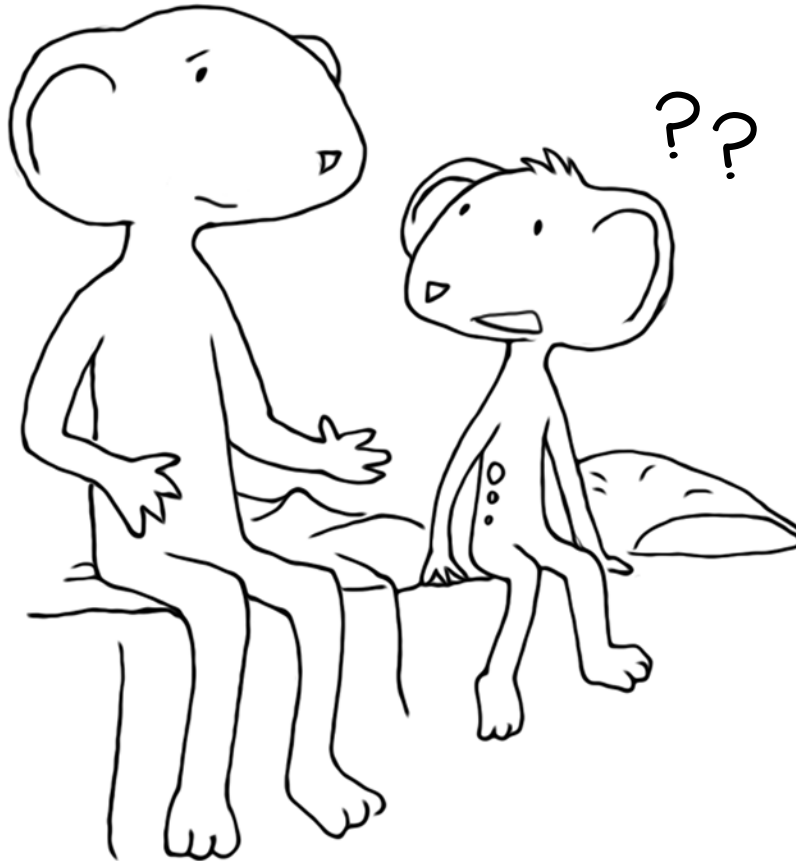


Fighting the Big Virus: Trinka and Sam's Questions

A companion to the story
*Fighting the Big Virus:
Trinka, Sam, and Littletown Work Together*



Fighting the Big Virus

Trinka and Sam's Questions

by Chandra Michiko Ghosh Ippen

Illustrated by Erich Ippen, Jr.



Note: This booklet was designed to be used either on its own or as a customizable insert for the story *Fighting the Virus: Trinka, Sam, and Littleton Work Together*.

The story and companion booklet were developed to help young children and their families begin to talk about their experiences and feelings related to the global coronavirus pandemic.

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Please feel free to link to this resource and share it from either <https://piploproductions.com> or <https://nctsn.org>.

More information about the story, the use of the story, and the team who created the story can be found at: <https://piploproductions.com>. The website also has other stories and resources to help children and families heal after stressful or traumatic experiences.

The development of this booklet was supported in part by a grant made to the Early Trauma Treatment Network (ETTN) at the University of California, San Francisco from the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS).

The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

The ETTN is a site of the National Child Traumatic Stress Network. More information about how to help children and families who have experienced stressful and traumatic events can be found at www.nctsn.org.

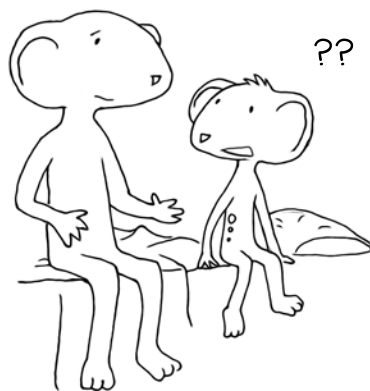
Acknowledgements: Special thanks to Beth Grady, George Grady, Melissa Brymer, Mindy Kronenberg, and Lauren Gourley for their input and feedback on this booklet.

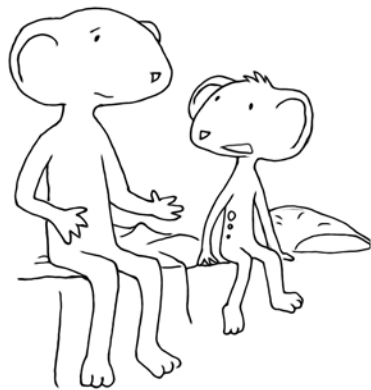


Trinka and Sam's Questions & Worries

Note for Parents and other Caregivers

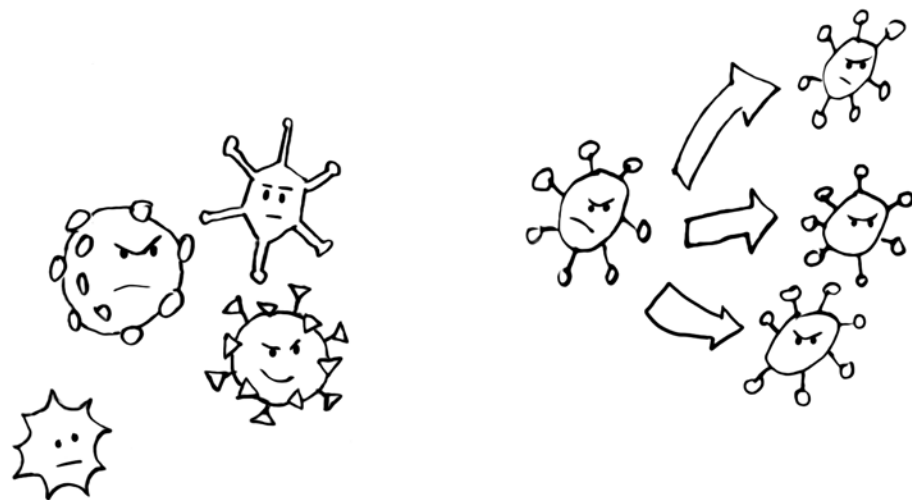
- Trinka and Sam had lots of questions.
- Your child may have some of these questions too.
- We tried to include common questions in this booklet.
- You can use individual pages, use the booklet as a story, or include pages from the booklet when you read the story *Fighting the Big Virus: Trinka, Sam, and Littletown Work Together*.
- Look through the pages and decide which ones to use with your child.
- Feel free to leave out pages if you don't think they'll be helpful because of how the virus is affecting your community and family or if your family has already talked about these things.





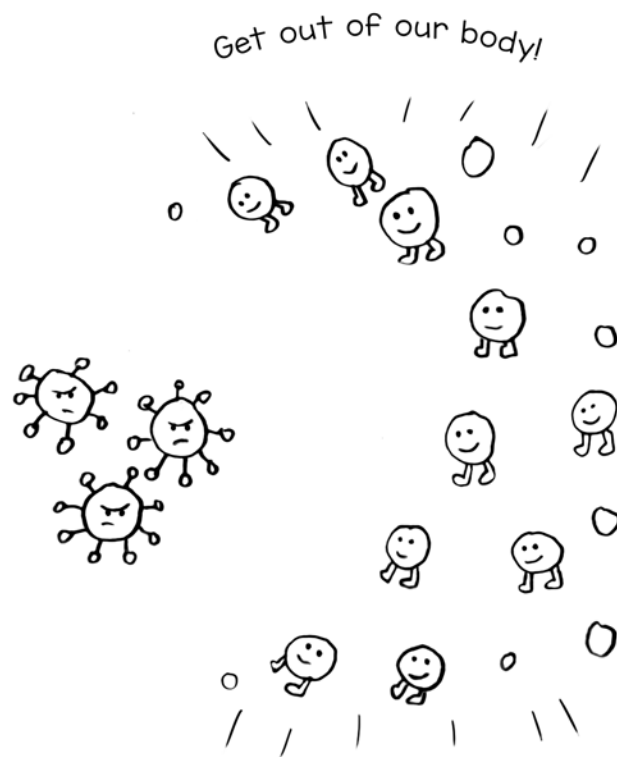
What's a virus?

What does it do?



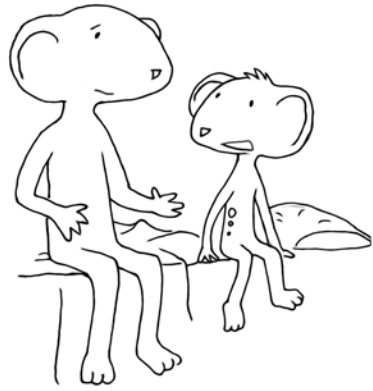
There are lots of different kinds of viruses all over our world. Not all viruses make us sick, but some do.

A virus' #1 mission is to spread.



Our bodies have fighters that battle viruses. Sometimes they beat the virus right away. Other times we might get a fever or a runny nose. We might cough or sneeze or feel really tired. These are all signs that our bodies are working hard to fight the virus. We help our bodies fight by getting lots of rest and drinking liquids.





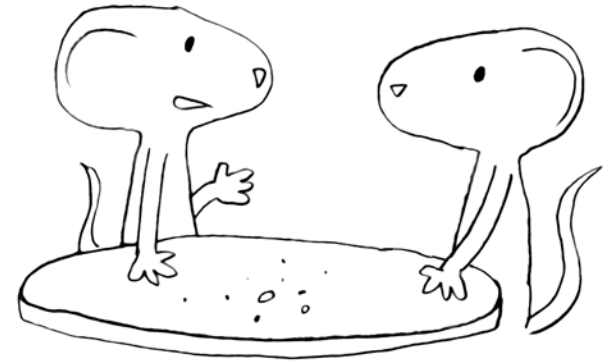
How do viruses spread?



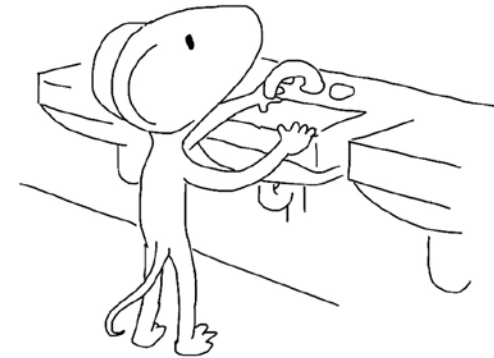
Viruses travel from person to person through tiny drops that escape from our bodies when we're sick, and we cough or sneeze.



That's why we try to cough and sneeze into our elbows. When we do this, the virus can't travel to other people.

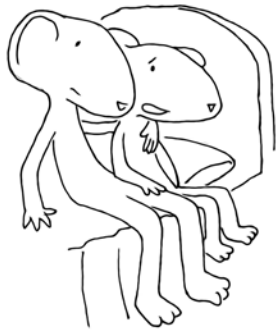


Viruses can land on surfaces where they can live for a little while. If we touch those surfaces while the virus is still active and then we touch our faces, we might get sick.



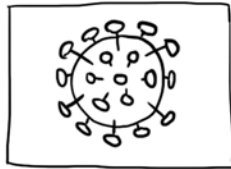
That's why we wash our hands really well when we touch things that might have the virus or other germs on them.





What's coronavirus?

Coronavirus is a new virus. We're still learning about it.

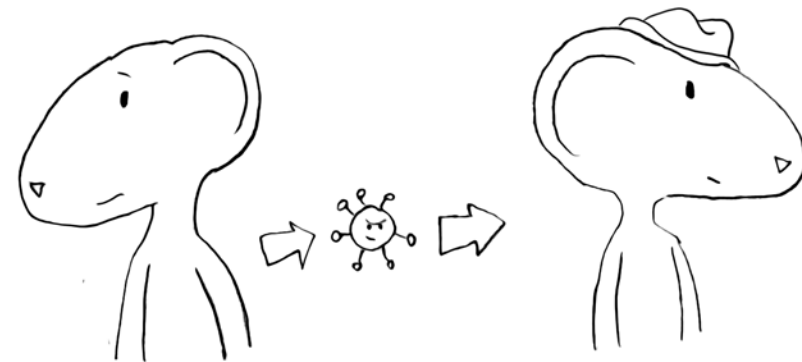


Scientists have learned that some people who have coronavirus may not look sick. They may not be sneezing and coughing, but they can still spread the virus.

It's important to get good information from doctors and scientists about this new virus. If I learn something new, I'll tell you, so we can do everything we can to stay safe and keep others safe.

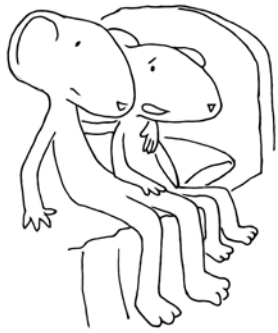
People call the virus by different names, Corona, Coronavirus, the Rona. Just so you know, it's the same virus.

People also talk about COVID-19. This is the name of the illness caused by coronavirus.



This new coronavirus is very good at traveling and spreading. Right now there is no vaccine for this coronavirus. A vaccine protects people from getting coronavirus. The scientists are working on this, but until they find one, we all need to be very careful.





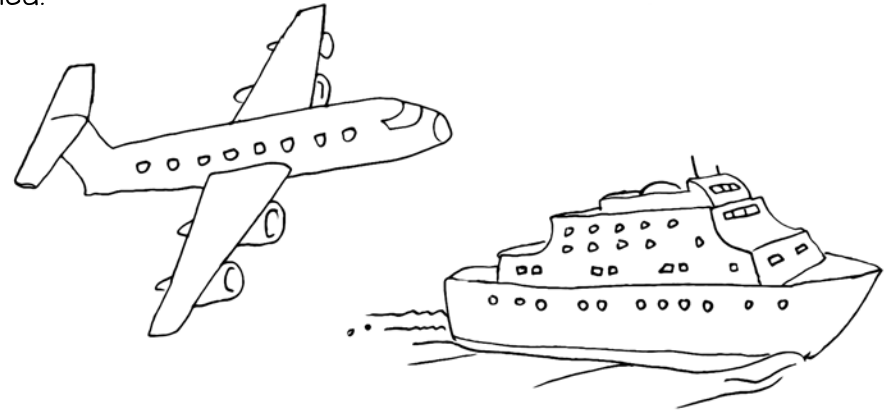
Where did the new virus come from?

No one knows for sure, but this is what scientists and doctors have learned.

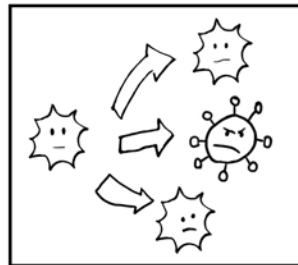
Remember, viruses want to spread, so they make copies of themselves. Sometimes when they do this, they change and become a new virus.

Most new viruses don't harm people. But sometimes, a virus that didn't affect people, changes into one that makes us sick.

This can happen in any place in our world.

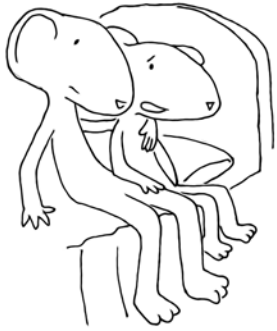


We want to know where a virus started, so we can understand how quickly it is spreading. Viruses travel with people and when people travel, the virus can go with them and that's how it gets to new places. This virus seemed to have started in Cheddarville, but it could have started anywhere and with anyone.



When we find a new bad virus, it's important that we work together and share information across countries so that we fight the virus together, keep it from spreading, and keep everyone safe.





Can I get coronavirus?

What will happen if I get sick?

If I get it, can I spread it to other people?

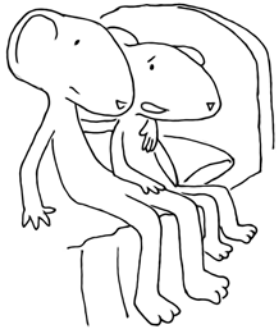


We don't think you have coronavirus. Our family and Littletown have been doing lots of things to keep the virus from spreading.

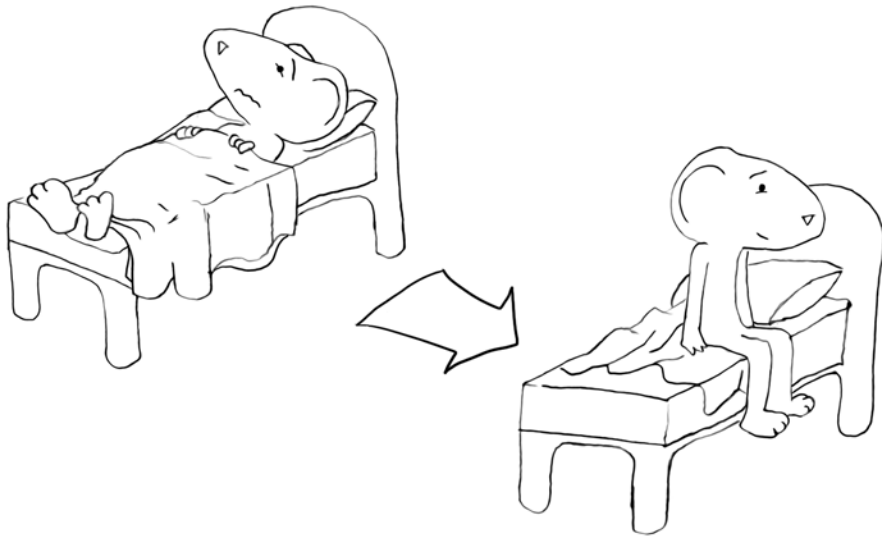
If you do get sick, we'll take good care of you. We'll take your temperature to check on you, and we'll make you yummy soup. We'll also think about what we can do to try to keep the virus from spreading in our family.

Sometimes when people are sick, people they live with also get sick, but that's not their fault. It's the viruses fault.





What happens to people who get coronavirus?



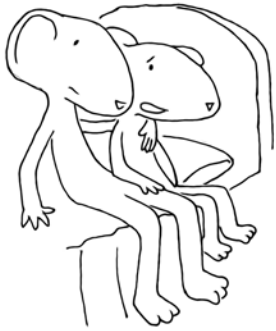
Well, most people feel sick for a little while. They might cough or get a fever. They might feel tired and their bodies might hurt, but they usually get better, just like with all other colds and flus.

"Sorry we can't visit."



But there are some people who get very sick. Doctors have learned that older people, like Nana and Grandpa and people who have had big illnesses before, seem to get more sick. That's why we called Nana and Grandpa to let them know we couldn't visit for a while. We're doing this to keep them safe.



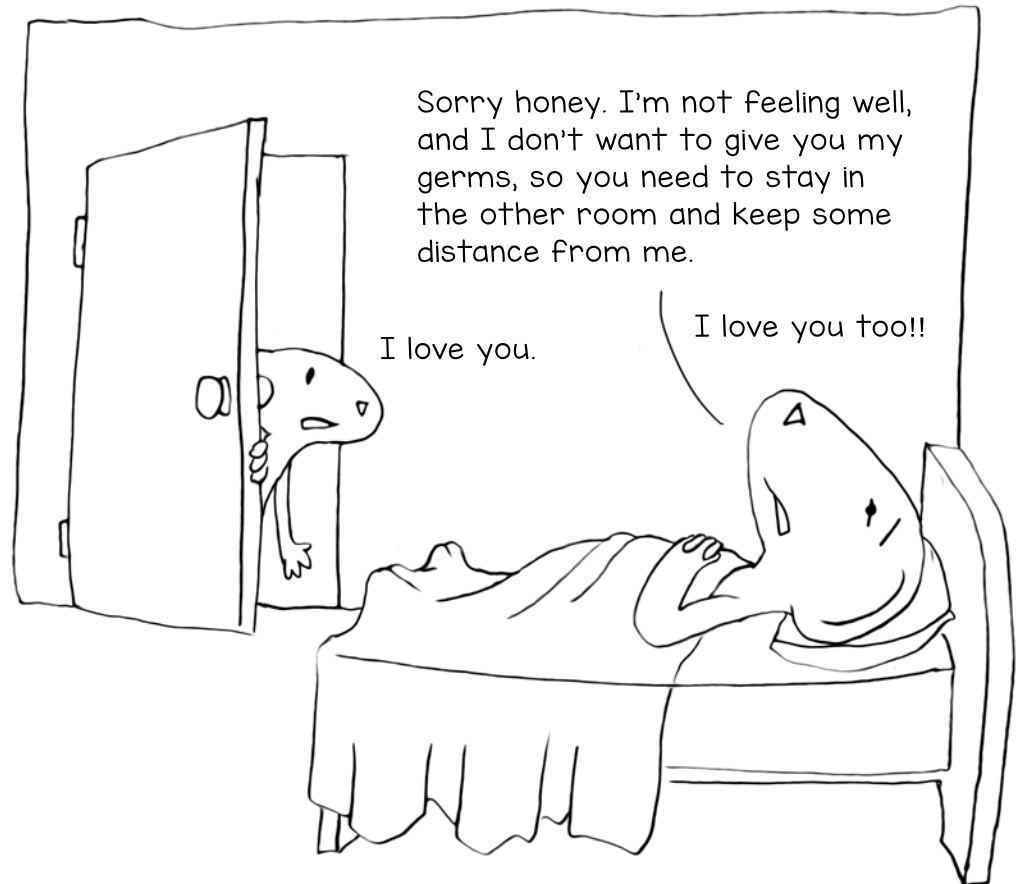
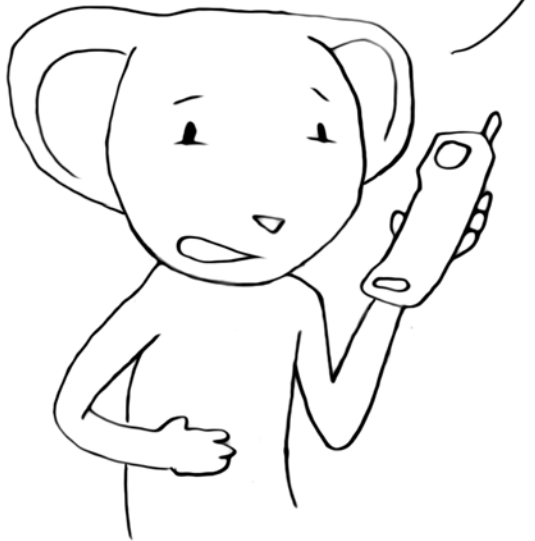


What do people do if they feel sick?

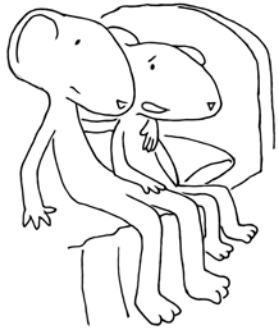
Well, if anyone is feeling sick, it's important that they stay home and try, as much as possible, to not share the virus with other people.

They have to stay by themselves. We can leave food and drinks at the door, send them messages, and tell them how much we love them.

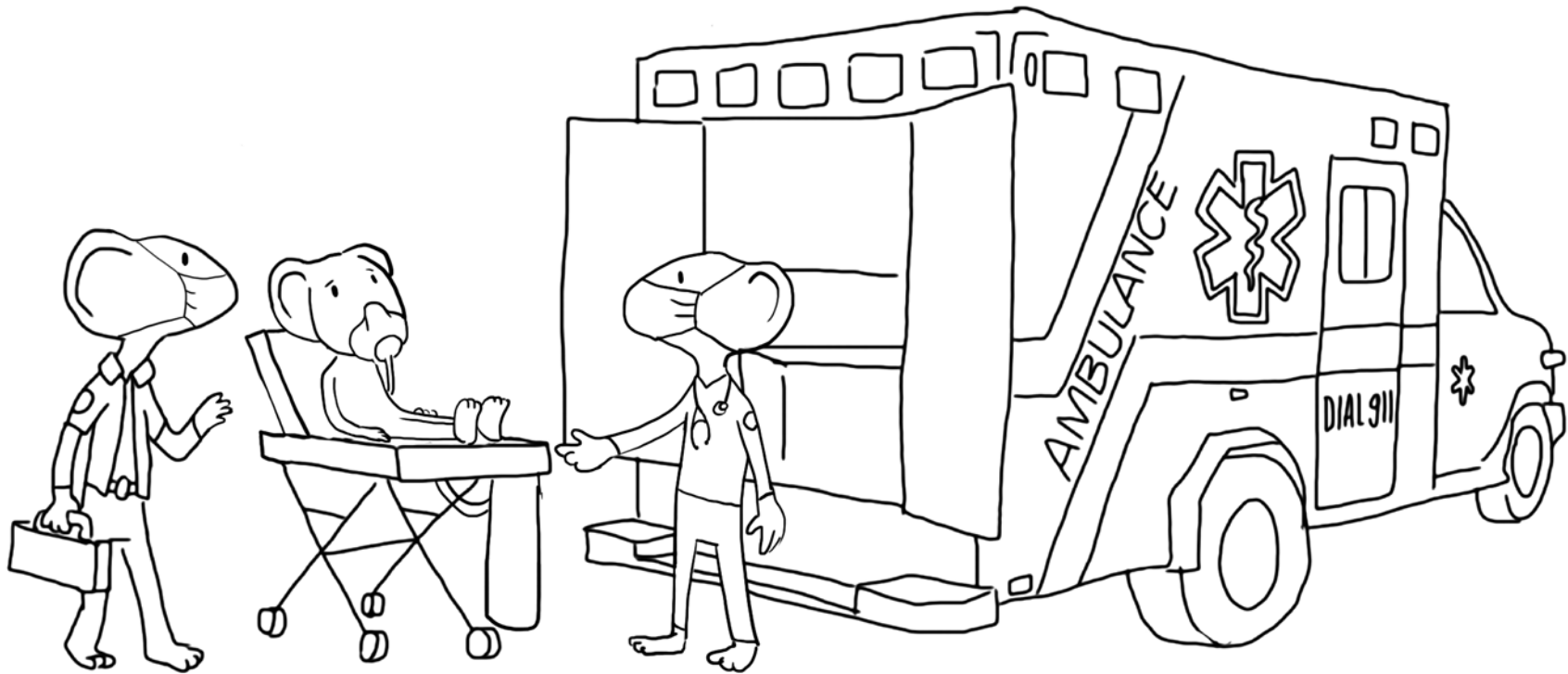
Sorry I can't come to work. I'm feeling sick.



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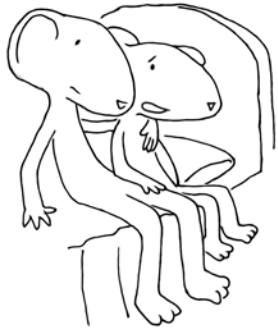
What happens to people who get very sick?



Nurses or doctors talk to them on the phone or come to their houses to see how they're doing. If they need more help, they might tell them to go to the hospital.

Sometimes when people are very sick, ambulance workers come to help them. They might give them oxygen to help them breathe, and they decide if they need to go to the hospital.





What happens to people who go to the hospital?

Your health is much better. Soon you'll be able to go home.



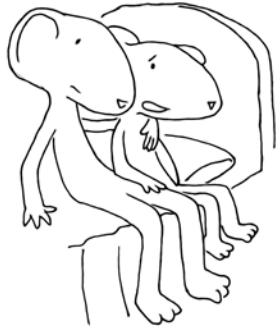
Thank you for helping me.
I feel much better now.
Thanks to all of you!!



In the hospital there are lots of amazing, kind people. They might look strange because they're wearing masks and other things to keep them safe from the virus, but they have very kind eyes and big hearts. They work very hard to help all the people. They give them medicine, help them breathe, and figure out the best ways to help them.

A lot of people who go to the hospital get better and then go back home.



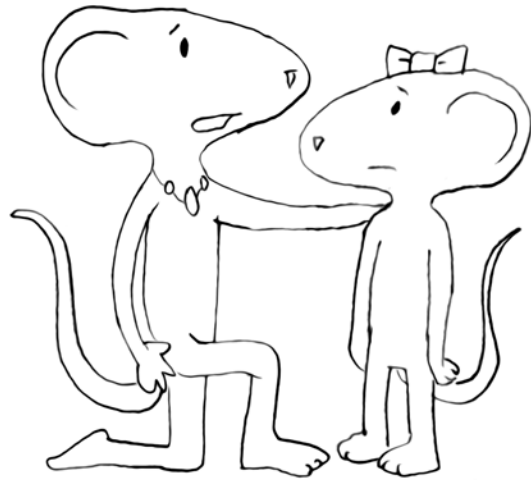
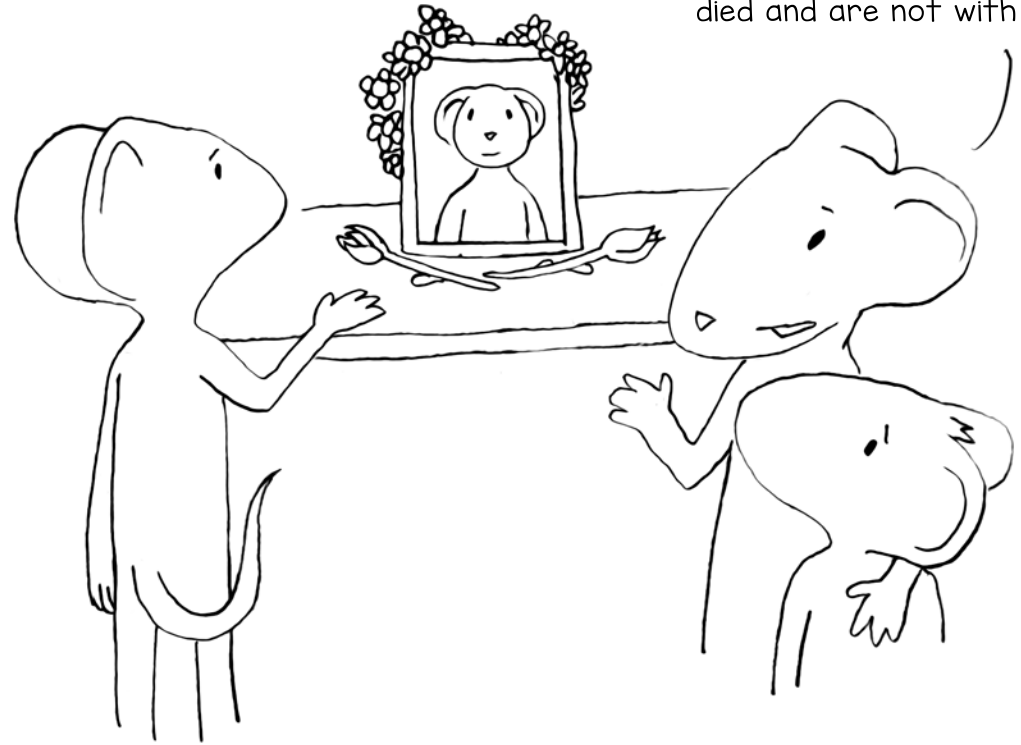


Can people die?

I wonder what you've heard about this?

We'll always be connected through our hearts and our memories, but we are so sad that they died and are not with us.

Most people get better, but, unfortunately, some people have gotten so sick that the doctors and nurses couldn't help them. They tried really hard, but the people were just too sick. Their bodies stopped working, and they died. Their families are really sad, and the doctors and nurses and all the people who cared about them are also sad.



I wonder how you feel knowing about this.

I am glad that you could talk to me about this.

There are some very sad and hard things happening right now.

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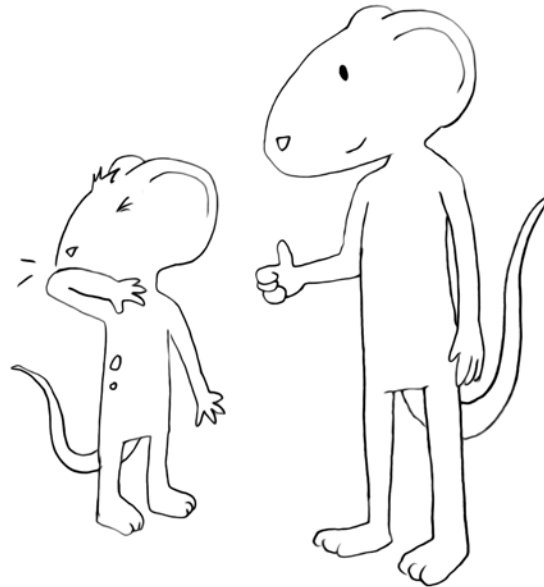


What can we do, so we don't get sick?

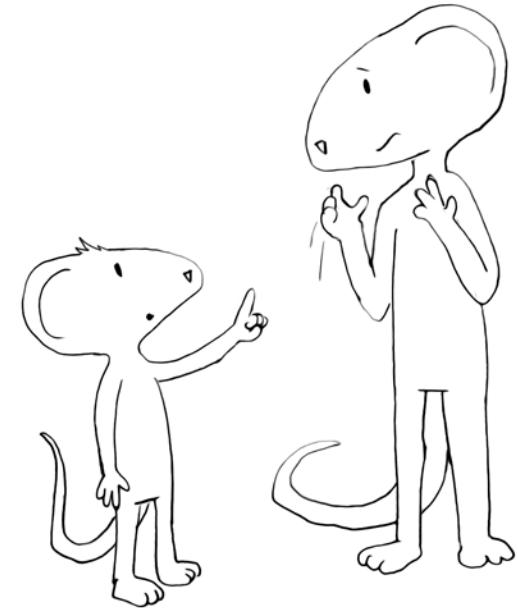
There are many things we can do to keep ourselves and others safer.



We can wash our hands while we sing a song. Viruses hate soap, and if we wash our hands for the full time of a song like the ABC's, we'll be virus busters.

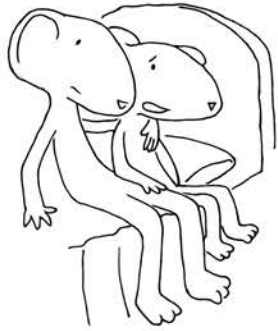


Remember, we can cough and sneeze into our elbows and then wash our hands afterwards, so the virus can't spread.



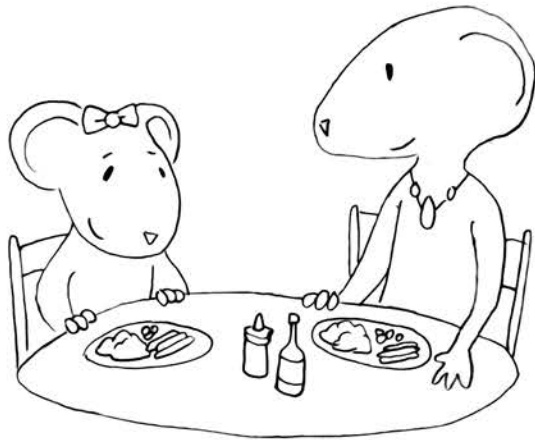
We can also try to keep from touching our faces, especially our nose, eyes, and mouth. This can keep the virus from getting into our bodies. If we need to touch our face, we should wash our hands before and afterwards.



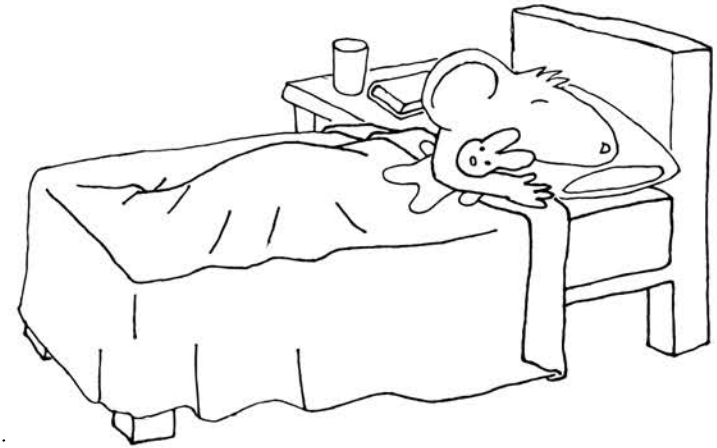


What else can we do, so we don't get sick?

We can also do things to keep our bodies healthy.

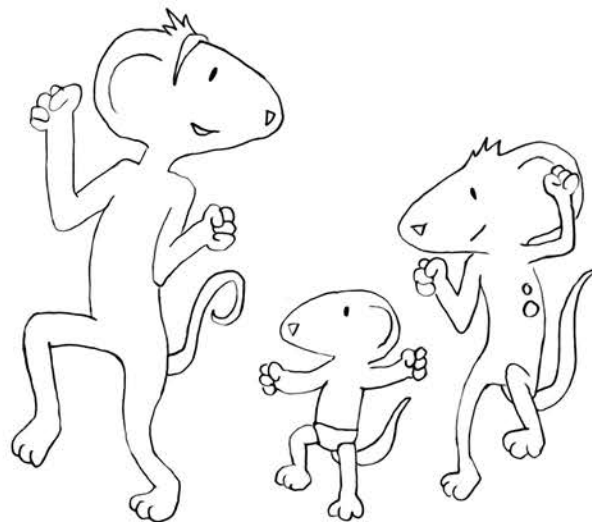


We can eat well.



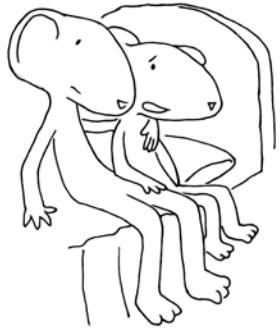
We can sleep well.

And we can do things that are good for our bodies, like wiggle and exercise.



Cuddling is also good for our health. No kidding. It's true.

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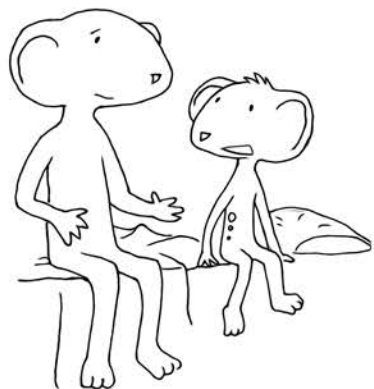
Is there anything else we can do?



We can keep the virus from spreading by staying home and only spending time with people we live with.

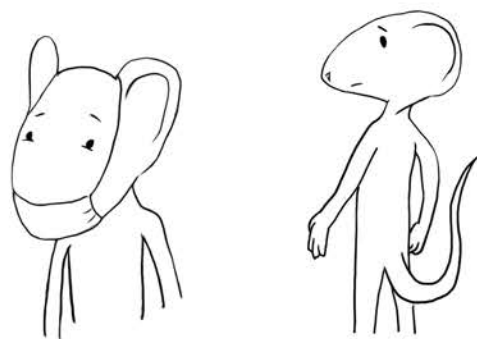
When we go outside, we can leave lots of space between us and people we don't live with. This way the virus can't go from one person to the next. This way we help keep each other safe.



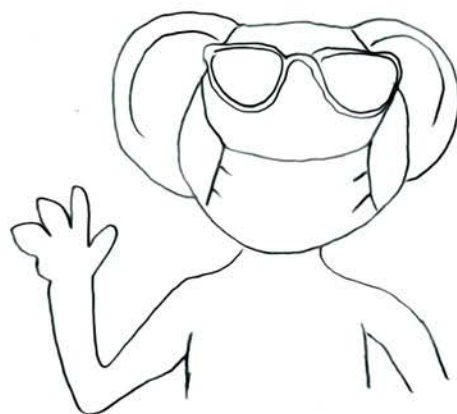


Why are some people wearing masks?

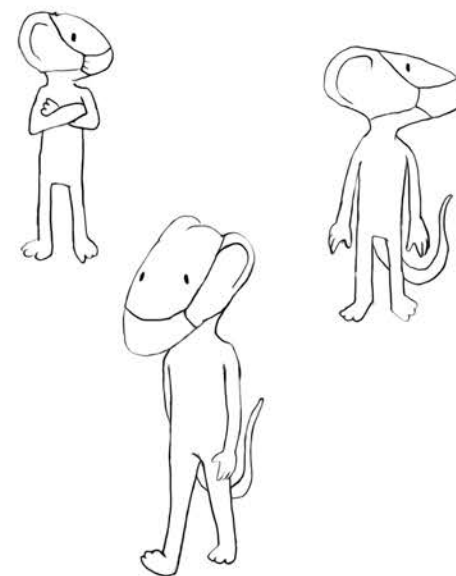
Different people wear masks for different reasons.



Some people wear masks because they're not feeling well, and they don't want to spread any illness they may have. They're trying to keep us all safe.

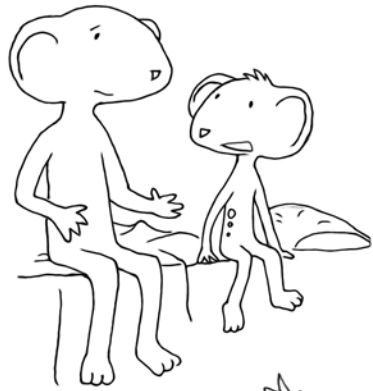


Some people wear a mask, and even sunglasses, to keep them from touching their mouth, nose and eyes while they're outside. All these things can keep the virus from getting into their bodies.

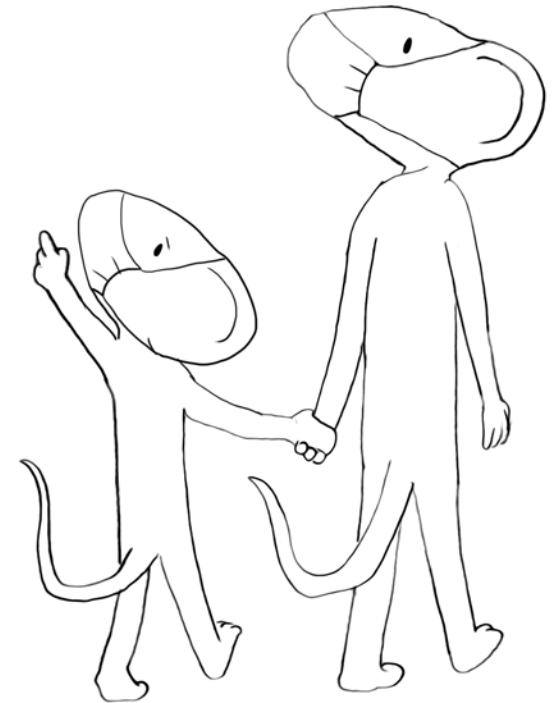
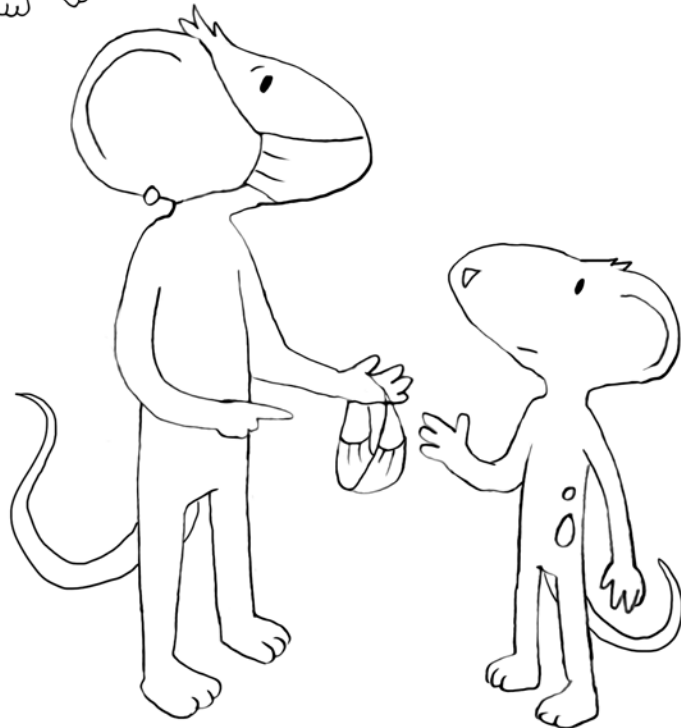
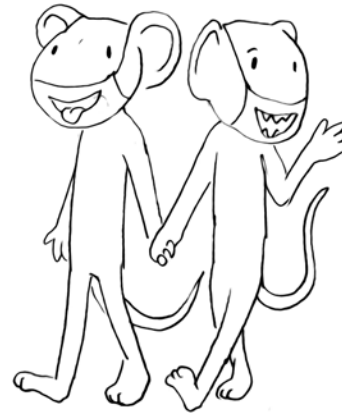


In some places they're asking everyone to wear masks. People are following rules that help keep us all safe.





Are we going to wear masks?



They're now telling us that it's a good idea for us all to wear masks whenever we go out. Masks help a lot, but they're not perfect. This is why we're still trying to keep distance from people we don't live with.

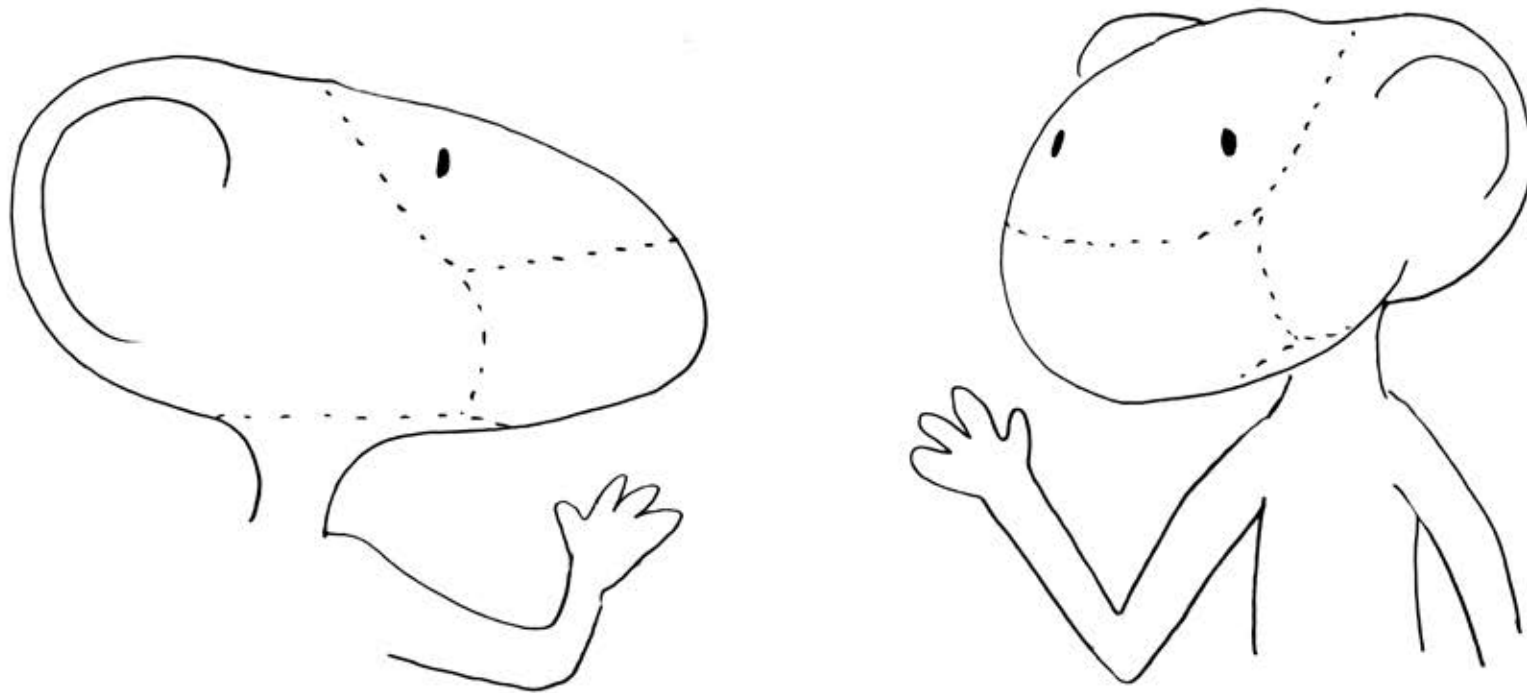
Many people are making masks to keep themselves and others safe. We might see some funny masks when we go outside. Should we make funny masks for our family?

Cal won't wear a mask because he's a baby. Doctors say it's not safe for children under age 2 to wear a mask because it might make it too hard for them to breathe easily.



Do the mice need masks?

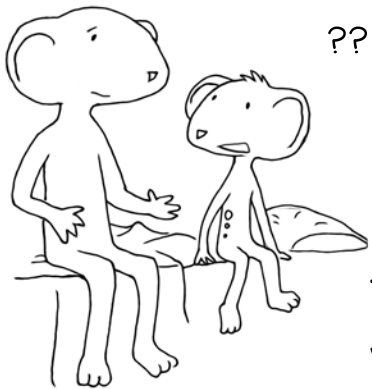
If people in your area are wearing masks, you can draw masks on the mice in the story when they go outside their home. Here's how.



If you want, you can also cut out paper masks and tape them to their faces when they go outside.



Your Questions and Worries



Trinka and Sam had lots of questions and worries. What questions and worries do you have?

