

Why do I have to stay at home and why can't I play with my friends?

A CHILDREN'S BOOK ABOUT COVID-19 AND
SOCIAL DISTANCING



For Elijah, Zachary and Evangeline.

Everything I do is for you. With all my love. x

I didn't go to school today and I've
been asked to stay indoors.

It's like the whole entire world has been
put on pause.

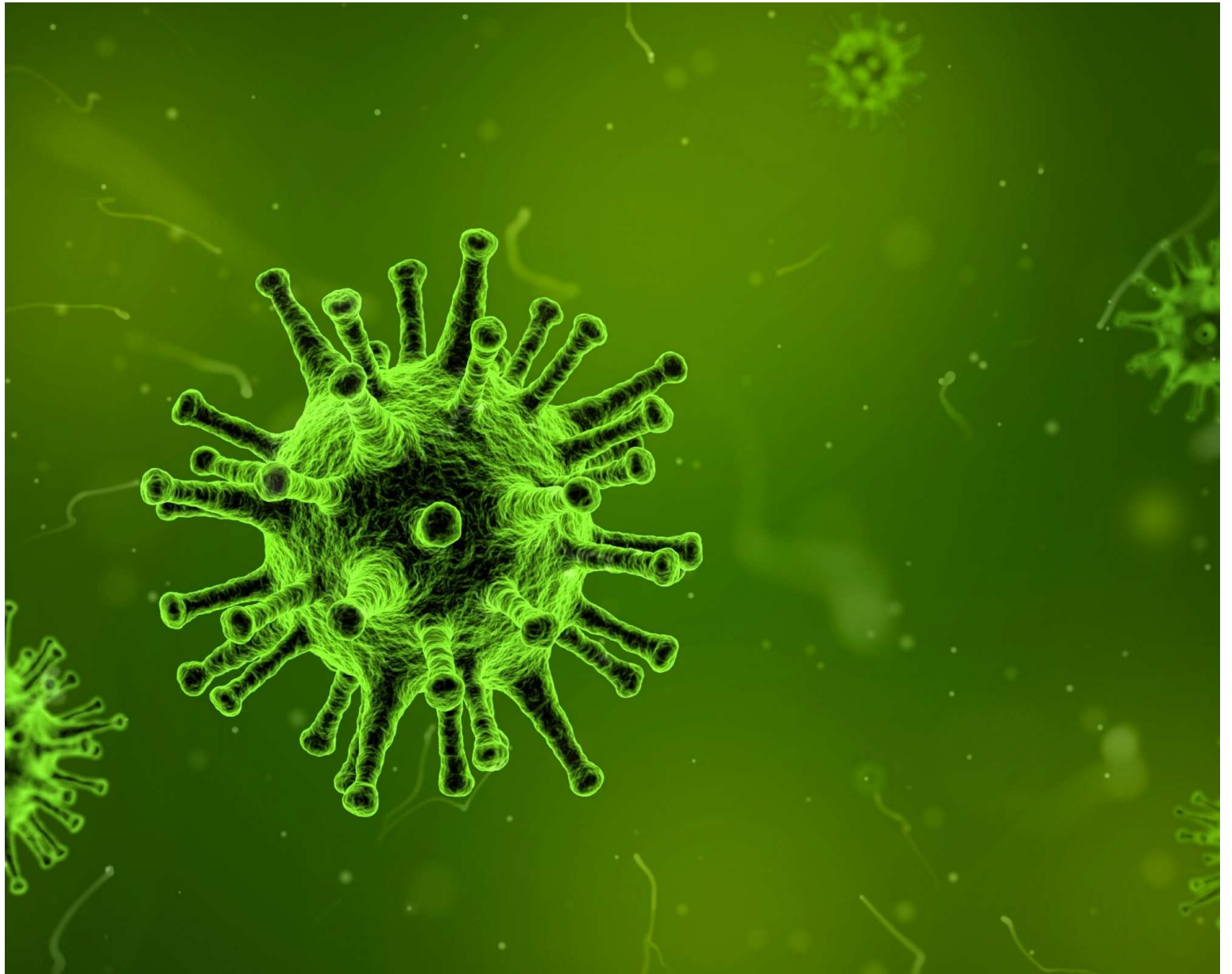


The reason is the Coronavirus –
a nasty germ that doesn't like us.

This version is called Covid-19
and is one of the worst we've seen.

The virus is invisible and spreads
through a cough or a sneeze.

It gets inside our body so it's
called an infectious disease.



We have all been asked to stay at home
and to practice social distancing.

It's not much fun and makes me sad but
it stops the virus from spreading.



I can't visit the playground
to use the swings or the slides.

But I can still play outdoors
or go for scooter and bike rides.



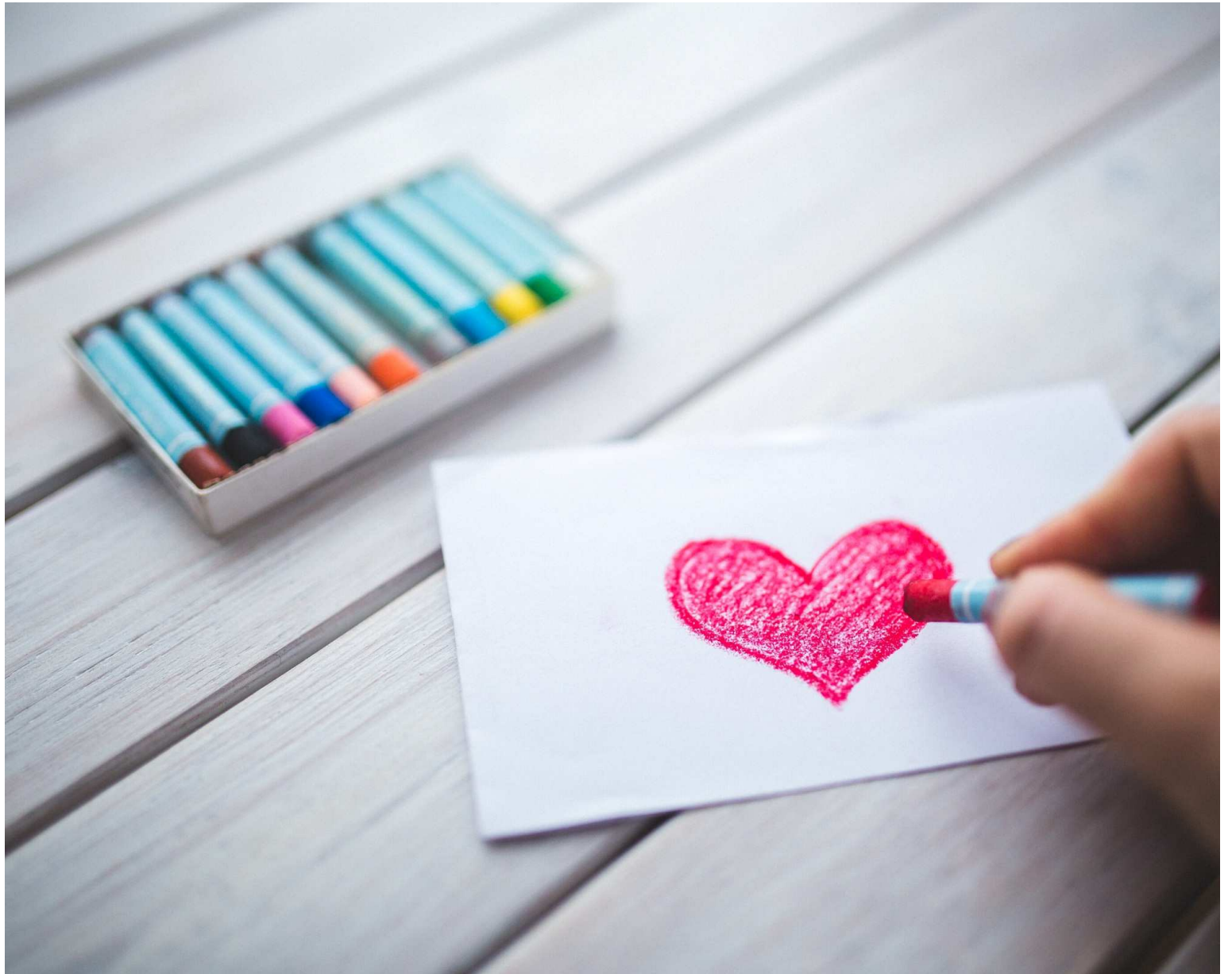
I won't go to school but that won't
stop me from learning.

I'll do lessons at home to keep up with
my maths, science and reading.



I have to cancel my birthday party and
can't have sleepovers or playdates.

I'll make sure to draw pictures, write
letters and call all my mates.



When I regularly wash my hands
the virus can't spread.

Using soap on germs like the
Coronavirus will knock it dead.



I'm feeling scared and worried
and sometimes I'm angry or sad.

I'm trying to think more positively
and I've realised it's not all that bad.



There is lots of fun I can have at home
with plenty of activities for me to do.

I will explore, discover and research
and spend time with family, too.

I can play games, do puzzles,
try cooking and art.

I might write a play and ask all
my family to play a part.



My message to everyone while we are
confined

is to remember to always be patient
and kind.

We are all in this together and don't
know how long it will take

but when this is all over we'll all
celebrate!



About the author

I live with my husband and three children in Canberra, Australia.

I am not a doctor or nurse but when I studied Science at University I focused on Microbiology which is the study of cells. I also studied units of Immunology and Epidemiology.

I know this time is really scary for everyone and I hope this book helps to explain the importance of social distancing and ease the worry just a little bit.

If you have specific concerns or questions about Coronavirus or COVID-19 please visit the World Health Organization website at www.who.int

Take care everyone and be kind to one another.

