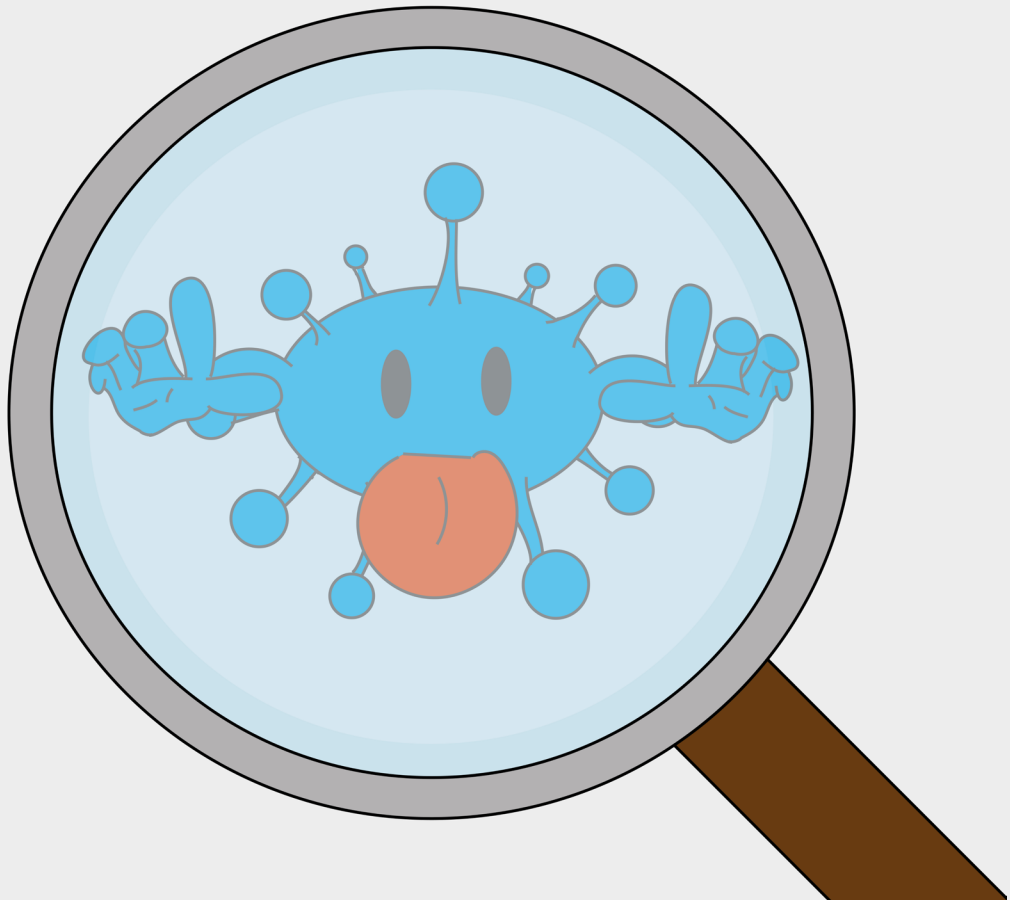


Pascal Gorter

SICK!

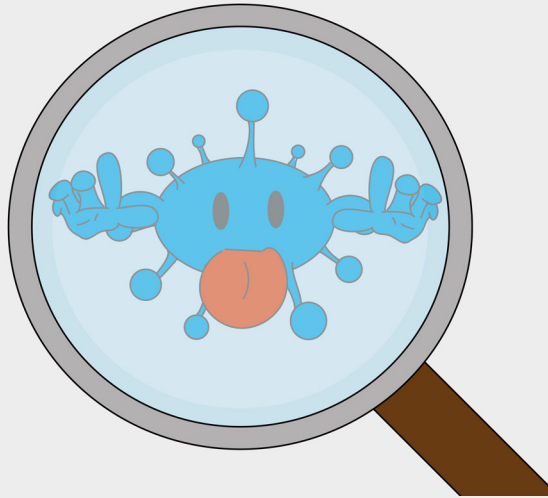
about corona and other viruses



Pascal Gorter

SICK!

about corona and other viruses



edited by Arthemis

Copyright © 2020 Pascal Gorter.
All rights reserved.

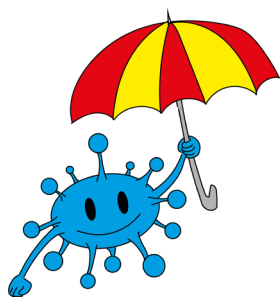


Table of contents

	Page
Important information for parents	5
What is a virus?	7
When are you sick?	11
How does a virus spread?	17
How can you stop a virus from spreading?	23

Important information for parents

- This picture book is written to help parents or guardians with questions about viruses from children, after the outbreak of the coronavirus disease 2019 (COVID-19) that spread in China and the rest of the world between december 2019 and the year 2020;
- The information and advice about COVID-19 has been taken from the websites of the United Nations Children's Fund (UNICEF) and the National Institute of Public Health and the Environment of the Netherlands (RVIM). **The book is not intended as substitute for professional advice.** It is a tool to help children learn about viruses and the coronavirus in a playful way;
- Although I have been as careful as possible to adopt the professional advice in this issue, I may have made mistakes. As a parent or caregiver, you remain responsible for the consequences of applying the information in this picture book;
- To make it easy for you, I have made a table of contents with questions. This way you can decide for yourself which information you want to give to your child(ren);
- Try to estimate whether this information suits your children. Therefore, read this booklet yourself before reading it to your children or having it read.

Tip:

Do not flood children with information nor give children information they do not ask for.

I hope you use this picture book as intended and that it can be a useful tool to explain difficult situations in a fun way. You can always reach me for tips and feedback: *drieftlaand@hotmail.com*.

Pascal Gorter, March 2020





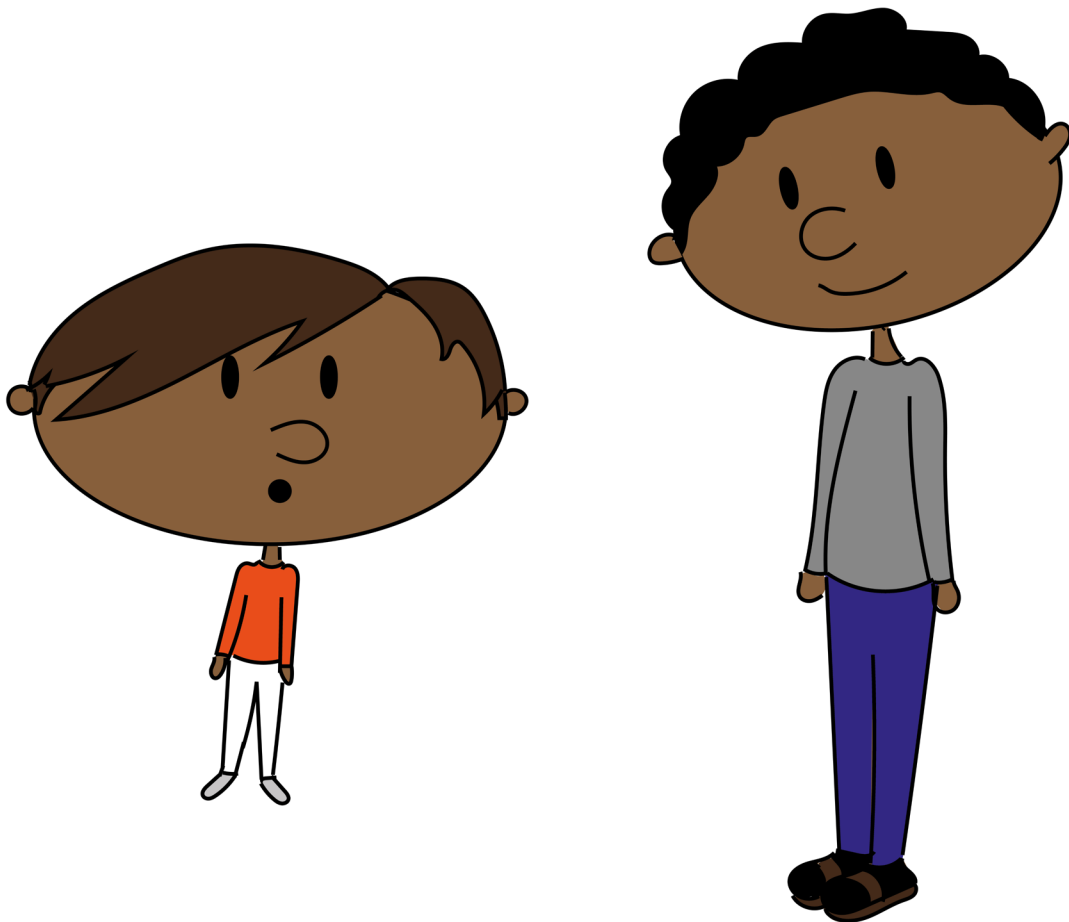
What is a virus?

Daddy, what is virus?

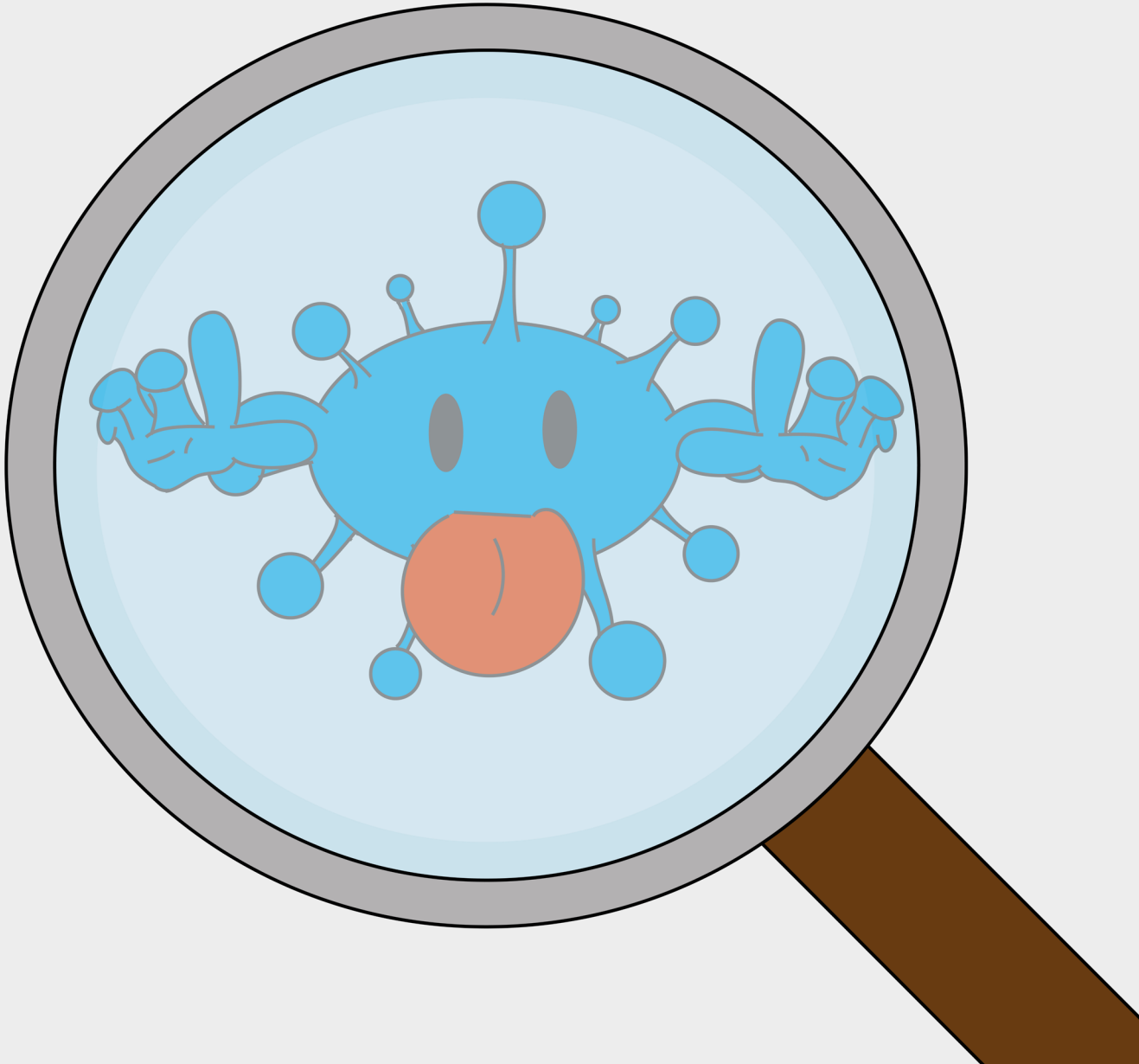
A virus? Why do you want to know that, sweetie?

I hear big people talking about it all the time. But nobody tells me anything!

Oh, sweetheart, you don't have to be afraid of that.



A virus is very small. So small you cannot see it.



A virus can make people sick.



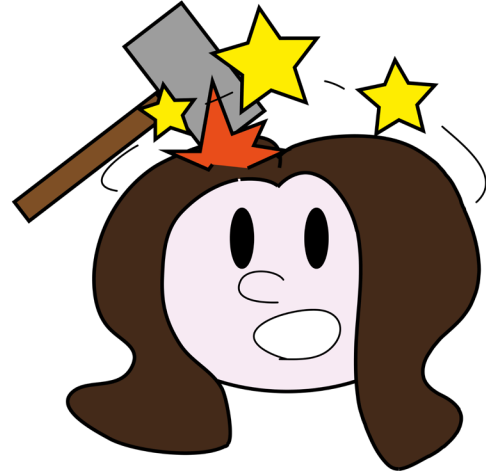


When are you sick?

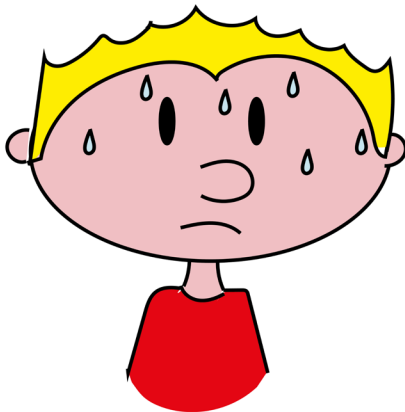
If you sneeze or cough, you are sick. But there are also other signs, which tells you that you might be sick.



Sneezing or coughing



Headache



Fever



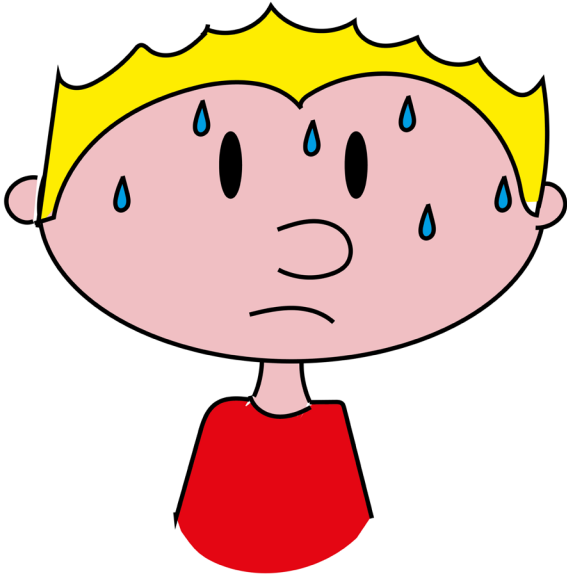
Stomachache

Sometimes if you feel tired, you could be sick too. That is why you always have to tell, when you feel sick.



Can you mention more things that belong to being sick?

But also when you feel very hot, you
could be sick. Or when you suddenly feel
very cold.

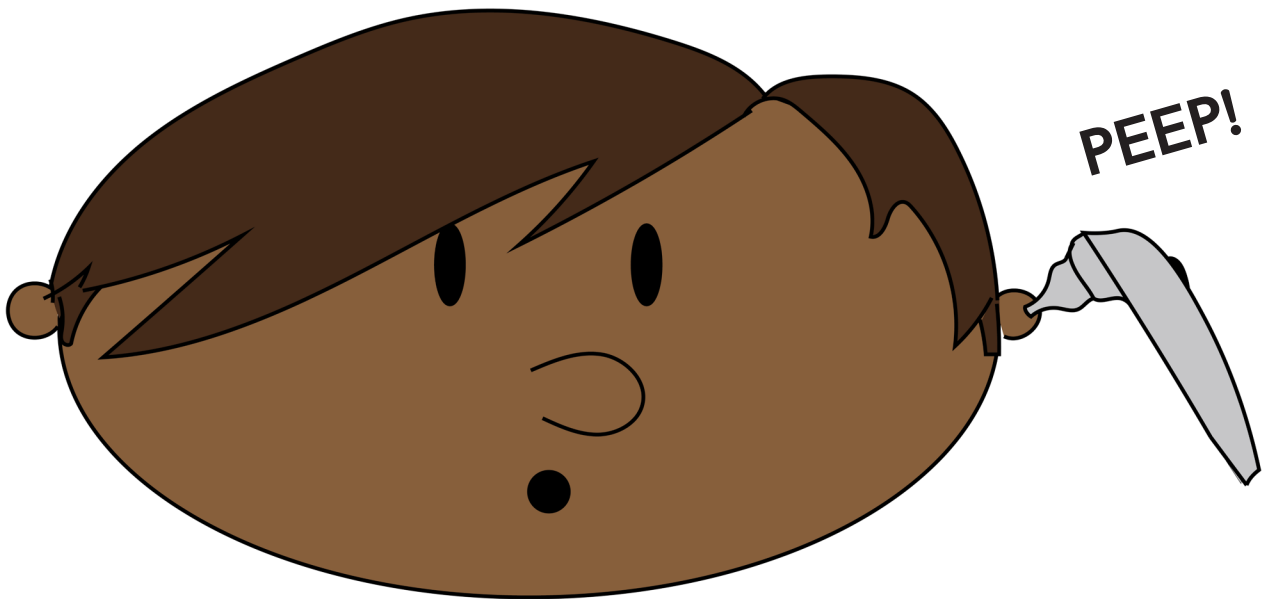


hot



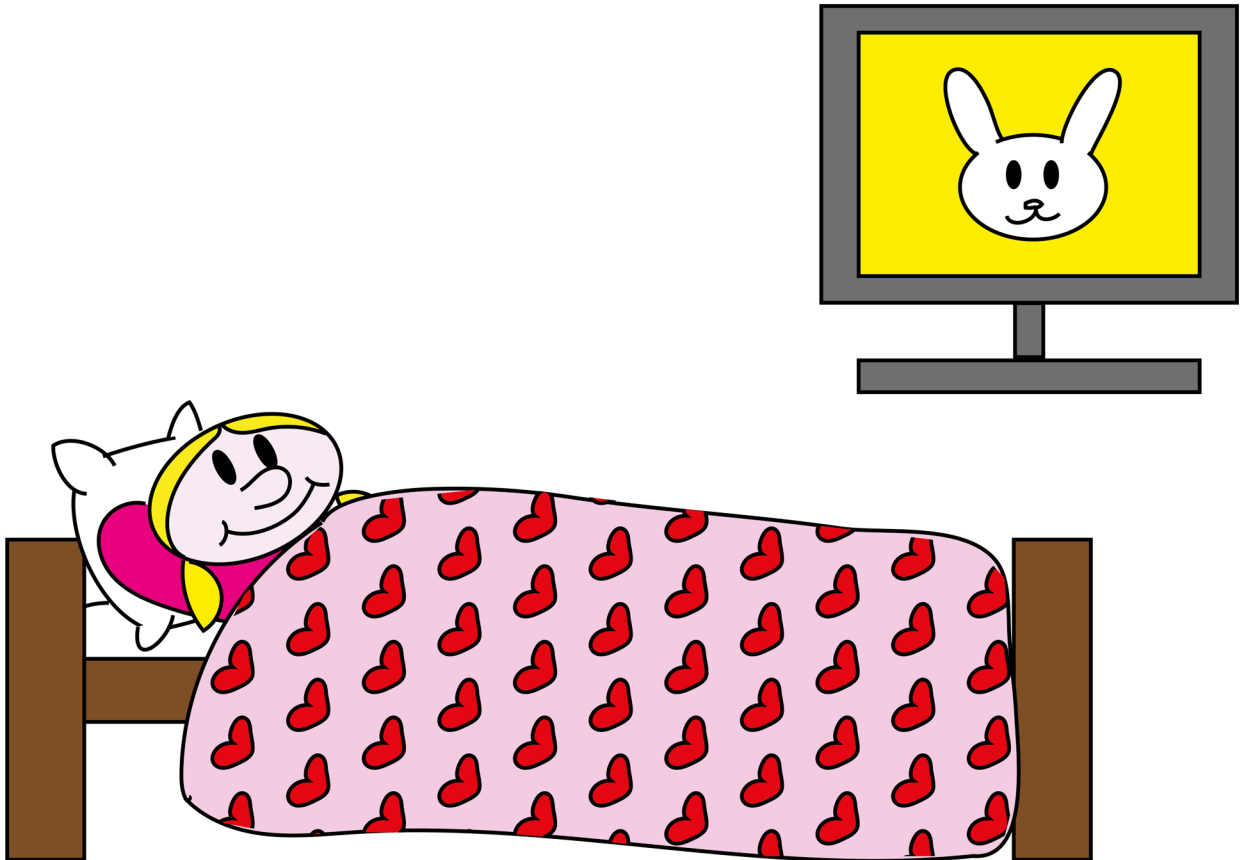
cold

If a grownup thinks you are sick, they will
measure your temperature.



If you feel too hot, you have a fever.

**Then you have to lie in bed until you
are better.**

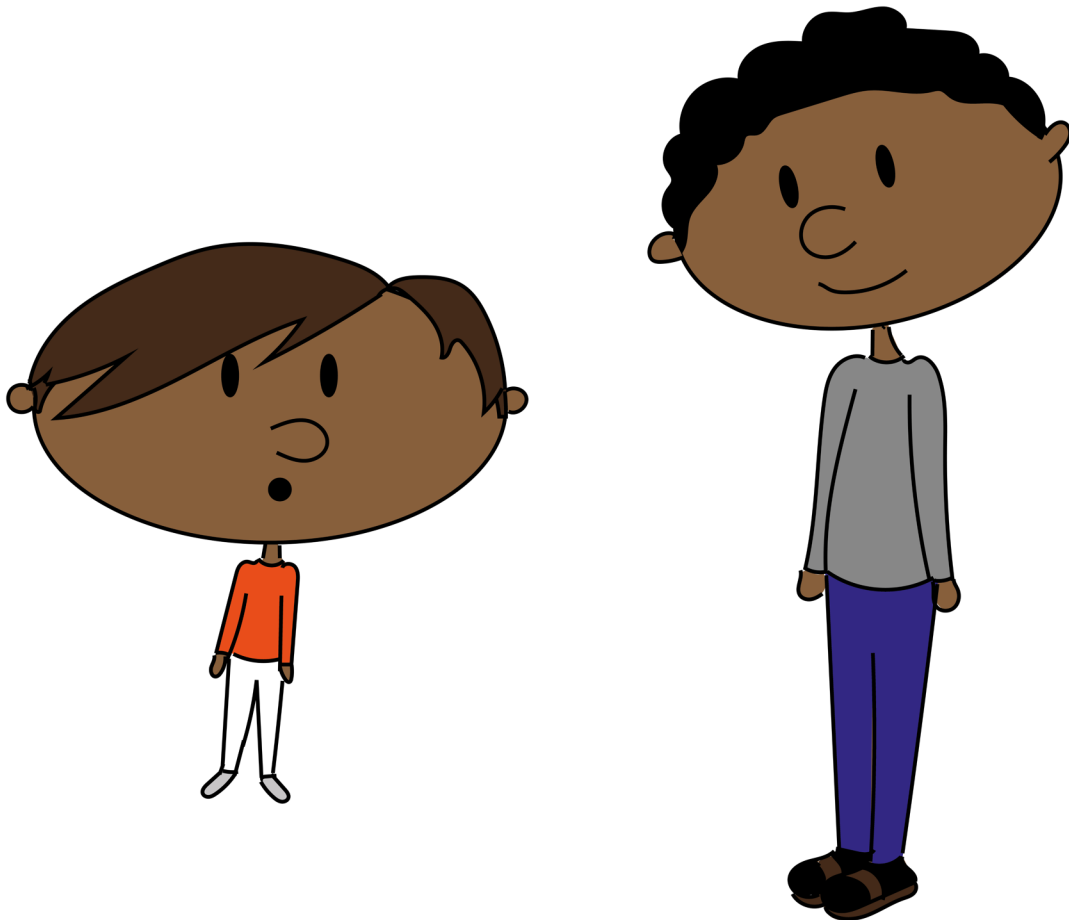




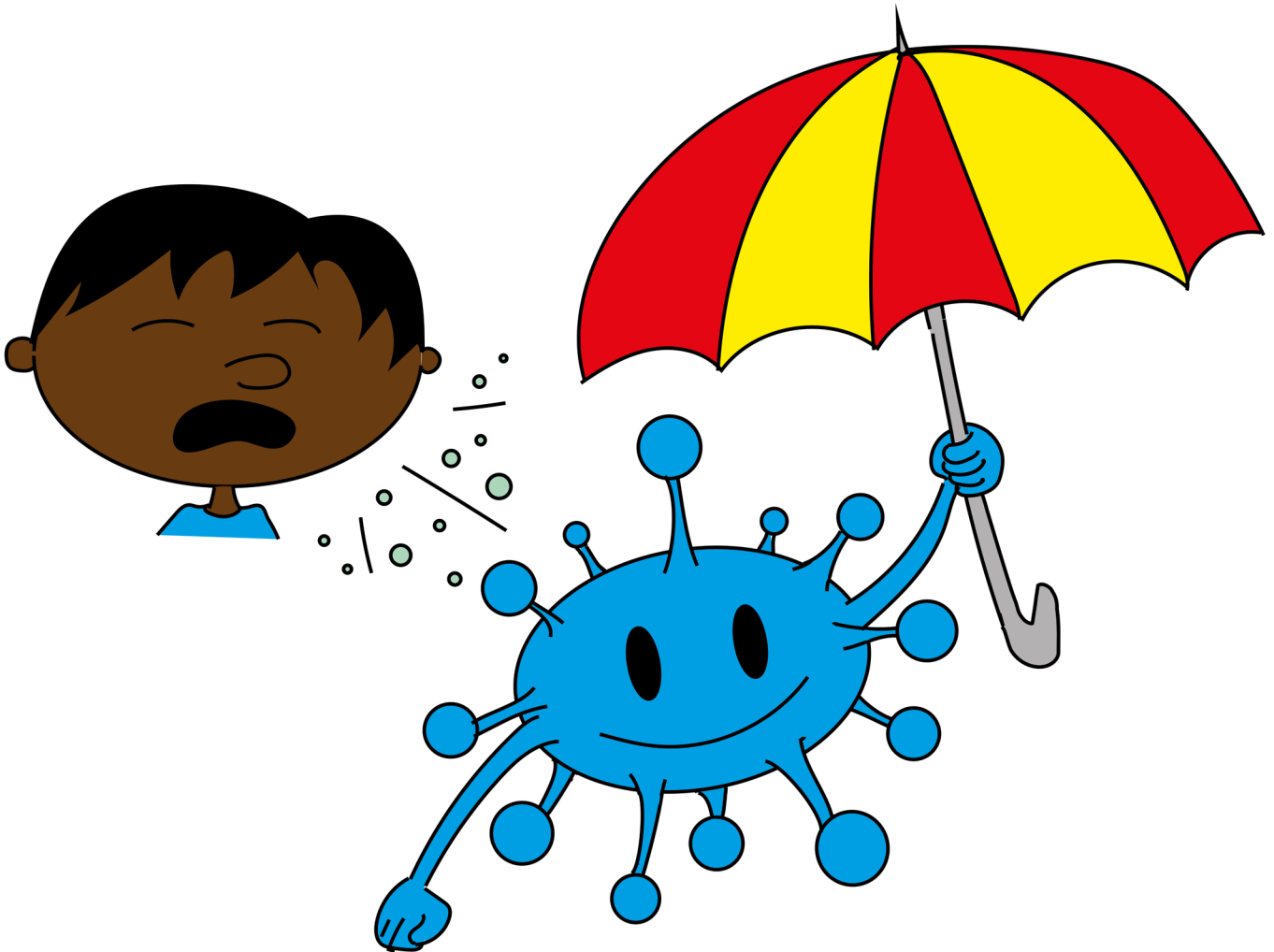
How does a virus spread?

But how does a virus spread, daddy?

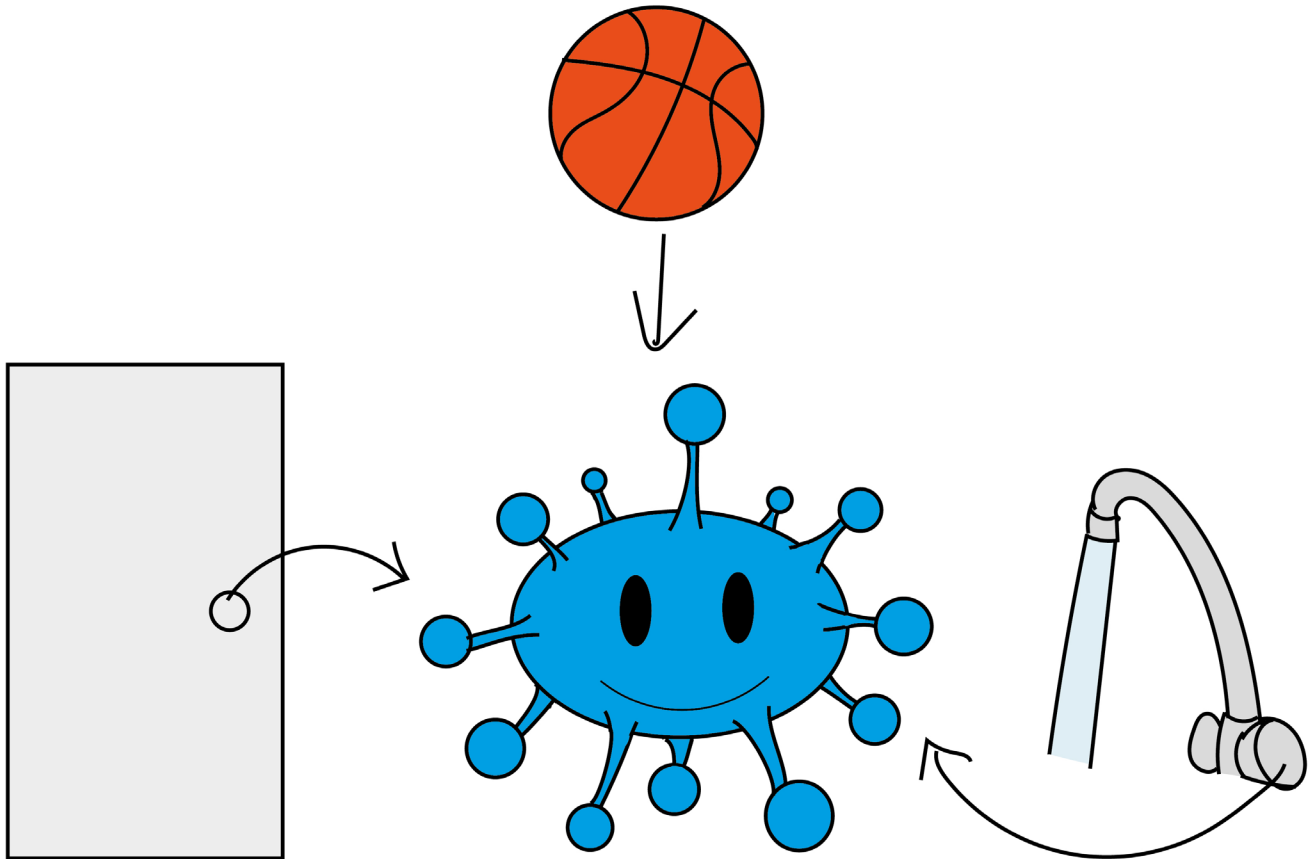
**Do you remember people sometimes
sneeze or cough, when they are sick?**



Every time someone sneezes or coughes,
the virus travels through the air.

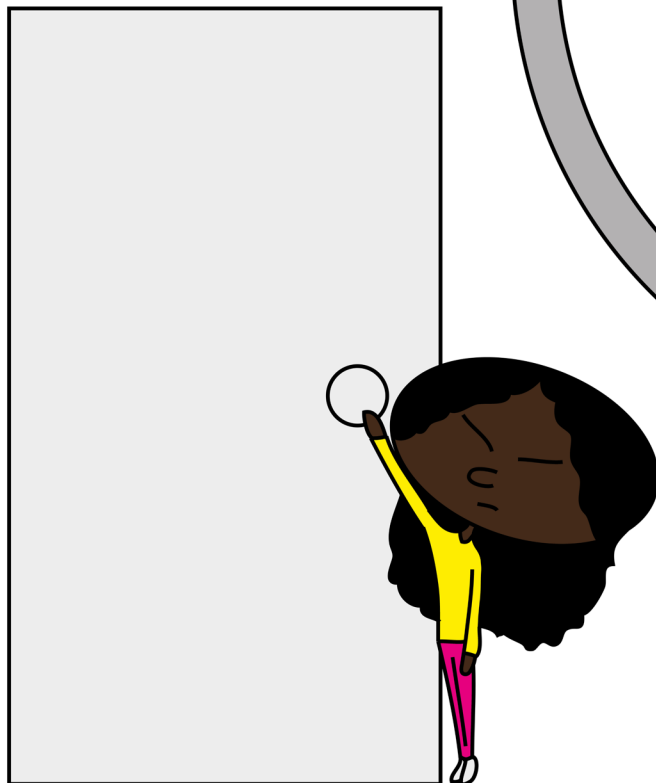
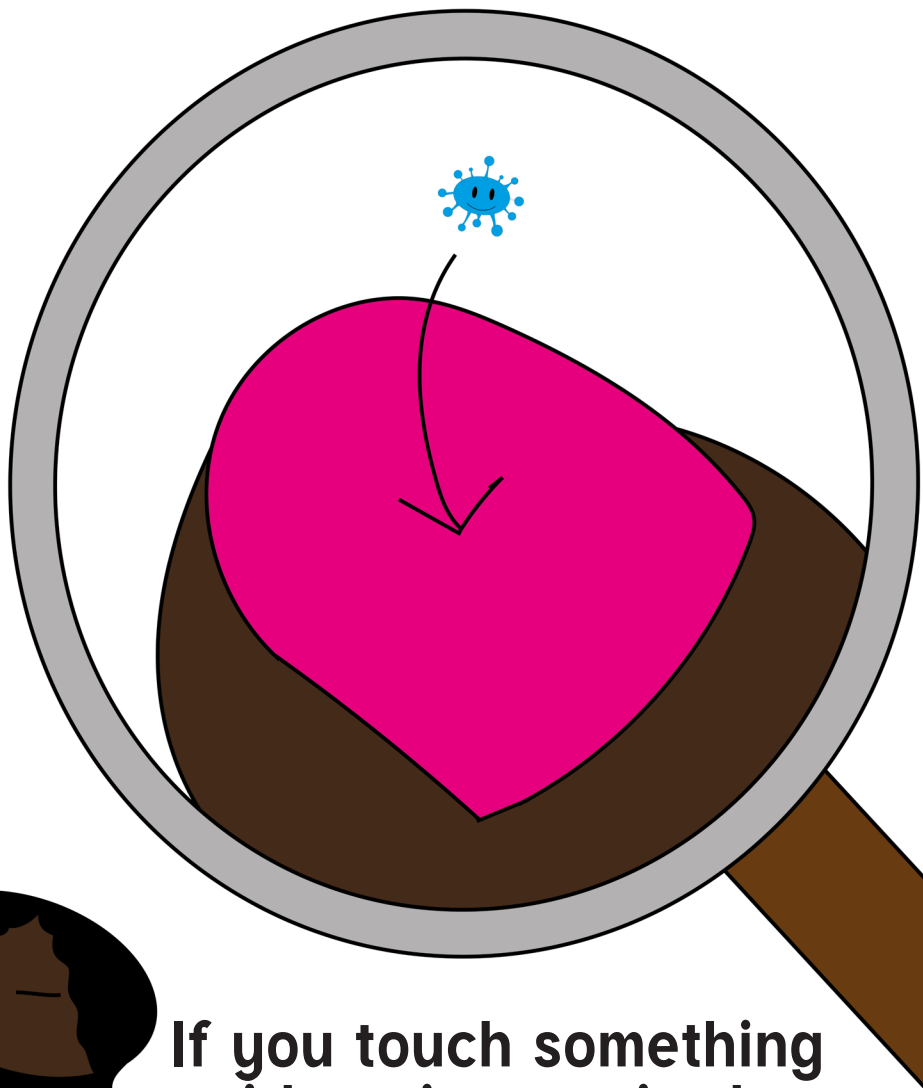


**This way the virus gets on a door or a tap.
But a virus can also land on many
other things.**

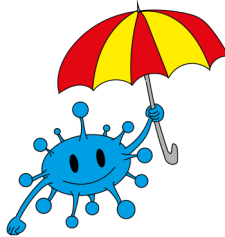


Do you know what these are?


The virus you see with this magnifying glass is much smaller in reality. Even with a magnifying glass you cannot see a virus!



If you touch something with a virus on it, the virus can land on your hands. That's why you always have to wash your hands.



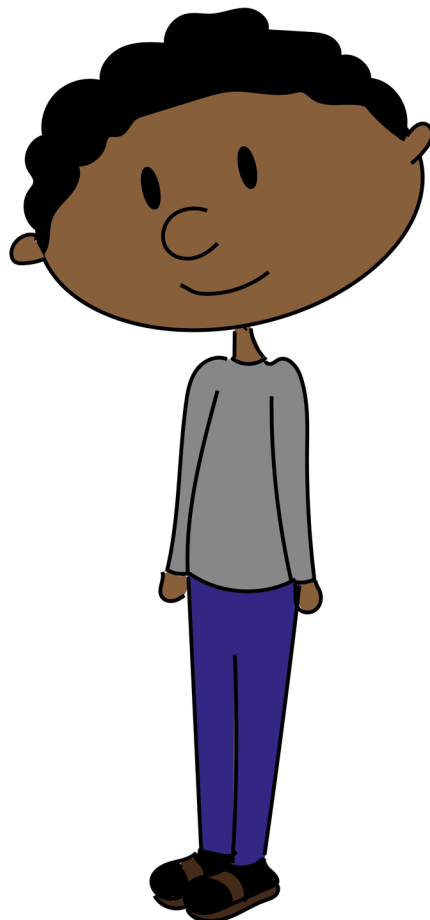
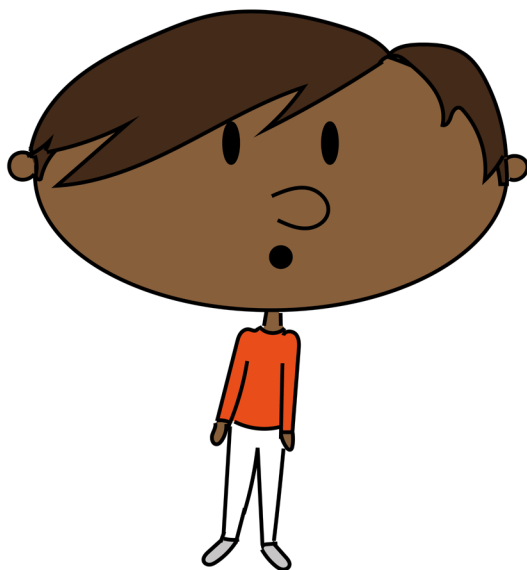
*Luckily, there are
also ways to stop
the virus from
spreading.*



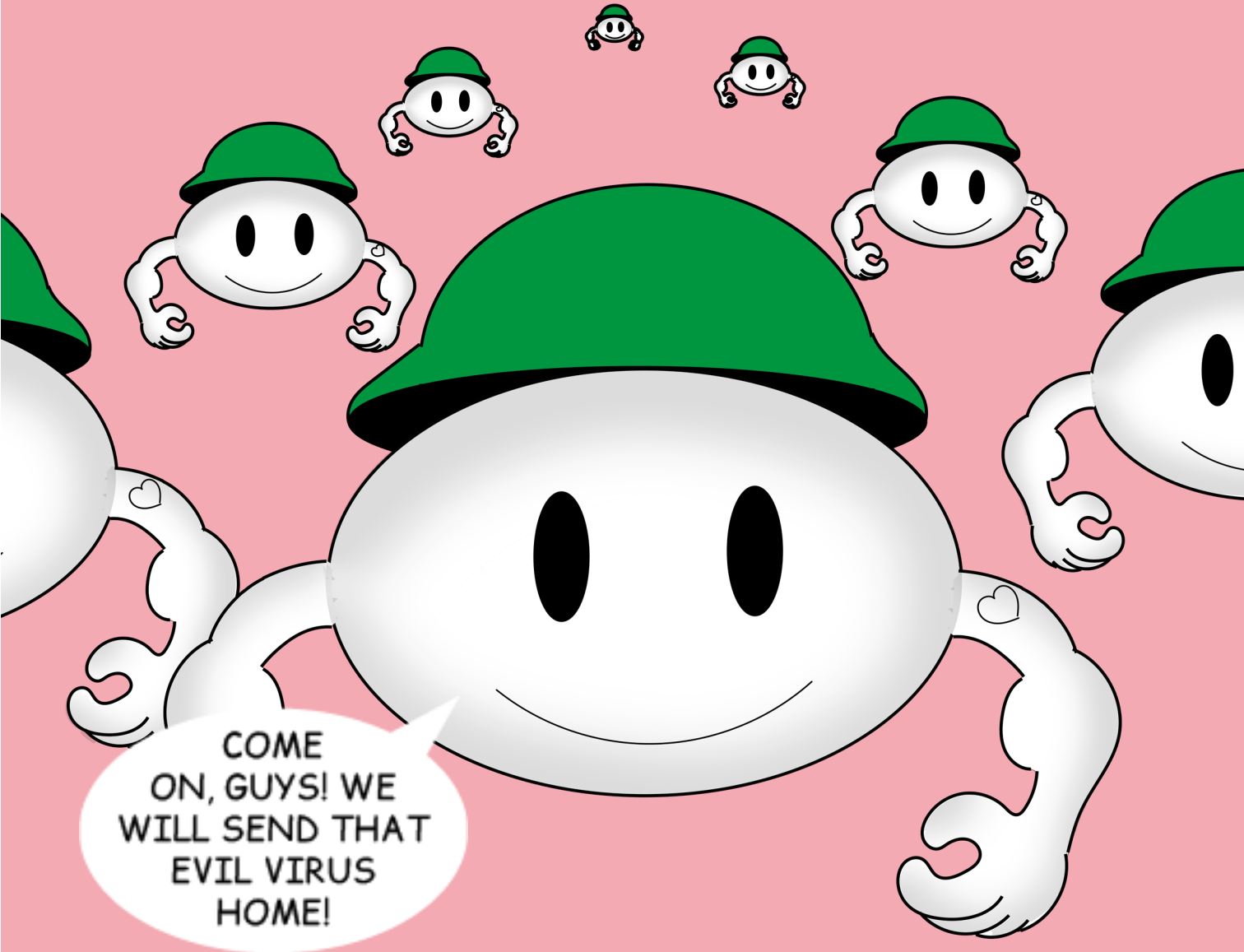
**How can you
stop a virus from
spreading?**

Can we stop a virus from spreading,
daddy?

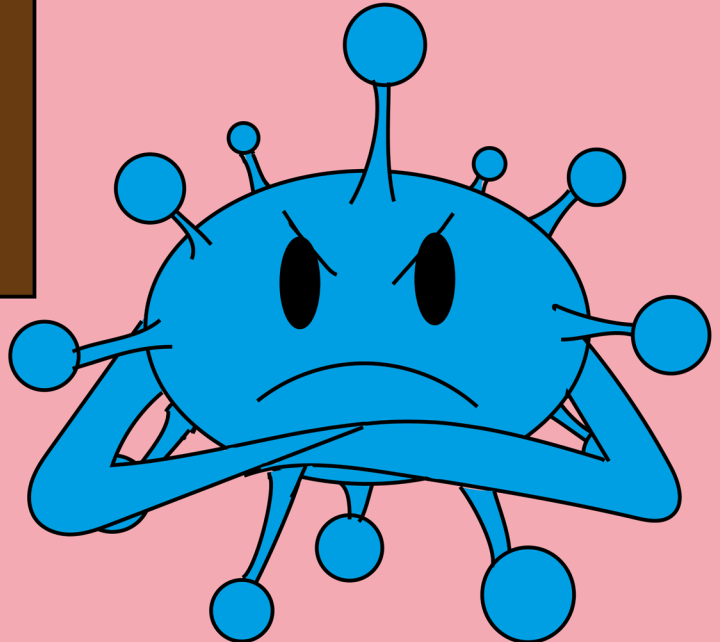
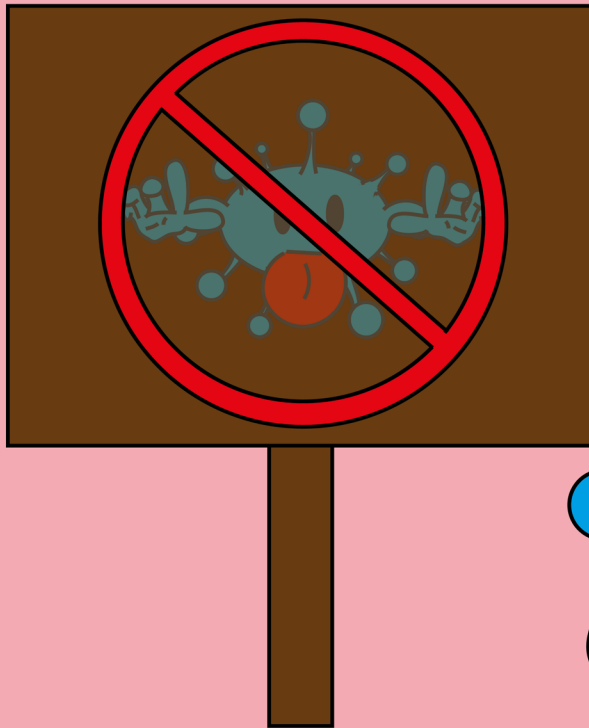
Yes, we can!



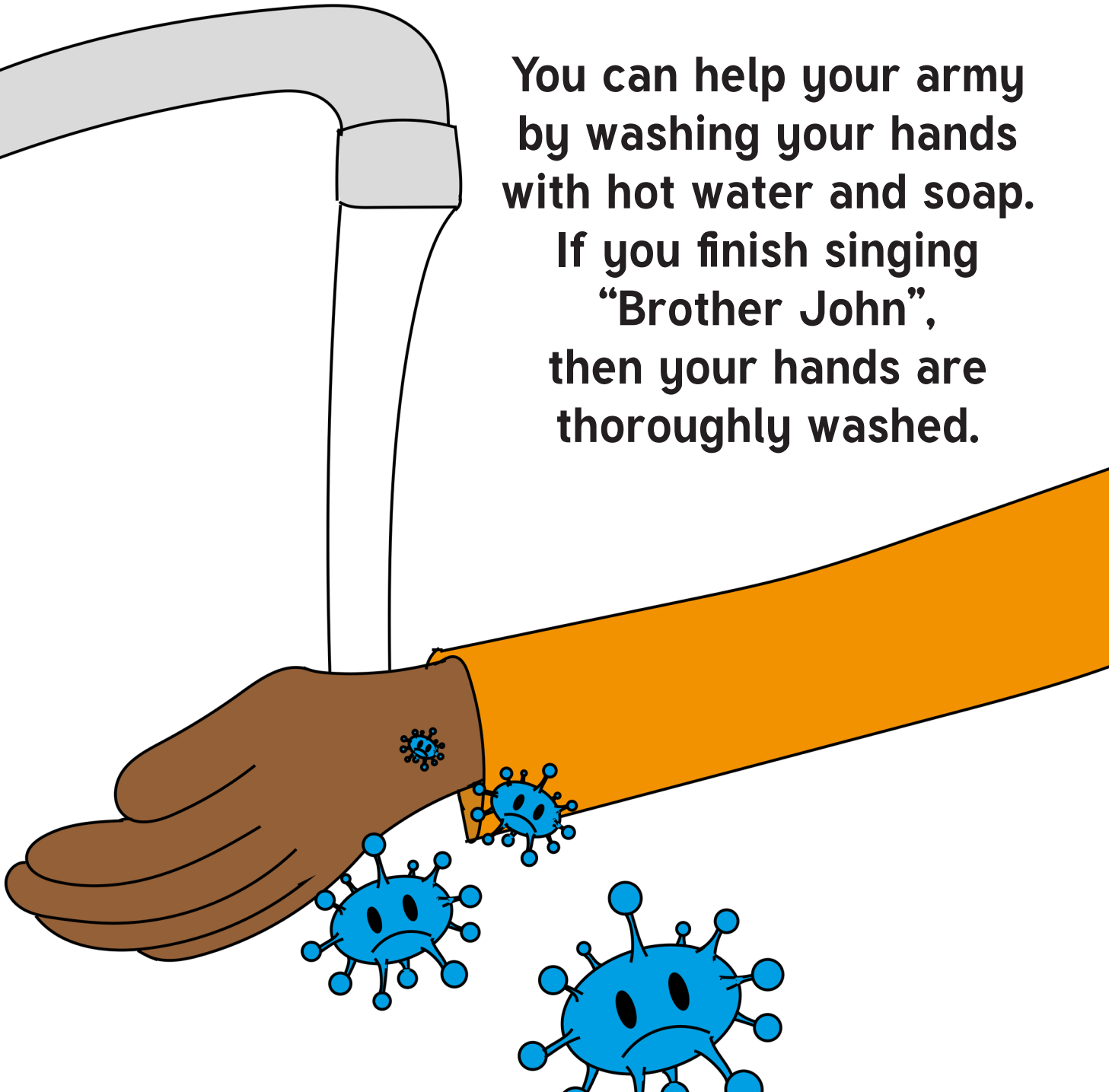
In your body there is a small army that
sends viruses home.



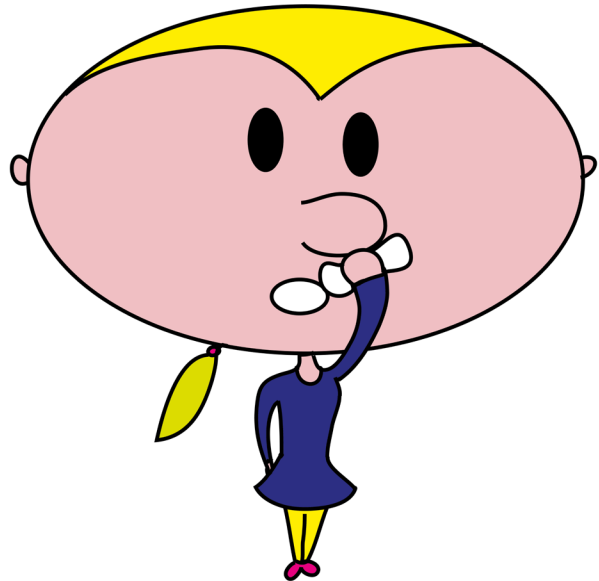
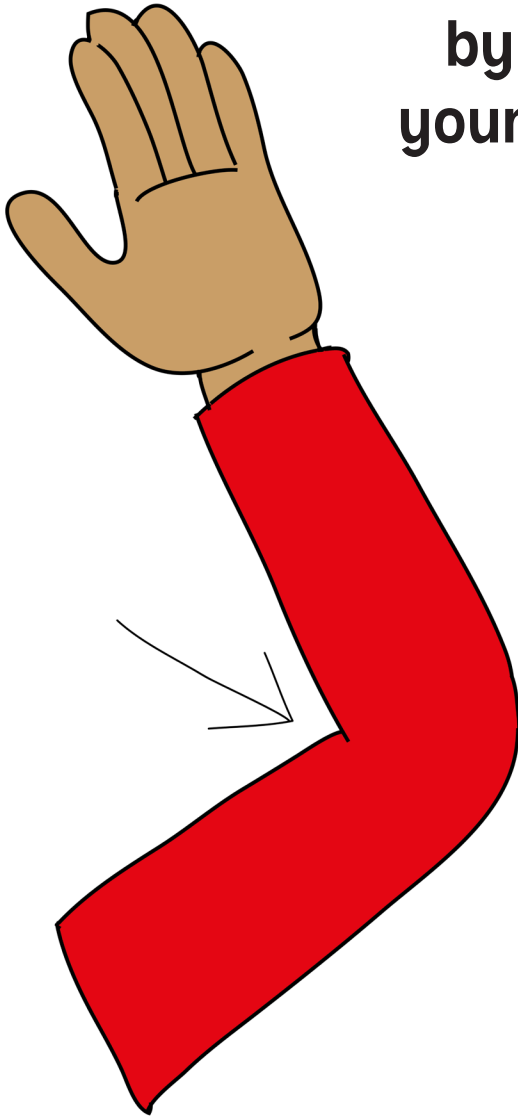
The virus will never get back. But if it does, your army is much stronger and the virus will not stand a chance.



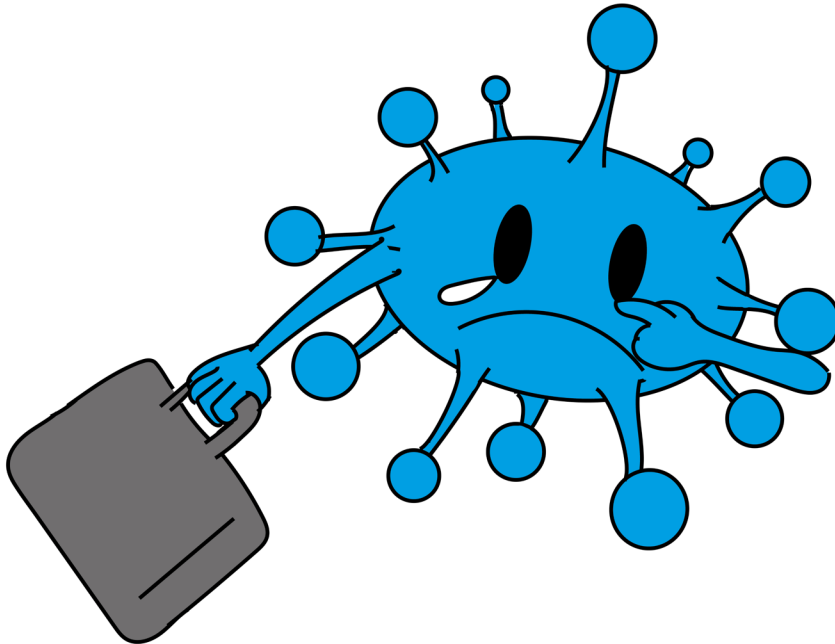
**You can help your army
by washing your hands
with hot water and soap.
If you finish singing
“Brother John”,
then your hands are
thoroughly washed.**



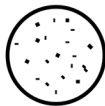
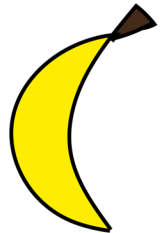
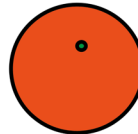
**Furthermore, you stop a virus
by sneezing or coughing in
your elbow. Or by using paper
handkerchiefs.**



**If a virus has been outside of your body
for too long, the virus will leave.**



**There is still a lot more you can do to
make the army in your body stronger.**

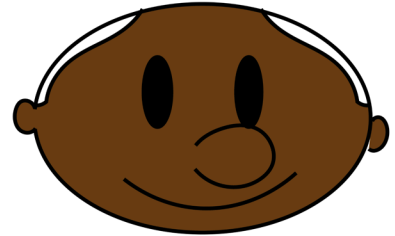
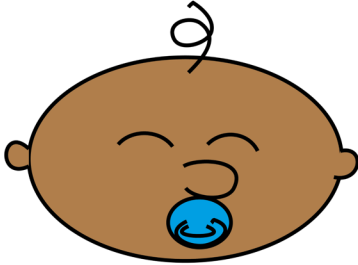
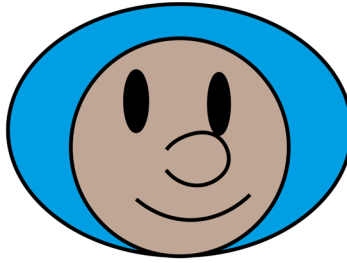


Do you know what these are?

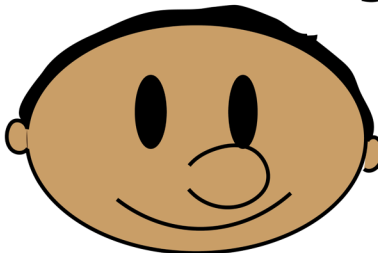
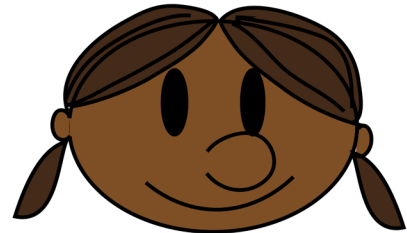
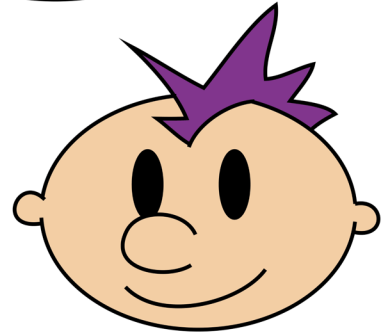
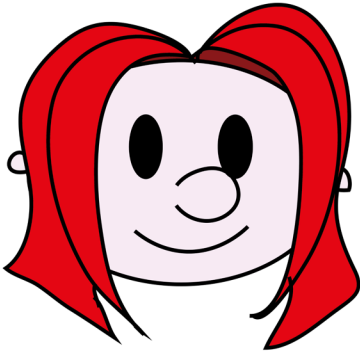
**By eating fruit and doing sport you make
the army in your body even stronger.**

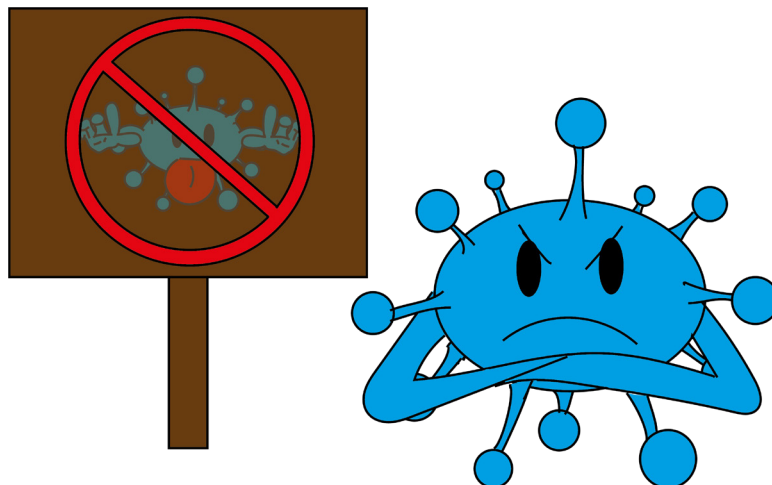
And it is very healthy too!





And
so we all
help each other
to defeat the virus.
Together we are
strong!





*Don't forget to like the facebookpage
and to share this e-book with as many
children as possible!*

www.facebook.com/PascalGorterStudio

SICK!

about corona and other viruses

This picture book is written to help parents or guardians with questions about viruses from children, after the outbreak of the coronavirus disease 2019 (COVID-19) that spread in China and the rest of the world between december 2019 and the year 2020. The book answers questions about what a virus is, how a virus is spread and how you can stop a virus from spreading.

The information and advice about COVID-19 has been taken from the websites of the United Nations Children's Fund Unicef (UNICEF) and the National Institute of Public Health and the Environment of the Netherlands (RVIM). **The book is not intended as substitute for professional advice.** It is a tool to help children learn about viruses and the coronavirus in a playful way.

