

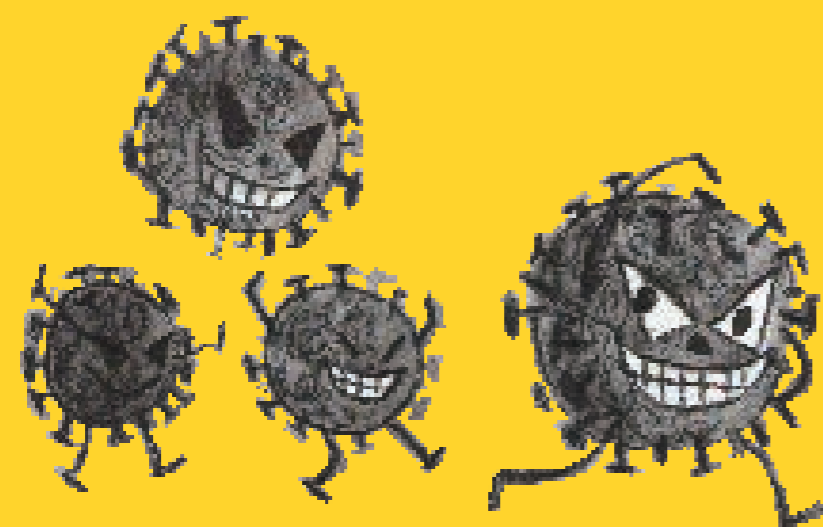
Recommended by ZHANG Silai, pediatrician,
And former expert on the Integrated Early Child Development Program

Ten Tips to Fight Monsters

DONG Ruihan



 北京科学技术出版社
Beijing Science and Technology Press



DONG Ruihan is a professional author of picture books. Previously, she has published many picture books and created illustration for several books. Being a full-time mom and a wife of a doctor, she never fails to find inspiration in her daily life.



When everything is in darkness, may this book
be the light you need.

图书在版编目 (CIP) 数据

打怪兽的 10 个方法 / 董芮寒著. — 北京: 北京科学技术出版社, 2020.2
ISBN 978-7-5714-0690-5

I. ①打… II. ①董… III. ①日冕形病毒 - 病毒病 - 肺炎 - 预防 (卫生) - 儿童读物
IV. ①R563.101-49

中国版本图书馆 CIP 数据核字 (2020) 第 022102 号

Publisher: ZENG Qingyu
Developmental Editors: JIN Keli, LÜ Liangyu / Managing Editor: ZHANG Fang
Production Editor: LI Ming / Book design by TIAN Lu Lin Studio
Published by Beijing Science and Technology Press
Beijing Science and Technology Press
Address: No. 16 Xizhimen South Street, Beijing, China, postal code 100035
Tel/fax: 0086-10-66135495 (Chief Editor's Office) / 0086-10-66161952 (Sales Department, fax)
0086-10-66113227 (Sales Department)
Website: www.bkydw.cn / Email: bjkj@bjkjpress.com
ISBN 978-7-5714-0690-5 / R 2747



Published by Beijing Science and Technology Press. All rights reserved.
Returnable and refundable in case of printing or binding errors.

Ten Tips to Fight Monsters

Written by DONG Ruihan



北京科学技术出版社
Beijing Science and Technology Press



When those monsters came, nobody noticed.
Dad is a doctor. He calls them “novel coronavirus”.





They travel from one person to another by riding droplets in the air. They will give you fever, and make you cough. They can also make you feel tired, and even cause shortness of breath.



They consume your energy to duplicate themselves.

The monsters start to multiply. Their army grows bigger and bigger.



The monsters are good at lurking. When you started to notice, it is already too late.

The monsters are carrying out their ultimate plan: taking over the entire city and control everyone.



Before leaving, dad asked me to protect my family. He gave me many useful tips to fight these monsters.

The **first** one is: **Never let them find you.**





If, unfortunately, the monsters have sneaked into your house, here's the **2nd** tip: **Open the windows to let in fresh air.**

The **3rd** tip: **Clean and disinfect the house, so that the monsters have nowhere to hide.**

The monsters tend to attack people with a weak immune system. To counter that, according to the **4th tip: Eat healthy and sleep well!**

It is advisable to keep regular hours, eat regular meals and go to bed at the right time.



The **5th tip: Exercise regularly!**

A strong body enables us to defeat these monsters when they try to invade.



Our tummies are talking—grandma has to go out to buy us some food.

She can be attacked by those monsters!

Don't worry. Daddy told me, grandma is safe if we use the **6th** tip: **Put on a mask and goggles, and the monsters will be kept away.**



The 7th tip: **Avoid public places.**

Unless...unless you are going to deliver masks to the hospitals where they are badly needed.



Daddy told me these monsters are so insidious that they could be hiding anywhere, on cellphones or elevator buttons, biding their time to be carried into our house.

So here comes the **8th** tip: **Wash hands frequently.**





The doorbell is ringing. It's mommy! She is back from grandma's house.

I wish I could give her a big warm hug, but daddy has warned me against that.

The insidious monsters might have stuck themselves on mommy on her way back.





So mommy needs to take a shower first. And she has to stay in the bedroom on her own, use a separate towel and toothbrush, and dine with separate plates and cups.

This is the **9th** tip. Daddy calls it **“quarantine”**.

Mommy needs to take her temperature twice a day to ensure that the monsters are not doing their dirty tricks inside her body.

If any symptom is spotted, mommy should go to the hospital right away. (Better not via public transportation!)



Phew, mommy seems fine.

But we will not lower our guard. Every day, I help grandma to clean the house and disinfect the objects mommy has used.

Mommy has to live like this for two weeks before she gets cleared from the threats of those monsters.

But I have my own way to make her happy.



The **10th** tip dad has taught me is **to be happy!**

The monsters are very powerful. We must watch out for them, but we don't need to fear them.

Even if the monsters do catch us, don't panic and don't be afraid.

Dad will know what to do!



Dinner's ready!

Dad, I've finished the tasks you gave me. Are you coming home soon?





woof-woof!



Ding-dong!



Dr. ZHANG Silai Answers Questions about COVID-19

1. What are the common infectious respiratory diseases in children?

The human respiratory tract consists of nasal cavity, throat, trachea, bronchi and lungs. When pathogens invade these sites, the infectious disease triggered by them is called the infectious respiratory disease.

Common infectious respiratory diseases in children include influenza, poliomyelitis, measles, smallpox (eradicated), rubella, epidemic cerebrospinal meningitis, chickenpox, mumps, whooping cough, tuberculosis, and the recent COVID-19 pneumonia.....

2. What is COVID-19?

The recent coronavirus outbreak results from a new member of the coronavirus family, which has been named by the World Health Organization (WHO) as "COVID-19". Its incubation period generally ranges from 3~7 days, with the longest being 14 days. During the incubation period the infected host is already infectious. Common symptoms include fever, dry cough, fatigue, leading to shortness of breath.

3. How does COVID-19 spread?

主要经飞沫传播，也可通过直接密切接触或间接接触传播，还有可能通过粪—口传播。

4. How can I protect my child from COVID-19 infection?

① Avoid public places, especially enclosed spaces. Try to avoid taking public transportation when going out, and avoid contact with people infected with the COVID-19 or people who recently met infected individuals. Clean and disinfect household common areas, and open the windows regularly to ventilate. It is best to ventilate for 30 minutes each morning and afternoon.

② Help your child (if older than 1 year) wear mask when going out, and keep at least 1 meter away from people with no preventative measures. It's recommended for parents to always carry alcohol-based sanitizers to wash hands. Keep your child from touching anything, especially their own eyes, nose and face.

③ Help your child change clothes and shoes when they go home and wash their hands. When you go home, do the same thing before touching your kid.

④ Wash their hands when coming home, after using the restroom, and before eating.

⑤ Teach them to cough or sneeze into a tissue or their elbow. Put the used tissue in a covered rubbish bin immediately, and wash hands properly.

⑥ Tableware for children shall be used by them only. Do not taste, blow on or chew the food before feeding them to your child.

⑦ Pay attention to food hygiene. Separate kitchen tools (cutters and cutting boards) for raw and cooked foods. Cook the food thoroughly before giving it to your child.

⑧ Best keep your child at home and teach them to live a regular life with enough sleep, diversified and balanced diet and some indoor exercises. Dress them in the right clothes, make sure they don't get too cold or hot.

⑨ Clean and disinfect their toys, items and tableware regularly.

⑩ In the case of a caregiver or someone who has close contact with your child developing any symptom of suspected new

coronavirus infection, he/she should be quarantined immediately. Monitor your child's health condition closely. Once any potential symptom is spotted, immediately take them to hospital.

5. How to choose face masks for kids?

Masks include protective face mask for medical use, surgical mask, medical face mask and cotton mask. The protective face mask for medical use is effective in protecting kids against droplets. Make sure you choose child-size and single-use medical face masks. Never use adult mask for a kid since it cannot properly function.

6. How to correctly wear masks for kids? What if they are not interested?

To correctly wear a mask:

① Wash your hands before wearing a mask;

② Put on or remove a mask through its elastics or strings. Do not touch its front.

③ If your mask becomes damp or humid, replace it with a new one. After removing the mask, discard it in a closed bin and immediately cleanse your hands.

If your child is not interested in wearing a mask:

① Tell them why they should wear a mask if your children are old enough to be reasoned with. Wear a mask yourself so that the child doesn't feel alone.

② Get them to wear masks by playing games, storytelling, role-playing, or wearing a mask on their toys if your child is just a toddler.

③ Avoid bringing infants under 1 year out because they are not suitable for wearing masks. Better keep your home clean and disinfected.

7. How to wash your hands correctly?

① Wash the palms: rub hands palm to palm.

② Wash the space between the fingers: rub right palm over the back of the left hand with interlaced fingers and vice versa.

③ Wash the space between the fingers: rub again palm to palm with finger interlaced.

④ Wash the back of fingers: rub the back of fingers to opposing palms with fingers interlocked.

⑤ Wash thumb: rub rotationally left thumb clasped in right palm and vice versa.

⑥ Wash tips of fingers: rub rotationally backwards and forwards with clasped fingers of right hand in left palm and vice versa.

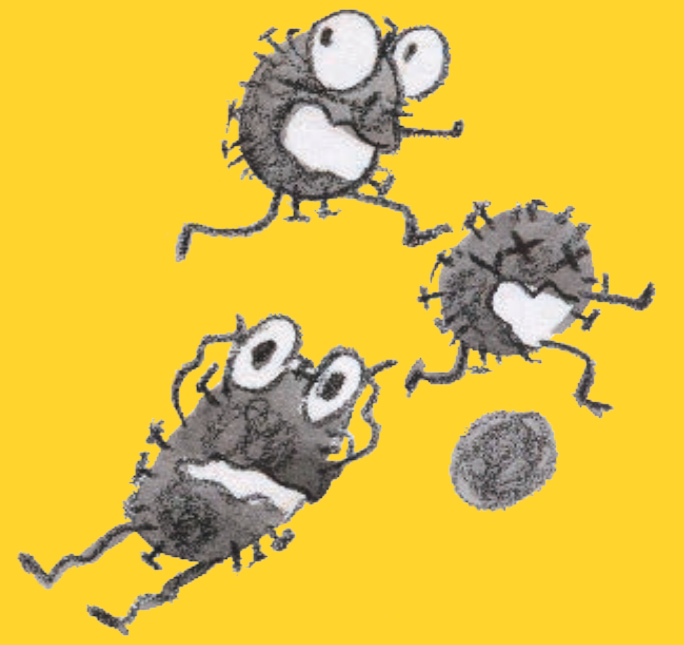
⑦ Wash wrist: rub right palm over left wrist and vice versa.

8. What to do if your child has a fever in the flu season?

① If your child has a fever with some other symptoms, and is not feeling well, do take proper preventative measures and take your child to the hospital in time. Waiting at home is not recommended, you could miss the best time for treatment.

② If the doctor makes a definitive diagnosis and allows home treatment, the parents should give the medicine to the child on time, and wait to see if the fever improves. It is strongly recommended not go to the hospital repeatedly, so as to avoid cross-infection and frequent drug switching, which may affect your child's recovery.







Little Shell Picture Book Library
For children above three years old

