Books: Pediatrics

Pediatrics

2020

Be a Hero Too

Samantha S. Rohe
University of Nebraska Medical Center, samantha.rohe@unmc.edu

Sophie Cemaj
University of Nebraska Medical Center, sophie.cemaj@unmc.edu

Follow this and additional works at: https://digitalcommons.unmc.edu/com_peds_books

Part of the Infectious Disease Commons, Pediatrics Commons, Public Health Commons, and the Virus Diseases Commons

Recommended Citation

Be a Hero Too

written by **Samantha Rohe, MD**

illustrated by **Sophie Cemaj, BS**

Coronavirus is the talk of the town.
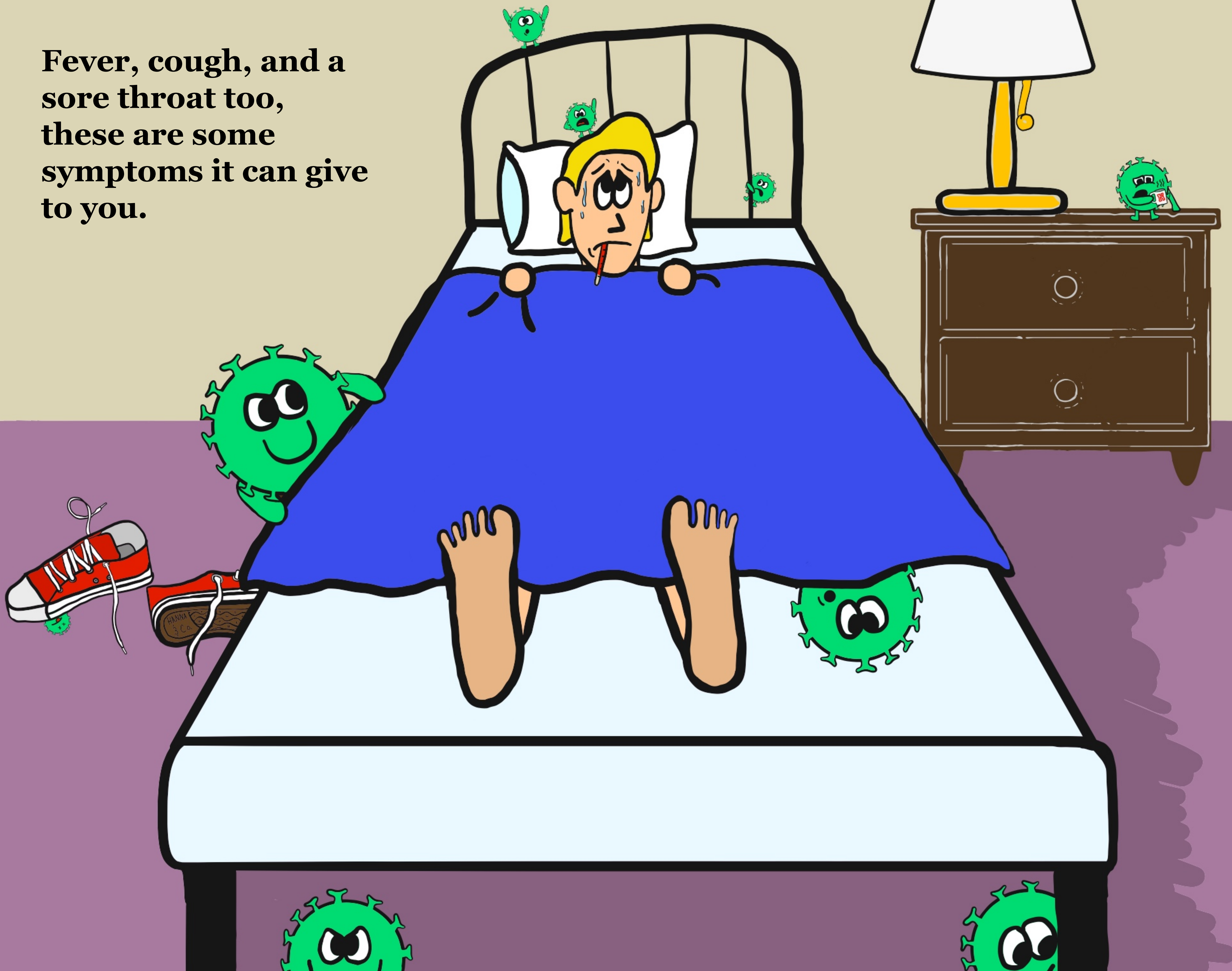
So what is this virus going around?

It's a tiny living organism too small to be seen.

It causes a sickness called Covid-19.

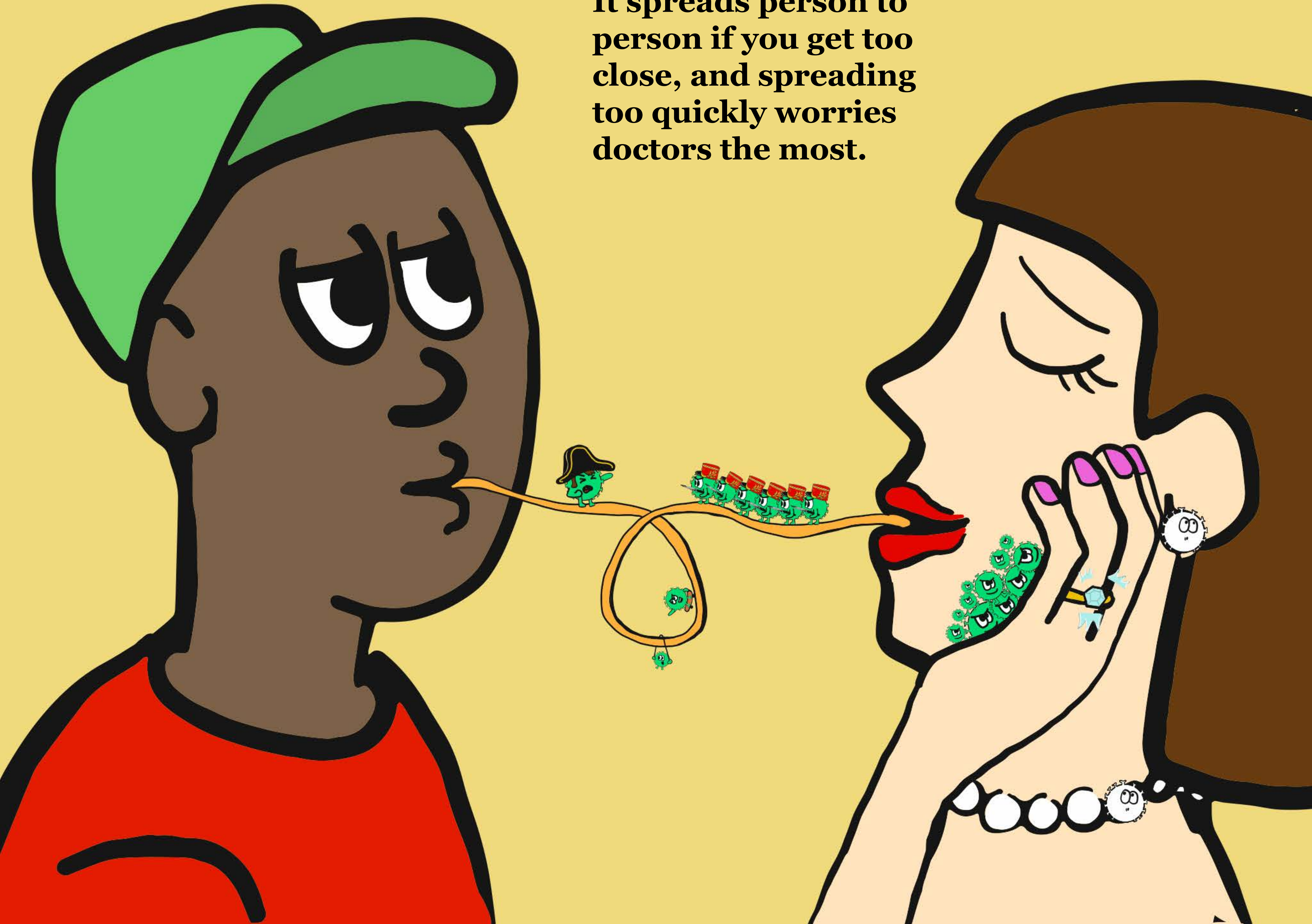Fever, cough, and a sore throat too, these are some symptoms it can give to you.

It likes to hang out in your mouth and your nose.
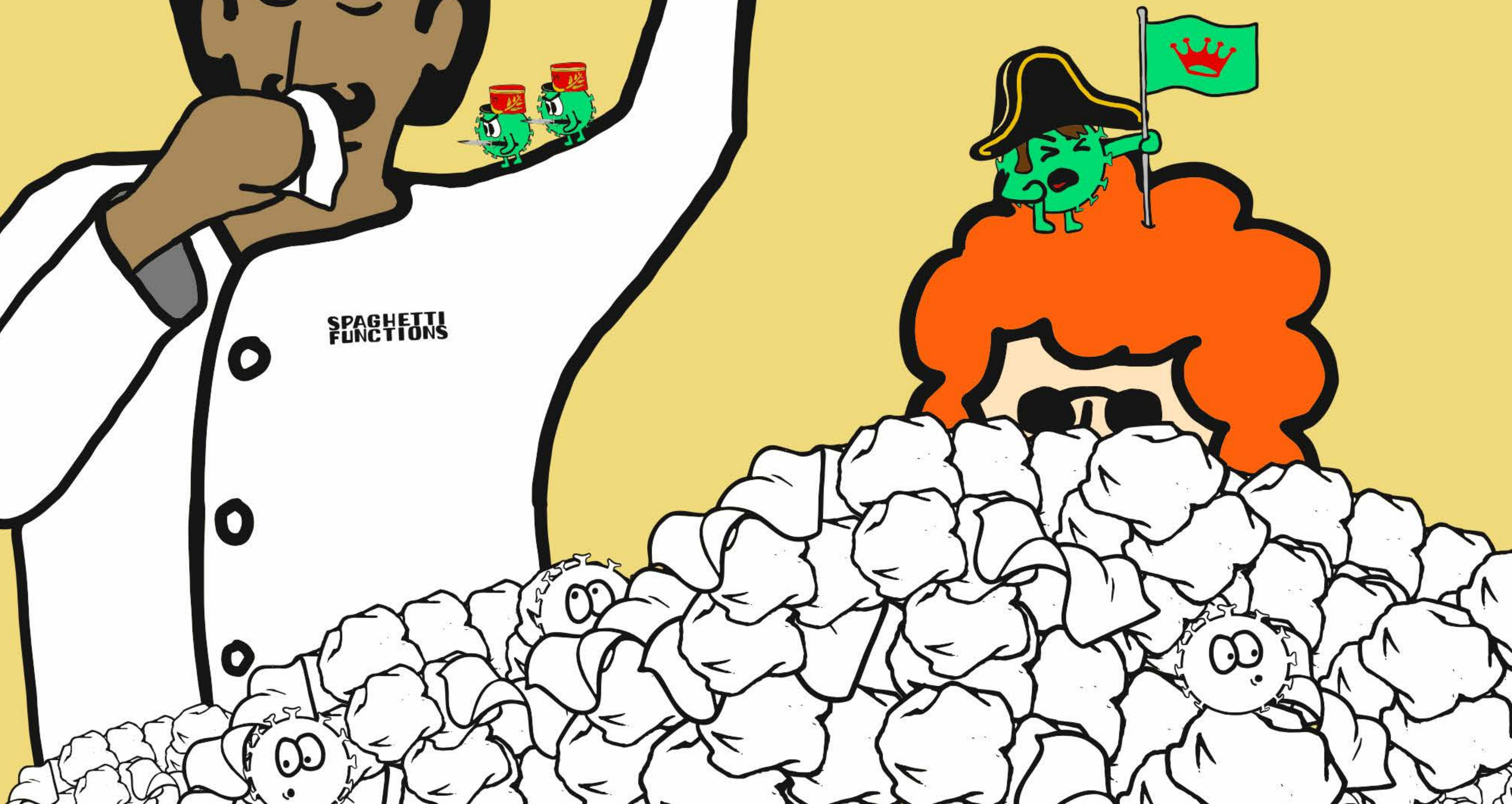
Or on your hands if you've touched one of those.

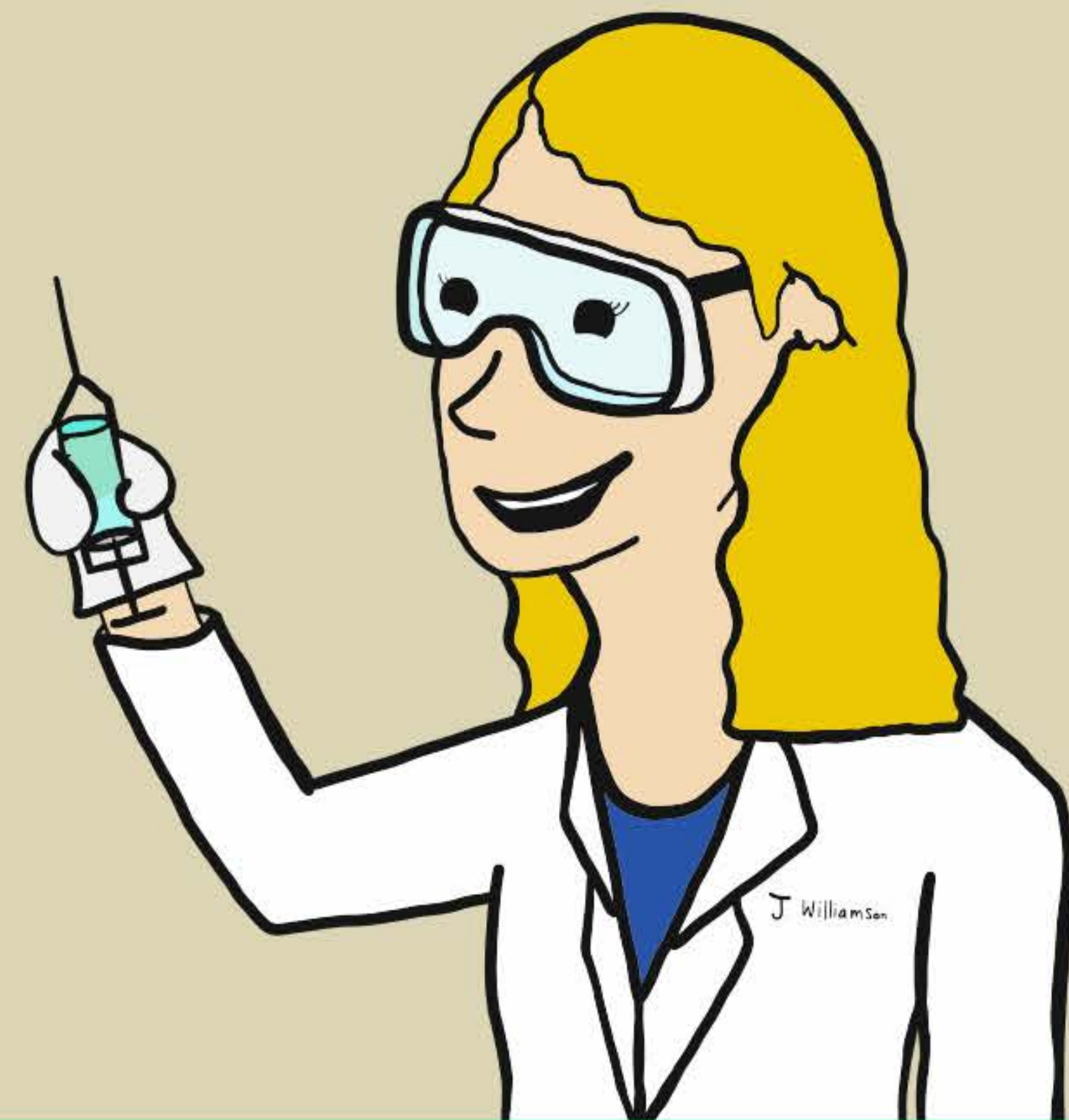It spreads person to person if you get too close, and spreading too quickly worries doctors the most.

Most people will feel just a tiny bit yucky.
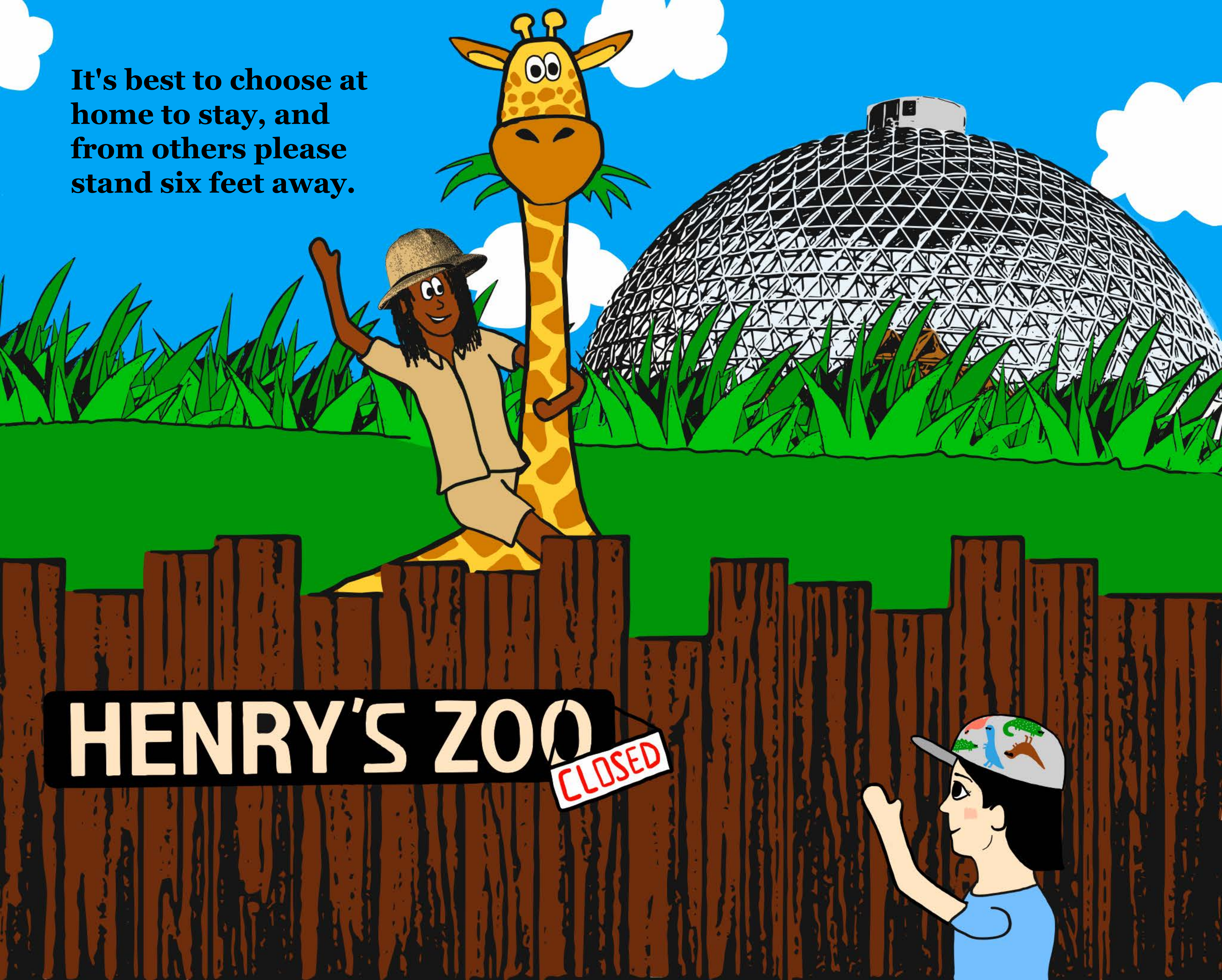
You need to protect those who won't be so lucky.

Many heroes are working to do just this.
Their advice is something you must not dismiss.

Cover your cough with a tissue or sleeve.

Remember to always wash your hands, please.

It's best to choose at home to stay, and from others please stand six feet away.

HENRY'S ZOO CLOSED

So no school, play dates, or trips to the zoo.

But, it's not for forever so do not feel blue.

Staying away from others in town is how we can slow this bad virus down.

Doing these things is
what we ask of you.

It is how you can be a
hero, too!