

STANDARD DEVIATIONS: Bringing You into the Fold

Greetings,

These days we all have a lot on our plates. Geez, before COVID-19 disease, we had plenty to do already. The impact of an epidemic outbreak occurring in real time can toss us right over the side of our own little cruise ships.

Now, it's important to be in the know. It's critical to understand the situation. It's vital to be prepared and aware; not only of the risks and challenges we're facing with the SARS COV2 virus, but also the consequence of burnout, over-worked staff, and sensory overload.

There comes a point where pausing, getting our breath, and gathering thoughts is necessary to avoid the crush and the onslaught.

Here's your chance. Take a break.

Take a minute to read this and relax. There's a crafty exercise that will make you smile and learn. You can share it with your kids, your parents, your cohorts, your inner child and maybe help them understand the outbreak from an approachable angle.

Reality, coronavirus, the bench, and all those calls will be waiting anxiously for your return. Let 'em wait. Hopefully you'll come back refreshed and ready.

It's based on a radio story that NPR did. Taking information from NIH and social science experts, NPR correspondent, Malaka Gharib, produced a comic Zine for kids about the COVID 19 situation. Basically, it's a single page comic describing coronavirus that can be folded into an eight-page comic book. I provide it to you with some instructions for assembling the comic book. I did it, so **it can be done** (even by a klutz).

Okay, how it works: You'll print the page (go ahead, print page 3), then I'll show you how to fold it. I include links to the comic and folding, as well.

Folding the Zine is the challenge (but not rocket surgery). Think about a paper airplane with a twist. I am adding a YouTube video to aid your endeavor.

Directions for folding an eight-page Zine from a single page:

With the comic face-down,

- Fold the page in half along the longer (hot dog) axis.
- Open it up and fold in half again along the narrow (hamburger) axis. Comic side down.
- Open the page and bring/fold each shorter edge to the center fold.
- Open it up and make the hamburger fold, again. The page looks like 4 rectangles in a half page.



- Take scissors and cut from the center of the fold to the cross section of the four rectangles.
- Now the hard part. Unfold the page and make it a hot dog, this time the comic should be facing out.
- Stand the page on end so that the fold is up in the air. The cut you just made is now in the center of the page (looking down on it).
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- Pinch the left and right sides of the paper and push toward the middle. The cut you made will begin to open and look like a diamond.
- Push the sides inwards and form a + sign.
- Now just close the folds together. Voila!

Here's the video for folks, like me, who can't follow directions.



Here's the comic link, print it in **landscape**. Printing the page below may require a trim of the margin, but this link works well.

https://drive.google.com/file/d/1PYrKYfOBa4p-azI5z_46KJMbi1FSmL_Y/view

Okay, break's over. Back to the grind.

Have a great week and be safe,

Bryan



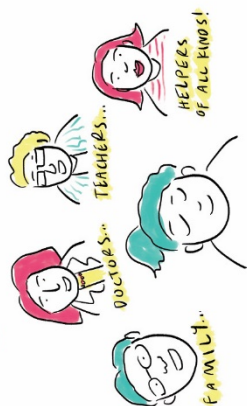
Exploring the New CORONAVIRUS

A Comic Just for kids

By Melaka Mhanib

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is **NOT** your job to worry.



But seriously, though...
PLEASE wash your hands!!!

It's a word you might have heard at school or online or on T.V.



This **coronavirus** is a newly discovered virus. It causes a disease called **COVID-19**.

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.



There are some things you can do to protect yourself, family and friends from getting sick.

1 WASH YOUR HANDS OFTEN

- ★ USE SOAP AND WATER
- ★ WASH FOR AT LEAST 20 SECONDS.
- ★ IF IT HELPS, SING THE ABCS WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.
- ★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).



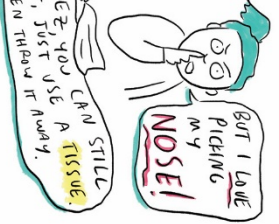
2 SNEEZE INTO YOUR ELBOWS

- ★ CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.
- ★ IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



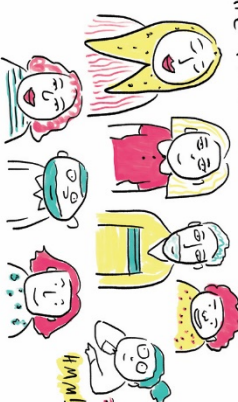
3 AVOID TOUCHING YOUR FACE

- ★ DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.
- ★ THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



ANYBODY.

It's very important to remember that this kind of virus can affect **ANYBODY**. It doesn't matter where you come from or what country your parents are from.



If anyone gets sick and feels like they might have coronavirus, they can **immediately** call their doctors and get help.