TOGETHER AT HOME!
CORONAVIRUS DAYS

SALVADOR MACIP
TONI HERNÁNDEZ
ELENA ROTTIER
COPIONS & FORTUNY

COMBEL
Together at Home!

Coronavirus Days

Jaume Copons & Liliana Fortuny
Salvador Macip
Toni Hernández
Elena Rottier

100% of the proceeds from this book will be donated to the Kids Corona project at the Sant Joan de Déu Hospital.

A beneficidé:
Lidia said she would never forget the look on my face when I found out that being in lockdown didn't mean staying at home just for two or three hours. I thought she was exaggerating.

We were locked up at home because of the darned coronavirus. I was longing to go to the park with Lidia and the monsters, and I also wanted to go and visit my Grandpa. I wanted to go to school and I wanted... I wanted to go anywhere! But the reality was that I was locked up at home with ten monsters... Ten monsters and my parents!

Yes, yes... a video call at three, I’ll send you an email now. Let’s chat at five... And I’ll call you by phone tonight, if necessary. And more tomorrow!

I think you’re working twice as hard when you work from home!

In ten minutes, let’s set the table, have dinner and then we can play cards. In the meantime, finish your schoolwork please and send it using the app.

You’re right, Agus, it’s crazy!

Calm down, Agus!

How annoying!

But what’s going on?

Until when?

What?

Really?

Seriously?
What a life! And I also felt bad for my friends, the monsters, because they couldn’t go to the park. The truth is though that they understood better than anyone that we had to stay at home. It was them who had to remind me every few days.

The monsters had no choice but to remind me. Ziro took out his whiteboard and they all explained it very clearly.

First of all, Agus, you have to understand that there are many types of viruses. In fact, every time we catch a cold or have the flu it’s because of a virus…

Although viruses don’t just give us colds and flu. They cause other diseases too.

This virus is disgusting! I hate the coronavirus!

Calm down, Emmo, that won’t help us get rid of the virus!

Come on, let’s do it!

Wait, Lidia, he was thinking of going out!
Ziro’s explanations were interesting. It turns out that viruses are microbes that can only be seen under a powerful microscope. There are many microbes that aren’t harmful to us, such as the bacteria used to produce yogurt and the fungus we use to make Roquefort cheese. But microbes also include viruses, and some of them cause colds and flu.

The viruses reach our body... They often travel in the droplets we expel when we cough, sneeze, or even when we talk!

And then they infect us. That’s what makes us sick. And we don’t recover until our body reacts and zaps the virus!

So what’s the problem then?

We don’t have one problem. We have lots!

Virus: SARS-CoV-2
Disease: COVID-19

The coronavirus that’s affecting us now, which we call SARS-CoV-2, is new and we don’t know much about it.

We know it spreads quickly, which means it can infect many people.

The coronavirus that’s affecting us now, which we call SARS-CoV-2, is new and we don’t know much about it.

And then they infect us. That’s what makes us sick. And we don’t recover until our body reacts and zaps the virus!

So what’s the problem then?
Yes, many people who have become infected can pass the virus on to others!

Most of the time children, for example, can pass on this virus even though they have no symptoms and don’t feel ill.

And without being aware of it!

I’m a child! So I shouldn’t have to stay at home!

So shall we go down to the park?

No, no, no!

No way you’re going out!

No chance!

Wait, Agus, it’s not as easy as all that...

Some people just have flu-like symptoms when they have the virus. They have a cough, a fever, a headache, they feel terrible... And they often lose their senses of taste and smell.

And finally, there are people who are much more badly affected by the virus and need intensive care. These are the most worrying cases!

As we’ve been saying, there are probably a lot of people who are passing on the coronavirus without having any symptoms themselves...

And without being aware of it!
Some people who become infected can become seriously ill! Especially if they are older or already have other diseases.

We have to prevent many people from becoming infected at the same time, because hospitals wouldn’t be able to cope and nurses and doctors wouldn’t be able to treat people properly.

All healthcare staff are working many hours more than they really should, sometimes in very difficult conditions.

And researchers and scientists need time to study the virus and find medicines to help us get rid of it, and obviously we want a vaccine!

Researchers around the world are working flat out right now. They need time and resources!

You’re absolutely right!

It’s a pain being at home all the time, but we have to do it!

Exactly. As well as taking care of ourselves, we’re protecting others!
Right, so I understood that I couldn’t leave the house, but that didn’t mean it wasn’t hard.

Although I knew Lidia and the monsters were right, it was hard to be at home all the time. There were good times and not so good, but the conversations I had with my parents helped me a lot. Especially when I felt down.

And what about school?

Don’t worry. They’ll send you digital activities that you can do at home.

And when can I see Lidia? In person, I mean.

You’re going to have to wait, but there’s always the Internet. You live in the 21st century, kid!

What about Grandpa? He’s old and he lives alone...

Your Dad’s going to visit him twice a week to take him food and everything he needs. And you can talk to him every day on the phone.

And what will I do at home all day?

I don’t know… You can write, read, draw, play, help with housework, call your Grandpa, use the computer to chat with friends… Do gymnastics, watch films, search for concerts on the Internet and tutorials on YouTube, do crafts…

Agus, we’re all in the same boat! Everyone’s at home, but we are in it together!

This might sound strange to you, but I miss school...

No, Agus, it doesn’t. I miss my work colleagues too.

Let’s see if I’m going to start enjoying learning things in the end...

Of course you like learning things. Today you learnt how to create a blog, you helped me with my famous rice salad, you did karate with a YouTube tutorial and then you’re going to watch a great film with your Mum.

And could you learn to set the table?

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Agus, we’re all in the same boat! Everyone’s at home, but we are in it together!
Yes, our life had changed. Sometimes I felt nervous and sometimes I felt strange. The monsters told me that everyone else was feeling the same, because we were experiencing a situation that had never happened before.

So... Did you say that Emma’s going to do a Zumba class?

No... We’re going to talk to Emma on Zoom!

I’d love to see you, Grandpa!

I know, Agus, me too. But just think that you’ll never have another opportunity like this to be a hero.

What? A hero?

Yes, Agus, a hero. By staying home, you’re preventing the virus from spreading and infecting me and other people. And that’ll save many people!

I’m even willing to learn how Skype works, and if I manage, we can do video calls.

Over these days we learnt how to do many things we had never done before. And we also had to take all kinds of measures to protect ourselves from the virus.

This is how we wash our hands.

You have to have better personal hygiene than ever. You need to wash your hands well, and often!

What? I’ve already finished!

No. Choose a song.

A song? Why?

Because you have to sing at least two whole verses while you wash your hands. That’s how you’ll know that you’ve washed them for at least 20 seconds.
When your Mum or Dad go out shopping, they'll make sure to protect themselves. They have to be careful what they touch with their hands, and should never, ever touch their face with their hands!

If they pass other people in the street, they have to keep a distance of two metres between them.

And if they see a friend when they're out, they have to use gestures to show they are pleased to see them, but they mustn't get close.

When they get home from shopping, they have to leave their clothes and shoes in a separate place, such as a cardboard box, then wash their hands well.

Ah, and they only go out when necessary!

And they also have to clean the shopping.

Sure, because just as viruses reach us, they can also reach objects which could stay infectious for a while.

Oh, and if you feel like you're going to cough or sneeze, do it on the inside of your elbow, like Cheff Roll!

You can see how dangerous it can be!

Wow, everything is so difficult!
When the monsters told me that everyone had their bad moments, I didn’t want to believe it. But they were right. I also noticed that my parents felt overwhelmed at times with work and the financial situation. Things weren’t easy for them either. We had no other choice than to be patient with each other. But it was Lidia who really surprised me one afternoon.

I know it might seem impossible, but the truth is that there were quite a few positive things during those days. And the truth is that I learnt a lot.
You can’t always get what you want...

I've spoken to loads of people today.

I've even seen a live concert by some old guys who were so cool. And that was thanks to my Grandpa, who has learnt how to use Skype. We did a video call and he told me not to miss the concert.

Wow! It might be as old as the hills, but this film is the best!

You can’t always get what you want...

I just saw a woman walking to the park with her son!

I can’t stand this! I’m going to make a fuss!

No, Agus, no! What do you know!

Maybe the child has special needs.

Maybe the woman is taking her son to the doctor!

Or maybe she can’t leave her child at home alone.

What do we know about other people’s lives? Have some respect, Agus, respect! We have to be tolerant and respectful!

Yes, there were good things and bad things, better days and worse days. But one morning, I looked out the window and saw something that made me feel very nervous. And I was about to make a scene.
I did try to be tolerant but of course it wasn’t easy. Oh, and every evening at eight o’clock we would go to the window and clap. The first day I thought that all the adults had gone mad.

But it didn’t take me long to realise they were doing it to say thank you. And also I realized that we did it to make it clear that we were all at home, but all in the same boat.

Agus, when we can finally go out, always remember that we owe a lot to the doctors and all the healthcare staff who are on the front line working to cure infected people…

...And remember that just as important as them are the truck drivers and delivery men and women who bring us essential items, the checkout staff and shelf stackers in the supermarkets, the workers who keep our towns and cities clean, the pharmacists, the computer scientists, the people who guarantee our electricity and water supply…

...Oh, and think of the researchers and scientists who are tirelessly searching for solutions…

Yes, Agus, and don’t forget those who think that it isn’t important to have a healthcare system that works for everyone, and those who think that dedicating resources to research doesn’t make sense. That’s what I think!

And, above all, don’t forget we have to take care of the planet. If we had done it before, perhaps we wouldn’t be in the state we are in now.
And then one day everyone suddenly started talking about lifting the lockdown. They said we would be allowed to start leaving the house soon. And, of course, I had an attack of happiness.

Coming out of lockdown was a little different to what I had imagined but, nevertheless, it was as if the sun was starting to rise after a night of thunder and lightning. And we started getting ready straightaway.

What is certain is that we're all going to have to use common sense to do things right.

More than being afraid of getting a fine, we should do things because we are responsible and want to take care of ourselves and others.

I've heard that they're going to fine people who don't do things properly!

We're going to have to take precautions for quite some time yet...

We can't just go wherever we want, or whenever we want.

We'll have to protect ourselves and keep our distance from others, even our friends and family.

It will be a step-by-step process until everything is under control.

Maintain good hygiene and ways to protect ourselves.

Keep a distance of two metres from other people.

Be patient, because we're going to have to wait our turn and stay in a queue.

Follow advice and signs that tell us what we should do.

Look out for our own health and that of others.

We shouldn't expose ourselves to risky situations.

Listen to what doctors and specialists tell us.

Calm down, Agus. I don't think it'll be exactly as you imagine.

What are you doing, Agus?

You're miles away, aren't you?

What is certain is that we're all going to have to use common sense to do things right.

I was just daydreaming...

I don't think it'll be exactly as you imagine.

No, Agus. It doesn't mean we can leave the house whenever we want.

More than being afraid of getting a fine, we should do things because we are responsible and want to take care of ourselves and others.
Yes. I was thinking that, sooner or later, we would be able do something again that we had done countless times before, but that I hadn't appreciated until now.

If we aren't all committed to creating a better world after what's happened, we really are stupid!

Totally, Lidia, totally!

Yes, Drilocks. And you?

Yes. Now we're perfectly fine.
FOR CHILDREN

Explaining Coronavirus to kids
If you’re a parent wondering how to talk to your kids about the coronavirus, here’s a video that’ll help start the conversation. CBS News.

#Coronavirus Explained for Kids
How to Talk to Kids about Coronavirus? In this video, Billy explains to your kids what is Coronavirus, where it comes from, how it works and most importantly, how kids can fight against it! Lingokids.

Coronavirus explained to boys and girls
Short video from Eurac Research.

COVIBOOK
A short story created by UNICEF to help children understand the virus.

FOR ADULTS

Coronavirus disease (COVID-19) Pandemic
Information from the WHO.

Coronavirus Resource Center
Real-time map from the Johns Hopkins University.

Coronavirus (COVID-19) advice and support for parents and carers
A tool to help talk to children about what is happening. NSPCC.

THE AUTHORS

Salvador Macip is a doctor and writer. He works at the University of Leicester and the Open University of Catalonia.

Toni Hernández is a physicist, linguist and doctor in cognitive science and language. He works with the Institute of Education Sciences at the Universitat Politècnica de Catalunya.

Elena Rottier is a psychologist who specialises in mental health.