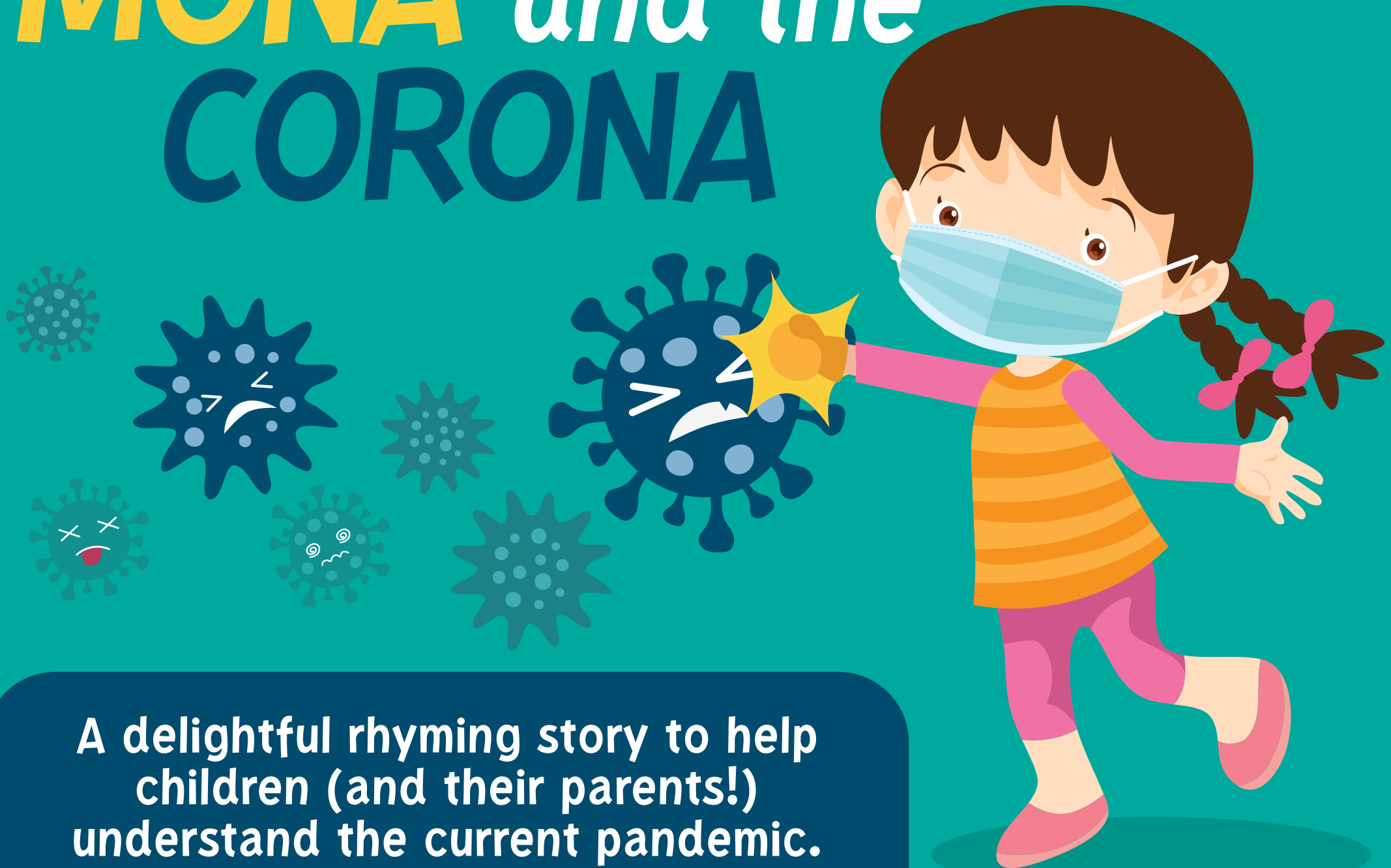


Written by Paediatrician Prof Claudia Gray
Illustrated by Sarita Kruger

MONA and the CORONA



A delightful rhyming story to help
children (and their parents!)
understand the current pandemic.

As a young child, Claudia used to write stories for her little cousins and dreamed of becoming a “professional babysitter.” Her love for children converted itself into a career as a Paediatrician, trained both in the UK and in South Africa. Claudia’s life is full-to-the-brim with a busy career and 4 cherished children, which sidelined her writing career for many years. Finally, she has now had the opportunity, together with the talented Sarita as illustrator, to write a series of childrens’ stories which aim to take scary situations and explain them in a fun and reassuring way.

Sarita is also a mom of 2 with a passion for design and communication. She is excited about this opportunity to visually relay Claudia’s messages and reduce stress for little people.



“Our children are our greatest treasure. They are our future.
The true character of a society is revealed in how it treats its children.”
Nelson Mandela

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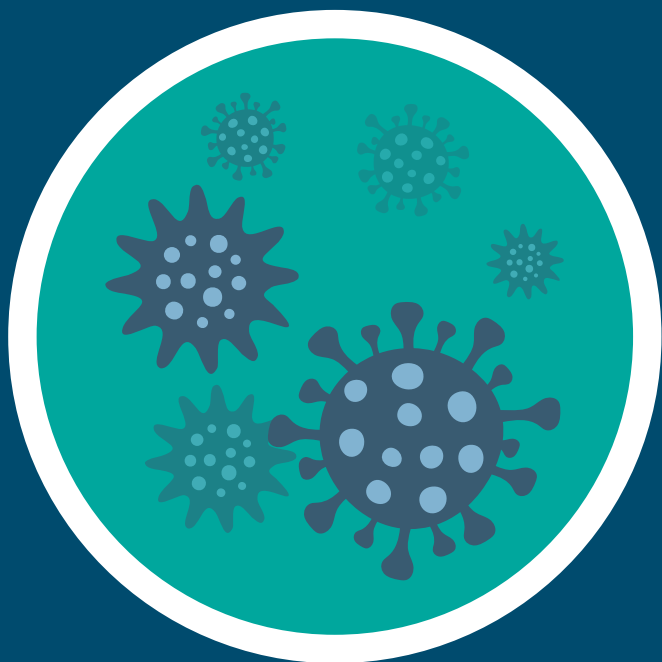
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"Oh Mummy," said young Mona,
"what is this thing Corona
That's caused a great big fuss
and made us such a loner?"



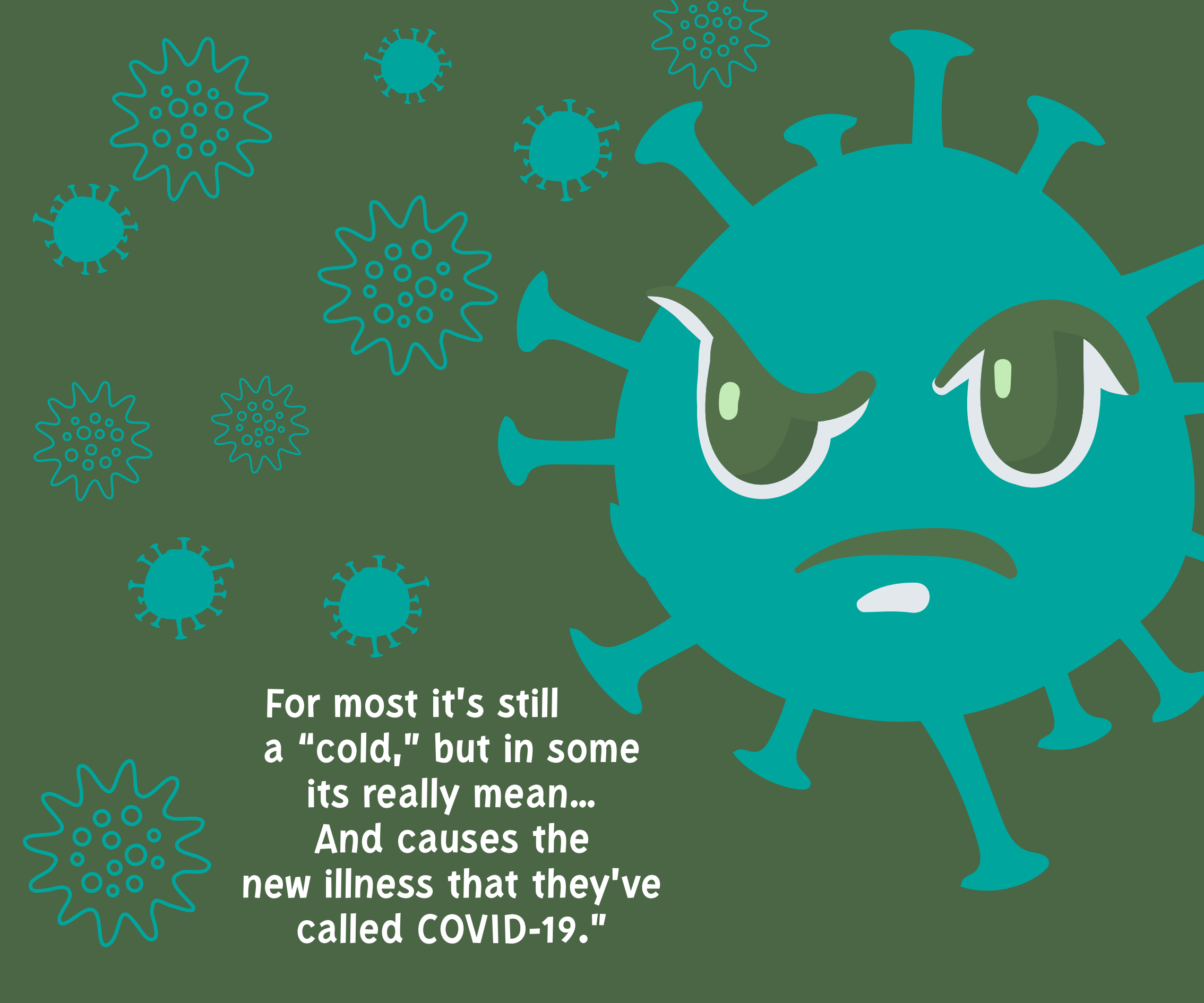


"Corona, dear," I say,
"is a bug that's very small
Called a "virus;" it's so small
that we can't see it at all.
It leaps inside the nose and throat
and takes its happy hold
And most famously is known to cause
the winter common cold.
Once it gets inside the body it can multiply with ease
But for most of us will only cause
a sniffle and a sneeze.



**But since the end
of last year there's
a new type of Corona:
The virus has now
taken on an
angry new persona.**

**It's called
"SARS CoV 2" and,
despite its tiny size,
Has made a
worldwide impact
and caught many
by surprise.**

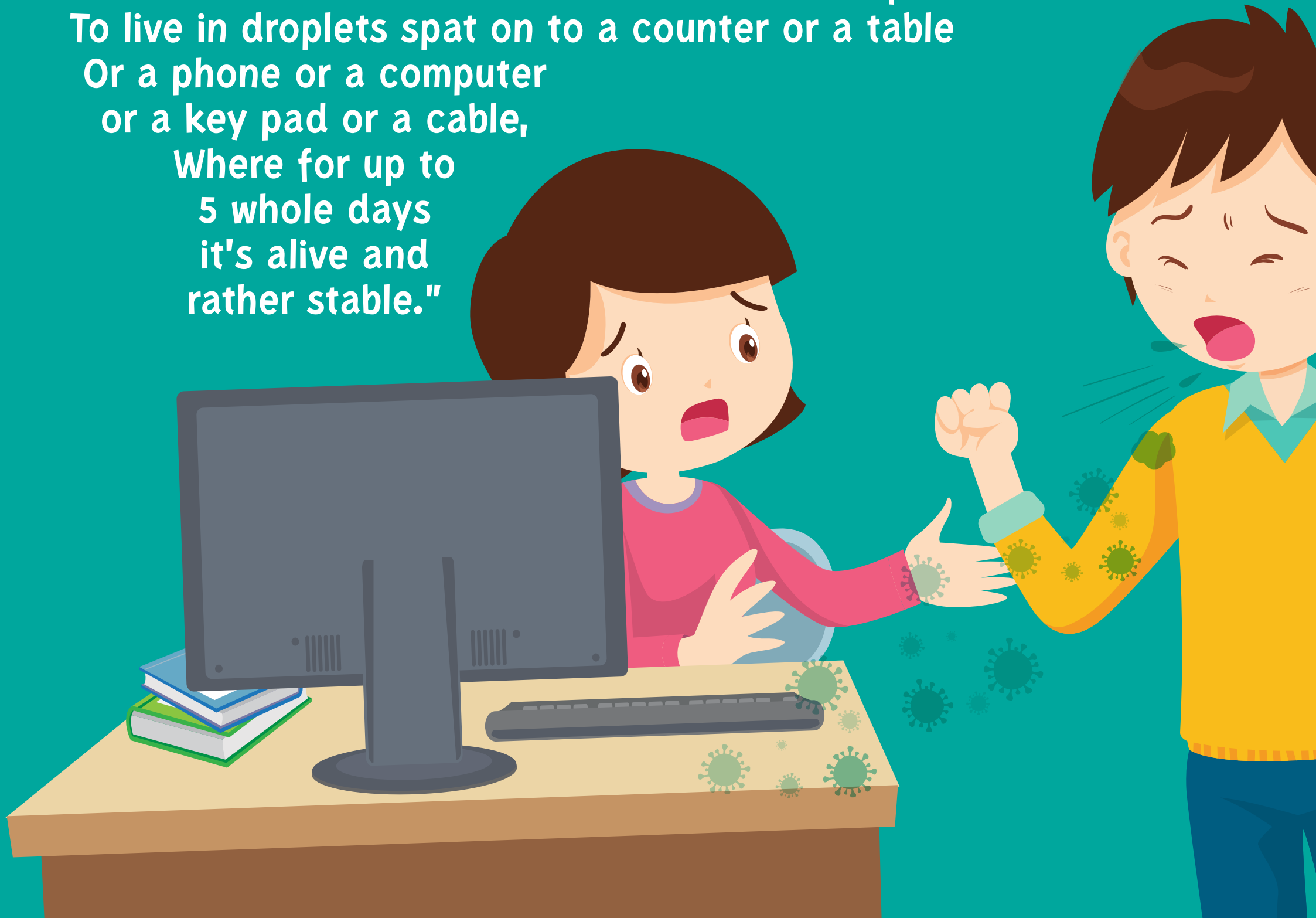


For most it's still
a "cold," but in some
its really mean...
And causes the
new illness that they've
called COVID-19."



"Oh Mummy,"
said young Mona,
"how does Corona spread?
Can I catch it when I'm lying
all alone at night in bed?"

"Oh no, you need close contact with someone with the disease
When they stand close-up and chat or they cough on you or sneeze.
And what we've learned as well is the virus is quite able
To live in droplets spat on to a counter or a table
Or a phone or a computer
or a key pad or a cable,
Where for up to
5 whole days
it's alive and
rather stable."



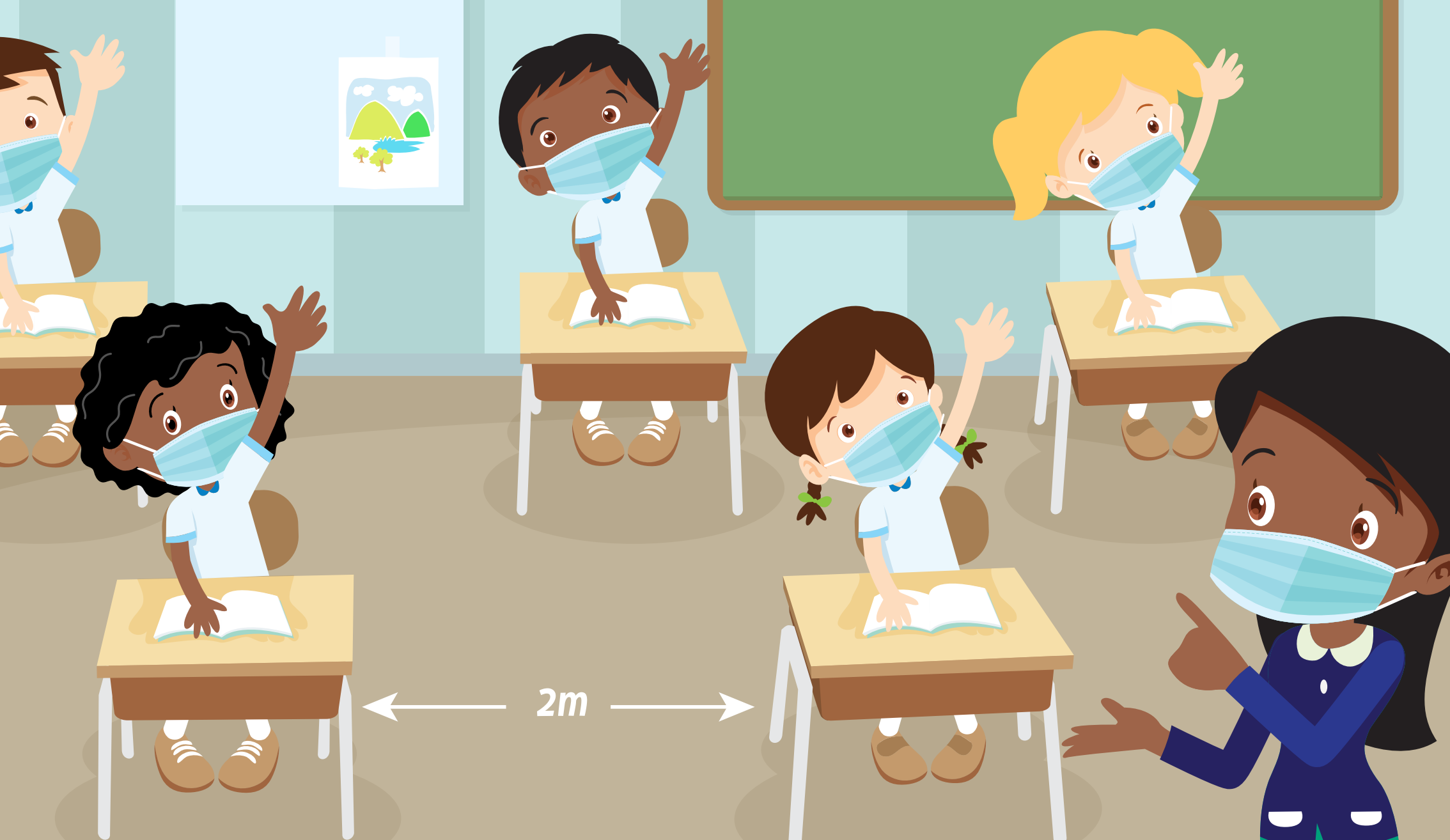


**"Eek no," exclaimed young Mona,
"I now think I understand
Why I cannot touch my face with
my dirty little hand**

After I have touched a surface in a busy shop or place."

**"Wash your hands with soap and water
and try not to touch your face!**

**And when you are on the go and you cannot find a tap
With a good hand sanitizer that Corona you can zap."**



"So mummy, do you know how far this bug travels in air?"

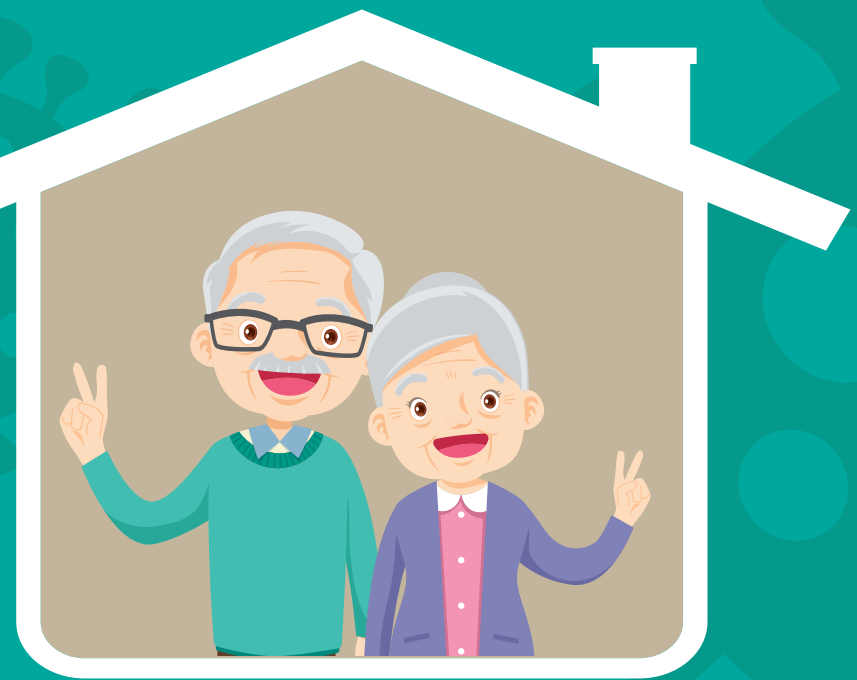
**"Well, with normal talk it spreads as far as 2 metres I fear.
Which is why our schools and workplaces are being very smart
By insisting that we sit or stand 2 whole metres apart."**

"And wearing our masks, Mum? I've heard that masks can help?"

**"Yes, they help to catch our droplets
when we talk, laugh, cough or yelp."**

**"But Mummy,"
said young Mona,
"what is this thing
'lock down'
That bans us
from our parties
and our choir
and our town?"**





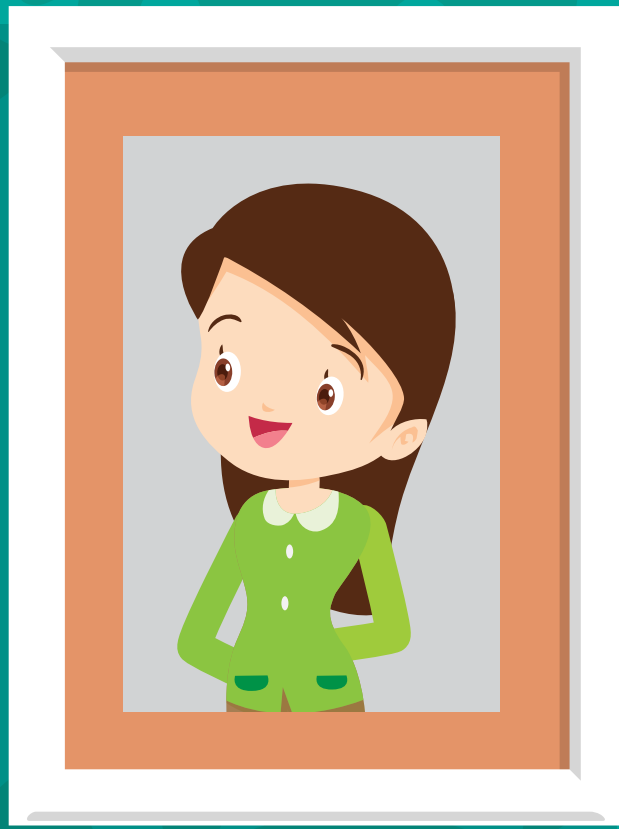
**"A lockdown really means
that we stay at home much more
And we do not party, gather,
meet and huddle as before.
If we don't see many faces
and we go to fewer places,
Then we don't come
into contact
with too many
COVID cases!"**



**'Cos if everyone gets sick at once,
our hospitals will fill...
And when all the beds are full,
then they can't help all the ill.'**

**sorry,
we are
full...**





"But mummy I'm so scared right now,"
a frightened Mona said,
"Cos what if I get COVID and there's no hospital bed?"
"Well Mona," said her mummy, "those chances are so small
As the young like you do well,
most don't get too sick at all.
It's your grandmother who worries us-
she's older and she's ill
And Aunt Mavis who's been told
to take a high blood pressure pill."



"Ooh Mummy,"
said young Mona,
"I think
I understand



Why we're now no longer shaking
our dear Aunt Mavis's hand,
And we're not seeing our granny
without wearing our masks!"
And we're standing far apart
when we're busy with our tasks."



another zoom
meeting...

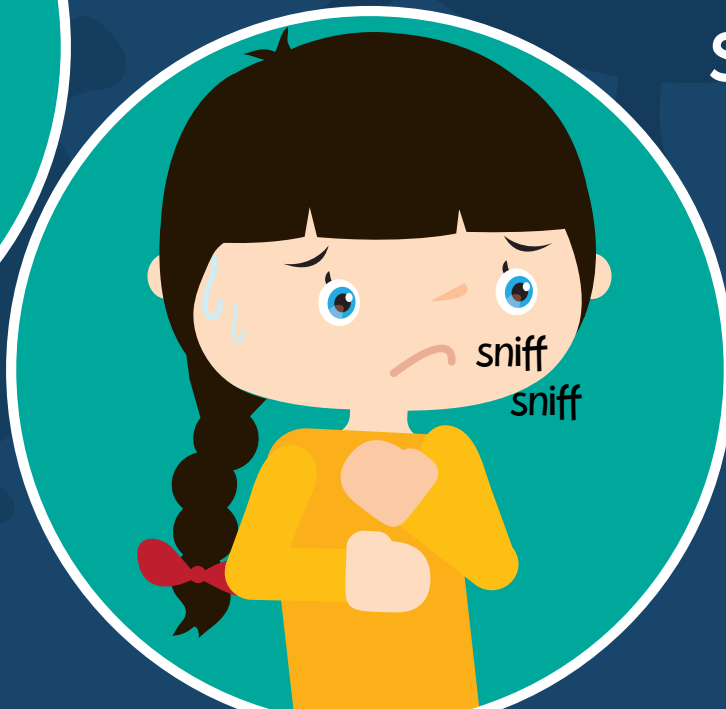
"You see now
why your dad,
former busy bee
commuter
Is now working
from our home,
zooming
'round on
his computer!"



"So... how do people know if they have SARS Co V2?"



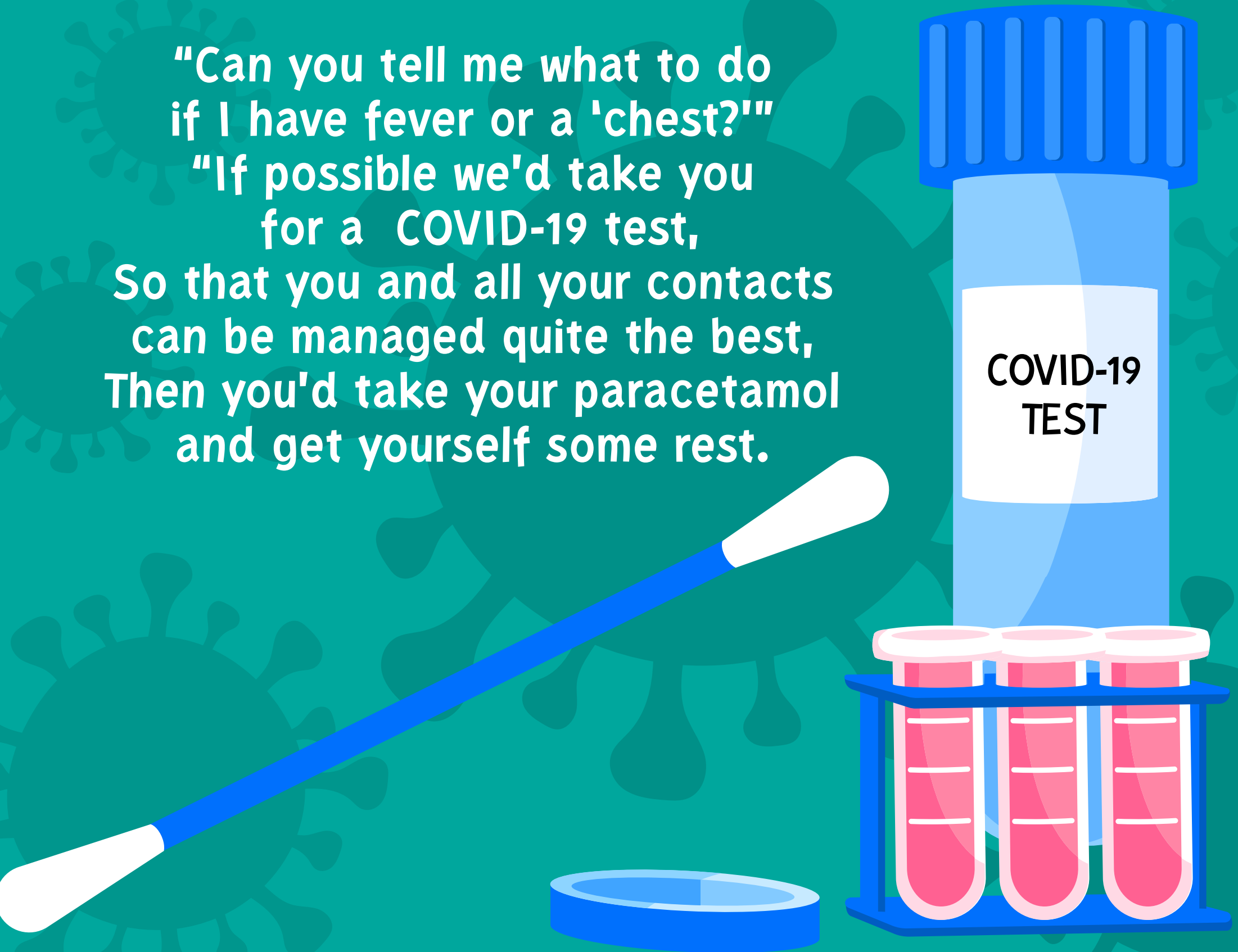
"Well, they may develop fever, or a sore throat like the flu; Or sore muscles, a dry cough or some tummy problems too; And a sore head and poor smell make another suspect clue.



Some people don't feel sick at all: but no-one should be smug, 'Cos even those who're symptom-free can spread this sneaky bug."

"Can you tell me what to do
if I have fever or a 'chest?'"

"If possible we'd take you
for a COVID-19 test,
So that you and all your contacts
can be managed quite the best,
Then you'd take your paracetamol
and get yourself some rest."

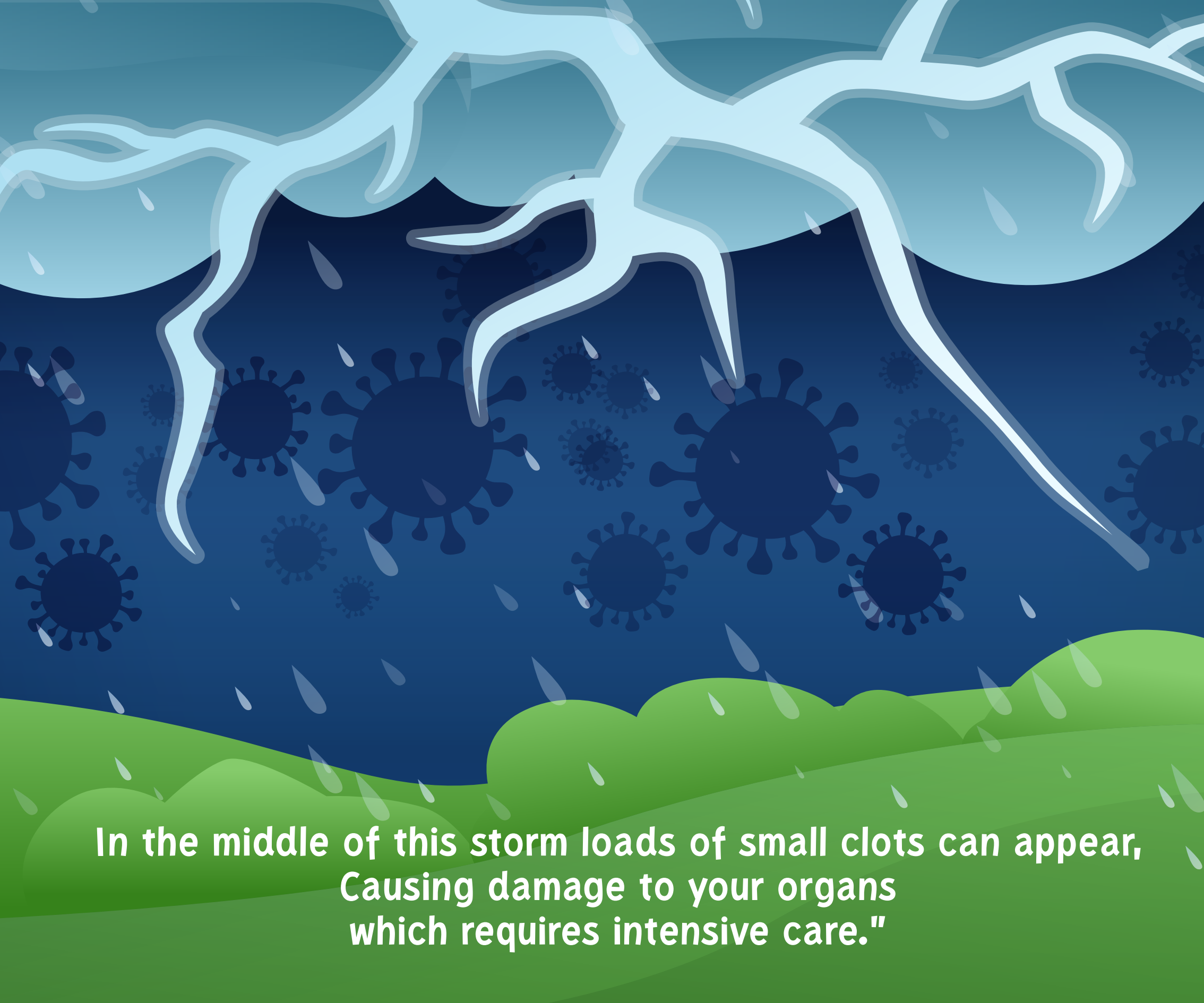


After 2 full weeks
at home spending
lots of time in bed,
Most people
will get better and
will then no longer
spread.



If you're coughing
very much or your
breathing's not so good;
Or you're old,
or really ill, then
it must be understood
That you really must go
straightaway to see
your friendly doc,
As this bug can
cause a "storm"
which puts
the body
into shock.





**In the middle of this storm loads of small clots can appear,
Causing damage to your organs
which requires intensive care."**

"Wow mummy,
I don't want to end up
in a clotty storm...
Can I shelter my own body
by keeping it in top form?"





**"Yes to a large extent
we can all do our bit
With healthy eating,
restful sleep and
keeping rather fit;
By taking all our meds
and avoiding
crowded places,
Washing our hands loads
and not touching our faces.**

And equally important
is to look after all others;
To treat our fellow humans
as our sisters
and our brothers.
We help by
wearing facemasks-
it shows that we
have heart





And though we'd
rather huddle,
we stand
six feet apart.

6ft



We help them too
by staying at home
when we're
not feeling good;

6ft





And,
if we can,
we help
the needy
by donating
food."

**"Oh thank you so much, mummy,
for explaining," said young Mona.
"It's scary, but together we can beat this bug, Corona."**



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