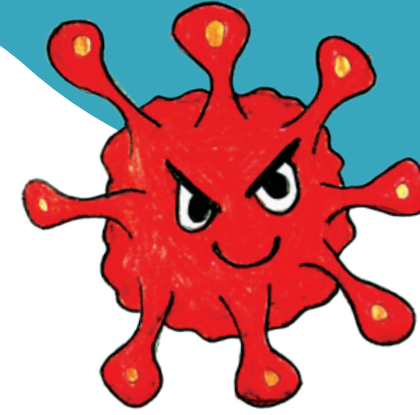


# Once Upon A Covid



Written by Lietta Ioannou  
Illustrated by Thaleia Sioutou



**For Evangelos Spanos.**  
This book is dedicated to everyone  
that has been affected by COVID-19.



What is  
COVID-19?



Why is COVID-19  
everywhere in  
the world?



Where did it  
come from?"



Why is  
everyone so  
afraid of  
a little virus?



How do I know  
if I have the virus?



Why can't I go to school,  
play with my friends or see  
the people I love?



What can I do to be  
a superhero right now  
and protect myself  
and others?

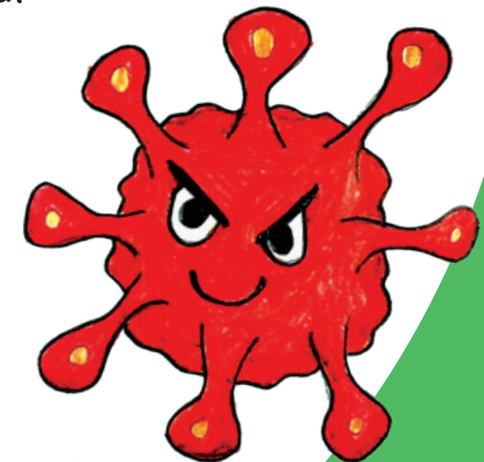
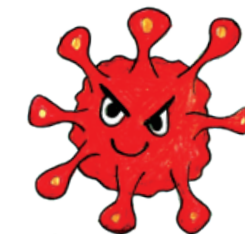




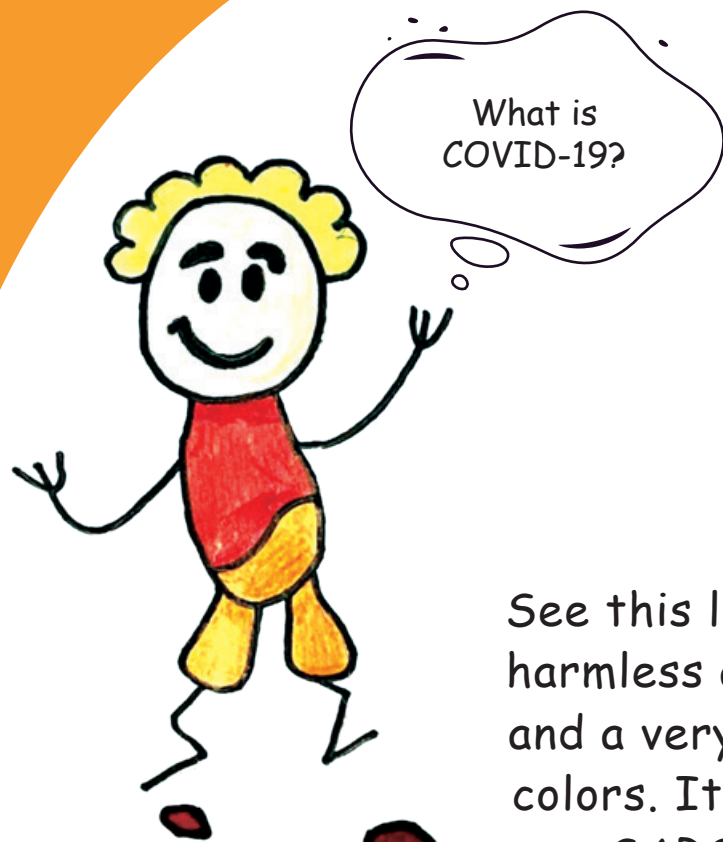


Our world has changed forever!  
It might be hard to understand all  
the different things we have to do  
and why we have to change so  
many habits and routines.  
Sometimes, it can even be scary!  
Everything and everyone can seem  
dangerous and you might have  
a lot of questions about  
what is happening!

But if we understand what  
is going on and what  
we can do to protect  
ourselves and others,  
we don't need to be afraid!







See this little creature? As small and harmless as it may seem, it is a villain and a very good one at hiding its true colors. It is a virus called COVID-19 or SARS-CoV2, but you might also know it as "coronavirus". Even though it is a villain, it is about 4,000 times smaller than an ant!



Now, you might be wondering how such a small virus can be so dangerous and affect millions of people worldwide, causing a global pandemic\*... Well, look no further, because in this book you are going to learn all about it and how we can all defeat this evil villain...

**\*pandemic:** (of a disease) prevalent over a whole country or the world.





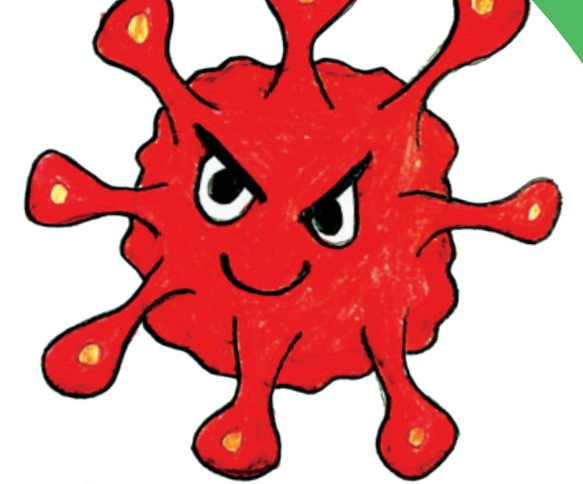


COVID-19 was first found on the 31st of December 2019 after being transmitted\* from an animal to a human being at the Huanan market in Wuhan, China.

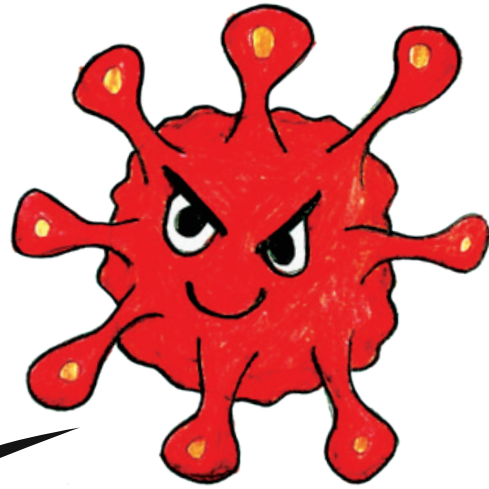
\***transmitted**: to pass or spread (disease, infection, etc) to another.



This famous market is an everyday destination as it is great for buying cheap food while chatting with friends and locals. However, this market also sells live animals which can carry various illnesses, and this is where many people believe COVID-19 was born.







But, no one really knows where COVID-19 was actually born, and it is always good to know as much about a villain as you can if you want to defeat him. Top scientists from around the world - the good guys who are working to kill COVID-19 - have come up with two theories\* on where it came from:

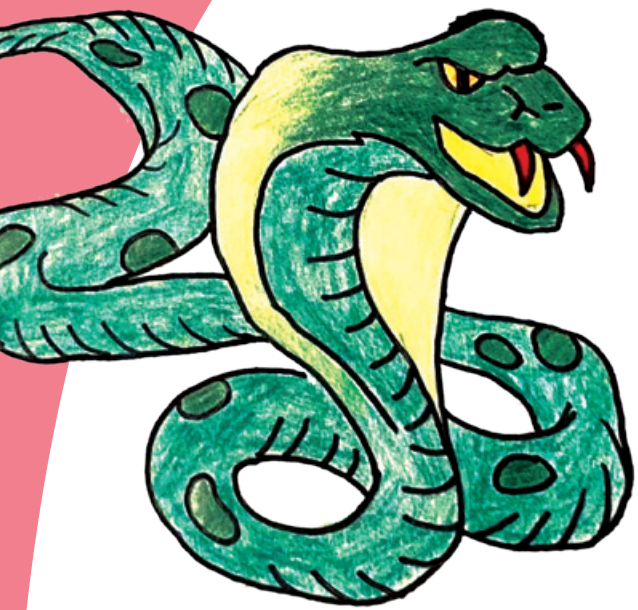
**\*theory:** a hypothesis assumed for the sake of argument or investigation.



Firstly, some scientists believe that it previously "lived" in bats, and was then passed on to humans who consumed them (yes, there are people who actually eat bats!) in the Huanan market.







Secondly, other scientists believe that it was transferred to humans by either Malayan pangolins, snakes or the palm civet in the Huanan market.

There are some people who believe that COVID-19 was not born in the Huanan market, but that it was created by a crazy scientist in a Chinese research lab. Scary, right?!

Regardless of where and how it was actually born, COVID-19 was born under harsh\* conditions and without love and affection from others, which is why it uses its magic powers against people around the world.

\***harsh**: unpleasant, unkind, cruel or more severe than is necessary.







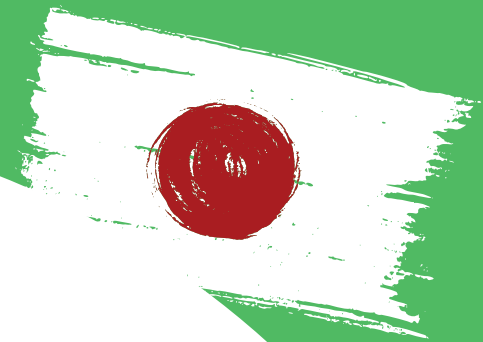
Why is COVID-19  
everywhere in  
the world?

Why is  
everyone so  
afraid of  
a little virus?



After COVID-19 was discovered for the first time on the 31st of December 2019, many people thought that it wasn't all that harmful; they treated it like the common flu.

However, as time passed COVID-19 uncovered its dark side, affecting more and more people across China.



Before it struck upon other countries, COVID-19 spread rapidly\* across China and affected hundreds - or even thousands - of people on a daily basis! Then one day, it decided to travel the world. When it first used its evil magic to make a Japanese person disappear forever in January 2020, people began to fear it and its strong powers.

\***rapidly**: very quickly; at a great rate.



Soon, COVID-19 was found in people across Thailand, South Korea, Japan and the United States. The problem got worse and worse every day: airplanes leaving Wuhan were cancelled; buses, subways, and ferries were suspended. Any person who had travelled to China within 14 days was not allowed to enter the United States...all because of this small, harmless-looking virus! It could travel unseen and faster than anyone could guess, like an evil super-villain! Now you can understand why it was so dangerous in the first place...



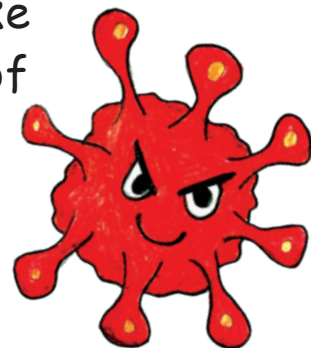




By the 2nd of February 2020, COVID-19 had used its evil powers on 360 people to make them vanish\* completely!

Its evil powers were stronger towards the more vulnerable members of our communities like the elderly and people who were already suffering from another illness. Around the world, it was decided that these were the people we had to protect at all costs. This is why you don't go and see some people now, because you want to make sure that they stay safe from the evil magic of COVID-19.

\***vanish**: disappear suddenly and completely.



Then, COVID-19 decided to board the "Diamond Princess," a cruise ship travelling around Southeast Asia. Once the trip was over, the 3,000 people onboard had to stay inside the ship for 2 more weeks because of the virus! When they were finally allowed to leave, 600 of them tested positive for the coronavirus...



Why can't I go to school, play  
with my friends or see  
people I love?

COVID-19 continued to use its evil powers on people around the world, and managed to change everything in the blink of an eye\*. Suddenly, the word "lockdown" became part of our everyday lives. Scientists and governments realized that this was the only way to slow down this evil villain while they worked on a way to stop it for good!

\*in the blink of an eye: very quickly.



During lockdown, citizens of certain areas, even whole countries, were quarantined\* in their homes, followed a specific curfew, and faced other restrictions to limit the spread of COVID- 19. Public places were closed, sporting and cultural events were cancelled,

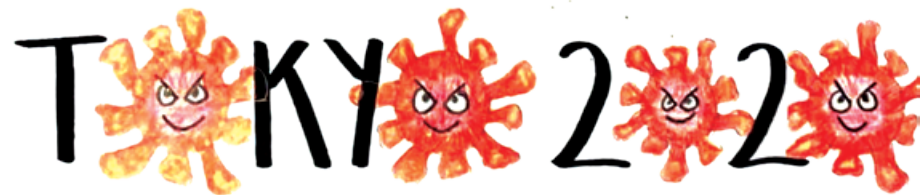


and borders between countries were shut down so people could not travel, leading to a downfall of the global economy. Children were no longer allowed to attend schools, and had to follow their classes online. Most businesses also had to adopt an online approach.

\*quarantine: to isolate from normal relations or communication.



Even the 2020 summer Olympic Games in Tokyo were postponed, and this had only happened three times before, because of war: in 1916, 1940 and 1944!



Even though we had a lockdown, COVID-19 was still powerful! By April 2, 2020 COVID-19 had infected a million people around the world, and it had used its magic powers to make about 51,000 people disappear!

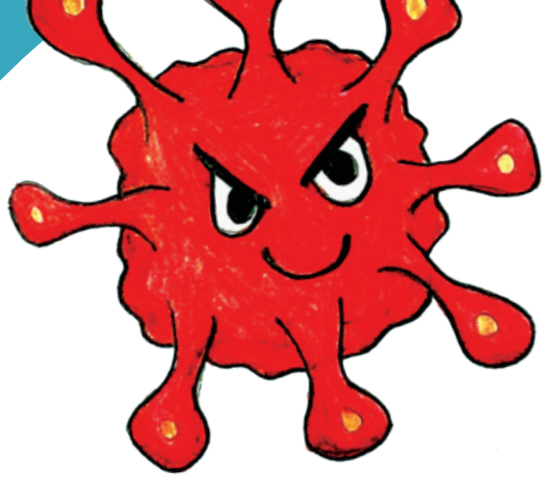


It had mostly affected people in the USA, Spain, Italy, Germany, France, China, Iran the UK, Switzerland and Turkey, making them devastated as most of them had lost jobs. There was a daily increase\* in the number of people that knew someone that had been affected or infected by this horrible disease.

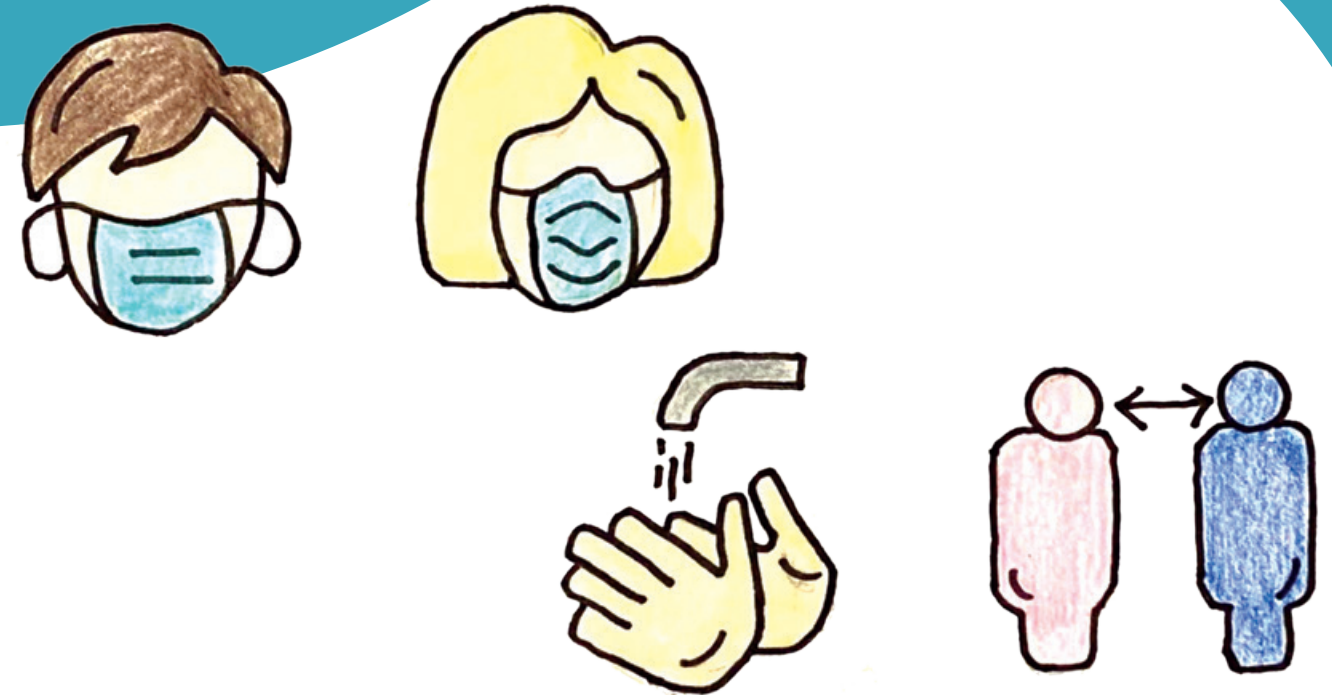
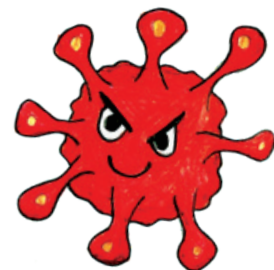
**\*increase:** become or make greater in size, amount or degree



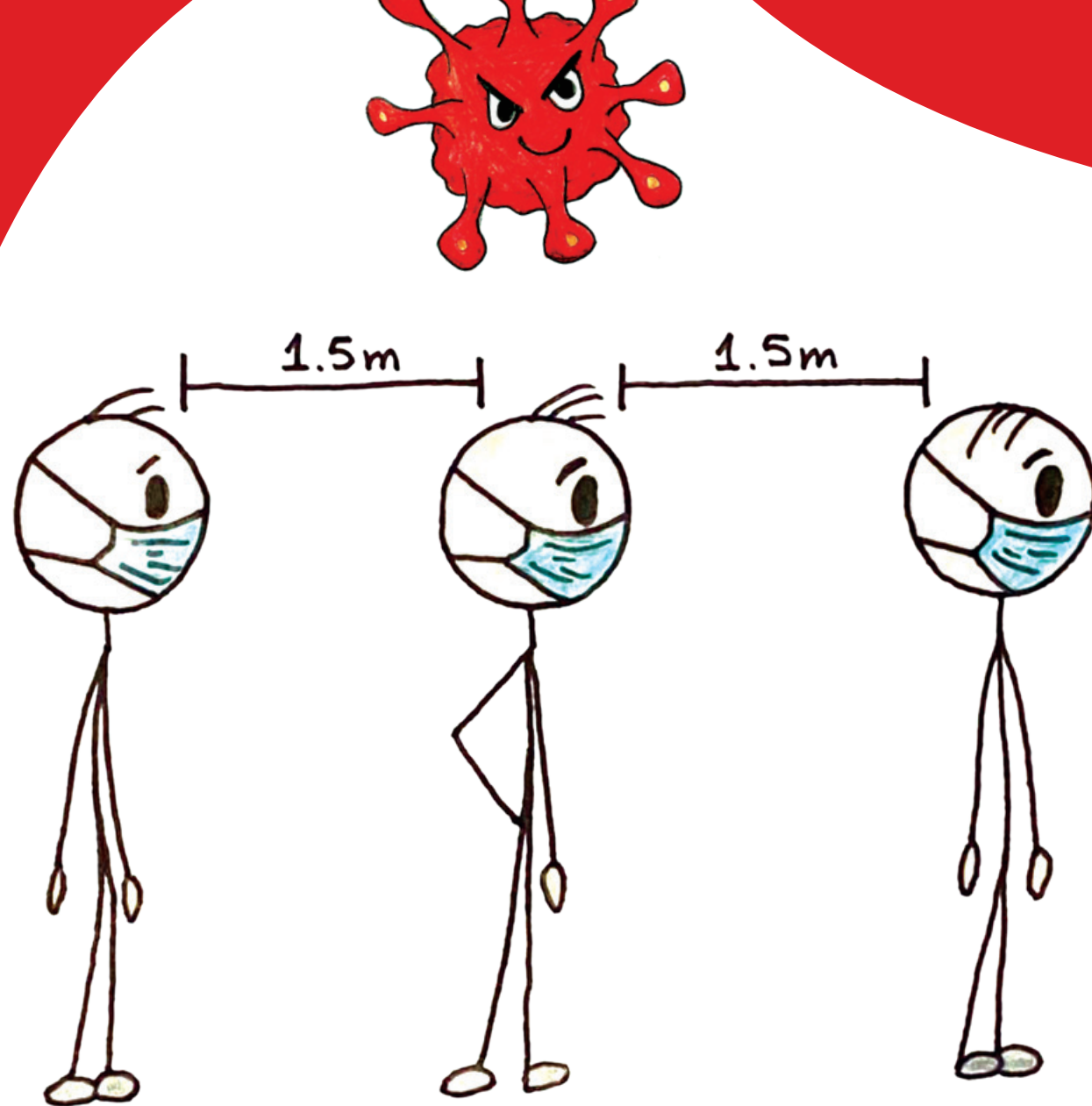




The lockdowns did slow it down, but people were still getting sick and disappearing, and these measures also created other problems. Because everything was closed down, lots of people lost their jobs and didn't have any money. Some people said that they would rather get the virus than be out of work. Other people in poor countries and areas didn't have enough food to eat, and in some places, people didn't have access to internet, so they couldn't go to school or work.



However, the lockdowns and other safety measures did do some good. Slowly, across the world, lockdowns began to end, and countries "opened up" once more, with safety measures: people were required to wear a mask, check their temperature before entering some public places, and hold gatherings with less than 50 people. Of course, we all continued to wash our hands in order to protect others.



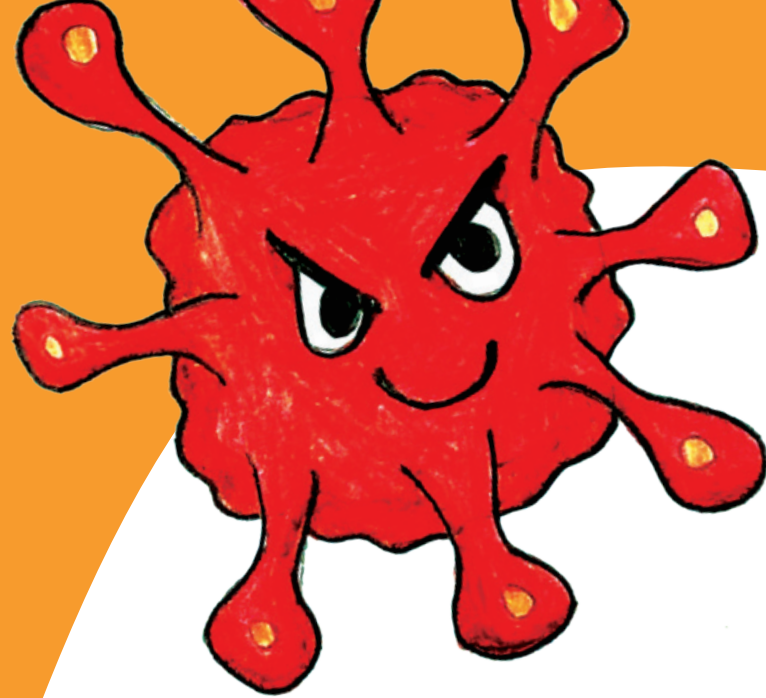
And as you might already know, a new rule entered our everyday life.

Social Distancing!



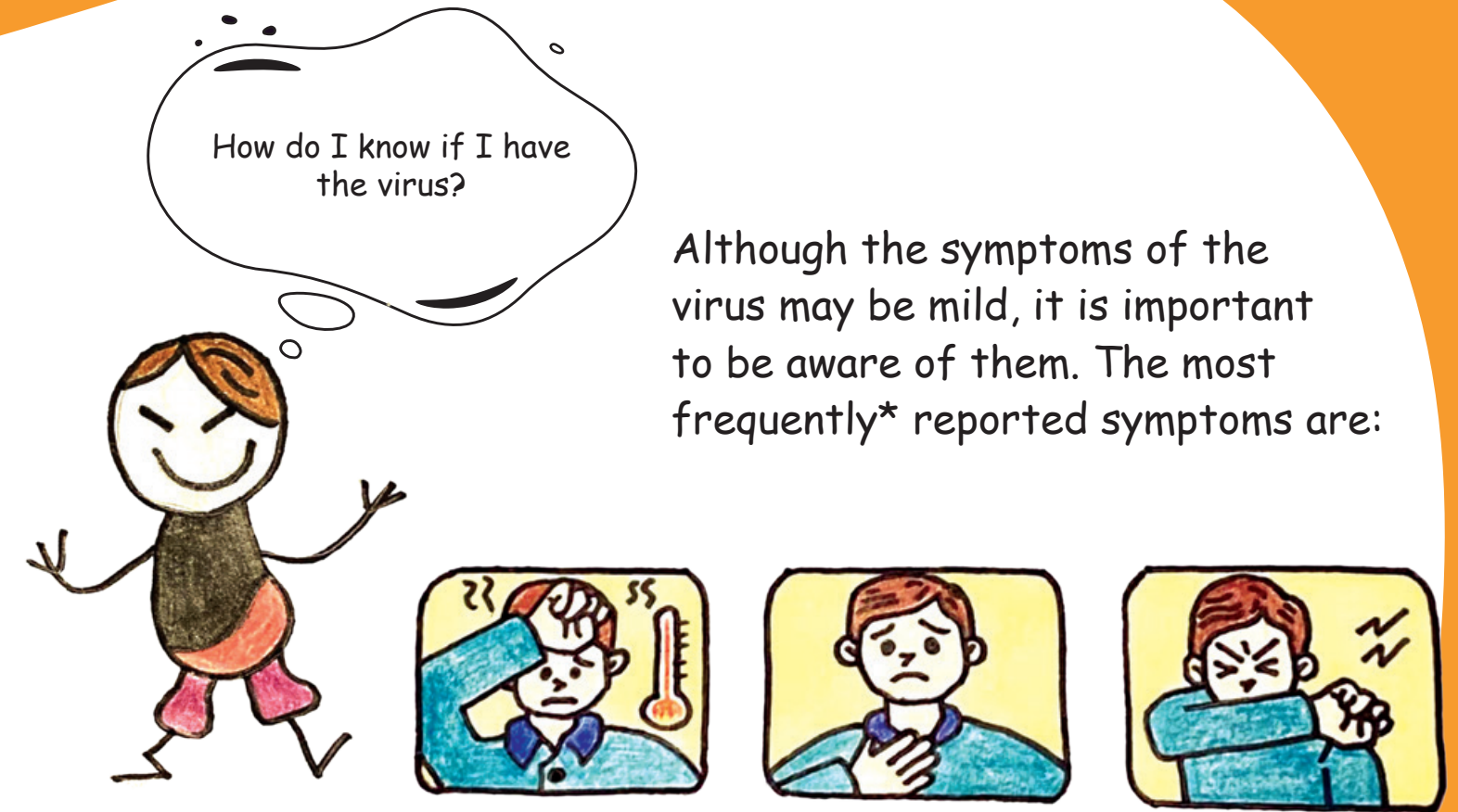
By the 31st of July 2020, 18 million people had been affected and around 700,000 had disappeared forever, all because of COVID-19's evil powers...





Although it is not yet clear when we will be able to fully defeat COVID-19, we can all work together to try and stop it from spreading and affecting more people around the world...

Scientists and governments have realized that if we are all informed, we can work together to keep us all safe...so here are some things that you need to know:



Although the symptoms of the virus may be mild, it is important to be aware of them. The most frequently\* reported symptoms are:

Fever

Shortness of  
breath

Cough

- |                                |                           |
|--------------------------------|---------------------------|
| 1. Fever                       | 6. Loss of taste or smell |
| 2. Chills                      | 7. Runny nose             |
| 3. Difficulty breathing        | 8. Sore throat            |
| 4. Head, muscle and body aches | 9. Diarrhea               |
| 5. Fatigue                     | 10. Vomiting              |

\*frequently: regularly, often





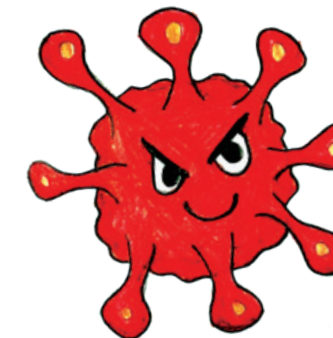
Vomiting



Body Aches

If you have symptoms, you shouldn't go out of the house, and if they get worse, you should go to the doctor! Sometimes, people don't realize they have COVID-19; they are called "asymptomatic" because they do not show any symptoms of being ill. These people go to public places without worrying about it, and as a result, they accidentally infect others.

What can I do to be a superhero right now and protect myself and others?



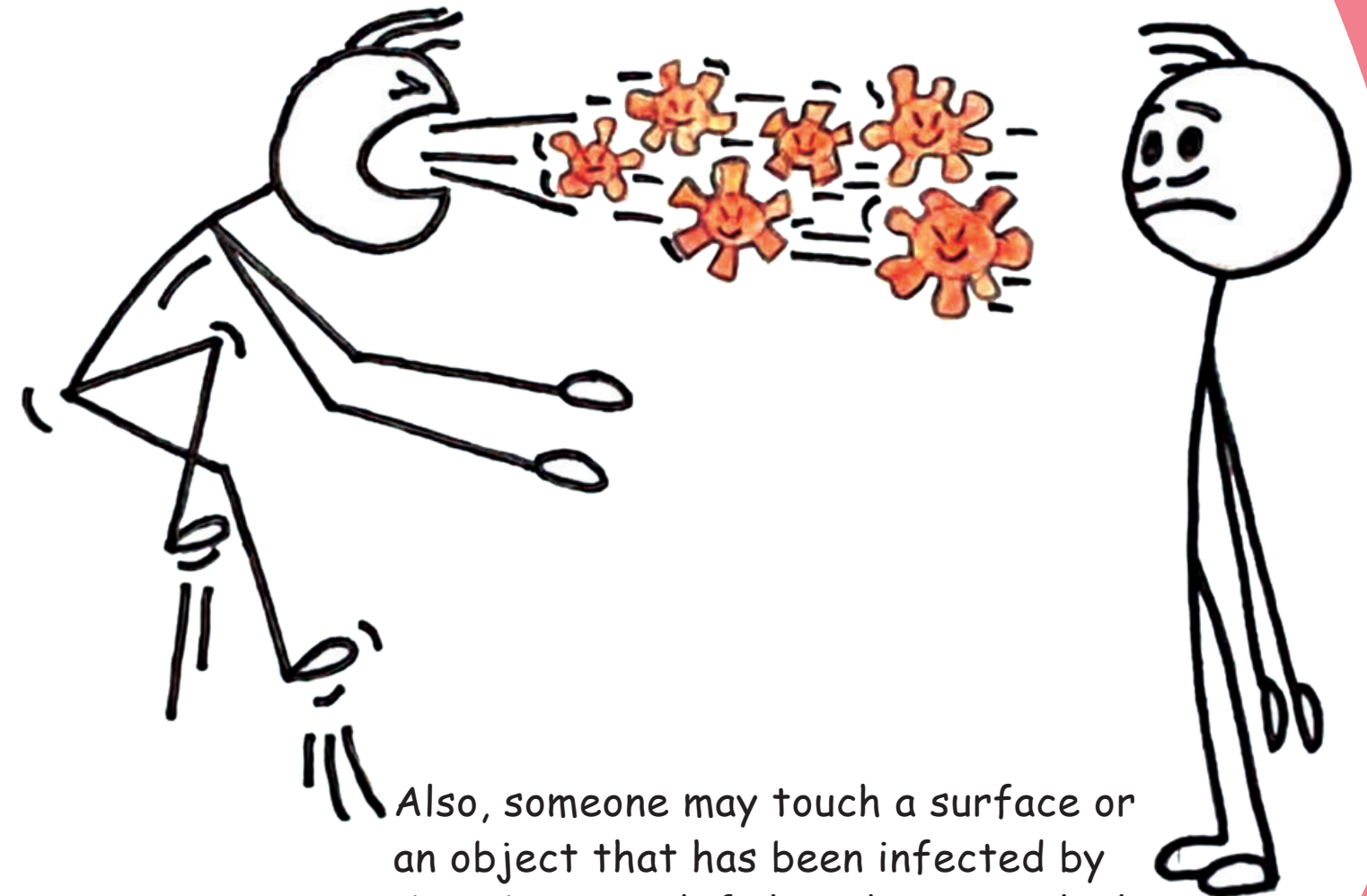
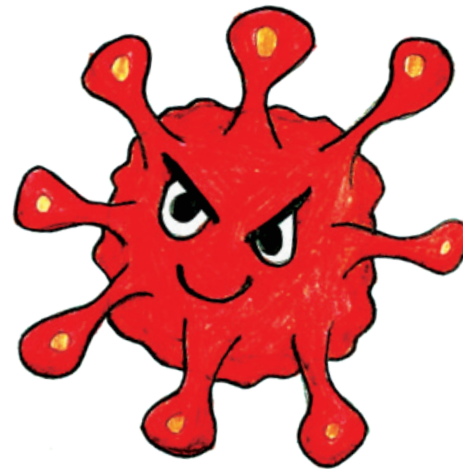
If you know how COVID-19 spreads, you can stop it more successfully and be a superhero (even if you are asymptomatic)!



Usually, COVID-19 spreads from person to person through droplets\* when an infected person coughs or sneezes.

These droplets then enter another person's (who is most likely close to the infected person) mouth or nose and infect them. Yuck!

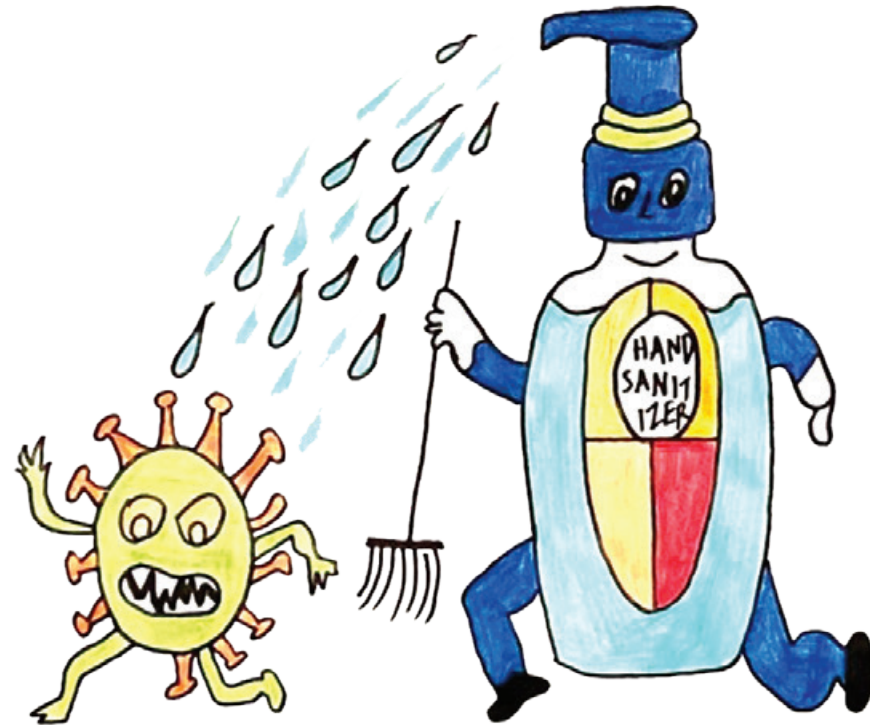
\***droplets:** a very small drop of a liquid.



Also, someone may touch a surface or an object that has been infected by COVID-19, and if they do not wash their hands immediately, they run the risk of catching the virus if they touch their face.

That might all seem really scary! But, what scientists say is that we can protect ourselves and others if we all follow some simple rules:

1. Cover your mouth and nose with a mask around others.
2. Wash and sanitize your hands frequently.
3. Avoid close contact with others.



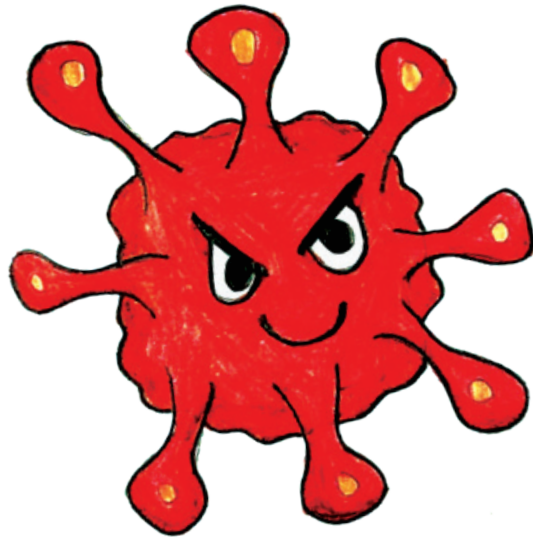
4. Cover coughs and sneezes and throw the tissues in the trash.
5. Clean dirty surfaces.
6. Avoid touching your eyes, mouth and nose as COVID-19 likes to enter through there.



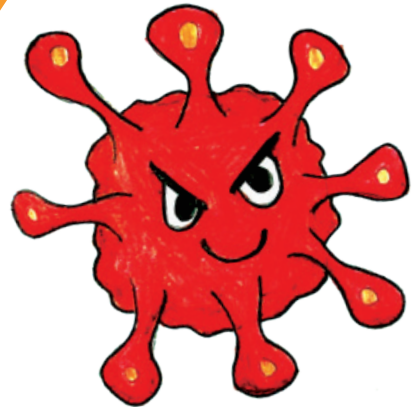
Avoid touching your nose, mouth and eyes...



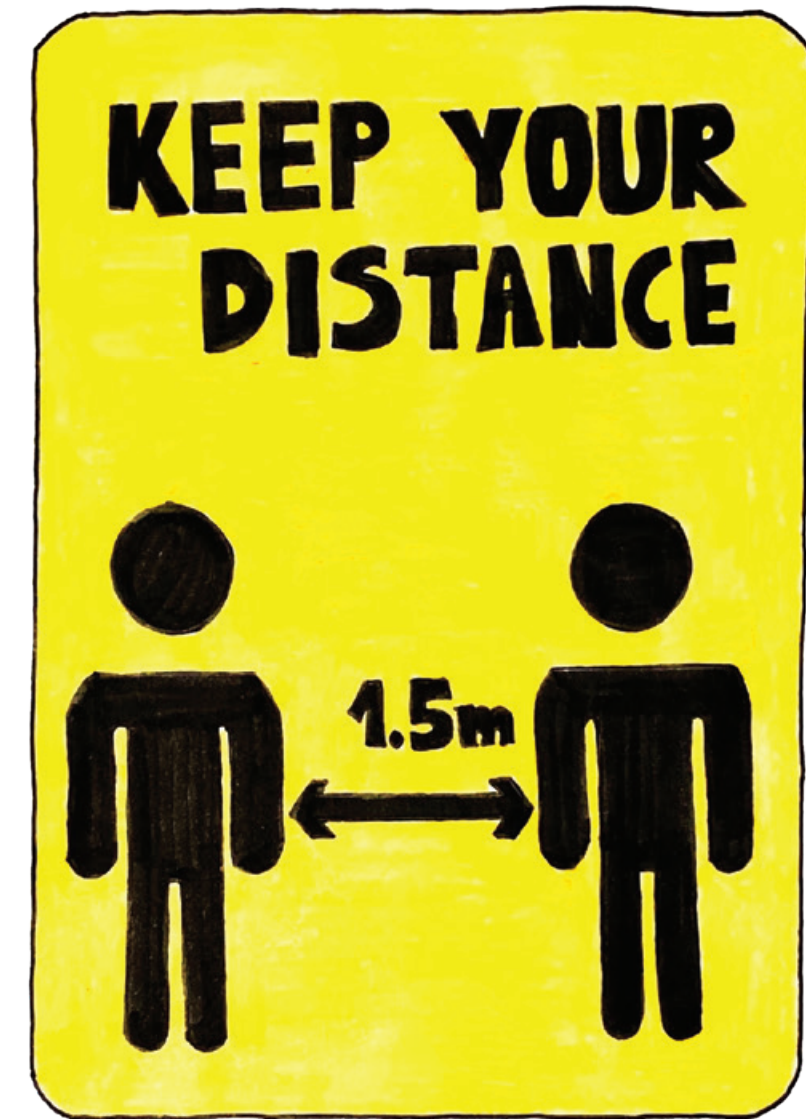
Now that you know all about evil COVID-19, what it has done to people around the world, how it spreads, what symptoms infected people show, and what you can do to stop it, you can protect yourself and others from its evil!



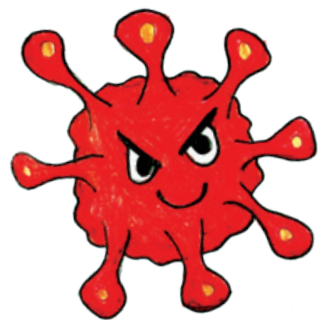
It is up to each and every one of us to be responsible, to respect and protect each other by taking the necessary measures at all times. It might seem hard, but only in this way can we limit and slow down the spread of COVID-19 and give scientists all over the world the opportunity to find a cure.



Soon, we will defeat COVID-19  
because we will fight against  
evil in our world by using our  
weapons - following the required  
precautions and looking to the  
future with optimism.



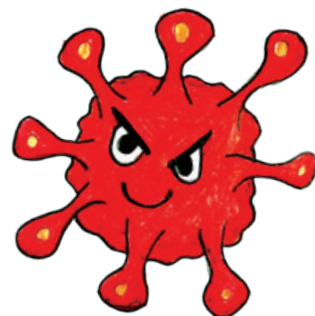




Under the auspices



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COVID-19 was unexpected for all of us. As teenagers, we are able to comprehend why and how our lives have changed so suddenly. However, having grown up in a family with younger siblings, we have realized that it is difficult for children to truly understand and accept this change.



They pose various questions regarding COVID- 19, and it is very challenging for parents to explain this devastating matter in an appropriate, kid- friendly way. In other circumstances, it would be easy to just sweep the issue under the carpet and avoid all questions regarding it. However, COVID-19 has affected the whole world, so everyone must face the truth at some point.



Through this children's book, we worked collaboratively- using Lietta's writings and Thaleia's illustrations- to convey this issue in a way that we believe is suitable for young children.

We hope this book resonates with both parents and young children all over the world, and more importantly, that it educates children on this crisis.

