King Covid
and the
Kids Who Cared
By Nicole Rim
King Covid and the Kids Who Cared

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This book is dedicated to the children of Living Fields.

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NO SCHOOL!

PLAY DAY!

I WANNA GO TO SKOO TODAY!
Who knows why we need to stay at home?
It’s because of corolla virus!

No! It’s called cobid 9 + 10!

...cowona bye-wis?
It’s called a **coronavirus**, also known as COVID-19.

But first off, do you know what a virus is? A virus is a type of germ that could make you very sick.
This virus is very new, so scientists are still trying to get to know it.

Hello
My name is
SARS-COV-2
aka. coronavirus

But it’s not quite friendly. In fact, the virus is very rude. It tries to make us sick!
There are three places where the virus can get inside and make us sick: your eyes, your nose, and your mouth.
But it’s so tiny that it would be impossible to see with our bare eyes.
Thankfully, scientists have found them using their special microscopes.
Up close, coronavirus looks like a tiny king!
See all those little crowns?
Let’s pretend his name is King Covid.

Look at all my crowns!
Are you jealous?
King Covid tries to take over the cells that are inside your body.

Cells are tiny building blocks that make up all living things. Our own bodies are made up of more than a trillion cells!
How does King Covid break into our cells? Imagine him using his crowns like a key to pick open a cell’s lock.
Once King Covid breaks in, he lays out a battle plan and builds up an army.

This is my really naughty and awful plan.

They are naughty and sneaky just like him.
If we get sick by King Covid, we might feel tired with a cough, a sore throat, or a fever.

But don’t worry! Most of us will feel better soon.
Some people have a hard time getting better when King Covid makes them sick, like our grandparents.
King Covid doesn’t know that we have a secret superpower to fight back.
What is this superpower, you ask?

The secret superpower is:
caring!
Caring? How’s that supposed to be a superpower?
When we take steps to care, we are helping to slow down the spread of the virus which seeks to harm our neighbors and those we love.

What does caring look like?
Superpower Step #1: Wash your hands!
Washing our hands with soap and water for 20 seconds will protect us from spreading the virus to ourselves and to others.
Did you know that soap is a super weapon? King Covid and his army are afraid of soap!

Soap has the ability to destroy the virus when it’s on our skin. By regularly washing our hands with soap, we are taking part in the fight against the virus.

REPEAT! RETREAT!!
IT'S THE SUPER SOAP SQUAD!
Superpower Step #2: Try not to touch your face!
This will make it much harder for King Covid
to get to your eyes, nose, and mouth.

If we rub our eyes, wipe our mouth, or pick our nose (yuck),
we might spread the virus to others on the things we touch,
like door handles and our toys.
The more we avoid touching our faces, the more we ruin King Covid’s awful battle plan to make people sick.

I’m hands free. You can’t hurt me!
Superpower Step #3: Cough or sneeze the right way!
Covering our coughs and sneezing into a tissue or our elbow is another way to care for people by protecting them from germs.
You see, King Covid and his army like to travel by air.

**Abort! Abort!! It's the elbow pit of doom!**

But they can’t land on other people and make them sick if we cough or sneeze the right way.
Superpower Step #4: Stay at home!
We also care by staying at home as much as possible. This helps keep the virus from spreading to others. This is not easy and will not last forever, but by doing this, we are working together to fight against King Covid and his army!
Superpower Step #5: Reach out to others!
Think about the people that you miss and show them you care. Mail them a picture, write a letter, say a prayer for them, or talk to them over the phone.
Now that you know all these things, how would you like to apply your superpower?

MY SUPERPOWER
BADGE of CARING
I’m washing away
King Covid and his army with
soap and water!
I’m drawing a picture for my best friend!
I love you Grandma and Grandpa!
Let’s practice our superpower every day. We can make a difference in this world when we choose to care.
Please make a donation to help protect our brave healthcare workers!

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