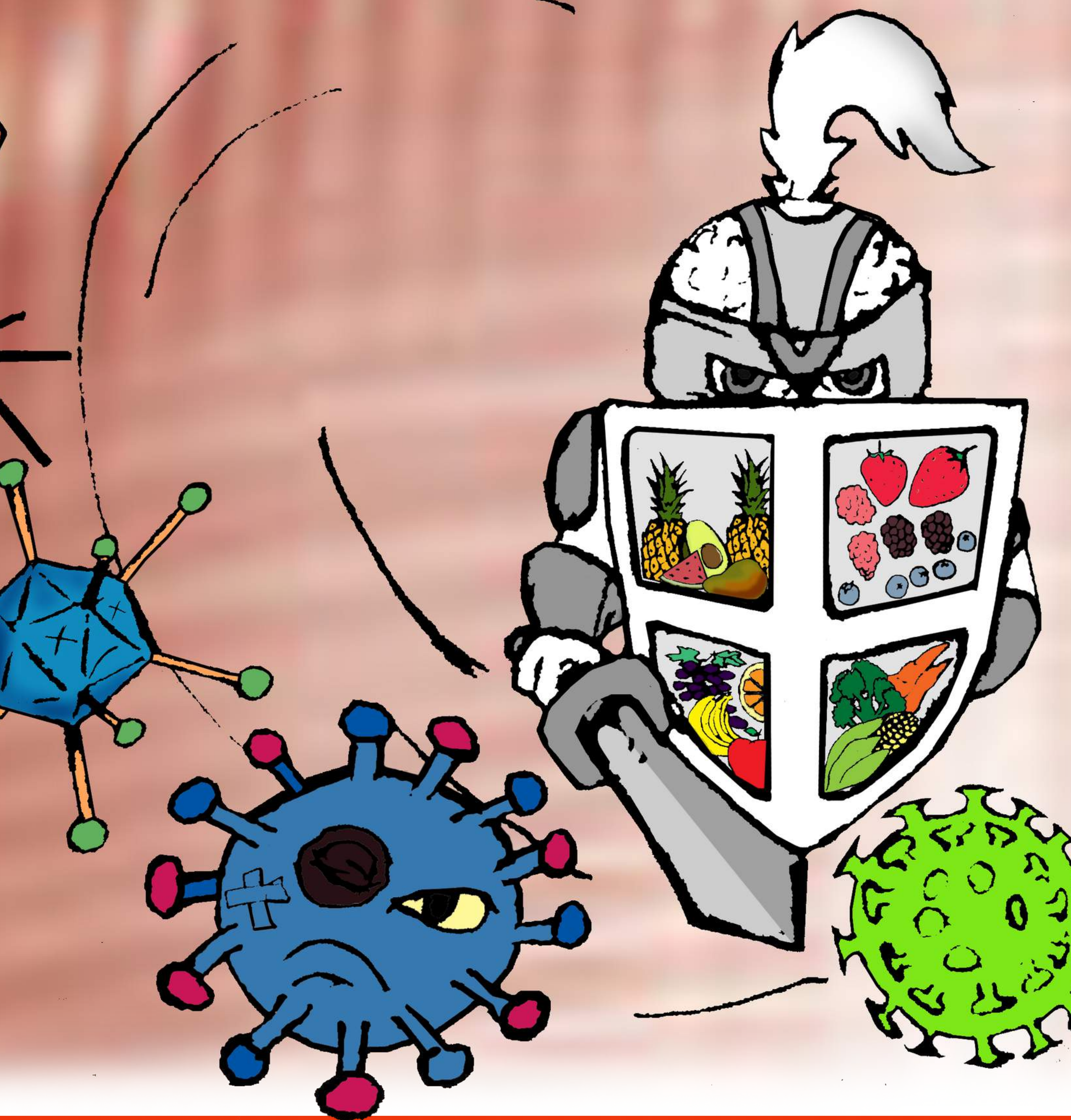


CORONAVIRUS

Get outta here!



WRITTEN BY PETER IVEY
ILLUSTRATED BY ANDREW BLAKE

"I LEARNED THAT
COURAGE WAS NOT
THE ABSENCE OF
FEAR, BUT THE
TRIUMPH OVER IT."

- NELSON MANDELA

DEDICATED TO
PJ AND AJAHNI

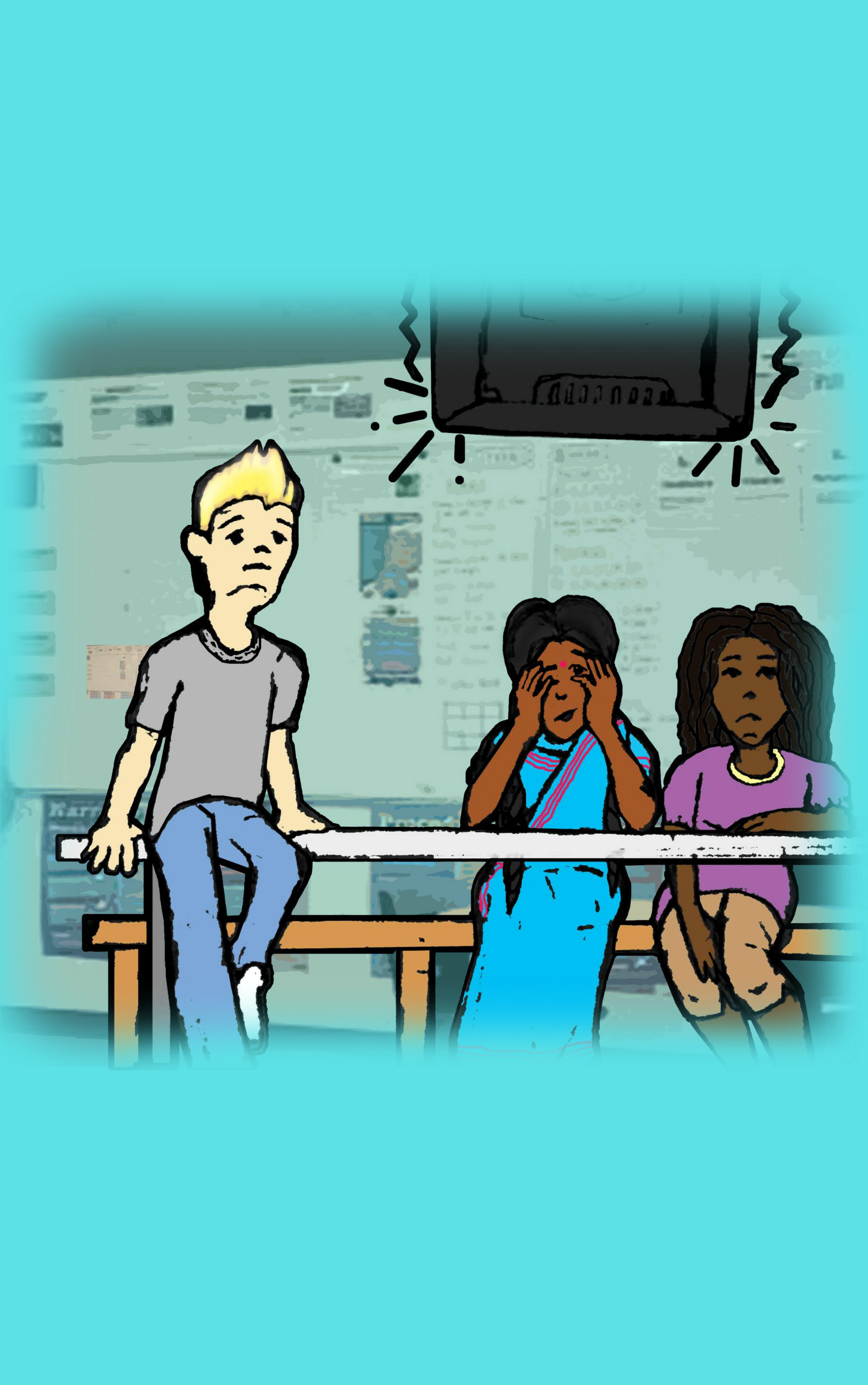
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Boys and girls all over the world are a little worried about coronavirus, also known by its code name COVID 19.

COVID 19 sounds a bit like a mission in a spy movie, doesn't it? So what's the fuss? And why is every channel on TV showing this thing?

The playgrounds are closed. The movie theatres are closed. Even the video game store is closed! IS the world coming to an end?



Adults who are close to us
are the best source of
information.

That could be your mom, dad
or even a teacher.



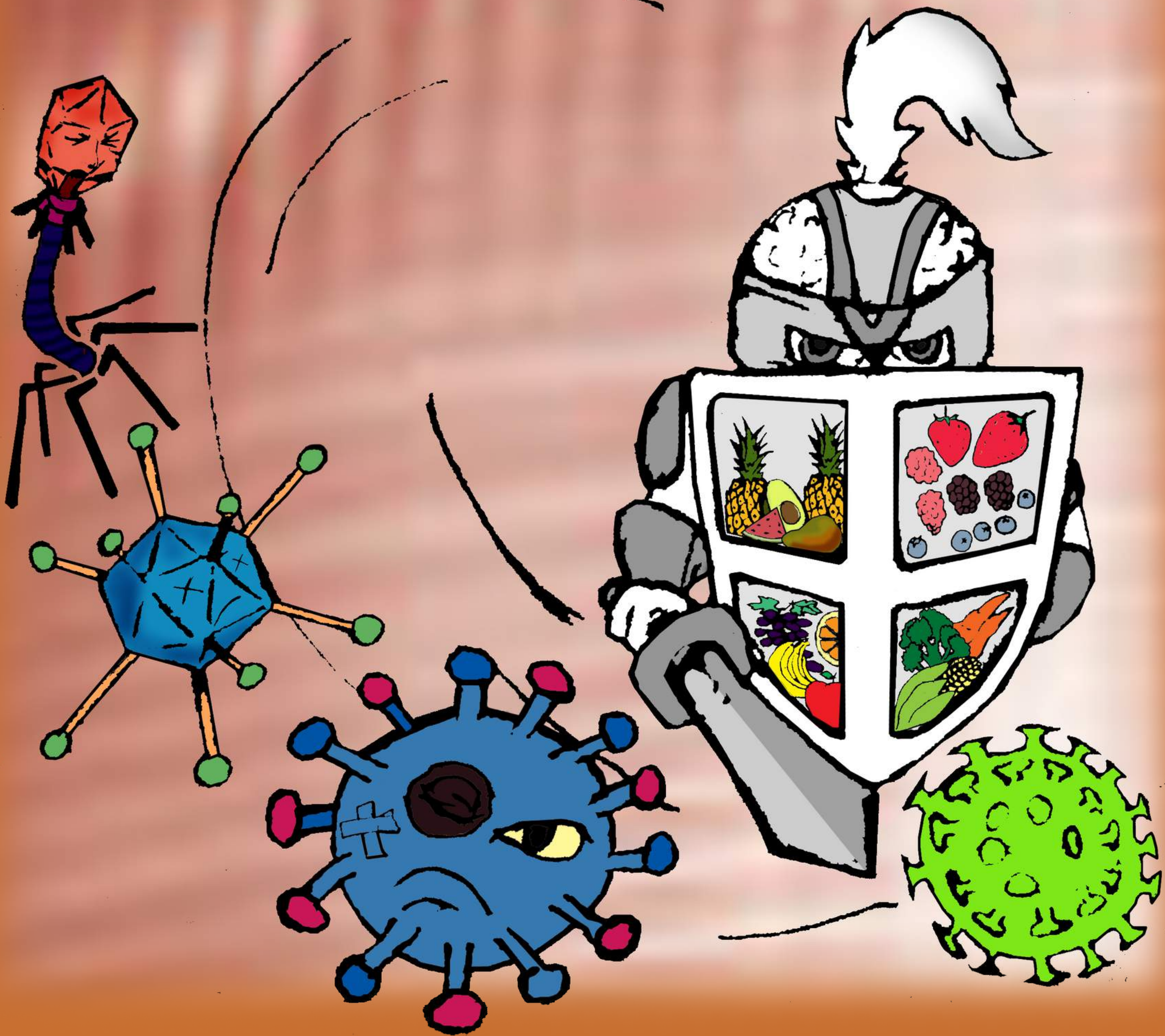
Viruses aren't new. They have lived among us for many, many years and anyone in any part of the world can catch one. That is why we have always practiced washing our food and washing our hands before eating food. But some viruses are new and that prevents us from fully preparing for them. This is what makes coronavirus such a big deal—we did not prepare for a new virus. Imagine coronavirus like a microscopic burglar trying to get into your body to make you sick. If it does get inside your body you have what is called an immune system to fight against it.



Your immune system is so advanced!

It consists of white blood cells that are like superheroes keeping watch in your blood and waiting to attack invaders, like viruses and bacteria.

Your immune system gets even stronger when you eat your fruits and veggies and other healthy foods that are full of vitamins and minerals!



But what happens when your immune system has a hard time fighting off coronavirus?

Many kids don't feel any different at all and some might feel a little sick.

Coronavirus can cause a fever, a stomach ache and make us cough and sneeze. If you feel sick, tell your parents.



All of us have a role to play in stopping coronavirus. The best way to get rid of pesky viruses is by washing your hands as often as you can with soap and water while you sing the happy birthday song— so that you spend at least 30 seconds washing.

Does it really take 30 seconds to sing the birthday song? Go ahead, try it!



Coronavirus is spread through droplets in the air released by people who are infected by the virus — when they cough and sneeze. Because these droplets can get on your hands, you should try to keep your hands off your face and out of your mouth. Many people choose to cover their nose and mouth with a mask.

If you have to cough or sneeze, do it in your elbow and try not to touch others or get too close to them because you never know if they might be sick. This is called social distancing.



The great news is we live in a world that is smart and tough. As a matter of fact the world has seen pandemics* like coronavirus before! All the right people are working to fight coronavirus around the clock to keep us safe.

*A pandemic is when a disease is spread to a lot of people throughout the world.



So remember, you don't have
to worry.

We're all in this together.





ABOUT THE AUTHOR & ILLUSTRATOR

Peter O. Ivey



Peter O. Ivey is an author, a writer, a trained Chef, a serial entrepreneur, a highly coveted speaker, a well-known thought leader and a philanthropist. He is the CEO of The Reggae Chefs® and the Founder of Mission:FoodPossible. Peter is a writer at Loop News, the largest media house in the Caribbean, a former writer at WhereItzAt magazine, a popular NYC Caribbean publication, and a number of other online platforms. He has been a keynote and motivational speaker throughout the world, recently addressing audiences at events held by Brooklyn College, Long Island University, The Caribbean Association of Banks and UNESCO. He received a Certificate of Special (US) Congressional Recognition for "Outstanding and Invaluable Service to the Community" in 2017. The Caribbean American Chamber of Commerce and Industries (CACCI) also recognized Peter with The 2016 Business Visionary Award and the 2016 Business Innovation and Game Changer Award. When not working Peter is either travelling or spending time with his son, PJ.

Andrew N. Blake



Andrew N. Blake has been creating art in one form or another since he was able to grasp a pencil. Born and raised in Kingston, Jamaica, Andrew has been the creative force behind the logos of various local & international companies and organizations. His skill set runs the gamut of creativity: illustrations, graphic design, animation, content creation and much more. Andrew's versatility has brought him local and international recognition as the creative head behind the edutainment company, The Reggae Chefs and the Mission:FoodPossible charity, once dubbed "possibly the answer to the world hunger crisis" by Forbes magazine. In his spare time Andrew follows his favorite football team, Arsenal FC and spendstime with his son, Ajahni.

Boys and girls all over the world are a little worried about coronavirus, also known by its codename COVID 19. COVID 19 sounds a bit like a mission in a spy movie, doesn't it? So what's the fuss? And why is every channel on TV showing this thing? The playgrounds are closed. The movie theatres are closed. Even the video game store is closed! IS the world coming to an end? No it's not and this book will tell you what coronavirus is, what the symptoms are and why you shouldn't be worried.