

My Coronavirus Story

Written By Elizabeth Shepherd | Illustrated By Shoshannah Fox



VIRUS DISCOVERED

COVID-19

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virus discovered and spreading fast. Please wash hands and wear a mask in public to avoid spread.

My Coronavirus Story

This resource was created in partnership by:
Sioux Lookout First Nations Health Authority &
Kwayaciiwin Education Resource Centre.

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Sioux Lookout
First Nations
Health Authority



KWAYACIIWIN
Education Resource Centre
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There is a new word I keep hearing ...

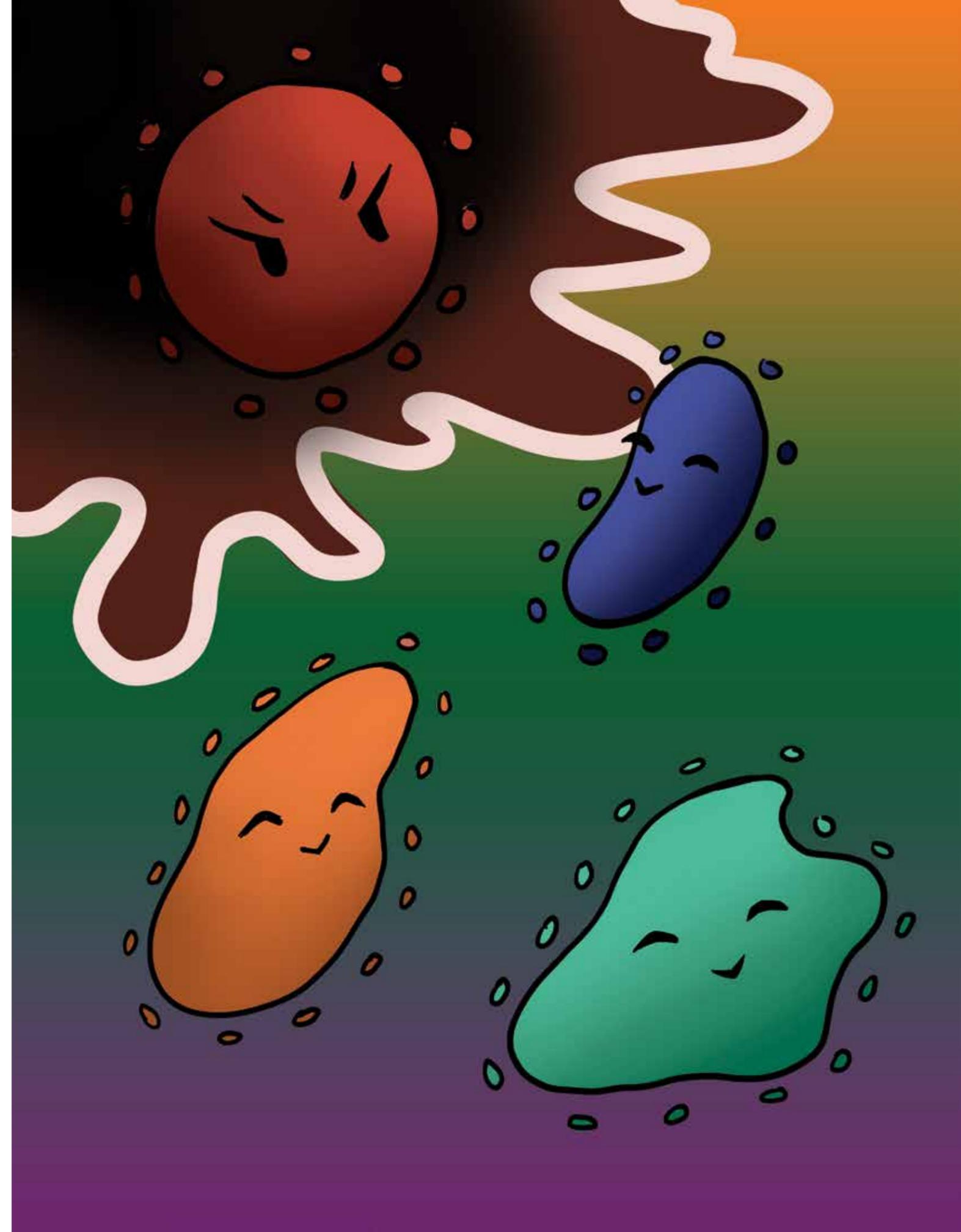
My family talks about it
I hear it on the television and the radio

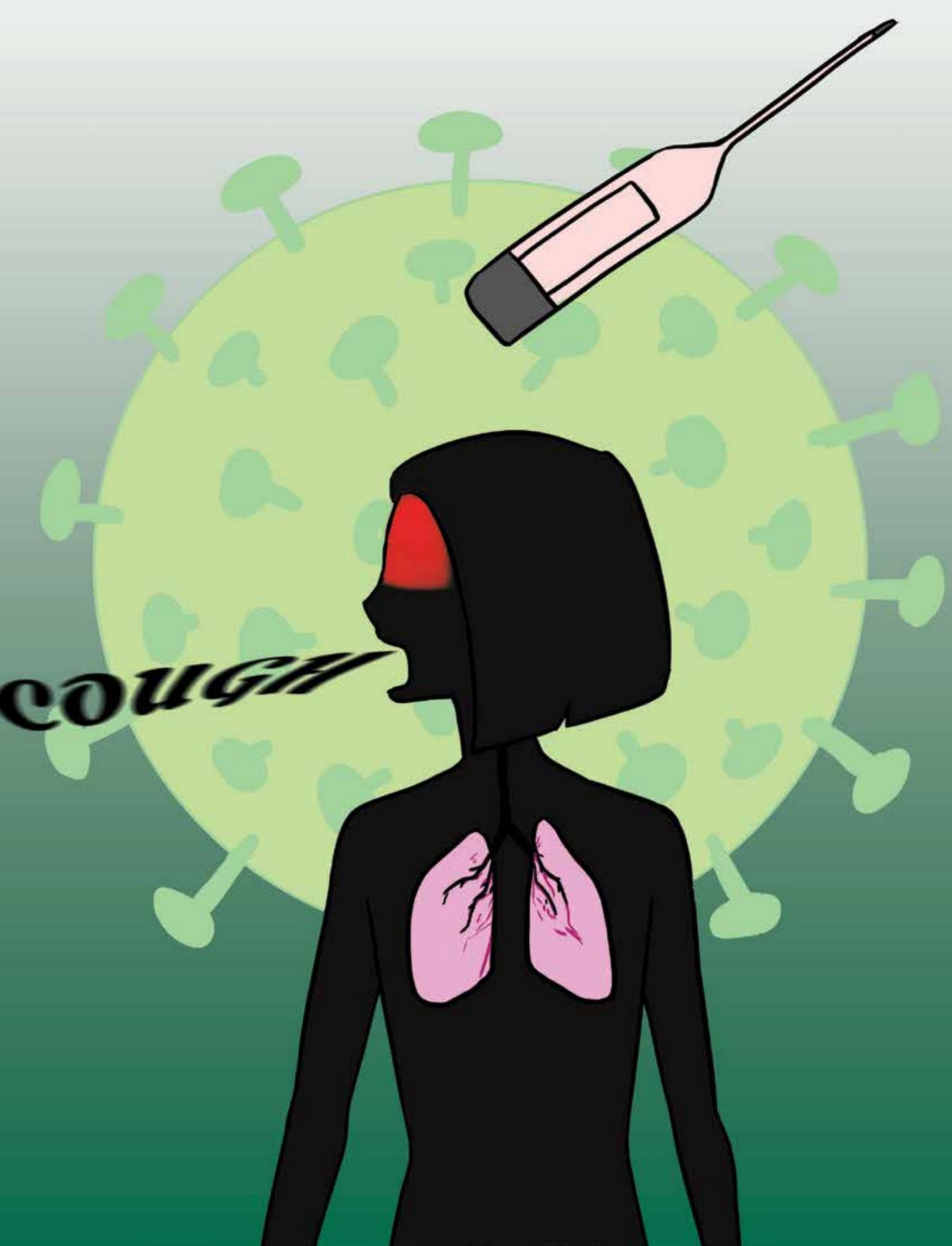
I see it in the newspaper and on social media

The word is coronavirus!

The coronavirus is a germ. Germs are very tiny things that live all around and even inside me.

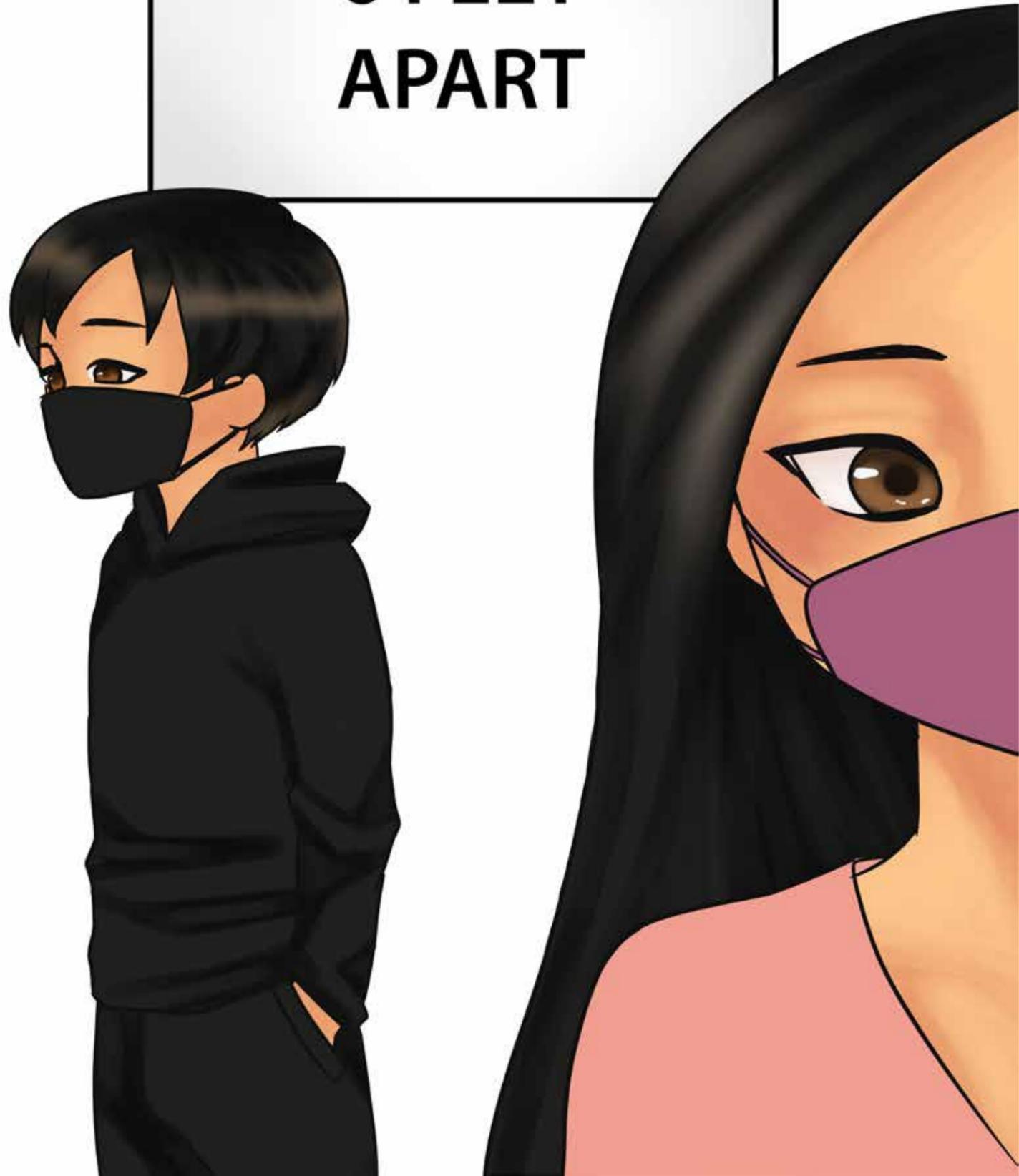
While some germs are good, this germ can make me, and others like my Kokum and Shoomis, sick. This sickness is called COVID-19. It gets its name from the family of germs it comes from - coronaviruses - and for the year it was discovered – 2019.





If someone has this germ in their body, it can make them cough, run a fever and sometimes even have some trouble breathing.

**6 FEET
APART**



Many people who get COVID-19 stay away from other people to keep them safe. They are often able to feel better soon without needing to go to the nursing station.

Some people may need extra help to get well again. That may mean that they have to leave the community to go see a doctor.

The voice on the radio says that there is a lot we can do to stay safe and healthy.





I make sure I wash my hands before I help Mama in the kitchen and before I eat my meals.

I wash my hands after I use the toilet and anytime I notice that they are dirty.

When I wash my hands, I make sure to use warm water and soap. I make sure to wash my hands for 20 seconds – that way I know I scrubbed all the bad germs away.

To help me remember, I'll sing 'Happy Birthday' or the alphabet song twice.

I can use hand sanitizer instead of soap and water if my hands don't look dirty.





Whenever I have to cough or sneeze, I make sure to do so into my elbow or into a tissue. If I use a tissue, I make sure to throw it away and then go and wash my hands right away.

I try not to touch my face. I have been told that this is one of the ways I can get sick, by touching my face when my hands are dirty. So, I try not to touch it.

It makes me feel good that all of these things that I am doing are helping keep me, my family and my community safe and healthy.

While many of the people who get COVID-19 have a cough or run a fever, there are some people who feel fine. This can make it hard to know where the coronavirus is hiding.

The school and community centre in my community have closed. While we often have different gatherings and fun events in our community, these have all been cancelled or postponed.

My family tells me that's because this coronavirus can spread easily from person to person.

Because of this, even though I wash my hands, cough into my elbow and don't touch my face, I have to stay home.

By staying home, I am keeping myself and others safe and healthy.





Even though I have to stay home, I have lots to do. My teachers have sent me work that I can do at home.

I am able to draw and make crafts for my Kokum that I can give to her later.

I get to spend more time with people in my house, playing games, reading stories and preparing and eating meals together.





My Dad takes me outside to hunt and fish. He says that as long as we stay at least 2 metres away from others in our community that it is okay to be outside.

I have even been learning some grown-up things, like how to help keep our home clean and grow plants in our yard.



By staying home, I also have more time to practice words that I learned from my Elders.

Hello

I am well

Thank you

See you again

Aaniin, Boozhoo

Nimino-ayaa

Miigwech

Minawaa gigawaabamin



Even though I have lots of things to do, I sometimes feel angry, sad or bored.

My family says that it is okay to feel these things. They feel these things too.

But rather than stay angry, sad or bored, they try to think of all the things that make them glad.

I am glad that there are brave people in and outside my community working to keep us healthy and find a treatment.



I am glad for the technology that allows me and my family to talk with or video call our friends and family.

I am glad for my family, that give me fun things to do and keep me safe and healthy.

I am glad to be strong, safe and healthy.

I know this coronavirus will go away soon.

Which is why I will continue to do my part to keep myself and my community safe and healthy.





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