



Put on a mask and keep 1M+ distance

✂

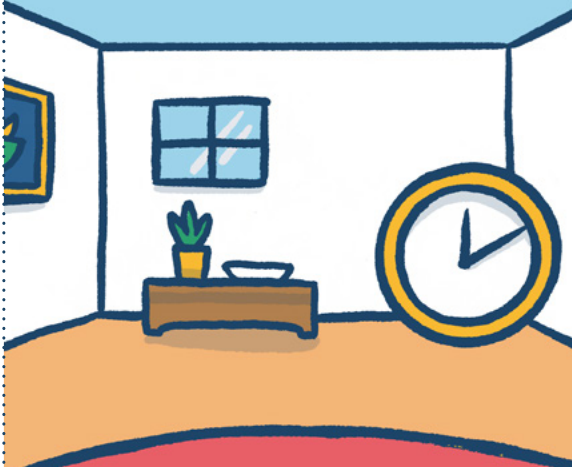
ACTION CARD ★



Take a different mode of transportation

✂

ACTION CARD ★



Spend only a few minutes inside