



By: Sara Ibrahim

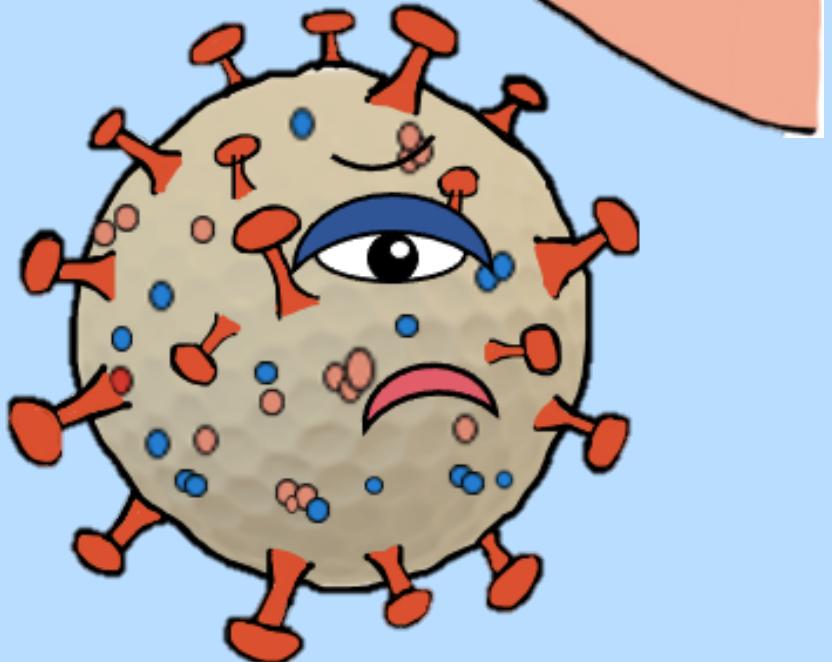


That is because a sickness, similar to the flu and cold, called **coronavirus**, had spread in his city.

Kolo woke up today excited to rush to his calendar and mark another day off.

He has been counting down the days before going back to school.

Kolo had to stay at home for a while, along with everyone else.

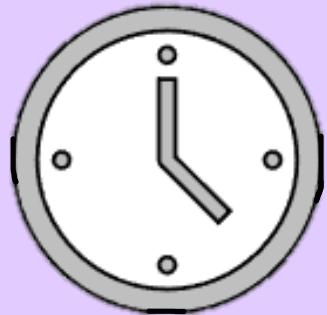


After breakfast, he started to feel a little pain and itchiness in his throat.

Later on, he started sneezing...

He told his parents and they had to share the sad news to him...





Unfortunately, we will have to watch you for the next couple of days and if it gets worse, then we will get you tested. But until then, you will have to stay at home to avoid spreading the germ particles to others who are healthy.

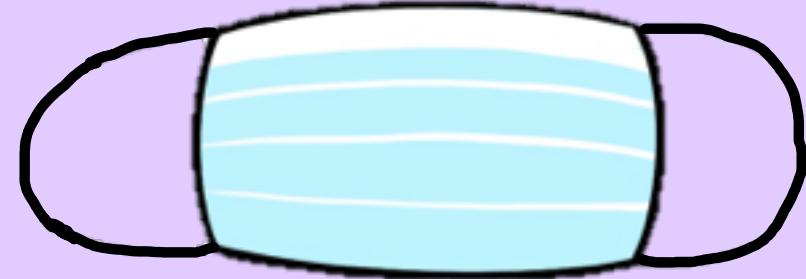
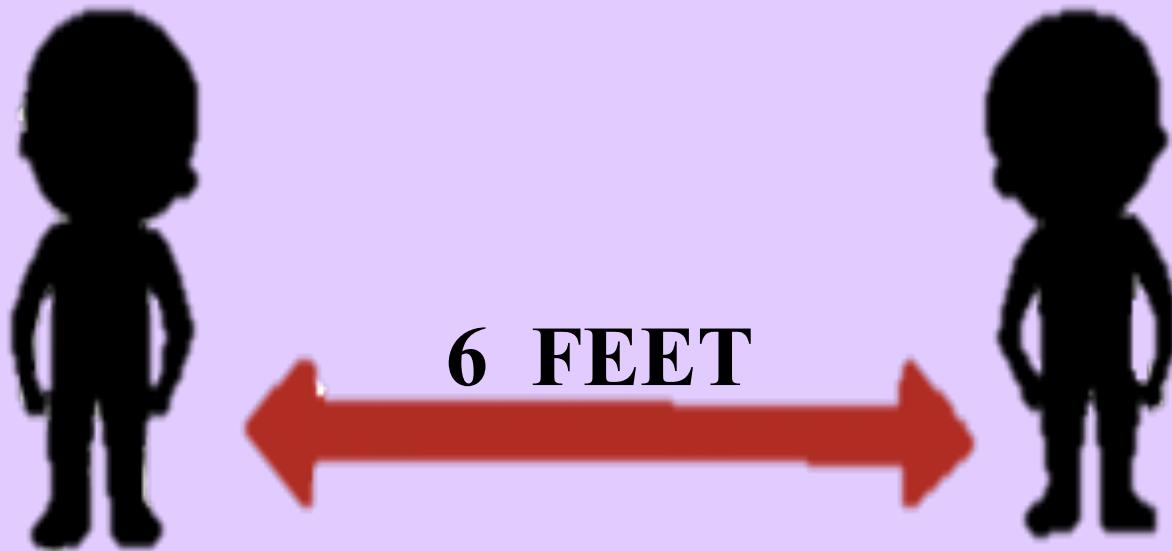
Better to be safe than sorry!



School was going to start in 8 days, and Kolo was hoping to be all better by then.

He was hoping not to have to stay home for another 6 days, after school started, in order to complete his full 14 days in quarantine, or as some called it, isolation.

This was because the city had issued such rules for everyone's safety.





Kolo had gone out to the mall and the park in the past week.

He may have touched something that had droplets of coronavirus.



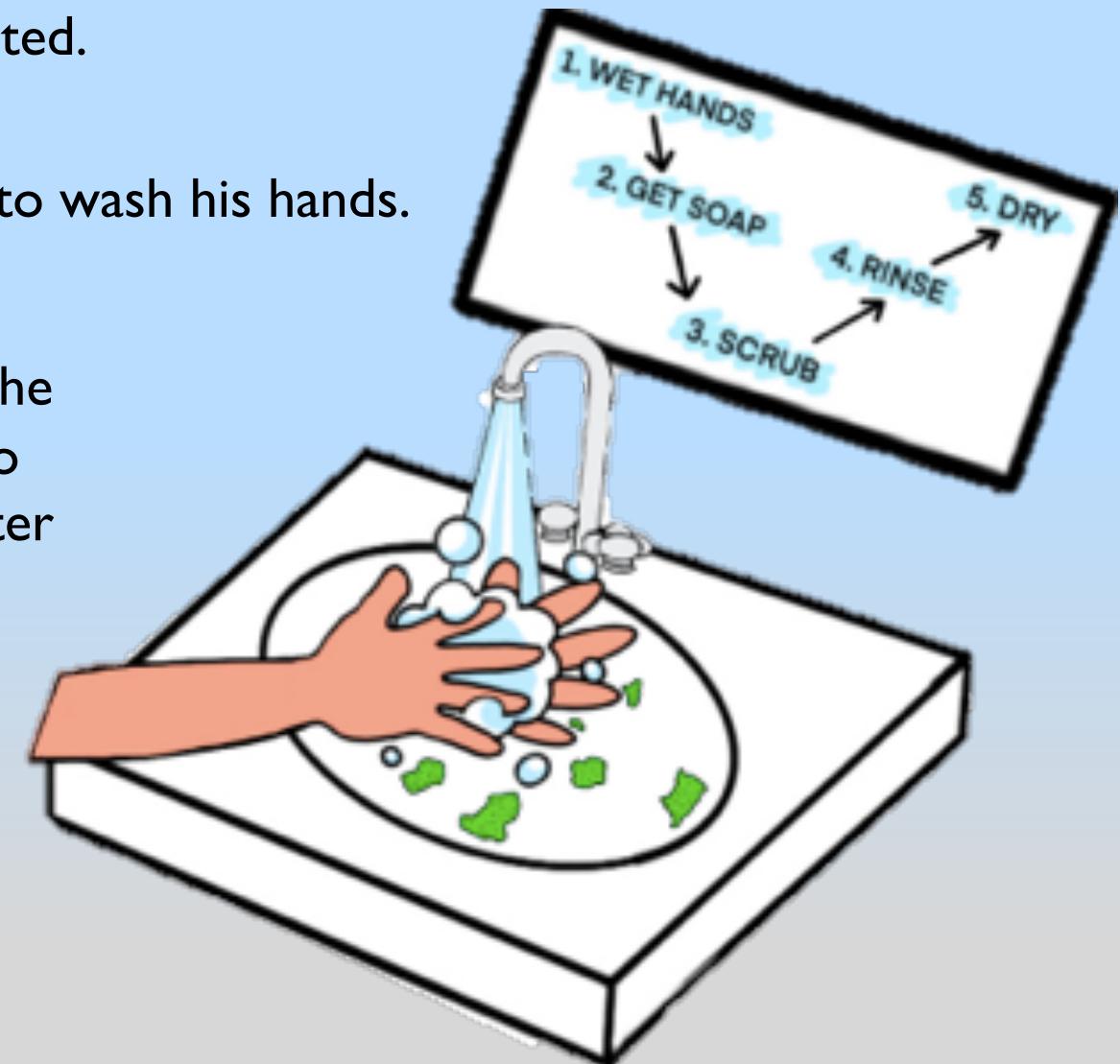
He may or may not have gotten the sickness, but he was willing to sacrifice a couple of days of back to school, so he was not putting others at risk.

Finally, the day came and he was feeling all better! It was his first day back to school, so he was very excited.

Before he left to go walk to school, he made sure to wash his hands.

He followed the instructions on the sheet above the sink and sang “Mary Had a Little Lamb,” slowly, to make sure he washed his hands with soap and water for at least 20 seconds.

Kolo is keeping himself, and others around him, safe from the virus by doing this simple act of handwashing.



By washing his hands properly, and often, he reduces the risk of cross-contamination.

Cross-contamination is when the infected germs from one surface or object are transferred to an uninfected one.

Here are some of the times when you should be washing your hands to stay safe:

- ➡ Before and after you prepare or eat food
- ➡ After coughing, sneezing or using the bathroom
- ➡ After seeing a sick person
- ➡ After touching pets or handling animal waste
- ➡ After coming home from outside



After washing his hands, he checked for a hand sanitizer and water bottle in his bag as well as a mask to keep his face covered and protected.

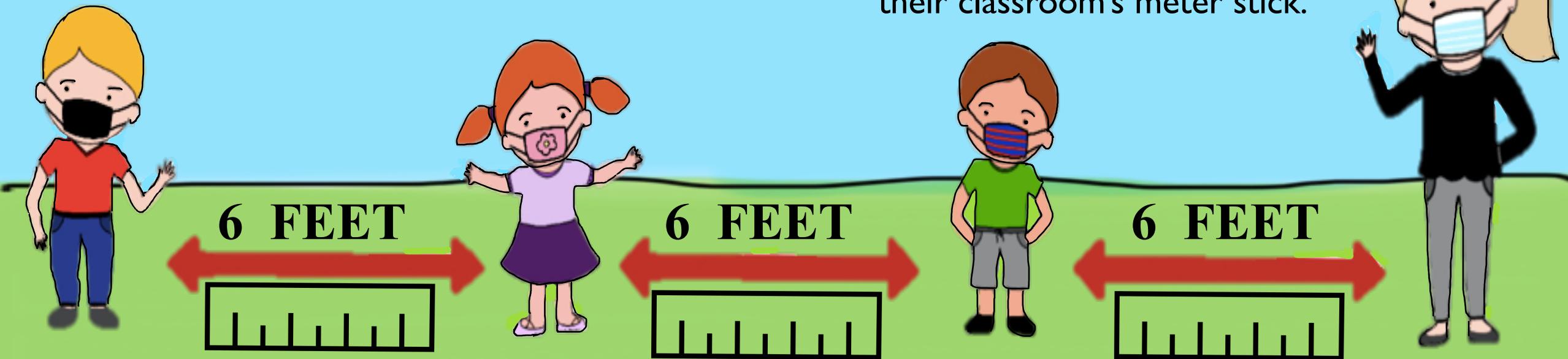


Masks are the best way to prevent and protect you from spreading and also coming in contact with any traces of coronavirus germs.

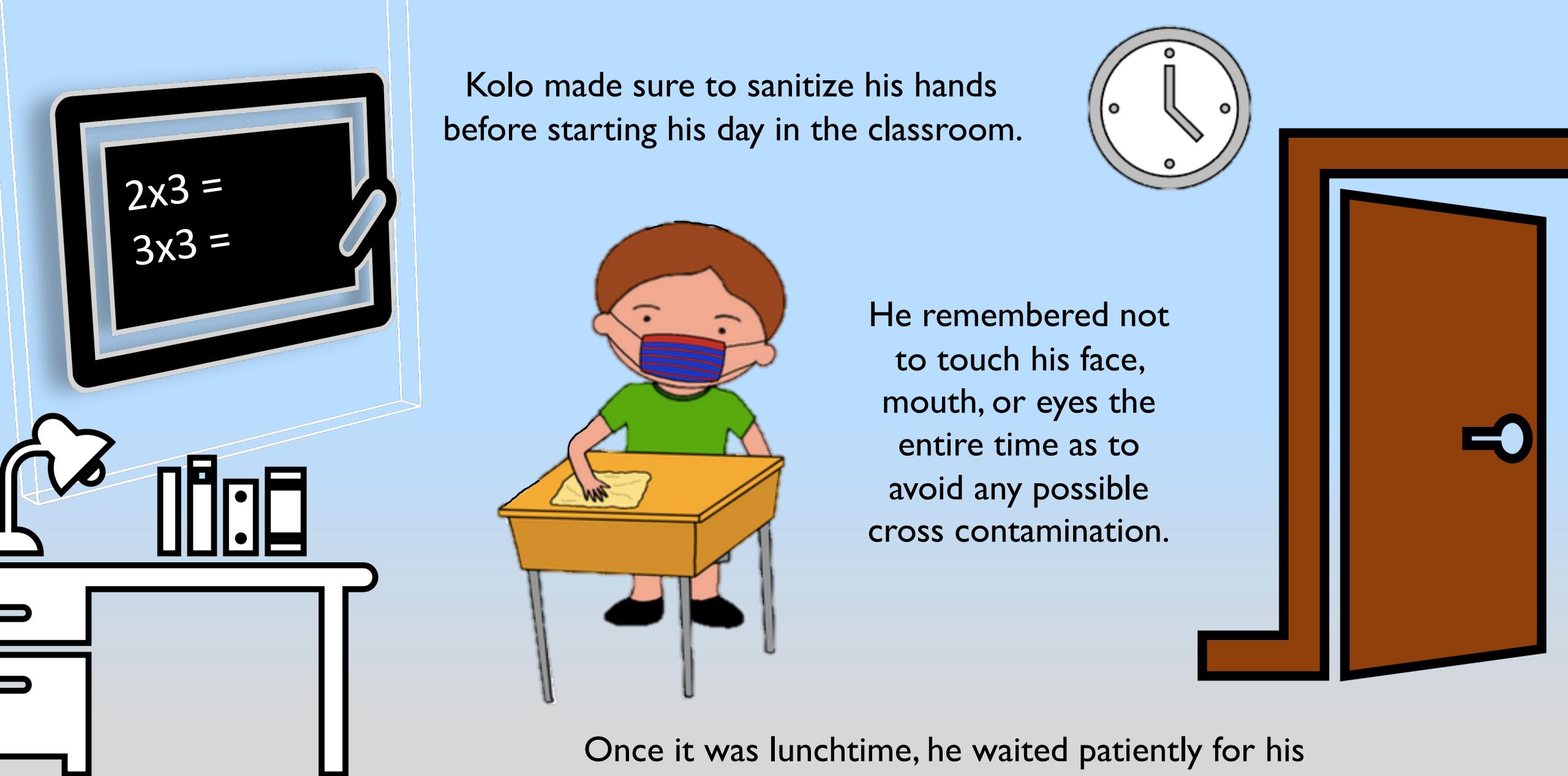


Once he reached school, his class entered inside after everyone formed a **physically distanced** line.

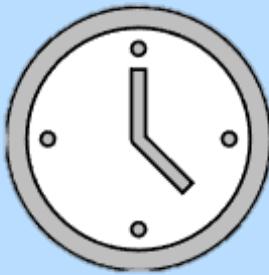
They were all standing 6 feet or 2 meters apart, which was a similar distance to the length of their classroom's meter stick.



Kolo could tell the teachers were smiling behind their masks, as they were happy to see their students coming back to school.



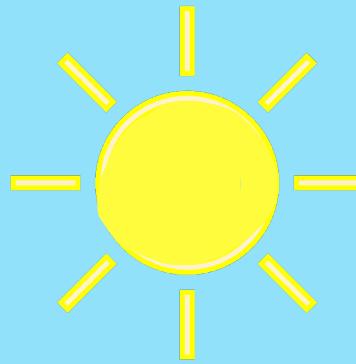
Kolo made sure to sanitize his hands before starting his day in the classroom.



He remembered not to touch his face, mouth, or eyes the entire time as to avoid any possible cross contamination.



Once it was lunchtime, he waited patiently for his turn to wash his hands properly and grab his lunch.



At recess, he skip-roped
with his two classmates!



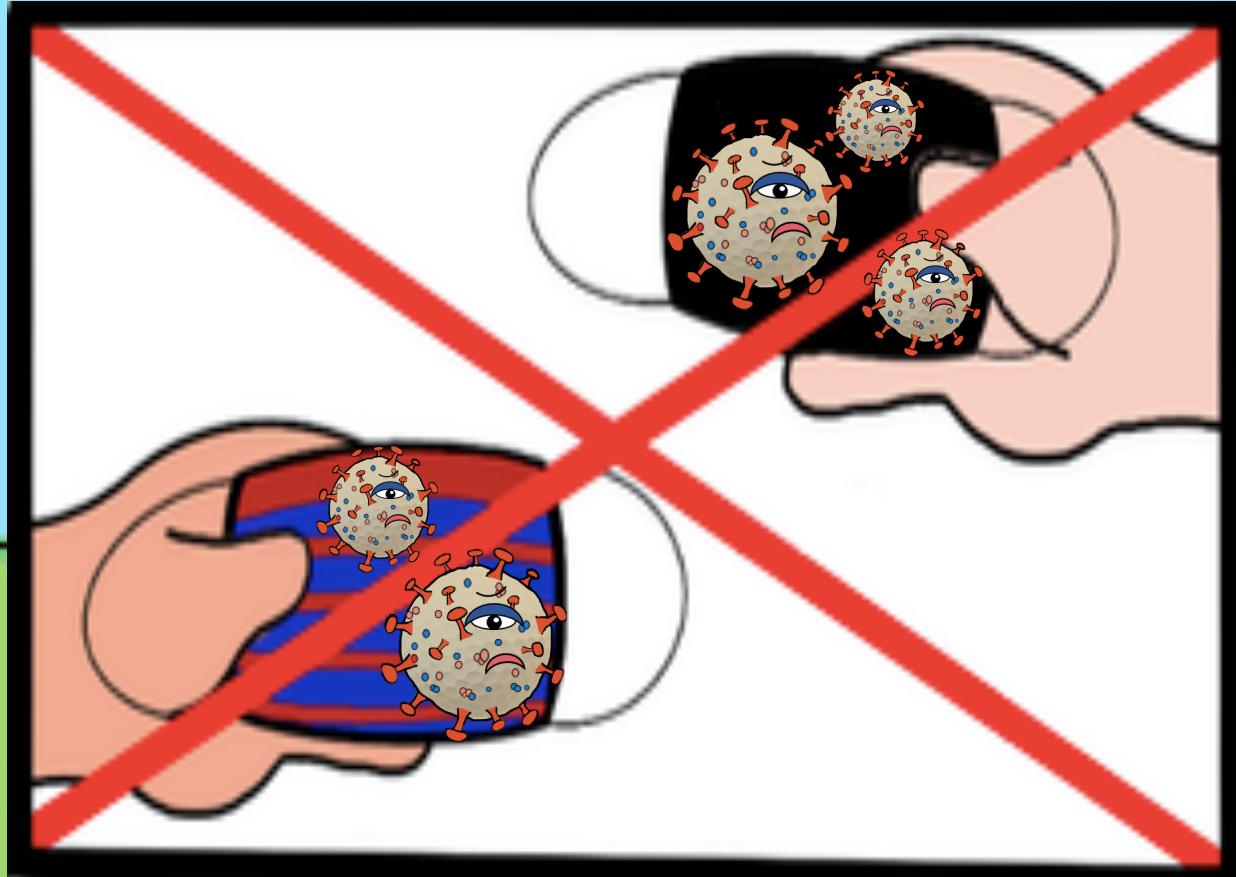
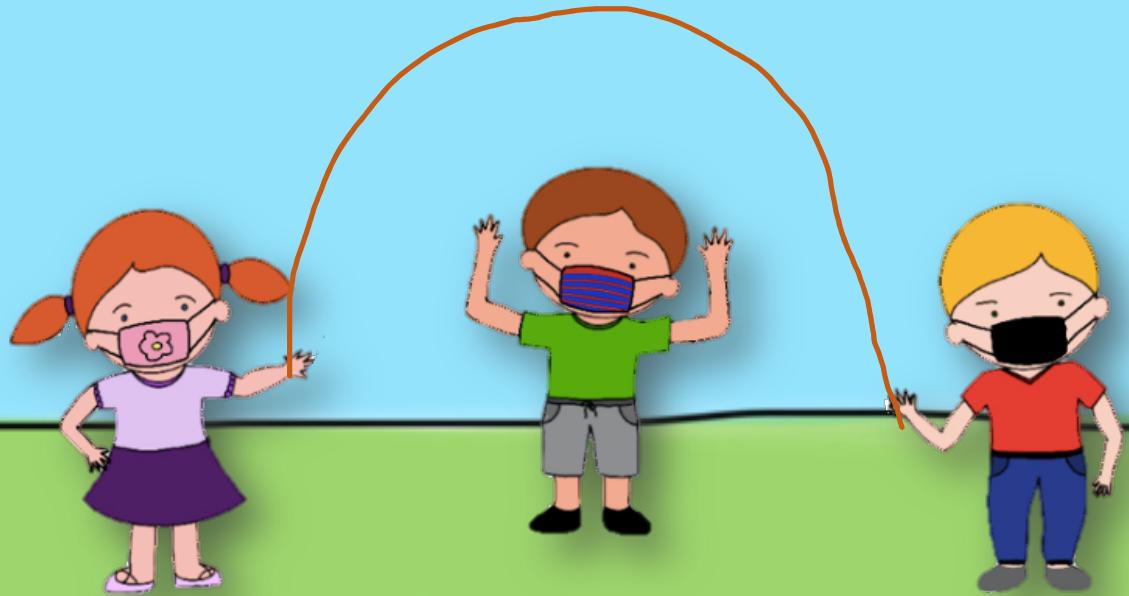
His friend also suggested that they
could play hide and seek, since
they would not be physically
touching or in contact...



...since it is a game that can be played at a distance.



One of Kolo's playmates complimented him on his mask and asked to switch.

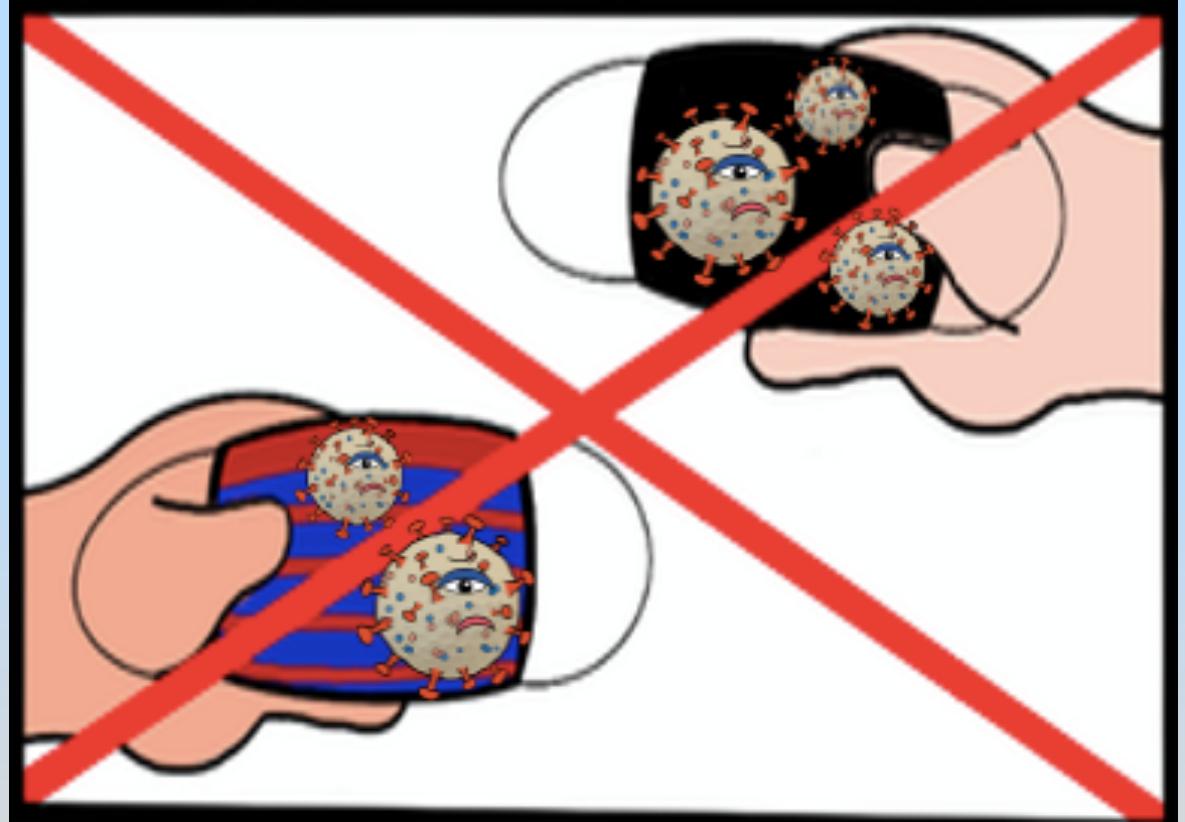


Kolo reminded his friend that it would not be good to exchange as they could transfer the germs to each other, if there were any present on their masks.

At the same moment, their other friend Leslie sneezed right into her mask as she did an elbow sneeze.



An elbow sneeze is when you tuck your face into your elbow bent and sneeze into it instead of out in the open, as one should with a cough too.



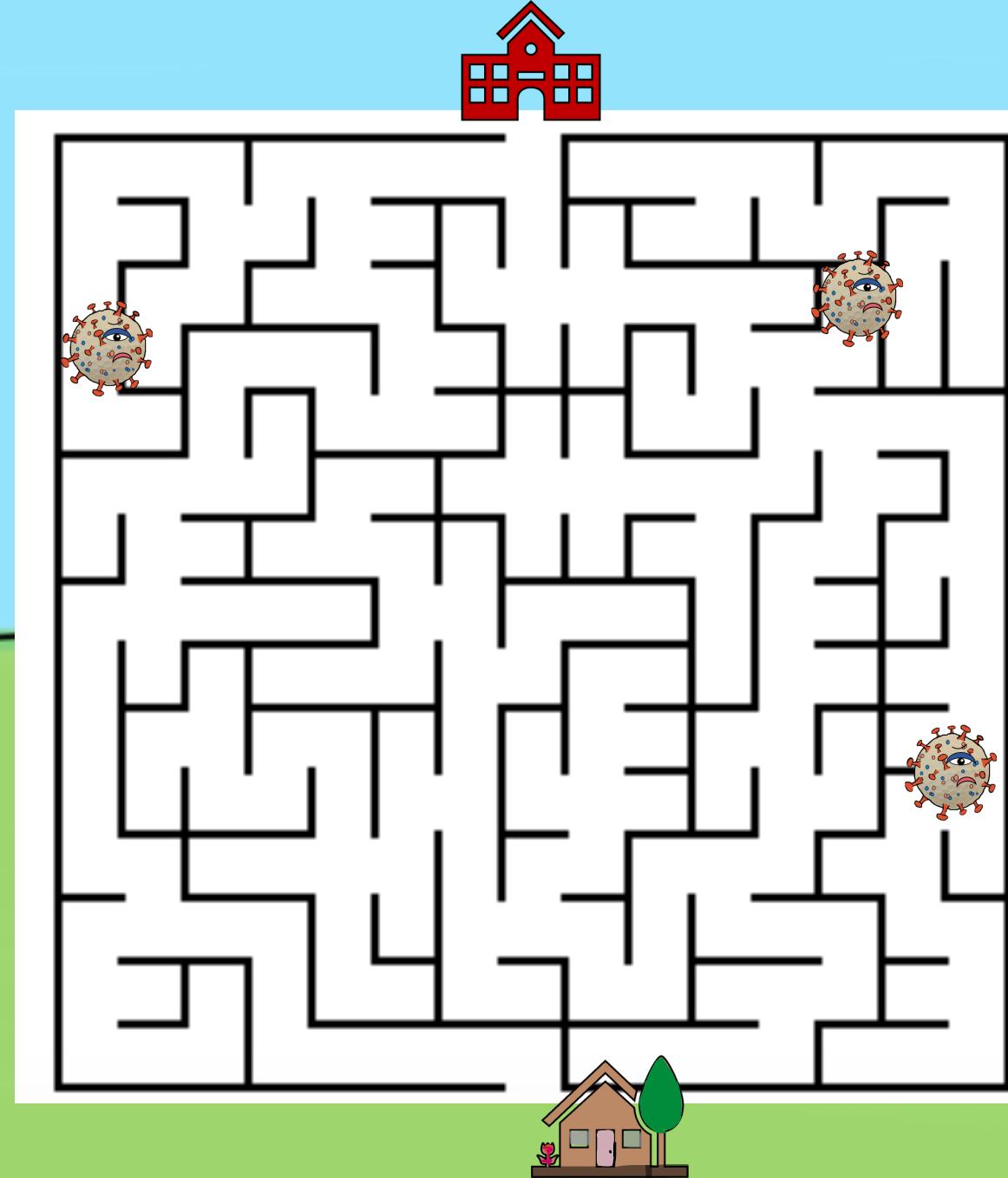
This further proved Kolo's point as to why they should not exchange masks because a mask has each person's droplets.

At the end of the school day, Kolo was eager to walk home and tell his parents all about his first day back to school and all the friends he caught up with.



Can you help Kolo make his way through the maze and get home?

*solved path and answers on last page



Help Kolo complete some activities!

First, help him solve his word search for homework!

Words to be found: handwash, soap,
seconds, cough, sneeze, animal, bathroom,
sick, pets, touch, water, mask, protect, cover,
distance, face, mouth, eyes, game



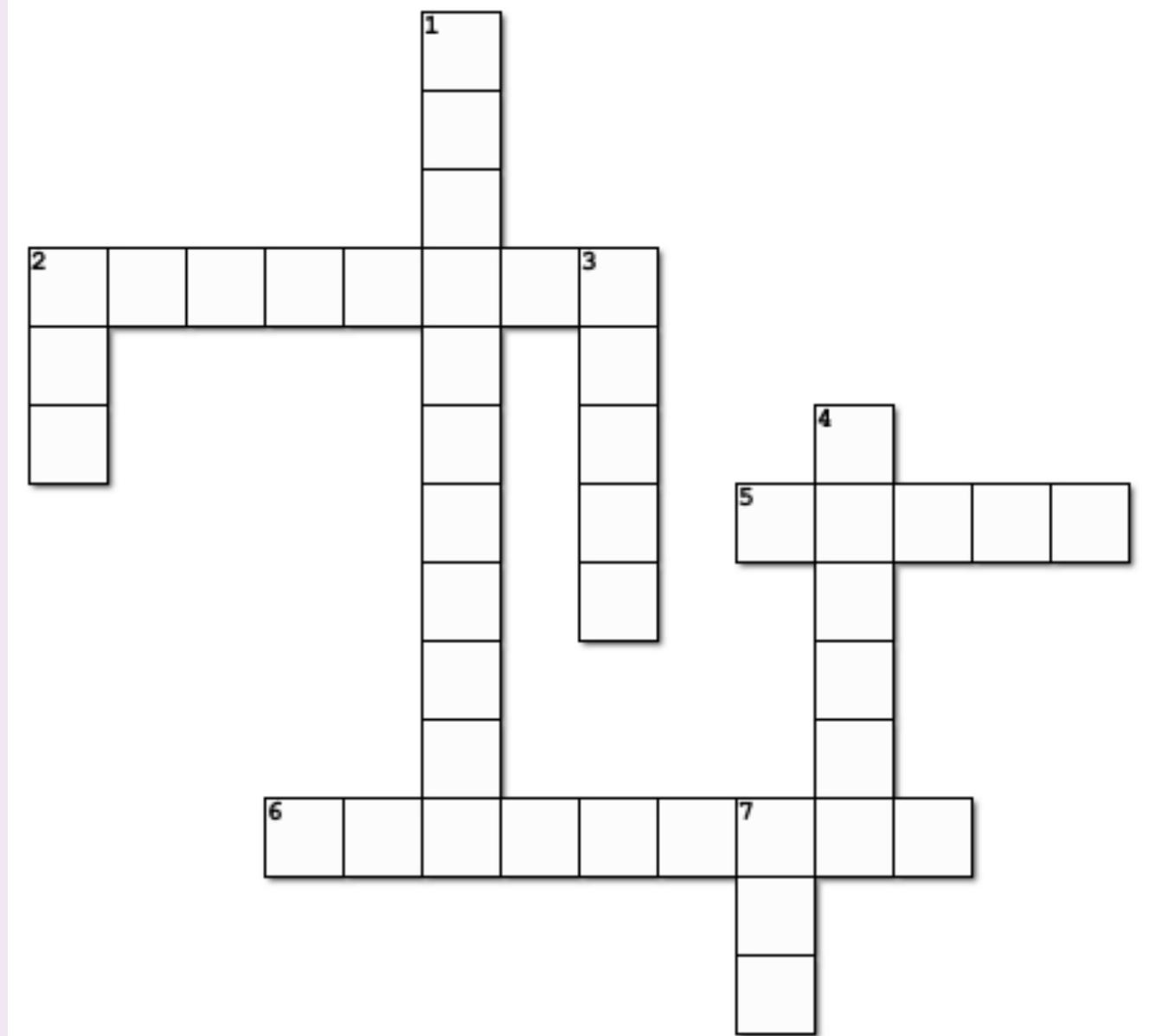
Second, help him solve this crossword puzzle recalling what you learned from his first day back to school story,

Down

1. Name of sickness spread in his city
2. Distance (in feet) between students in-line
3. Always sneeze into your _____
4. Kolo _____ his hands
7. Do _____ exchange masks

Across

2. Activity he played at recess
5. Name of drink Kolo packed for school
6. Length of time to scrub hands

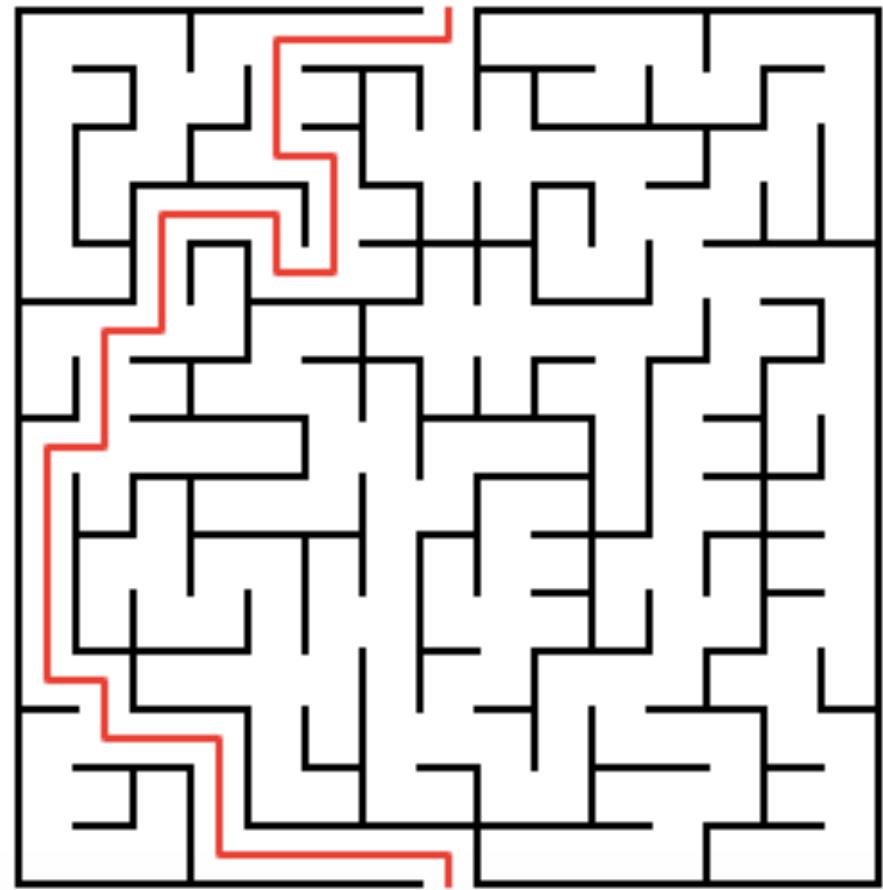


Now, as your reward for helping Kolo with his homework, you can colour in the picture of Kolo and his friends from last summer, before Covid-19.

*You can also draw on masks on each kid

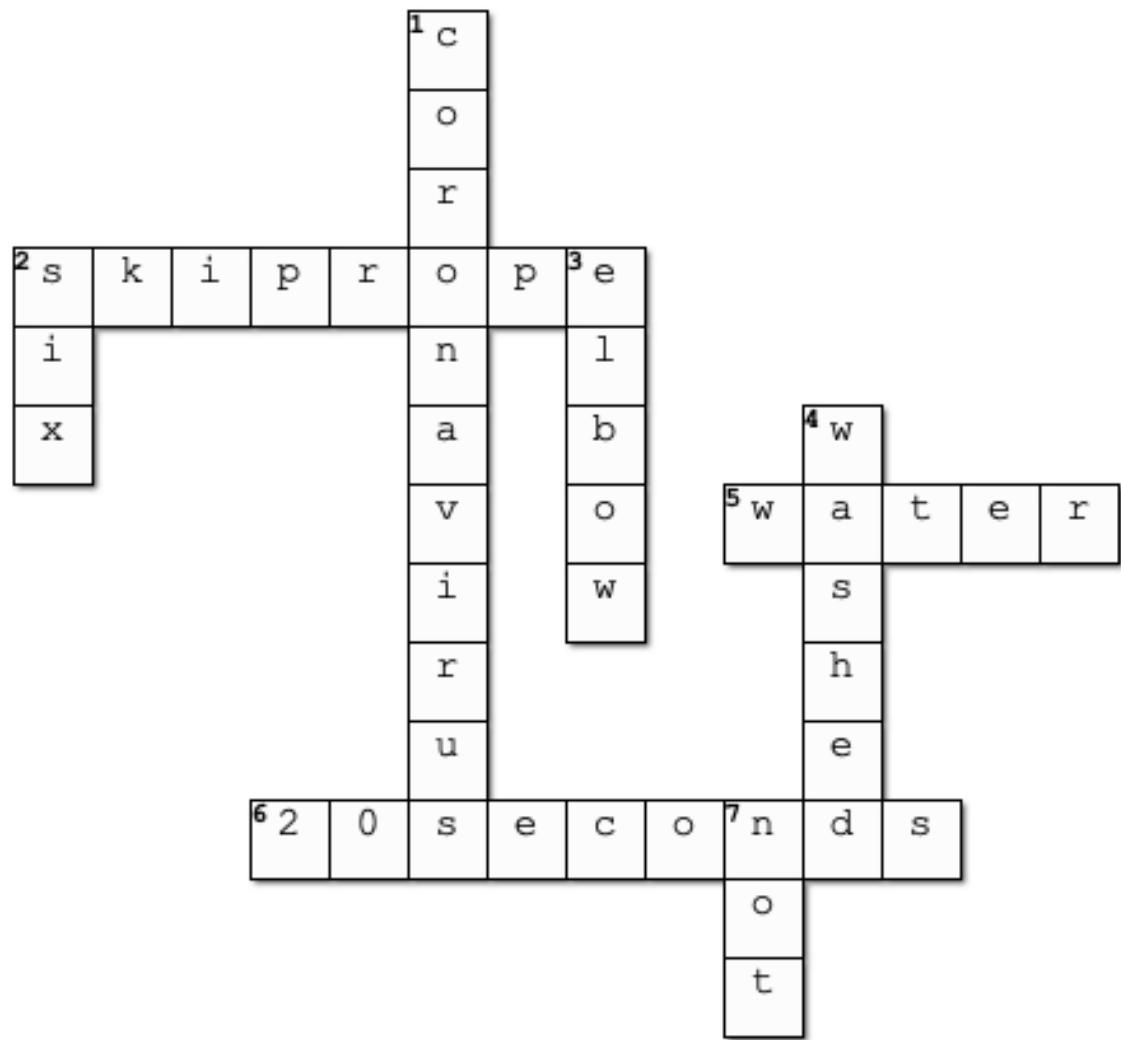


Answers



Across

2. Activity he played at recess (**skiprope**)
 5. Name of drink Kolo packed for school (**water**)
 6. Length of time to scrub hands (**20seconds**)



Down

1. Name of sickness spread in his city (**coronavirus**)
 2. Distance (in feet) between students in-line (**six**)
 3. Always sneeze into your _____ (**elbow**)
 4. Kolo _____ his hands (**washed**)
 7. Do _____ exchange masks (**not**)



Written by Sara Ibrahim, fourth year Biomedical Sciences student at the University of Waterloo. Illustrated by Sara Ibrahim and Sharon Eck.

I was inspired by the kids playing outside, over summer 2020, to write this book. Many of them, when asked, did not have much information regarding Covid-19 and were also questioning the changes in going back to school after so many months off. I also wanted to add the activity section in the end so kids can actively participate and put their knowledge to use in a fun way.

Special thanks to Dr. H. Engelhardt, Department of Biology, and Dr. D. Bratton, Culture and Language Studies, Renison University College, at the University of Waterloo, for providing an immense amount of knowledge, feedback and support towards the completion of this book. Without their assistance and guidance, I would not have been able to provide this book as a source of information to be shared with children, parents and teachers.

References

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