



The outbreak of the Coronavirus (COVID-19) has spread all around the world. It can very well affect us and those around us.



We, Neptune Publications Pvt Ltd work closely with the **China Children's Press and Publishing Group** and have taken steps to translate and send around free Coronavirus (COVID-19) awareness books and e-books to all Sri Lankans and anyone around the world.



*Neptune Publications Pvt Ltd* (the publishing house), *IBBY-Sri Lanka* (The International Board on Books for Children and Young Adults), *Printel Pvt Ltd* (the printing partner), *Read-plus Consortium* (the distributors) in collaboration, has translated and produced the following book and e-book to be sent around communities around the island to educate and take proper precautions to face this challenge.



This book has been reviewed by **Physician Dr. Ananda Wijewickrama** head of IDH (Infectious Diseases Hospital)



**We hope you read it, understand the seriousness of this crisis and pass on this message to everyone you know.**

*Be aware rather than anxious, stay safe and stay positive.*



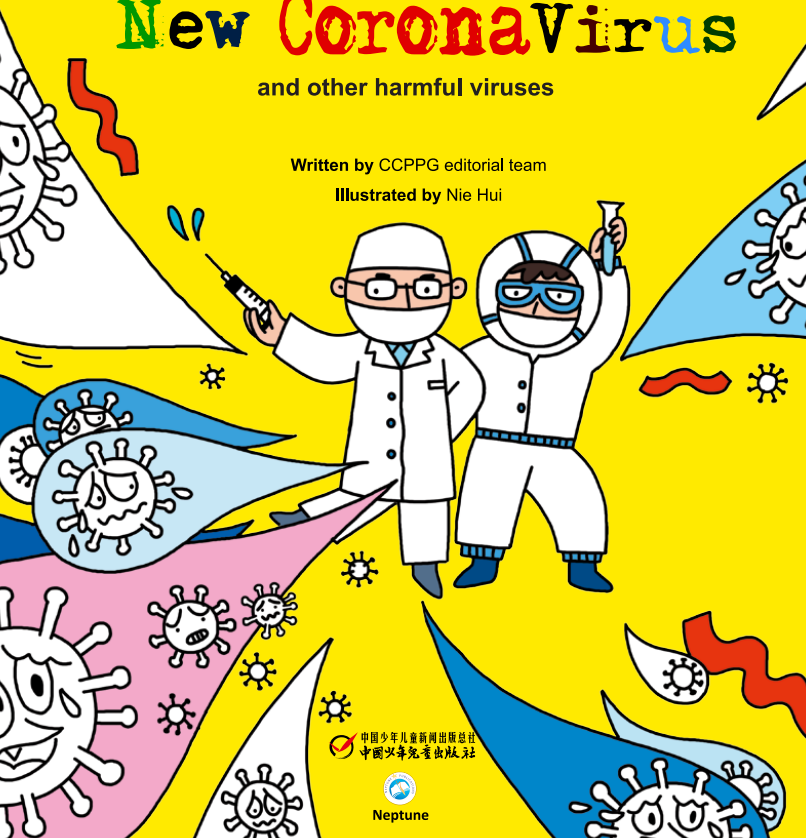
VIRUSES CAN BE DEADLY

# Let's fight the New CoronaVirus

and other harmful viruses

Written by CCPPG editorial team

Illustrated by Nie Hui



中国少年儿童新闻出版总社  
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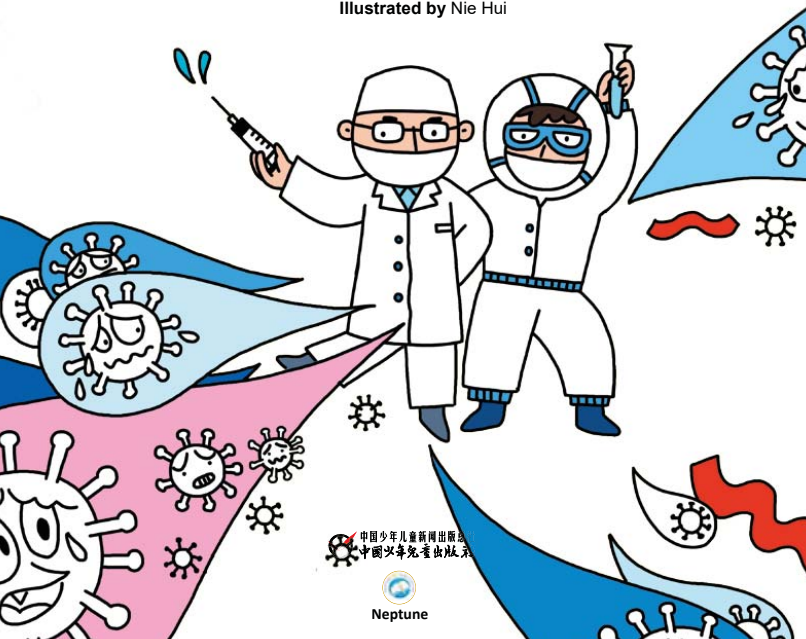
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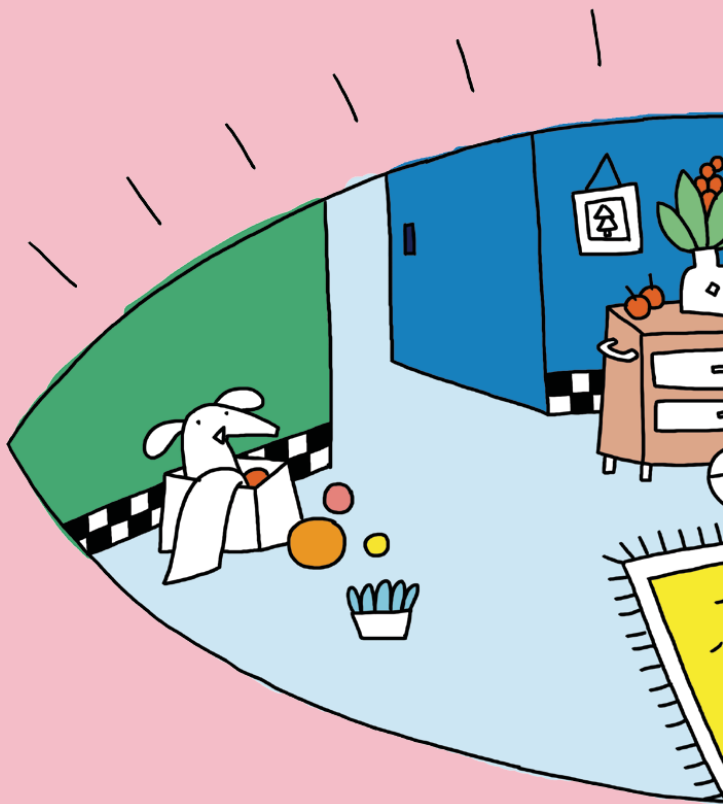


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Can you spot the new Coronavirus?



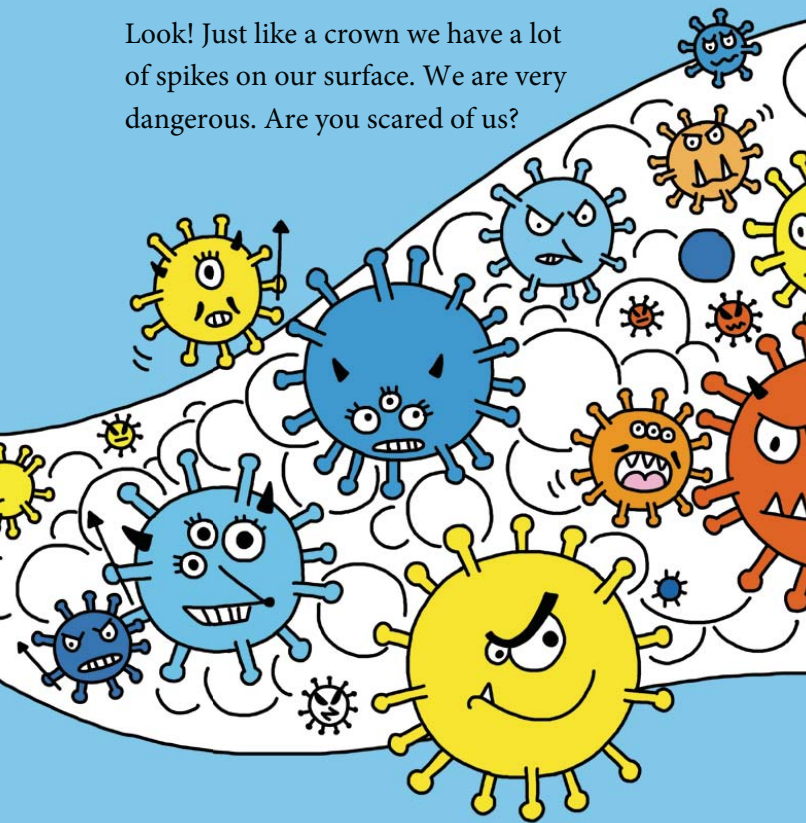
Aha..! , We are so tiny and invisible to the naked eye.



However under the electron microscope  
we will show our true selves.



Look! Just like a crown we have a lot of spikes on our surface. We are very dangerous. Are you scared of us?



We lived in the bodies of  
animals. We had a good life.



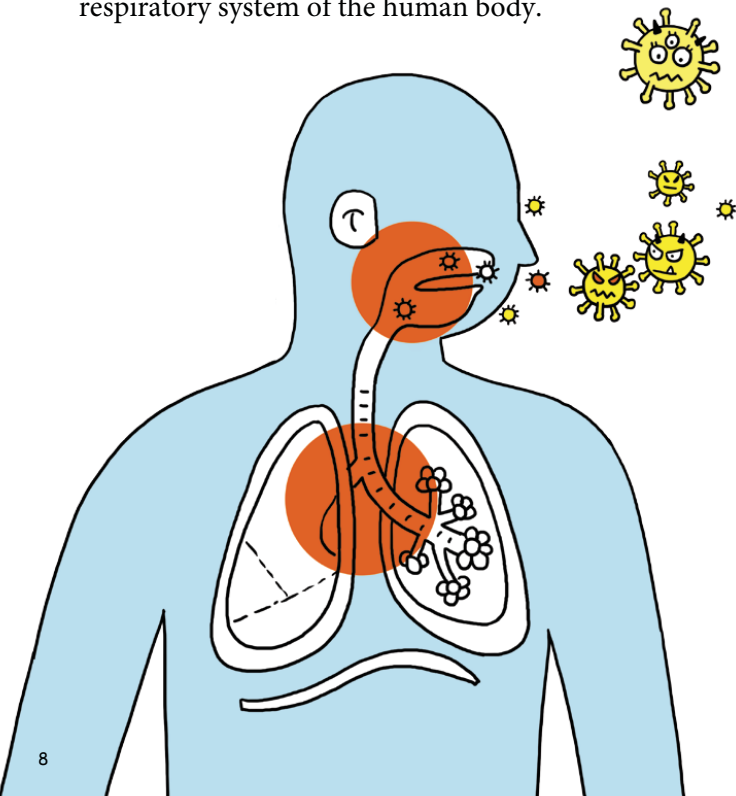


Then, somehow we managed to enter human bodies.



We enter the human body from their eyes, nose and mouth and attack healthy cells.

We settle down very comfortably in the respiratory system of the human body.



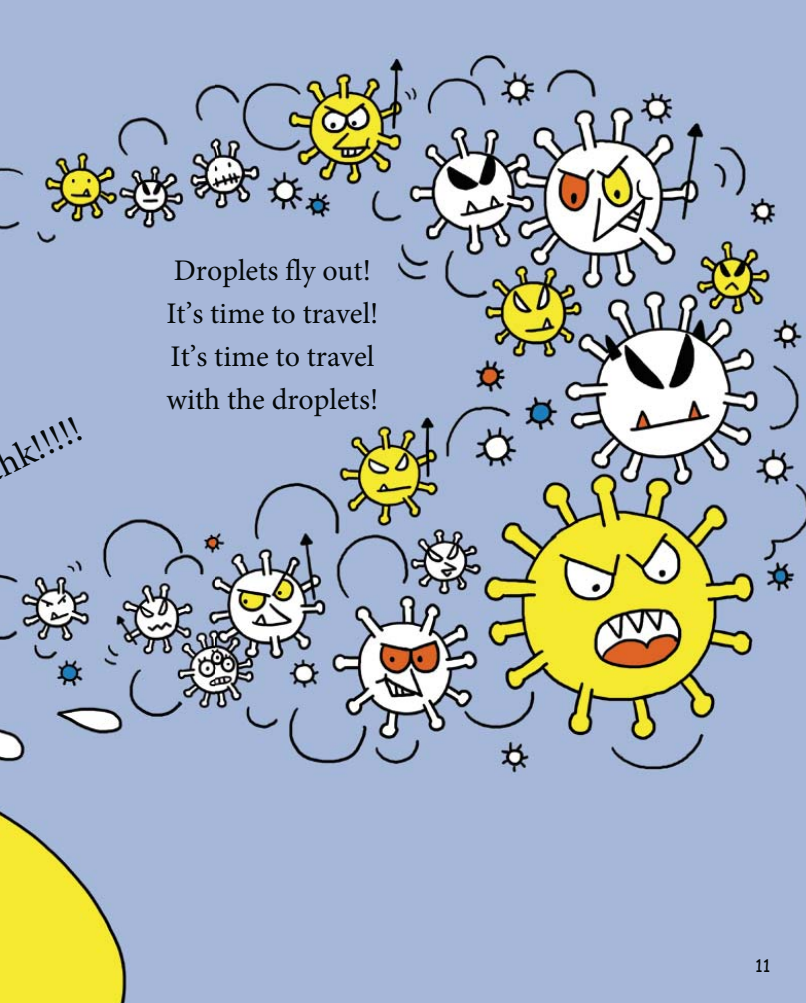


As a result of our entering into human bodies, some people get pneumonia, cough, fever, headache, lack of strength, nausea, diarrhea, and difficulty in breathing. In some cases, these may be life-threatening.

You don't believe it?

**Well, listen to this\_\_\_\_\_**

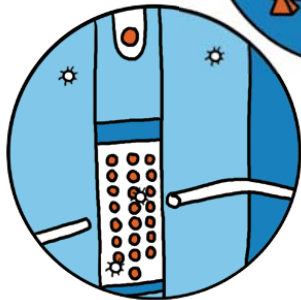




Droplets fly out!  
It's time to travel!  
It's time to travel  
with the droplets!

hkh!!!!

These droplets and dirty hands can take us to many places, such as food, furniture, toys, elevator buttons, mobile phones and even your keys.





With a single cough or sneeze,  
we can jump out of a human body and fall on  
children, puppies and even kittens around us.



Even at home, in a bus, a train or even in an airplane.....

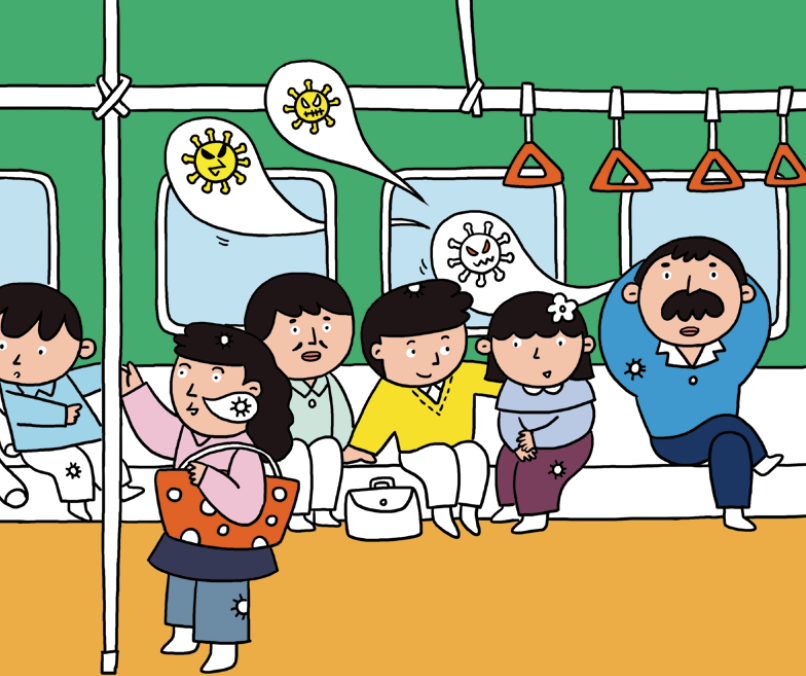




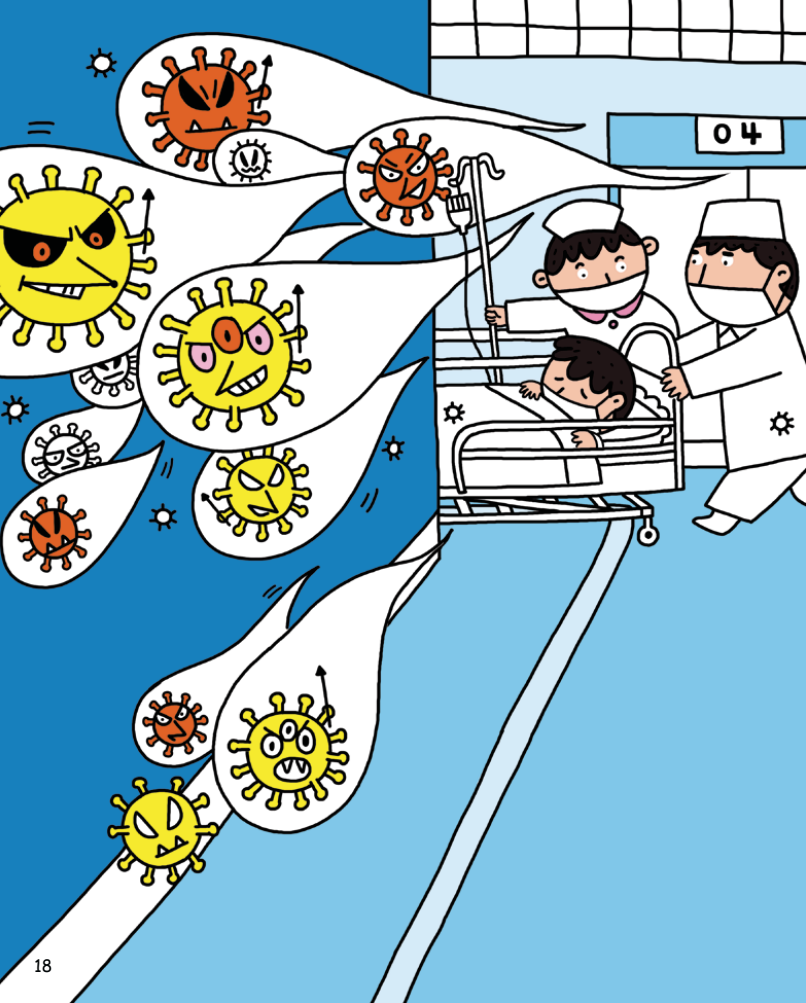
It is easier for us to spread in enclosed areas where large crowds gather.



We sing happily,  
“We are a virus!  
We are a virus!”



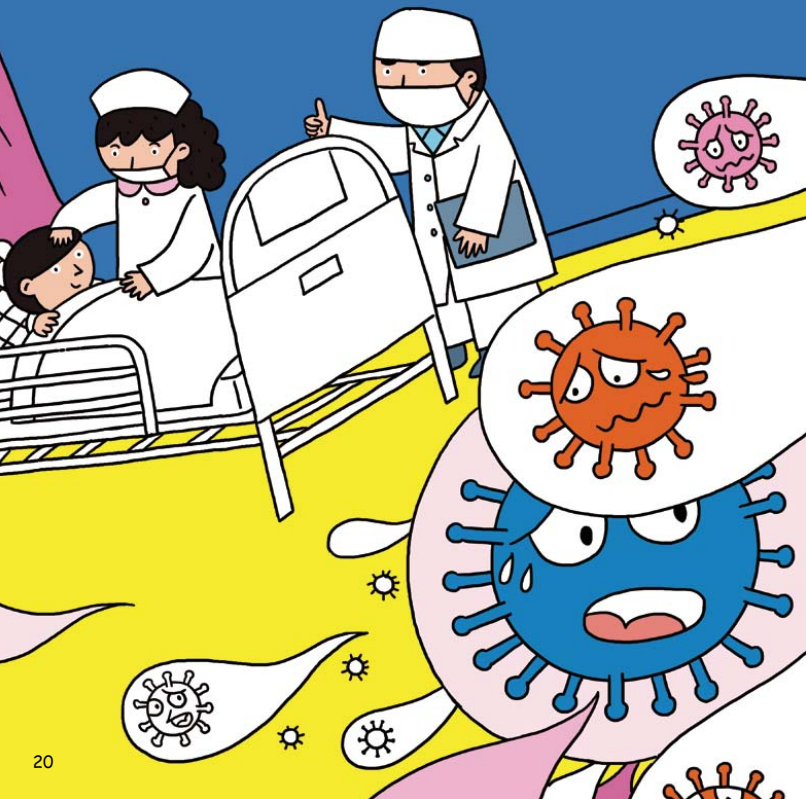
We will happily hide anywhere we want in the human body, such as your mouth, nose and eyes. We then travel from one human body to another, with a cough or a sneeze.

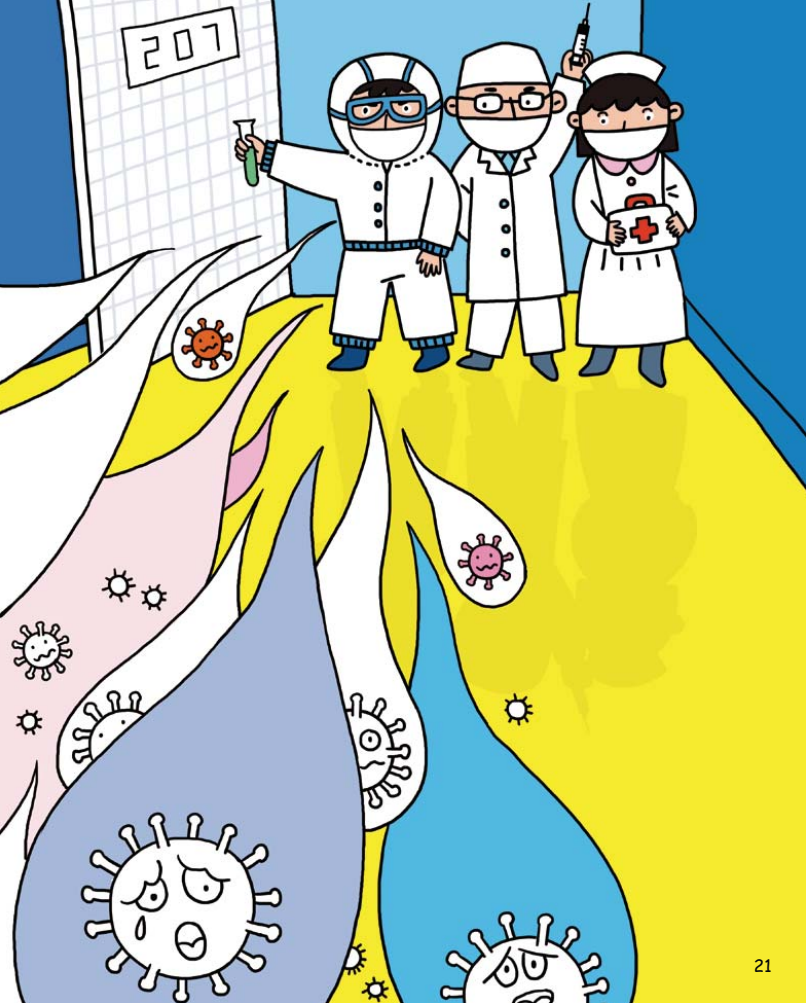




We are very strong and we work together.  
We can make many people sick at the same  
time. We can transform, develop and get  
stronger very fast!

However, we are scared of many things.  
We are scared of scientists, doctors and nurses  
who come up with professional ways to fight us.





We are scared of people who wash their hands frequently and wash us away.



1. Rub hands palm to palm with your fingers drawn closely.



2. Then scrub the top side of each hand



3. Rub your hands against each other with your palms and fingers crossed.



5. Rotate and rub your left thumb against the right palm and vice versa.



4. Put Palm to palm with your fingers interlaced.



6. Put your five fingertips close together and rotate the palm of your other hand. Change the hands and repeat.

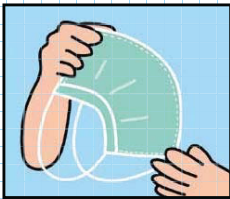


7. Rub your wrist of the other hand and vice versa.



We are scared of people who are infected with viruses,  
but they wear masks to stop us from spreading

### How to wear the Face Mask



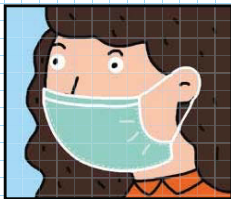
- 1 First fold the mask in half and then spread it along the edge.



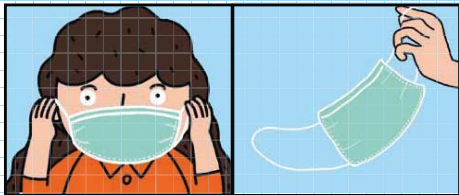
- 2 Wear the mask to cover the bridge of the nose and chin tightly.



- 3 Squeeze the nose clip so that the mask fits perfectly on the face



- 4 Take a deep breath. If the mask moves with your breathing, that means you have worn it well and tightly.



- 5 Do not touch the outer surface of the mask when taking off.



We are scared of people who spray disinfectant liquid to wipe us out.



We also fear that people will eat healthy food, sleep on time, and be stronger and not allow us to enter their body.



Oh no! What if people start eating healthy food and everyone starts developing good habits, such as covering their mouth when coughing, covering their nose when sneezing, throwing the used tissues into a closed dust bin? Then we'll have no other way but to flee...



So, dear little Children, do you now know  
how to protect yourself from these  
deadly viruses that affect the  
repiratory system?



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## **Corona virus have now shaken the whole world.**

The word 'new Corona virus' or 'Covid-19' are the words we have heard all too often lately. It's quite a mouthful isn't it? Do you know what it means? Take a look inside and find out.

The World Health Organization has asked people to be very careful and to protect themselves from these strong and deadly viruses. The reality is that viruses are not going to stop with Corona virus, there could be more unidentified deadly viruses. They have also told us how we can fight these viruses and not allow it to take over and infect our bodies.

Like us and most other people, if you too are worried about viruses, and want to stay safe, then read on and share with all those you care about.

Let's not let a disease be stronger than humankind !



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