Together

Living Life During COVID-19

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Olivia opened her eyes and looked at the clock on the nightstand.

Yikes!

It was after 7 o'clock—she should already be on her way to school!

She dashed downstairs but stopped suddenly when she saw her mom and dad watching the news.

Her dad turned around and looked Olivia in the eyes.

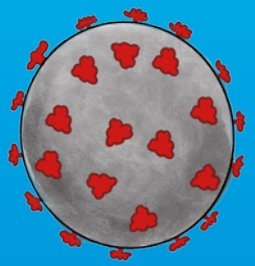
"Olivia, there is no school today, sweetheart."

"Woohoo!" she exclaimed.

She thought for a moment. "Wait, why?"

"Well, honey, there probably won't be any school for a little while. There is a new virus called coronavirus that is making a lot of people sick."

Coronaviruses are common human and animal viruses. **COronaVIrus Disease 2019 (COVID-19) is a new type of coronavirus that was previously not detected in humans before December 2019.** It is also considered a pandemic, which means it is making a lot of people sick.



Symptoms of COVID-19 may include: fever, cough, shortness of breath, chills, muscle ache, loss of taste or smell, headache, and sore throat.

The virus is spread in the air when people cough or sneeze and through touching other people or surfaces, such as phones and doorknobs.

To slow down the spread of the virus, doctors want everyone to stay home for a while.

"What's a coronavirus?" Olivia asked. "That's a funny name."
Her dad replied "Well, corona actually means crown…"

Olivia interrupted, "Wait, like a princess crown?"

Her dad laughed. "Well, yes, **the virus looks like a princess's crown.** Some people just get a little sick, and some people get very sick and have a hard time breathing. If that happens, they have to go to the hospital so that doctors, nurses, and respiratory therapists, like your Aunt Kathy, can help them."

This all made Olivia feel sad and she started to cry.
"It's important right now to stay home so we can prevent a lot of people from getting sick at the same time," her dad said, putting his arm around her.
He thought for a moment.

"But you know what? There are so many different things we can do when we're home together."

Olivia was starting to get excited but asked,
"Don't you have to go to work?"
"No, I have to stay home too.

We all have to protect ourselves so there is less chance that we spread the virus."

There are many activities you can do with your parents and siblings at home, like playing board games and going outside with your family.

What kinds of activities are you doing with your family at home?

"Sweetheart, how about we have a chat with your Aunt Kathy on the computer?" Olivia was scared about what was going on in the hospital and thought Aunt Kathy could help her to feel better.

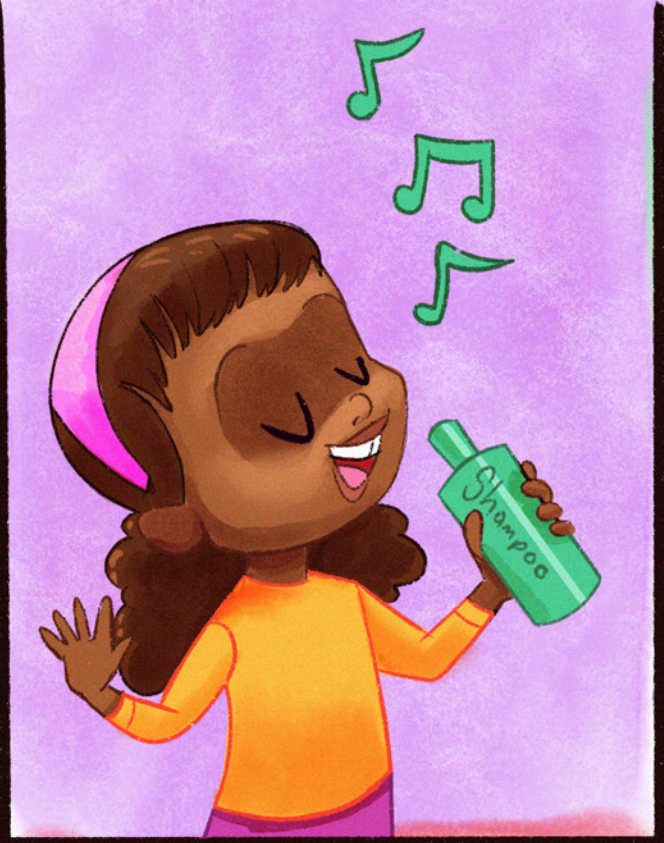
Aunt Kathy explained how covering her mouth and nose with a mask, wearing special goggles to cover her eyes, and a gown to cover her clothes helped to keep her safe in the hospital.

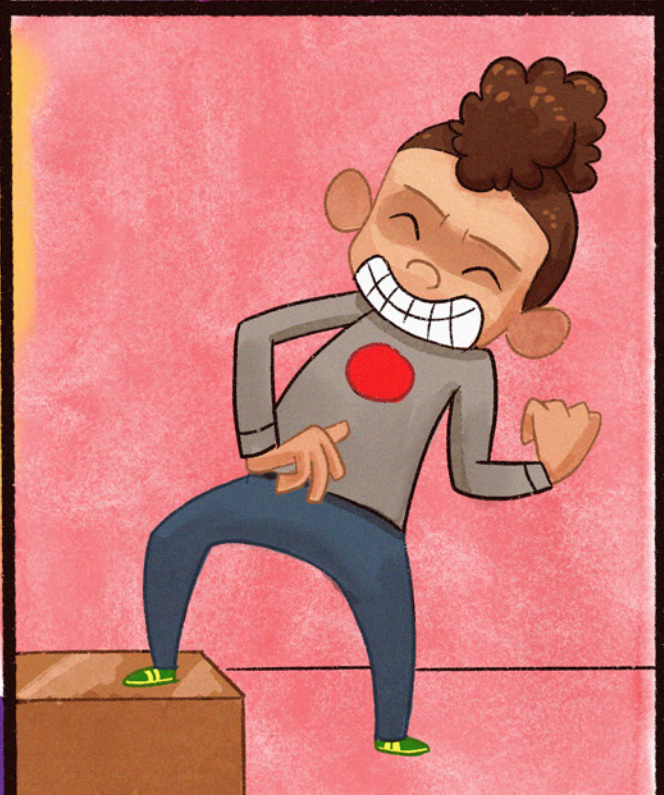
She also washes her hands a lot.

Hand washing is the best way to prevent the spread of viruses. **You should wash your hands for at least 20 seconds with soap and water.** Don't forget under your nails and between your fingers! Instead of counting, you could also sing the **Happy Birthday song**. What other songs could you sing?

Olivia was frustrated that she couldn't go to her friends' houses or see them at school.

Instead, they connected through a computer chat to sing karaoke and then played dress up together.





Social distancing is the term used to encourage people to stay six feet apart. It is very important to stay emotionally connected to your friends and family and technology makes this easy.

What are some other ways you can stay connected to them?

Olivia and her mom went for a walk in the neighborhood. Olivia noticed a stuffed bear in a window. "Mom, why is there a stuffed bear in Mrs. Beasley's window?" Olivia asked.

"Oh, that's a fun game to play. **Let's see how many bears we can spot on our walk today,"** her mom said.

Many communities are showing support for one another in very creative ways, such as "bear hunts", scavenger hunts, and positive sidewalk chalk messages.

What are some ways you have seen support in your community?

TOGETHER, they delivered groceries to her grandma, who lived down the street.

Older people are at higher risk of getting sicker if they get this virus, so we must maintain social distance to protect them. **What are some other ways we can help the elderly?**

Olivia was overwhelmed with all that was going on but wanted to help.
"Mom, when I was talking to Aunt Kathy last week, she told me about all the amazing doctors, nurses, housekeepers, and even cooks in the hospital who help to make all the patients feel better and keep everyone safe. I want to write them thank you notes!"

Her mom said, proudly,
"Olivia, that's a wonderful idea!"
She also left bottles of water out for the sanitation workers and mailman with a message, "We appreciate you!"

Who are people in your community that are helping out during these times?

What are some ways you can show your appreciation to members of the community who keep you safe?

Later, her dad noticed a worried look on Olivia's face. "What's wrong, sweetheart?"

Olivia said, **"Dad, what if my school isn't there anymore? I miss being with my friends and teachers. I'm worried."**

"Sweetheart, let's go for a ride."

They drove by Olivia's school, by their family's church, and their favorite breakfast spot. They saw other cars, people walking, trees, and buildings.

They saw the "helpers" that keep us safe. Olivia smiled and felt reassured by seeing these familiar things.

When they got back home, Olivia said "I feel better, but what if this comes back again next year?"

Her dad said, "Well, honey, there are a lot of people working very hard to make medicine to keep people from getting this virus. It's called a **vaccine**."

Olivia lowered her head and said, "Does that mean another shot?"

Her dad said, "Yep, just like the flu shot we get every year. Ok, now it's time to tackle your math homework, kiddo."

You can help your body to be healthy by eating nutritious foods, getting plenty of rest, and staying active.

What are other ways you can help to stay healthy?

She gave her dad a hug and ran off to her room.

She came back with two scarves and handed them to her dad.

“Here, Dad. I’ve got two masks for you and mom to use to keep you safe.”

The END

Kevin Poplawski

Writer

Kevin has been a physical therapist for 22 years in Orthopedics and Sports Medicine.
When his first daughter was born, he started to tell her stories.
Little did he know that one story would turn into two children's picture books,
***Eli's Magic Moment* and the sequel, T*he Trekkers' New Hope*.**
***Together: Living Life During COVID-19* is the third book he has created with Michael Rausch.**

He lives in Brookhaven, GA with his wife Elizabeth, a physician at Children's Healthcare of Atlanta,
and their two daughters, Emily and Hailey. In his spare time, Kevin enjoys golf, travelling,
and reading to kids in schools all over the Atlanta area.

Michael Rausch

Illustrator

Michael is the illustrator of various children's books,
including *Mikey and the Swamp Monster, Eli's Magic Moment*, and *The Trekkers' New Hope*.
He lives in Easton, PA with his wife and their furbabies (Watson the corgi , Poppins and Penny the cats).
To see more of his art, follow him on instagram @michaeljprausch, or go to his website www.michaeljprausch.com

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