




Let's talk about Coronavirus

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Hey there. How are you?

I reckon things have seemed a bit weird lately.

There's this thing called Coronavirus that seems to have a lot of people talking. I've seen stuff about it on the tele and I've heard people talking about it. Some of them sound worried.

Whenever I get worried about stuff, I like to ask my Nan. Nan knows a lot of stuff. If she doesn't know something, she knows where to look for information or who to talk to about it. Nan is my 'go to' person when I need to know something. So, I asked Nan about Coronavirus.

Who is your 'go to' person when you want to know more about something?

Draw a picture of them here.

When I asked Nan what Coronavirus was, she said it was something that scientists have a proper name for. Scientists call Coronavirus, COVID-19. Kind of like my how my cousin's name is Frankie but her proper name is Francis.

Nan said Coronavirus was actually a teeny tiny bug that's so small you can't even see it with your eyes. You have to get a special microscope to see it. Nan says there a gazillion germs living their lives all over the place – even living inside of us.

Some of the germs all around us are really good for us and help us to stay healthy – like the ones that live in our bellies and help turn our food into poo. Some germs are not so good for us and if they get inside us, they can make us feel sick.

Nan reckons there is no need to be scared of germs because our bodies can do really clever things with germs – even the bad ones and there are things we can do to help our bodies.

What do you think germs might look like when you look at them with a microscope?

Nan says our bodies do a really clever job of knowing which germs are good and which ones could make us feel sick. Our bodies try to get rid of the bad germs by doing things like making us cough and sneeze.

When we cough or sneeze, lots of bad germs shoot out in the bits of snot or spit that come out.

If we're not careful about how we cough, sneeze, and spit, the germs can travel from our bodies into other people's bodies.

Draw a picture of germs shooting out in a snotty sneeze or cough.

Because different people have different bodies, germs can make people sick in different ways. Some germs your body tries to get rid of by making you snotty, cough-y and wheezy. Some germs your body tries to get out by making vomit and runny poo.

I think the Corona germ is a coughing one. Nan says she really doesn't know why people think they need extra toilet paper!

Most healthy bodies are good at fighting off germs.

Some bodies can find it harder to fight off germs.

New bodies, the ones babies have, might not have learned how to fight off bad germs yet.

Older bodies can get worn down sometimes and might not be as good at fighting off germs.

If someone is already a bit sick, their body can be so busy fighting off the other sickness that it's too busy to fight off anymore.

That's why we need to be really careful about sick germs around brand new babies, older people and people who have already been a bit sick.

Nan told me that after a body has fought off a germ and the person is well again, a body can remember how to fight off a germ it has fought off before. How clever is that?!

So, Nan reckons there are some things we can do to make sure we don't get bad germs like Coronavirus. There are also things we need to do so we don't accidentally help the germs move to other people.

We can make sure we wash our hands really well. When we wash our hands really well, the germs get washed away. Nan says when I was my hands I should count slowly to 20 and use soap or that hand sanitiser stuff.

How long does it take you to write down the numbers from 1 to 20?

When we sneeze or cough, Nan says we should try to turn away from other people and try to sneeze or cough into our elbows. That way, there's less chance that the germs will go on your hands and then onto other things that people might touch. If people touch something with germs on it and then touch their faces, the germs can get into their bodies.

Nan says we can try to keep our hands away from our faces so germs don't get close to our eyes, nose or mouths. I find it really hard to not touch my face. As soon as I tell myself not to, my brain seems to make my nose itchy. I reckon it's easier to just think about keeping my hands busy doing drawing or craft or gaming. Mum told me she always has chores I can do like folding washing or putting dishes away, but I prefer my ways of keeping my hands busy. Sorry, not sorry, Mum.

What things can you do to keep your hands busy?

I was also thinking that if germs can live in spit or saliva, it's probably not a good idea to share my drinks with my friends unless we can put the drink into separate containers. I won't let my friend bite into my apple, either. I'll see if my teacher can cut a piece for him.

Nan also said that to try to stop the germs spreading, some things might get cancelled. Places where people have to stand close to each other might be closed for a while. People might decide to keep bigger spaces between each other. So, I may not get to go to the footy, but I can always watch it on the tele instead.

If we do get sick from a germ, we need to rest so our bodies can do the work they need to do to fight germs. We also need to stay away from other people if we can. That's why sometimes we need to stay away from school.

Sometimes our bodies can be helped to fight off germs with special medicine. Other times we just have to wait for our bodies to do the fighting by themselves. It can also help to make sure we eat healthy food and drink clean water.

What's your favourite healthy food?

My other Nan, I call her Gran, has been a bit sick lately. I haven't been able to visit for a while. I miss seeing her because she gives really big hugs that make me feel all warm. But I have been talking to her using the video camera on my tablet. While we both miss the hugs, we have made up this really cool little hand slapping, foot tapping thing that we have been doing together. It's silly and fun and almost as good as a hug. I told Gran to rest up so her body can fight off germs so that we can see each other properly soon.

What kind of ways can you say “hello” or “goodbye” or “I love you” without getting hands and faces too close?

It might be a bit scary to think that something can make us sick. But after talking to Nan, I feel much better.

I know that I can do some simple things that can make things better. You know, sometimes the best way to manage teeny tiny things (like germs) is by doing lots of little things lots of the time.

Nan doesn't have the answers for everything, but she knows how to make me feel better when I worry.

Thanks Nan!

X PS There's no spit in this paper kiss 😊