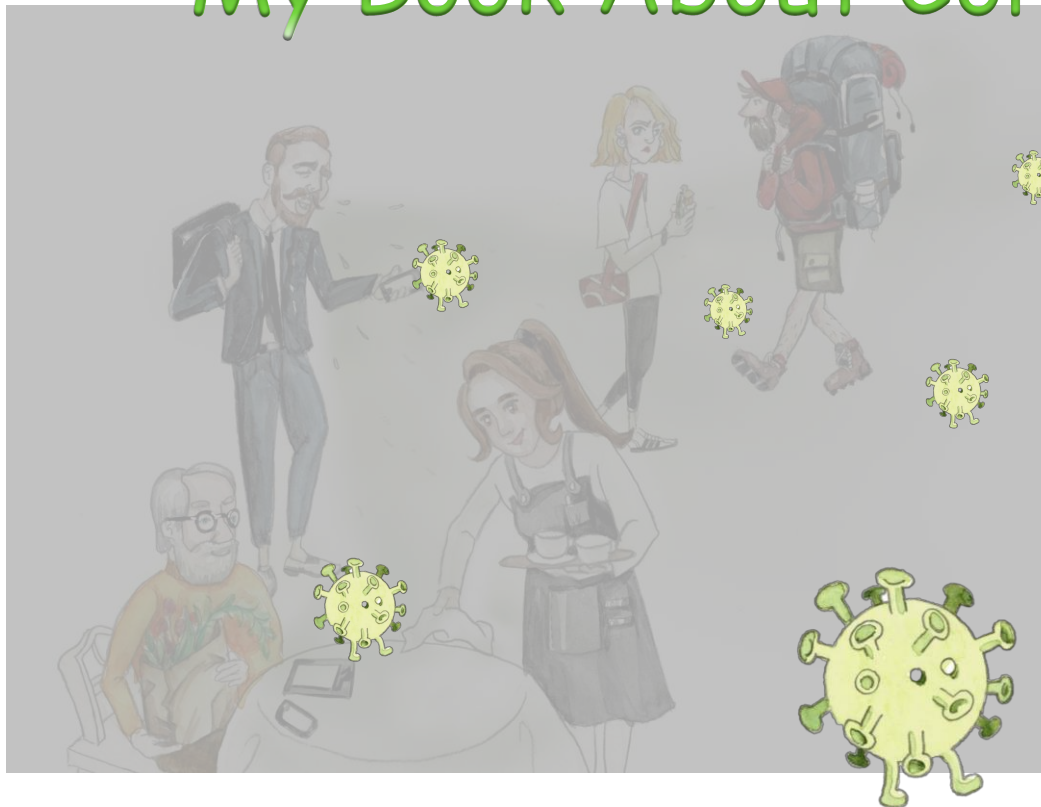




# My Book About Coronavirus



Words by Rosie Martin

Illustrations by KB Song

### Acknowledgments:

Dr Lisa Jeffs

Dr Jen Macqueen

Robyn Evans, Psychologist

Felicity Laurence, Speech Pathologist

The global pandemic and lockdowns have been challenging and confusing for everyone - in some or many ways. And "everyone" includes children. It includes others who may not yet have new words for the new situations. Or for the new concepts being discussed. Or the new social conditions. New words, concepts and social conditions can be challenging to pick up when changes are happening quickly. Especially when there is stress.

We are all helped by staying calm. And by helping each other to stay calm.

We are all helped by connecting. And by helping each other to connect.

I decided to write this little book for children at my speech pathology practice. Then Shuangzie (KB Song) decided to make some illustrations. Then we decided to set it free. We hope it will do good in the world at a time of hardship and recovery from hardship. It is for families, for friends, and for classrooms.

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<a href="#"><u>Chapter 1</u></a> : I know some things about coronavirus.....	04
<a href="#"><u>Chapter 2</u></a> : The world is learning more about coronavirus & COVID19.....	11
<a href="#"><u>Chapter 3</u></a> : How does coronavirus get inside our bodies ? .....	14
<a href="#"><u>Chapter 4</u></a> : We can stop coronavirus spreading.....	16
<a href="#"><u>Chapter 5</u></a> : Coronavirus made life change for everyone.....	20
<a href="#"><u>Chapter 6</u></a> : These things might be different : I might not go to school.....	22
<a href="#"><u>Chapter 7</u></a> : These things might be different : adults might not go out to work.....	26
<a href="#"><u>Chapter 8</u></a> : These things might be different : I might have therapy online.....	30
<a href="#"><u>Chapter 9</u></a> : These things might be different : I might not visit other people.....	32
<a href="#"><u>Chapter 10</u></a> : These things might be different : I might not go to the shops.....	33
<a href="#"><u>Chapter 11</u></a> : These things might be different : I might not go on the swings.....	34
<a href="#"><u>Chapter 12</u></a> : Things will change again.....	35

## *Chapter 1.*

### *I know some things about coronavirus*

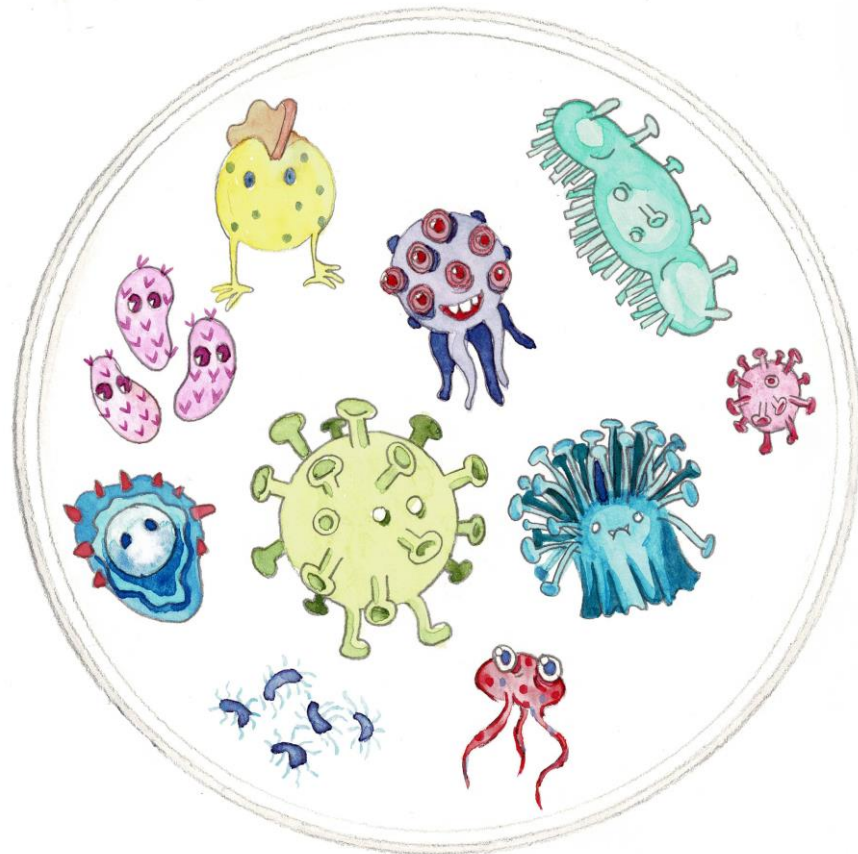
#### **What is coronavirus?**

Coronavirus is a type of virus.

Viruses are germs.

Germs are tiny living things.

You need a really strong microscope to see them.

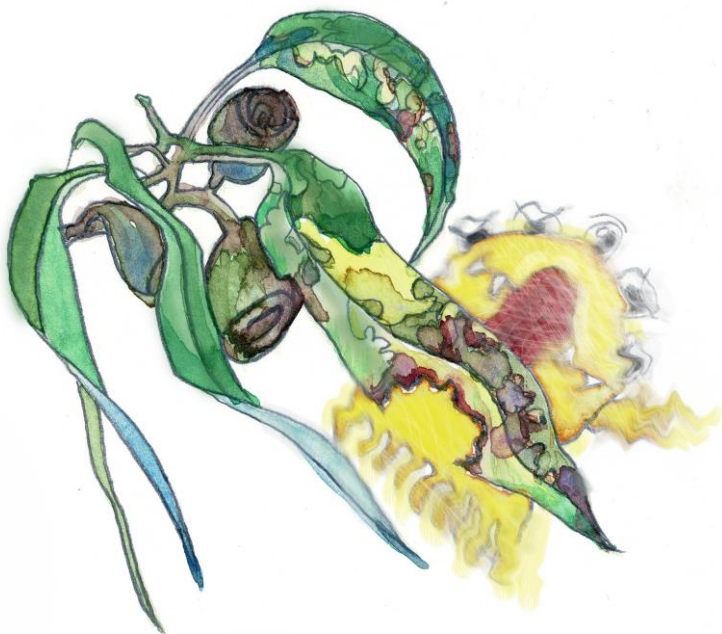


Germs are everywhere in the world.

Some germs make plants sick.

Some germs make animals sick.

Some germs make people sick.





## *Where did coronavirus come from?*

Coronaviruses have been in the world for a long time. There are lots of different coronaviruses. Some live in animals. Some live in people. Most coronaviruses don't make people sick. But some do.

Sometimes coronaviruses move from animals to people. In December 2019, one coronavirus moved from bats to people. It learned to live in people. It started to make people sick. That's when many people started talking about coronavirus. That coronavirus is called SARS-Cov2.



## *Coronavirus made a new disease*

SARS-Cov2 coronavirus made a new disease in people. The new disease is called COVID19. Some people think 'coronavirus' and 'COVID19' are the same thing. They are not the same thing. Coronavirus is the name of the germ. COVID19 is the name of the new disease.

COVID19 might make symptoms in people's bodies. Symptoms are what happens that show someone is sick. COVID19 might make symptoms a bit like a cold. People might get a runny nose and sore throat.

For most people, that's it! That's all that happens!

For some people, COVID19 makes symptoms in their lungs. They might have trouble breathing.

But there's something important! Some people who get coronavirus in their bodies don't get sick at all! They don't get COVID19. They are symptom-free. This means they have no symptoms of sickness. They are not sick at all.





I might get a sore throat or runny nose.

It's probably not COVID19.

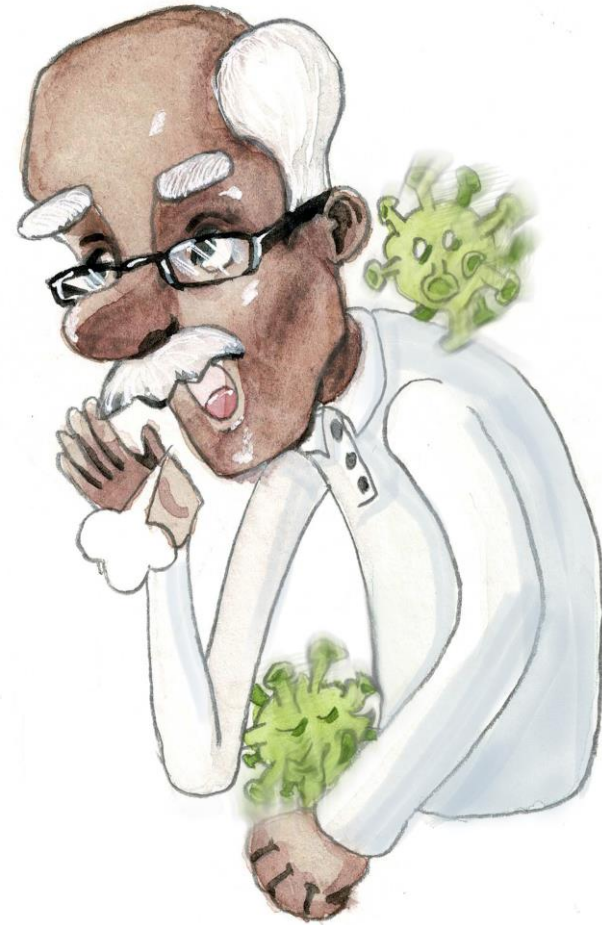


But for some people it might be.

So... coronavirus is very tricky!

It makes some people really sick with COVID19.

And sadly, some people die.



Some people get a little bit sick.

But other people don't get sick at all.



## *Chapter 2.*

### *The world is learning more about coronavirus and COVID 19*

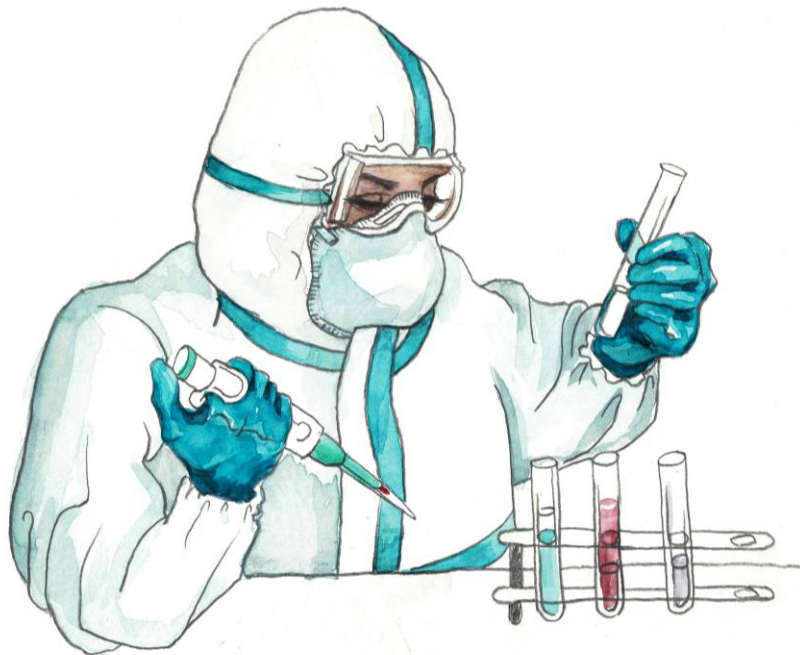
Doctors are working very hard to learn about coronavirus and COVID19. They want to learn as much as they can about it.

Doctors are working out who might get sick. They know that older people might get very sick. But there is some very good news about COVID19. Most people who do get COVID19 will get better again!

The world is lucky. It has clever doctors and scientists learning about coronavirus and COVID19. They are helping everyone in the world.

I can try to think about being grateful for these doctors and scientists. Being grateful can help me feel calm. This is a good thing.

Doctors want to keep everyone safe.



The people who lead our country are called leaders.  
Leaders want to keep everyone safe.

Communities are all the people who live around us.  
Communities want to keep everyone safe.

Doctors, leaders and communities are working  
together to stop coronavirus getting into people's  
bodies.

If I do not get coronavirus in my body, I will not get  
COVID19.

Doctors are learning how to help people who do get  
COVID19. Some people go to hospital. Doctors and  
nurses help them in hospital. Some people don't need help. Human bodies are very clever. Most human  
bodies are good at getting better by themselves.

Doctors have already learned a lot about COVID19. They have learned a lot about how to help. They know  
most people will get better. This is very good news.







Sometimes I worry about coronavirus.

Doctors know it is a good idea to be calm. I can try to be calm.

Things that help me to be calm are swinging and bouncing on the trampoline. Some children do other things to be calm. They might draw or sing. They might play or read. They might cook or write. There are many other things children can do to be calm. It is a good idea to do things that make me calm.



[Back to beginning](#)



### *Chapter 3. How does coronavirus get inside our bodies?*

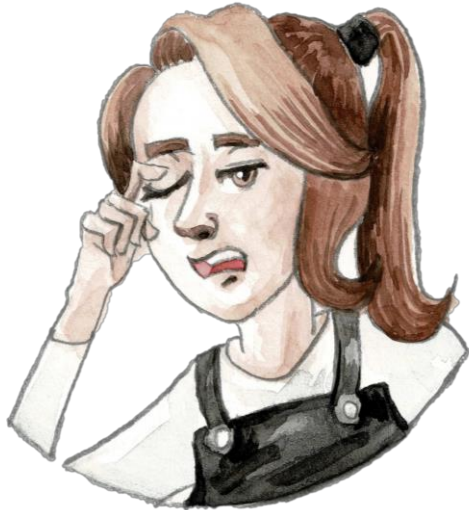
Coronavirus gets into someone's body by going into their mouth or nose or eyes. Thousands of tiny coronaviruses can live in people's wet mouths. They can live in people's wet noses. And their wet eyes.

This is not freaky. It's just the same when I have a cold. Thousands of cold viruses are in my mouth when I have a cold. They give me a sore throat.

People cough and sneeze. Then some of the wetness comes out of their mouths and noses. It comes out in tiny drops. I might have seen these tiny drops when I cough. I might have seen them when I sneeze.

Coronavirus goes into another person on the tiny drops. I can't see it go in. It is too small.





The drops might land on the table. Then another person might touch the table. They might get the tiny drops on their fingers. Then they might pick their nose. They might lick their fingers. They might rub their eyes. Then the tiny drops with coronavirus in them can go into that person's nose or mouth or eyes. Then coronavirus will start to live and grow in that person's nose and mouth and eyes.



This is called 'spreading'. Spreading means coronavirus goes from one person to another person.

Coronavirus is tricky. Someone might not be sick. They might be symptom-free. But coronavirus might still be in their tiny drops. It can still spread in their tiny drops.



## *Chapter 4. We can stop coronavirus spreading*

Doctors know that we can stop coronavirus going into another person. Doctors know we can stop coronavirus spreading. Leaders know that we can stop coronavirus going into another person. They know we can stop it spreading.

I have learned a lot about stopping coronavirus spreading.

I can cough into my elbow. I can sneeze into a tissue. Then I can throw the tissue in the bin. This is important. It stops my cough and sneeze droplets going out into the air. It stops my cough and sneeze droplets going onto my hands.

Then I wash my hands.

Coronavirus is not a very strong germ. It dies in warm soapy water. I wash my hands with warm soapy water.

I wash every part of my hands. I count to 20. Counting to 20 helps me remember how long I need to keep washing. Washing with soap for 20 counts will kill coronavirus. That helps stop coronavirus spreading.



Staying at home is the best thing to help stop coronavirus spreading!

So we have stayed at home.

At home, I come close to the people who live in my house. I do not come close to other people. This is social distancing. Social distancing means I stay away from people who do not live in my house. I do not touch other people. I only touch the people in my house. I stay 1½ metres away from other people. 1½ metres is about the same as a broom. I could put a broom down between me and another person. That is 1½ metres. I stay as far away as a broom.

Then coronavirus cannot spread anymore. It stops.

I have stayed home. This stops coronavirus spreading to old people. It stops coronavirus spreading to sick people. This helps to keep them safe. Old people and sick people might die if they get COVID19.

When I stay home, I help my community. When they stay home, they help me.







Doctors know that our community can help stop coronavirus.

Leaders know that our community can help stop coronavirus.

It is good for everyone to help.

That is why our doctors and leaders asked us to stay at home.

Communities can feel proud about stopping the spread.

### ***What I can do to help stop coronavirus spreading***

I can stay home. I can wash my hands.

I can cough into my elbow.

I can sneeze in a tissue and throw it in the bin.

I can wash my hands after I cough.

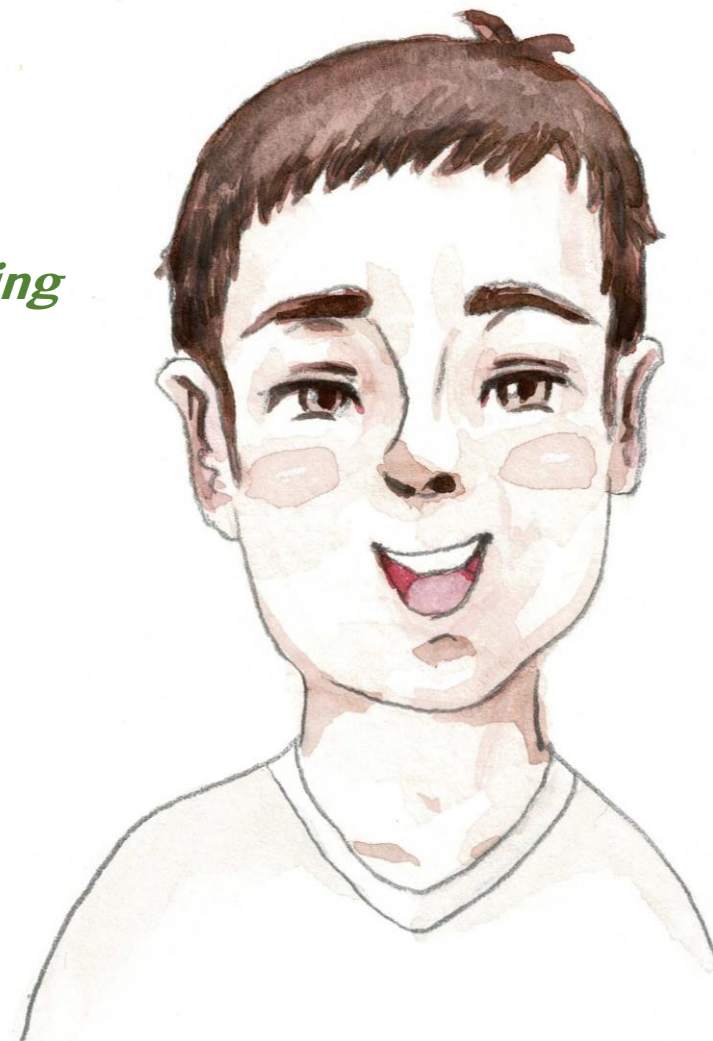
I can wash my hands after I sneeze.

I am helping to stop coronavirus spreading.

I can try to feel proud about these things. This is a good idea.

It will help me be calm. It will help my family be calm.

[Back to beginning](#)



## *Chapter 5. Coronavirus made life change for everyone*

Coronavirus made lots of things change. Things changed for me. Things changed for my family. Things changed for my friends. Things changed for everyone in the world.

Some adults might have been more worried. They looked at a lot of news on their phones. They talked quietly. They didn't want me to hear everything they said. They said 'not now'. Sometimes they didn't

answer me. Sometimes their faces looked worried.

Sometimes they got grumpy. Sometimes they shouted.

Sometimes they listened to everything about coronavirus. They listened to the TV. They listened to the radio. They looked at the internet. They were trying to learn what to do. They were trying to learn about staying calm during the changes.





Sometimes it's too much information. It might make me worry.

Instead, I can do something I like. Doing something I like will help me be calm. I am learning about staying calm too. It is a good idea to stay calm. It will help me. It will help the adults too.

To stay calm I like to listen to music. I like to dance. Other children might like to run on the lawn. Some children do puzzles. Or ride their bike. There are lots of things children can do to help them be calm.

## *Chapter 6. These things might be different: I might not go to school*

I might do school work at home. My lessons might be on the computer.

My teachers know I can learn at home. They try to help me. They might meet me on the computer. Like GoogleMeet or Zoom.

It is normal to do school work. The teachers try to make things normal for me. They want things to be as normal as possible.

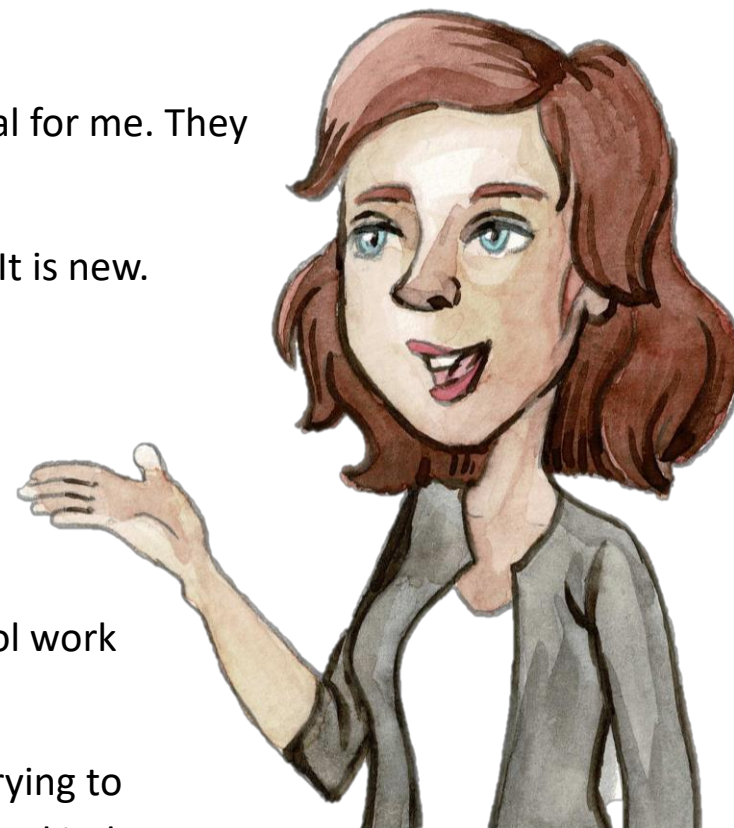
Doing school work by computer at home in the daytime is not usual. It is new.

Coronavirus made these new changes happen.

Teachers hope it will be good for me to have some normal school things to do. They want some things to feel normal for me. They are being kind.

They want to help me find normal things to do. They know that school work is normal. They want to help me feel ok.

I can try to remember that teachers are trying to help me. They are trying to connect with me. These things are important. Teachers are trying to be kind.



Computer school is different. Sometimes I like it. Sometimes it makes me laugh. Sometimes I don't like it.

During computer school, I miss my friends. My friends miss me. We cannot play together. We cannot see each other. I might get uncomfortable feelings. Sometimes computer school might make me sad.

Sometimes it might make me cross. Sometimes it might make me shout.



I can try to tell my teachers how I am feeling. This is important. It will help me. It will help my teachers too.

Computer school is different for my family too. Sometimes they like it. Sometimes it makes my family laugh. But sometimes they don't like it. Sometimes it makes them cross. Sometimes it makes them shout. I can try to tell my family how I am feeling. I can try to ask them how they are feeling. This is a good idea. It will help me feel better. It can help my family feel better too.



Teachers know it is important to connect with adults I trust and love. I can talk about my feelings with adults I trust and love. This can help me. It is a very good idea. Connecting is the most important thing. Especially when lots of things are new. Connecting is the most important thing. Especially when lots of things have changed.

Sometimes it is hard to talk about my feelings. But I can connect in other ways too. I can connect by just being with my adults. I can connect by sitting with them quietly. I can connect by doing quiet drawing next to them. I can connect by watching a cartoon with them. Or cooking with them. They can connect with me this way too. We don't have to talk when we connect. We can just be calm together. We can be kind. That is connecting too.





We have school on the computer so I can stay home.

I can try to remember that doing school at home helps to stop coronavirus.

This is important.

I can try to feel proud of this.

This will help me feel better.

When it is safe, I will go back to school.

## *Chapter 7. These things might be different: adults might not go out to work*

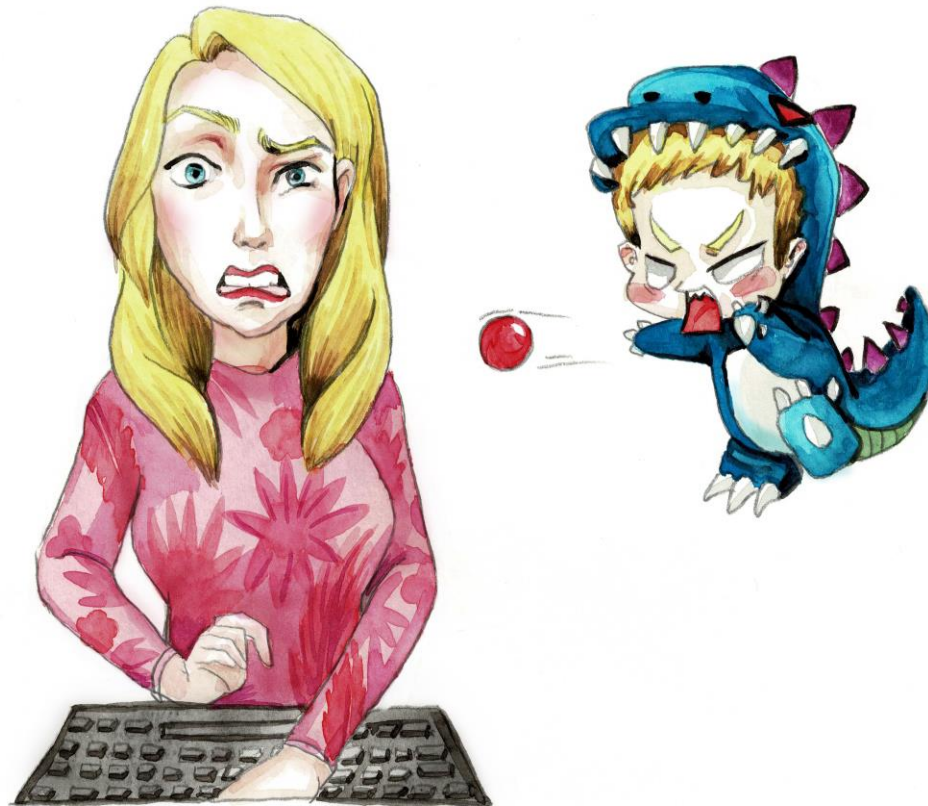
Lots of adults might not go out to work. Some adults lost their jobs. It was not their fault. Coronavirus made things change. Some adults do their work at home. Their work is on the computer. Some adults use the computer to find a new job. They have meetings on the computer. They make phone calls.

In meetings the adults talk to other adults. They talk about their important work. They talk about new jobs.

The adults don't like interruptions. The adults want to have meetings with no interruptions. They say 'not now'. They say 'in a minute'. But they take longer than a minute. 'In a minute' is the way some adults say 'not now'.



The adults might be embarrassed if I talk to them in their meetings. They might be annoyed. The adults are embarrassed if I make noises in their meetings. The adults are embarrassed if I run and jump behind them in their meetings.



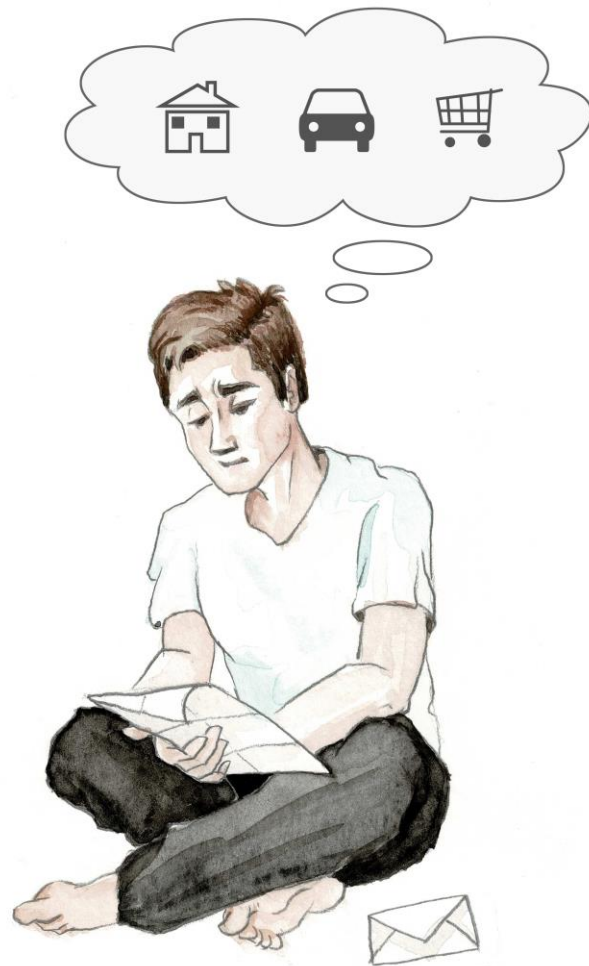


Embarrassment is an emotion. It is a feeling. It is an uncomfortable feeling. Anger is another uncomfortable feeling. Adults with a lot of embarrassment might get angry or cross or cranky. After the meeting, the adults might get cranky with me.

I can try to be calm. I can try to wait. I can try to do something I like. That will help me wait. The adults will finish their meeting. I can try not to interrupt the meeting. This is a good idea. It is important. It helps the adults.







Adults think about a lot of things. They think about me. They think about work. They think about other people who do not live with us. They think about coronavirus. They think about the shopping. They think about money.

This can be hard for adults. It can make adults' emotions change quickly. Their busyness might turn into anger quickly. Their anger might turn into guilt quickly. Their guilt might turn into sadness quickly. It can feel confusing.

Doctors and leaders know that connecting with people we love and trust will help. Connecting will help me when I am confused. It will help my family. We can help each other by connecting. We can help each other by being kind. I can try to be kind to my family. I can try to be patient with my brothers and sisters. These things will help stop fights. They will help stop arguments. I can try to remember that the adults are thinking about a lot of things. I can try to

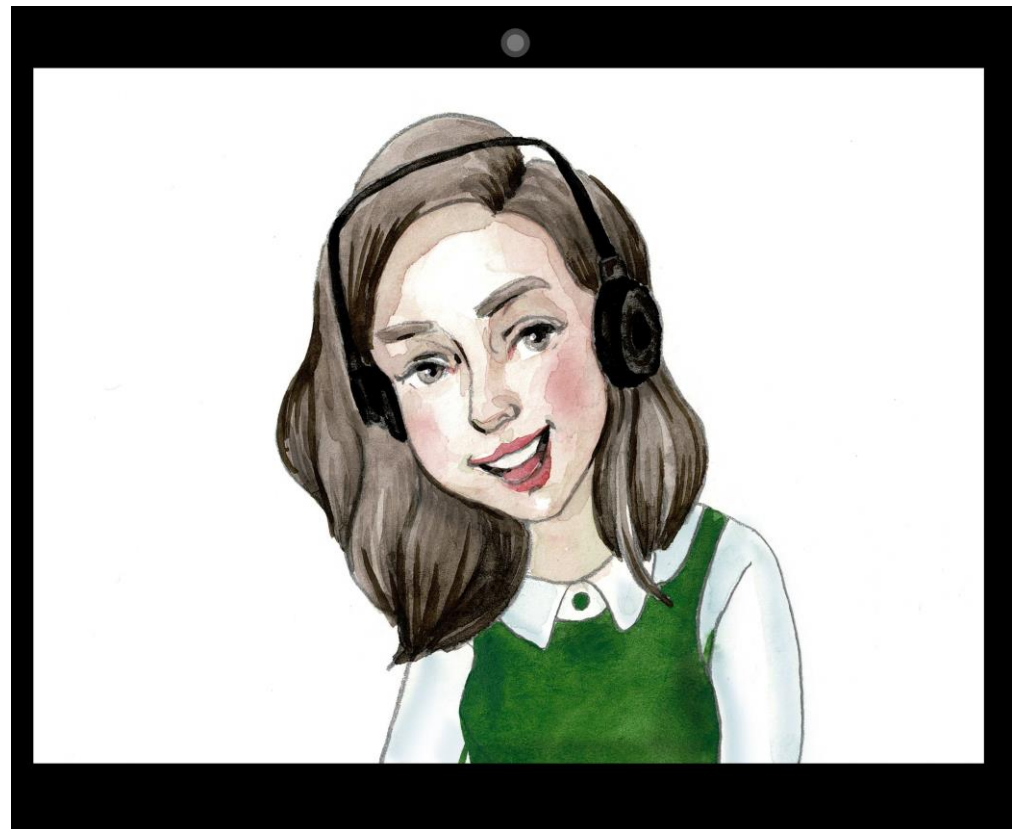
connect. I can try to be as kind as I can. Some ways of being kind are to smile at my family. To help with little jobs. To make little presents. And to stay calm. These are good ideas. They will help me. They will help my family. Other children might have other ways to be kind.

## *Chapter 8.*

*These things might be different:*

*I might have therapy online*

Now I might not go to play with my therapists.  
Now I might have therapy online. I might see my therapist on the computer. My therapist might wear headphones.



We can still talk and do activities. The activities help me with my goals. Some activities are on the screen.

My therapist might be at their house. My therapist might be staying home too. My therapist knows this can help stop coronavirus.

It is different to meet my therapist on the computer. It is an online meeting. It is just like the adults' online meetings. All around the world people are learning to have meetings on the computer. All around the world children are learning to have meetings on the computer.

Coronavirus changed lots of things. But I can still meet my goals. Even when I stay home I can meet my goals. And I can help stop coronavirus.



## *Chapter 9.*

### *These things might be different: I might not visit other people*

One change is that I might not visit other people. I might not visit my relatives. I might not visit my friends. I might just stay at home. My family might stay at home too. This helps stop the spread of coronavirus. I don't want to get coronavirus. I don't want to give it to anyone else.

I love my grandparents. I love my relatives. I love my friends. But I might have to stay at home. They might have to stay at home too. It keeps them safe. It keeps me safe. I can have online visits. Online visits can be fun. Staying home keeps everyone safe.

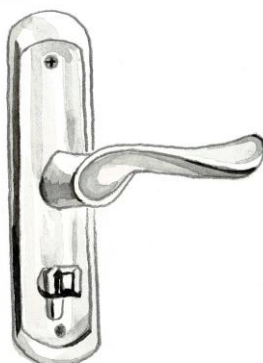
I can think of things to do with my relatives in online visits. Some children read stories. Some sing songs. Some put on a puppet show. Some play an instrument and give a little concert. Some show their artwork. Some read a story they wrote for school. Relatives like to see and hear these things.



## *Chapter 10. These things might be different: I might not go to the shops*

Now I might not go to the shops much. There might be tiny coronavirus droplets. I don't want to get sick. I don't want to make someone else sick.

Sometimes I have to go to the shops with an adult. I will try not to touch things at the shops.



I will try to stand away from other people. I can try to remember how long a broom is. I can try to stand this far away. Then germs cannot spread. I can try to remember to wash my hands with warm soapy water. The shops might have hand-sanitiser. I can try to remember to use hand-sanitiser. This is important. This is how I can help.

## *Chapter 11. These things might be different: I might not go on the swings*

Now I might not go on the swings at parks. I might not go on the other play equipment.

Leaders might close many parks. They might put tape on the play equipment. They might put a notice on the fence. The notice might say 'do not play on the equipment'. Then I cannot play on the swings and play equipment. The tape is there to protect me. It is to protect other children. It helps stop the spread of coronavirus.

At home I can play outside. I can play on my own play equipment at home.

There might be many community places that I do not go. It is social distancing. I am helping to stop the spread of coronavirus. This will help my community stay well.



## *Chapter 12. Things Will Change Again*

Adults know that things will change. Then I go out again. I visit my relatives again. I play with my friends again. I go to school again. These changes are great! Some changes might mean I keep doing social distancing. Some changes might mean I stay home again too.

Doctors and leaders are noticing everything about coronavirus. Doctors and leaders will tell the community when it is safe. They will tell the community when it is not safe.

I can try to be grateful. I am safe. I can try to learn that simple things at home can be lovely. I can be grateful to see my friends. I can be grateful to do things in my community.

I might have to stay safe at home again. I can try to be calm. I can try to notice my feelings. I can try to talk about my feelings with adults I trust and love. I can try to connect with my adults. I can try to connect with all the people in my house. I can try to connect with my brothers and sisters. These things are important. They will help me get through long times at home. They will help my family get through long times at home.

Ways of connecting and showing my feelings are talking, pretending together, playing together, doing chores together, making puppet shows, making concerts, helping to cook, and lots of other things that I like.

## *I am important*

I am an important part of stopping coronavirus. My family is an important part of stopping coronavirus. My teachers and therapists are an important part of stopping coronavirus. Doctors and leaders are too. I am doing important work with my community.





### *About Rosie*

Rosie is a speech pathologist, a criminologist, and a facilitator of courageous reflective dialogue.

### *About KB*

KB is an artist and a creative in all that is.

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