HOW TO KEEP COVID AWAY

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Everywhere around us, there are small viruses that we can't see.

Recently, a new virus called Covid came to town. It is a coronavirus.

Some of them make us sick.
It is looking for a new nose to live in. It has lots of spikes and uses them to stick onto people it meets.

If Covid sticks to you, it can climb up to get into your nose.

Hi, I'm Covid! I love sticking onto people!
Why does the virus want to live inside people’s noses?

Now I can make new viruses!

Because they want to make more new viruses. And they have to be inside people to do that.

I’m a new virus!
What do viruses do inside my body?

They love to jump around in your ears. They make a big mess! and tickle inside your nose. Sing in your throat.
Now you begin to feel sick.

I don't like this!

Runny nose, sore throat and coughing. It's no fun being sick!
Luckily, you have guards inside of your body called immune cells that can send viruses away.

But this takes some time. You might be sick for a few days.

The guards in your body are angry at Covid.

When your guard immune cells are angry, you get very hot. You get a fever.
But the fever makes your guards stronger!

They push all the viruses out of your body and send them away.
How can I stop the virus sticking on me or onto other people?

Covid can ride on your fingers to new places.

You shouldn’t pick your nose or you might put the virus into your nose.
Wash your hands with soap carefully.

When you wash your hands with soap, Covid's fall off of your hands.

That way, you can’t spread the virus to new people.
When you cough or sneeze, viruses can fly out from your nose and land on your friends.

The virus can make them sick, too.

Use a tissue when you sneeze or when you blow your nose.

If Covid is making you sick, you should stay home so that it can’t jump to new people.
But why do I have to stay home now, even though I am not sick?

Covid is sneaky. It can hide after it sticks to you and jump quietly to many people.
Some people's guard cells have trouble getting viruses to go away, like your grandparents.

I need help!

Immune cells

They get sicker than others. They might have to go to the hospital.
But if you stay home, you can stop Covid from jumping around and protect others.

Wash your hands with your friends before you play.

Together, you can keep Covid away!
**WRITER**

**Signe Elisabeth Åsberg, PhD**

I'm interested in everything biology, but mainly antibiotics. Scientist by day, science writer by night. My research is focused on the interactions between the immune system, intracellular bacteria and antibiotics.

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**ARTIST**

**Elfy Chiang**

I'm an artist and science communicator from Taiwan with a background in Biological Sciences. I work with scientists and educators on creating professional and engaging visuals to communicate science.

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**REVIEWER**

**Paige Jarreau, PhD**

I'm interested in how scientists use social media to promote public engagement and health behaviors.
Sources

- CDC
- Norwegian Institute of Public Health
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