

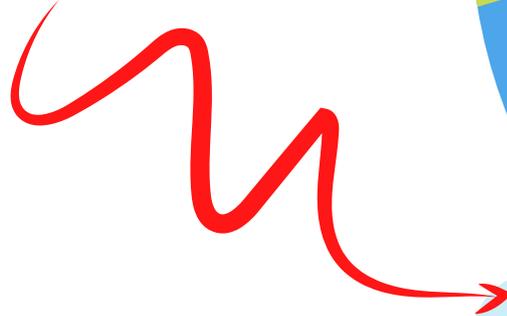
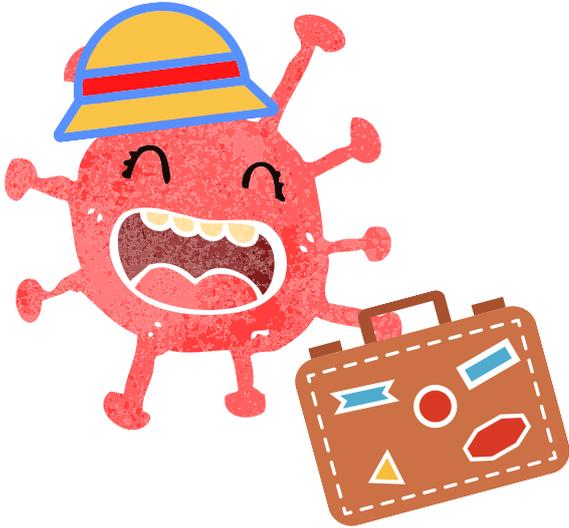
I am a virus, cousin  
with the flu and  
common cold



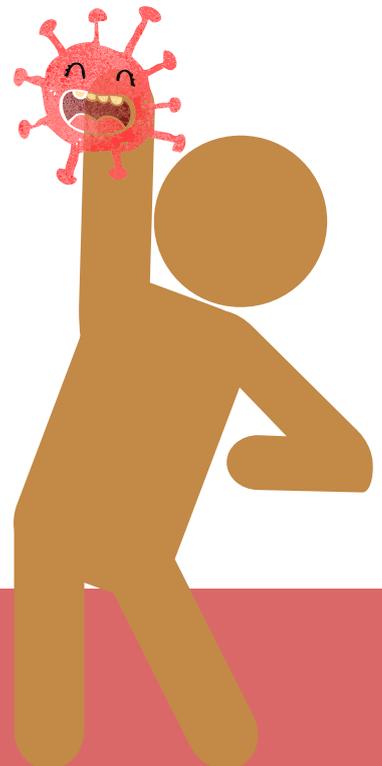
my name is  
Coronavirus

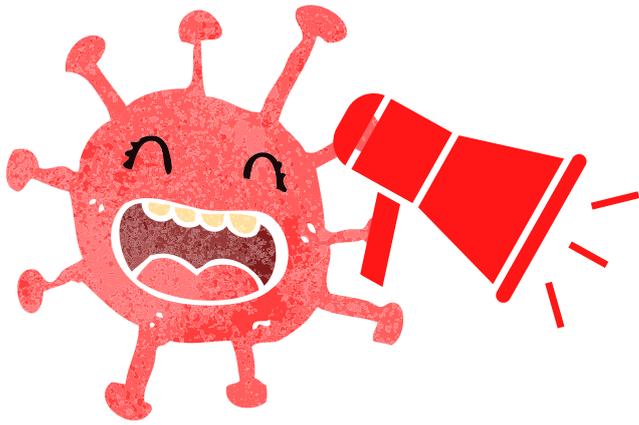
Source: World Health Organization

I love to travel...



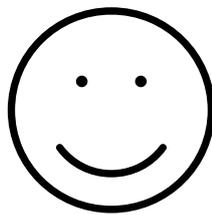
and I jump from  
person to person  
to say Hi



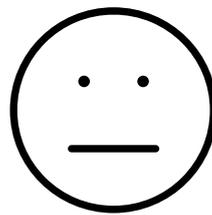


Have you heard about me?

And how do you feel when you hear my name?



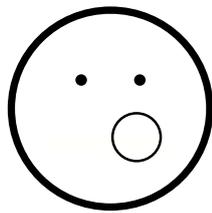
relaxed



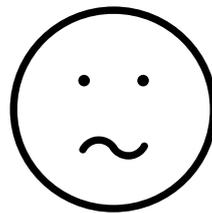
confused



worried



curious

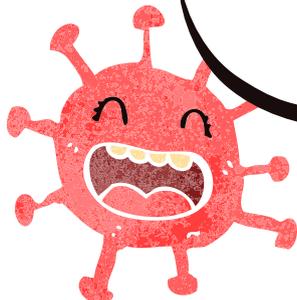


nervous



sad

**MAKE A FACE TO SHOW HOW YOU FEEL**

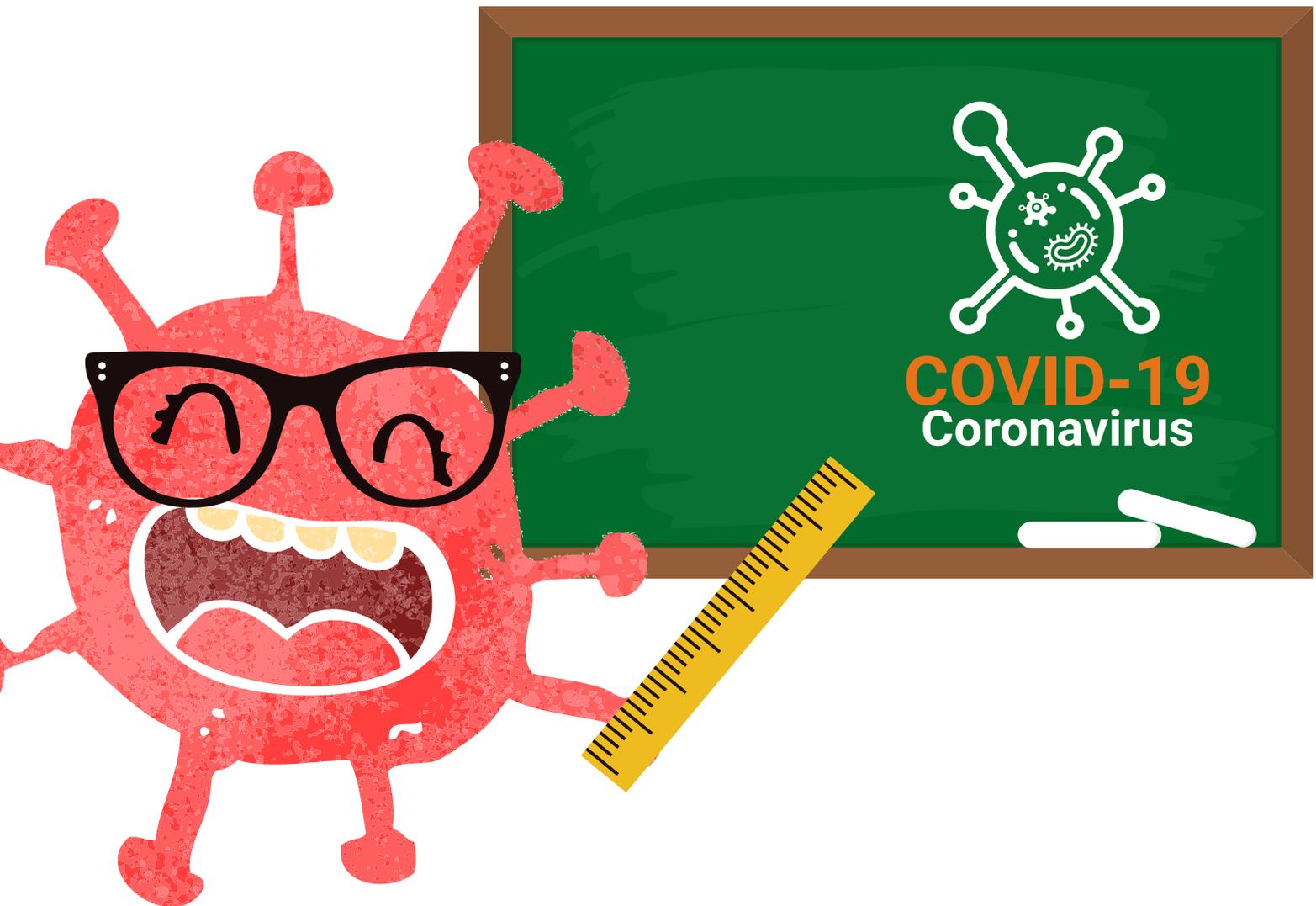


Sometimes adults get  
worried when they read the  
news or see me on TV



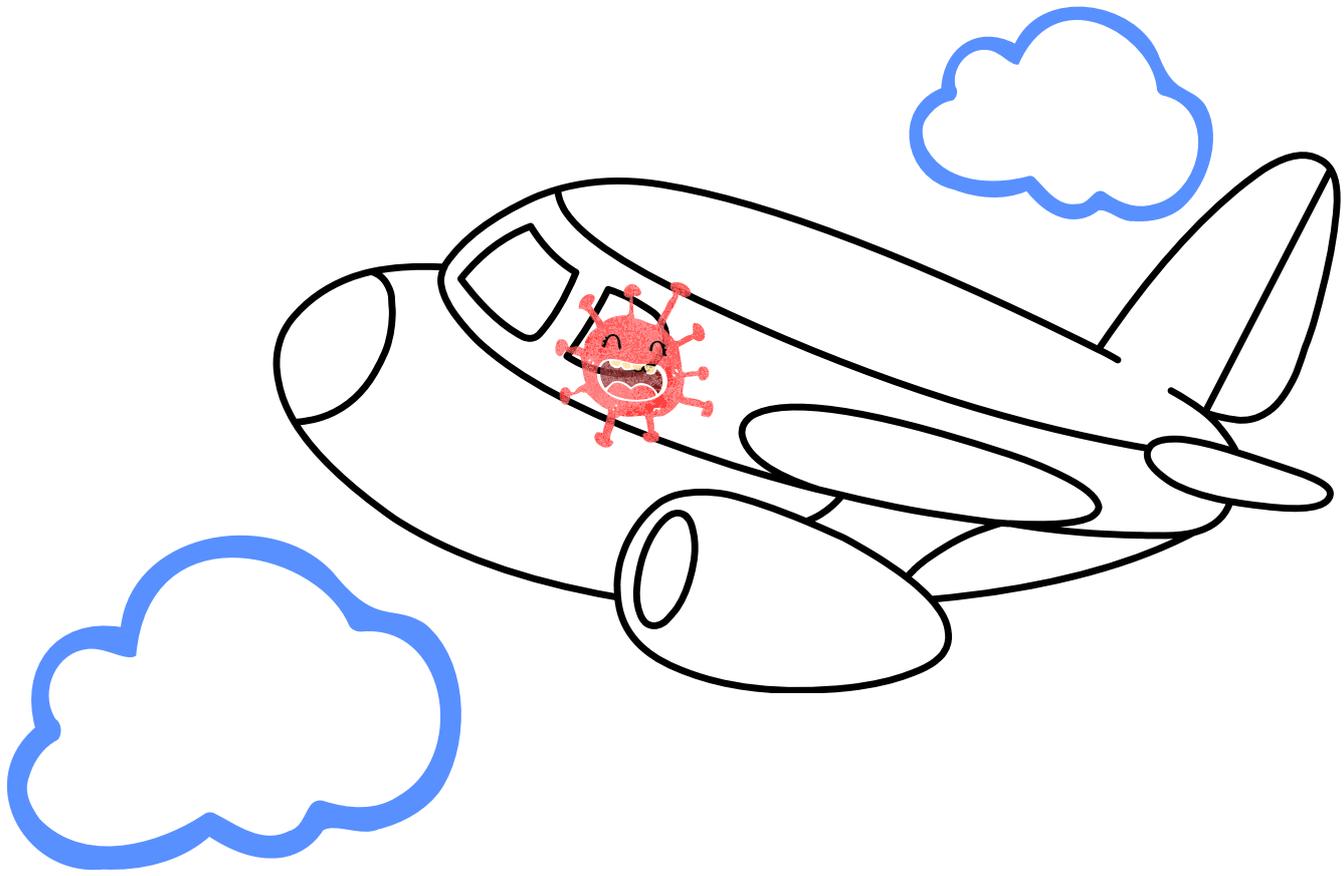
**THAT'S ME**

But I am going to explain myself...

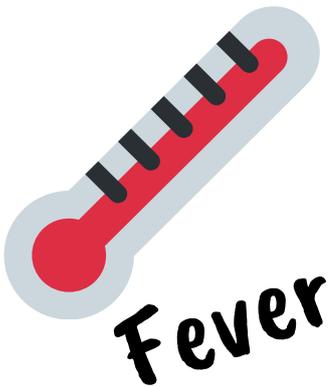


So you can understand...

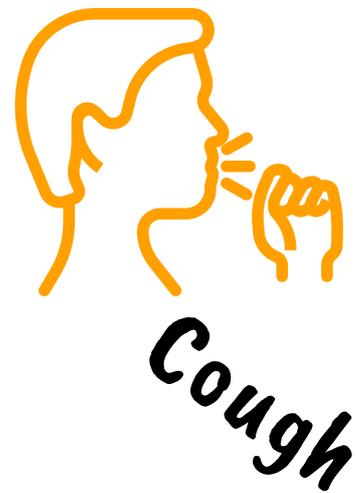
When I come to visit, I bring...



Difficulty breathing

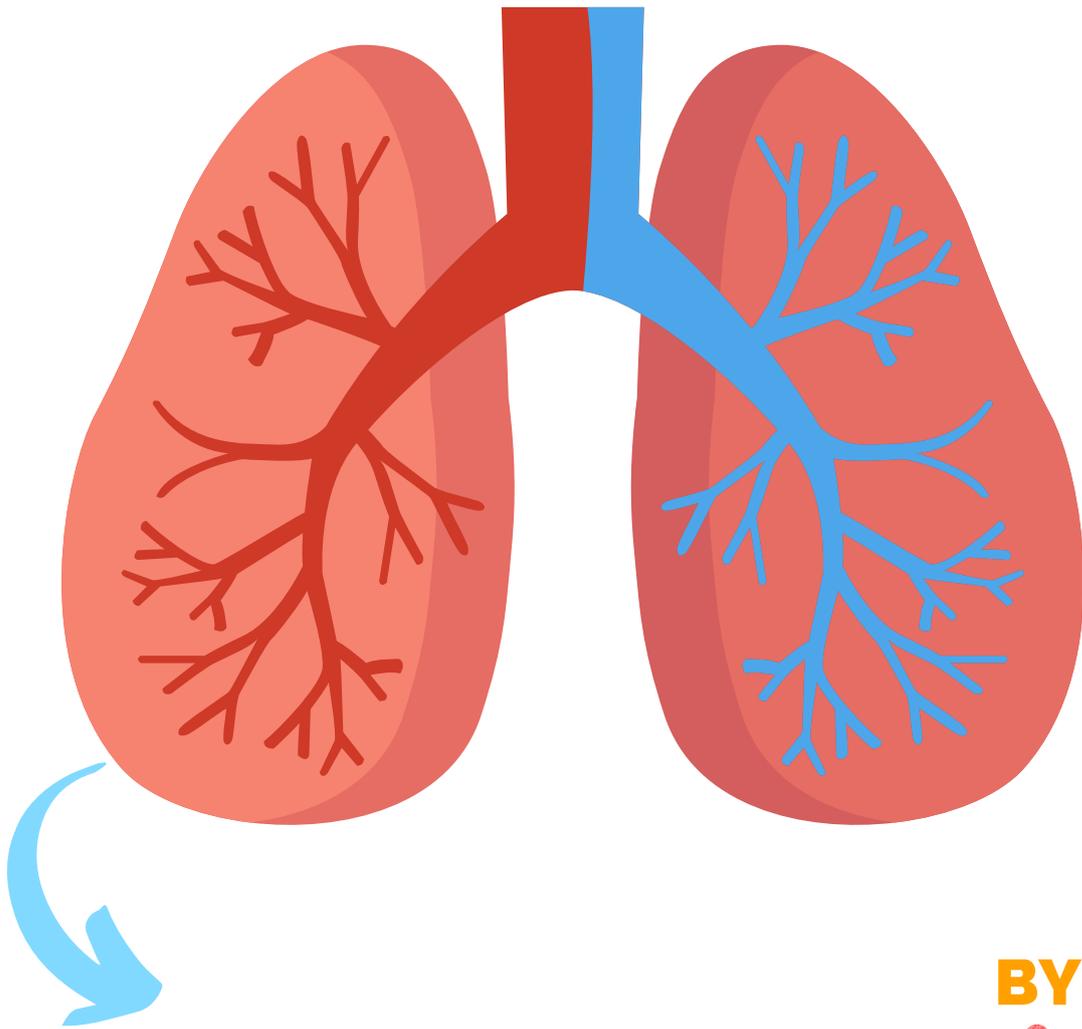


Fever



Cough

Most of the time I don't stay  
for long, but some people  
struggle to get rid of  
me...



Everyone's body fights  
me differently



**It's normal to worry!**

**But the adults who take care  
of you, will keep you safe**



# And you can help...

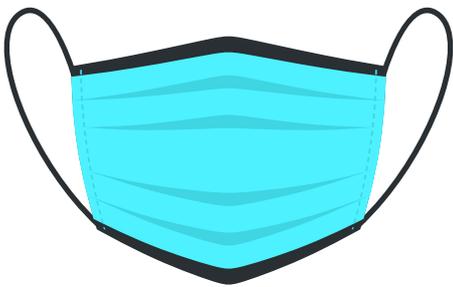
**1**



By washing your hands with soap and water.

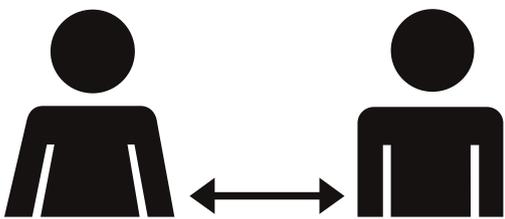


Sing your favourite song while doing it.



**2**

By wearing your mask and keeping space around you.

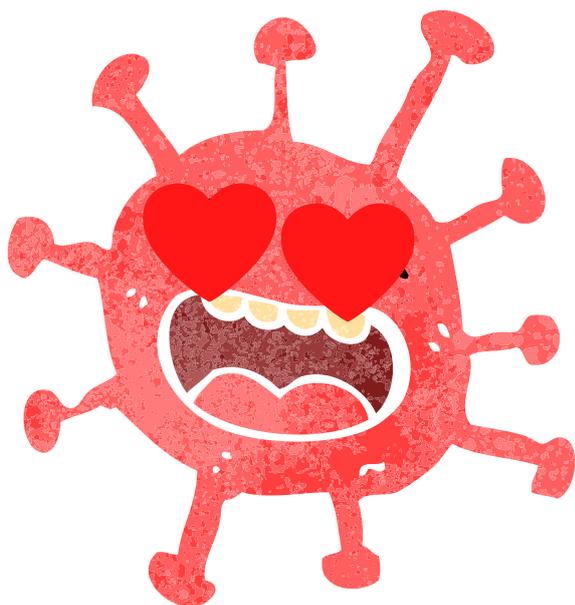


Stretch both your hands out to make space.

If you do all that, it helps  
to stop me visiting so many  
people



while the doctors work to find a  
vaccine that will allow me  
to say hi without getting you sick.



## Notes for ECD practitioners

Here are some questions to talk about with the children after reading the book:

- How does the corona virus travel?
- How can adults help you feel safe?
- What can you do to help?
- What can you do if you feel worried?

At a later stage we also suggest doing these activities together:

Let the children make a monster. They can build it from boxes, bottles or newspaper, draw or paint it or make it out of playdough. Ask the children to give their monster a name and share how it makes them feel. Let them share what they would like to say to the monster and end by destroying it.

Set up some simple props like a blanket, sticks, empty bottles and pieces of fabric and let the children play patient, nurse and doctor. Make sure they get to play whatever way they want.

While the children play you can ask them questions such as: who is who, what are they doing etc.