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The World Caught a Cold

Shizuko Takahashi M.D.

University of Tokyo School of Medicine

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せいかがかぜをひいたから
The World Caught a Cold



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高橋しづこ
作・絵

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The World Caught a Cold

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We, doctors and nurses, need your help!



たかはし
高橋しづこ
さく え
作・絵

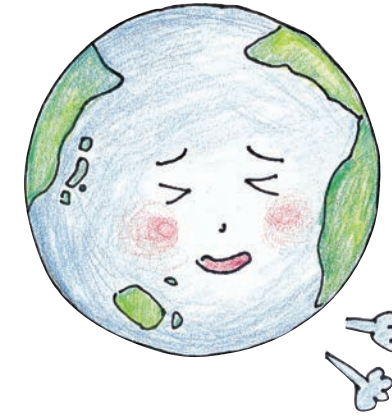
Written and Illustrated by Shizuko Takahashi M.D.

せかい^{じゅう}中で命^{いのち}がけで
はたら^{どうし}く同志とそのご家族^{かぞく}、
コロナウイルスにかかり、
命^{いのち}をおとし^{どうし}た同志と
そのご家族^{かぞく}にささげます。

Dedicated to my
colleagues and their
families risking their own
lives to save lives, and to
those among them who
have lost their lives to
save others.

The World Caught a Cold

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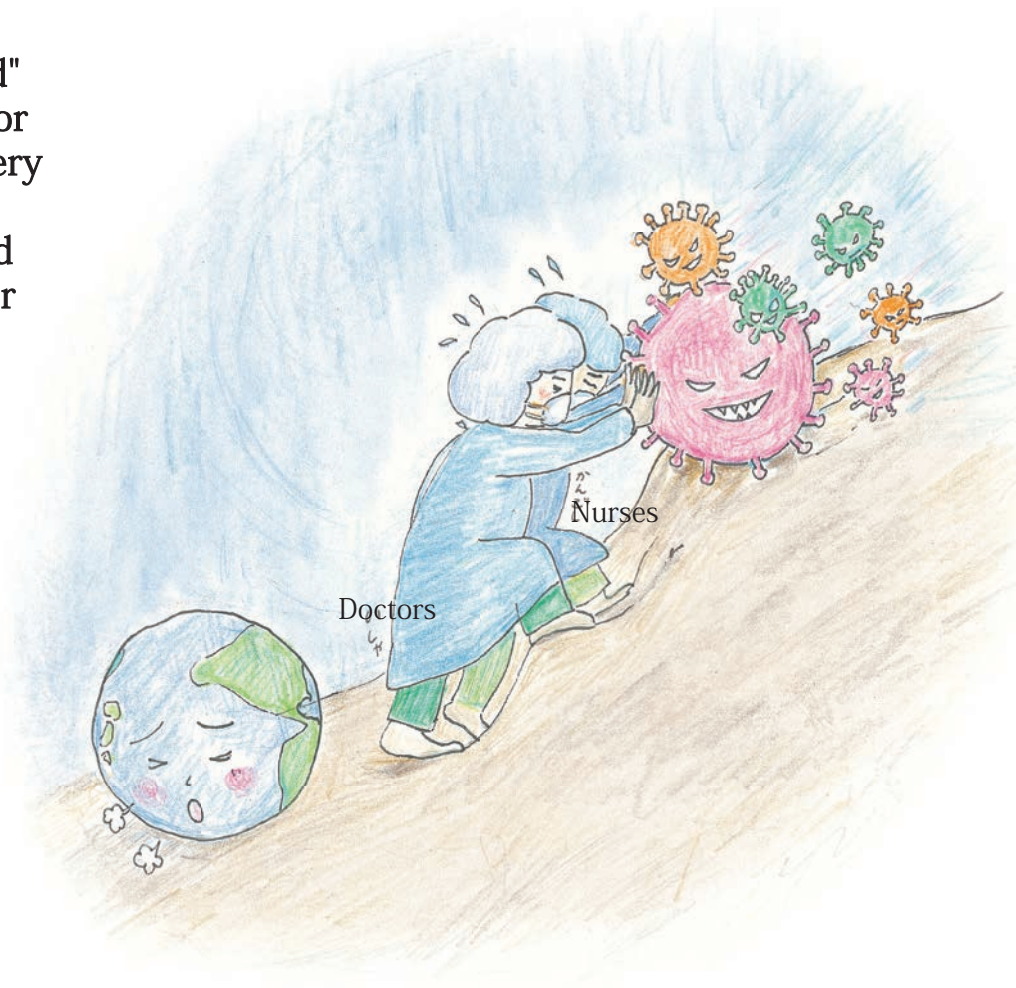
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高橋しづこ 作・絵

Written and Illustrated by Shizuko Takahashi M.D.

The world
caught a "cold."



It's a really bad "cold"
so people working for
hospitals are very very
busy now, trying to
help save people and
their families all over
the world.



We caught this "cold" from a bad germ called the coronavirus. The coronavirus is really really tiny. You cannot see it without using a special microscope. The "cold" has a special name called "COVID-19."



Memo

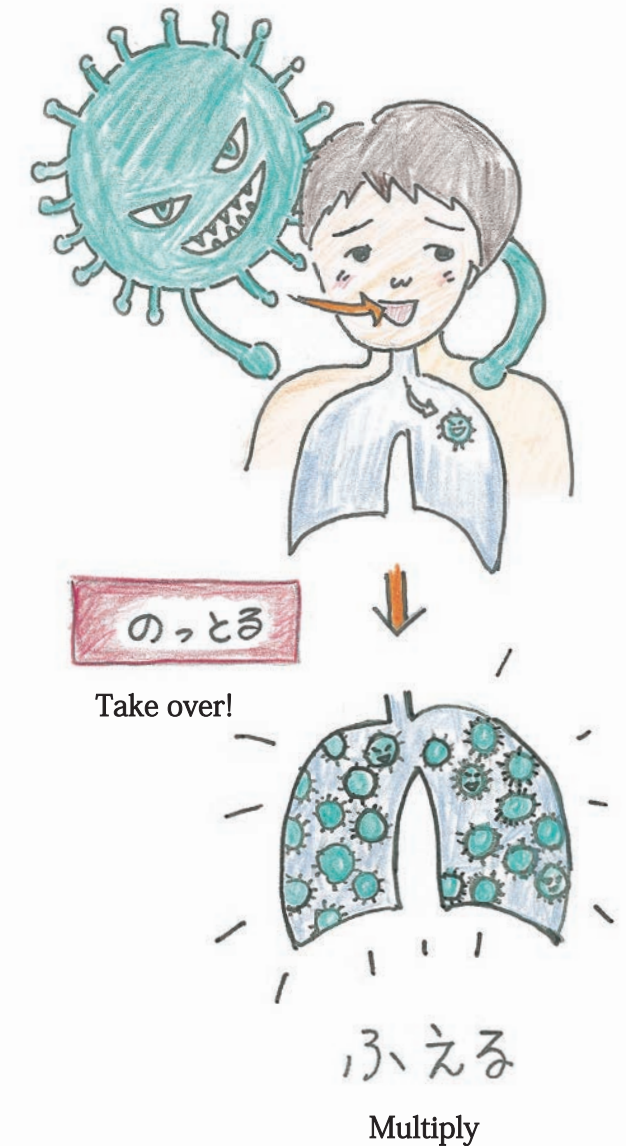
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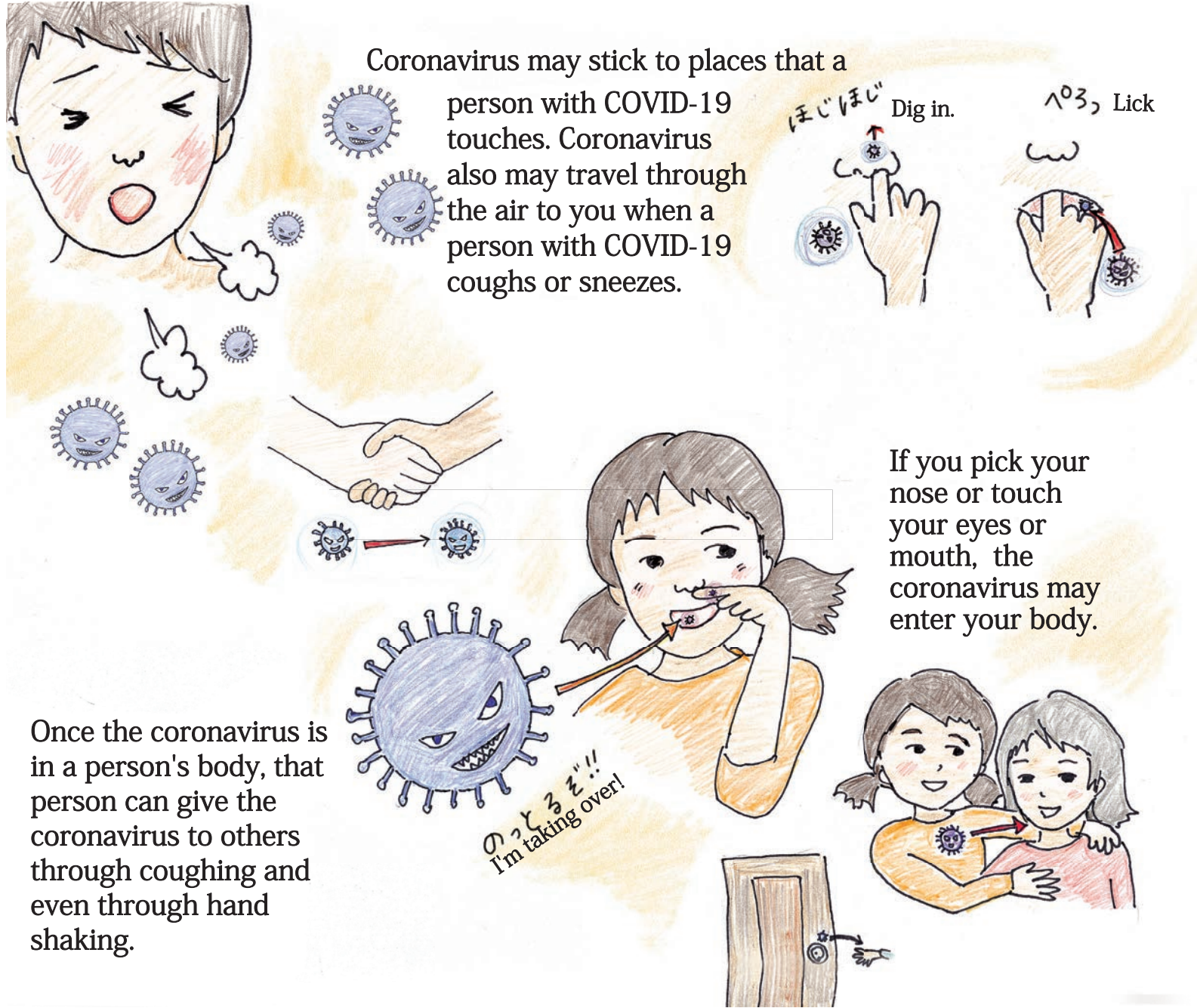
: The coronavirus is "corona (crown in Latin)" because the spikes around the virus looks like a crown. Soap will break this crown, so the coronavirus does not like. Coronaviruses cause many types of colds. This one is often called "novel (new in Latin)" because it was newly discovered in 2019. The "cold," the coronavirus disease, is called COVID-19.



When you catch a cold, it is usually from a viruses, not bacteria(like strep throat). When a virus enters your body, it takes over certain inside parts and uses those parts to multiply, becoming a virus factory.

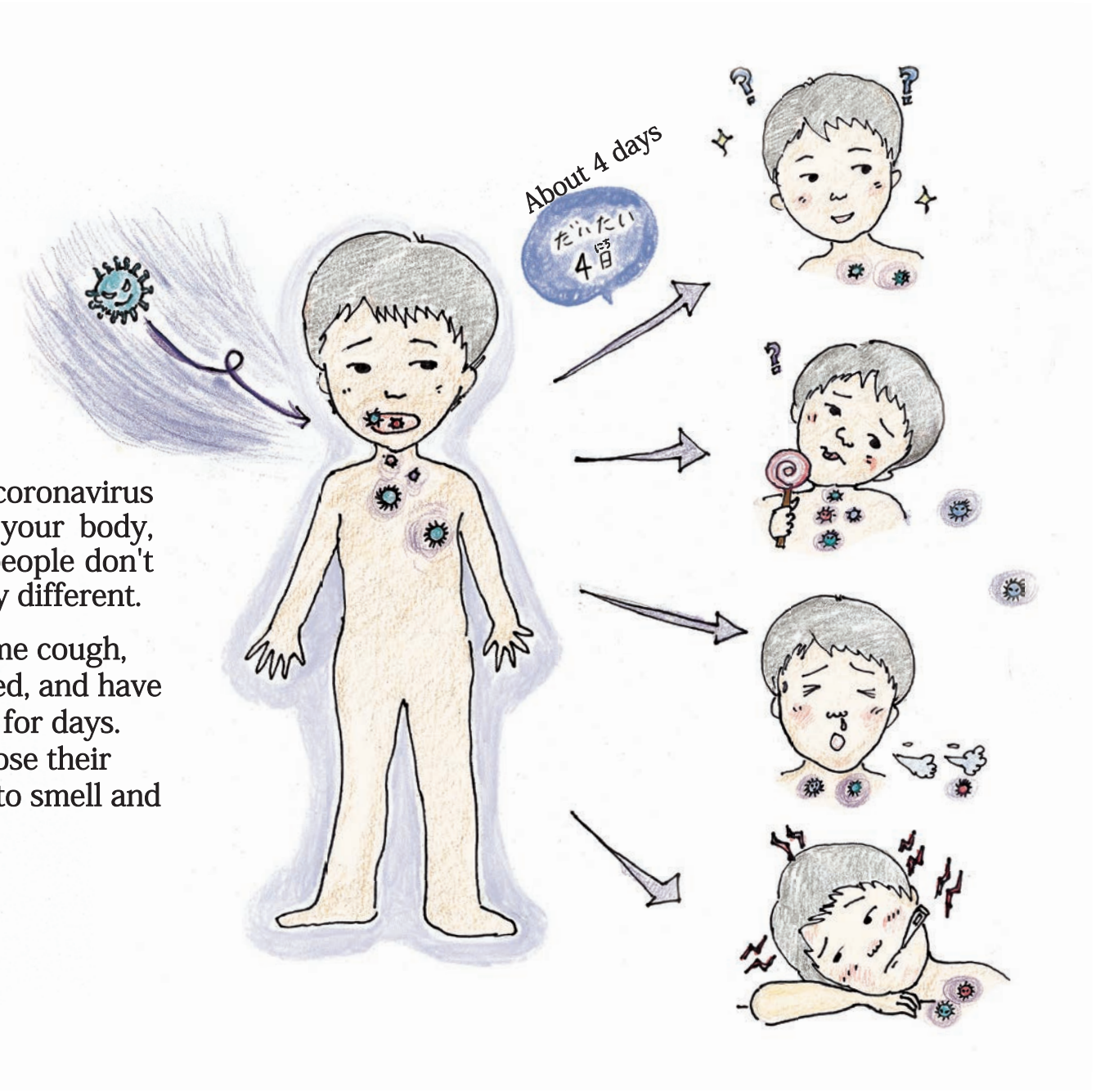
Because COVID-19, or the coronavirus, is so new, we do not have medicine or shots to fight the virus.





After coronavirus enters your body, some people don't feel any different.

But some cough, feel tired, and have a fever for days. Some lose their ability to smell and taste.



Some people become so sick that they cannot breathe and have to go to the hospital. They may be separated from their families or loved ones.

Sadly, some lose their lives to COVID-19.



Right now, all around the world, people who have COVID-19 or think they have COVID-19 are filling up the hospitals. The hospitals are really busy taking care of these people.

The numbers of people can be so large that many hospitals do not have enough equipment to take care of all these people.

On top of that, some of us, doctors and nurses, don't have enough equipment like masks, gowns and gloves to protect us from getting COVID-19.



Doctors and nurses can also have COVID-19 without knowing it. We are worried and scared that we can give it to our patients and our families.



But, we chose this job because we really want to help sick people and save lives.



Some of my fellow doctors and nurses have lost their lives to COVID-19 while taking care of people with COVID-19.

But we want to stand with sick people and help them. We want to save lives!

So, we need your help.



Here are two important promises you can make to help us save lives.

The first promise is:
"be kind to yourself."
 This is really important for
 the rest of your life, too.

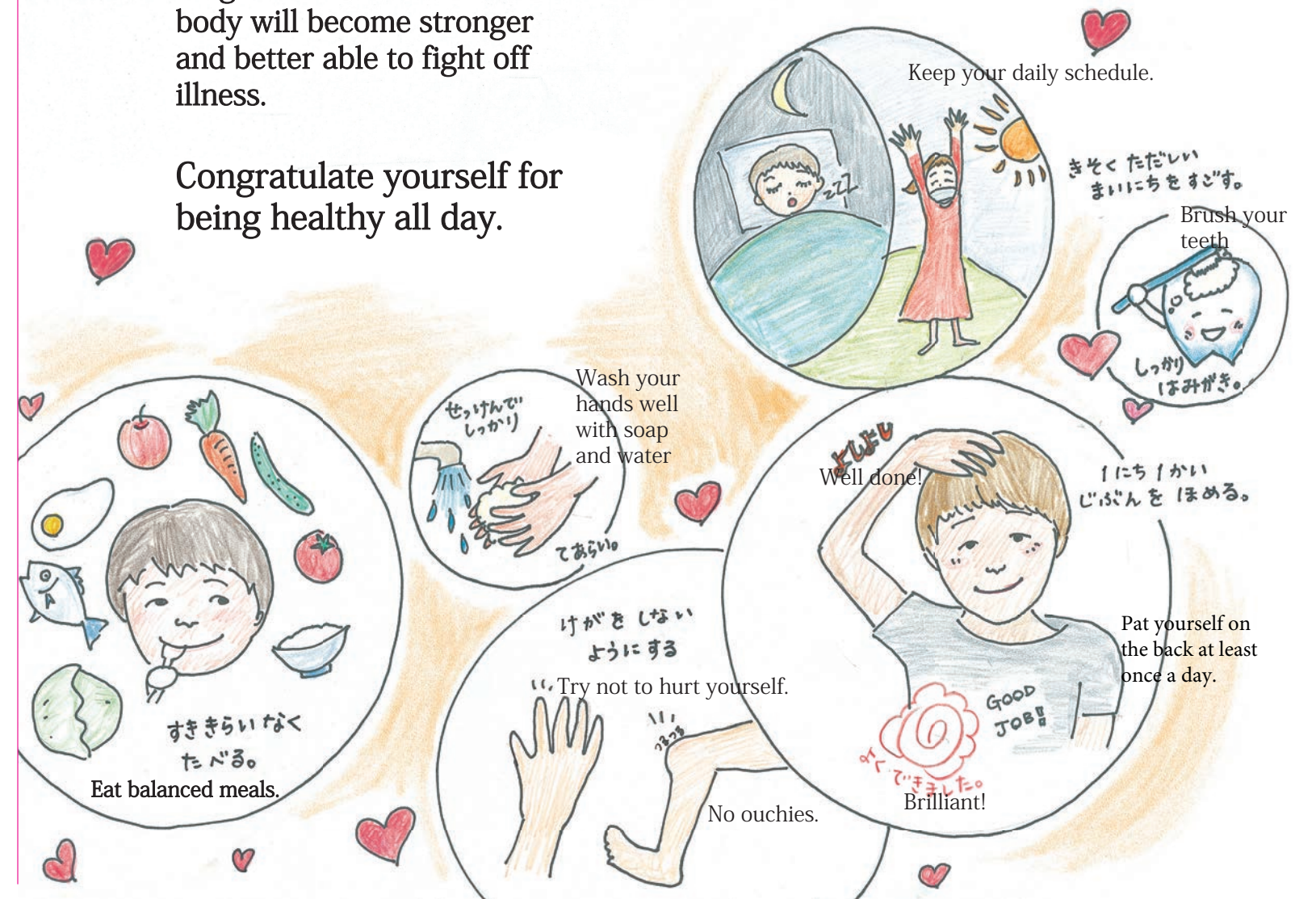
"Being
 kind" is
 not the
 same as
 doing
 whatever
 you like.

好きな
 ことをする
 のとおなじ
 じゃないんだ。



If you are "kind to
 yourself," you are less likely
 to get COVID-19. Your
 body will become stronger
 and better able to fight off
 illness.

Congratulate yourself for
 being healthy all day.





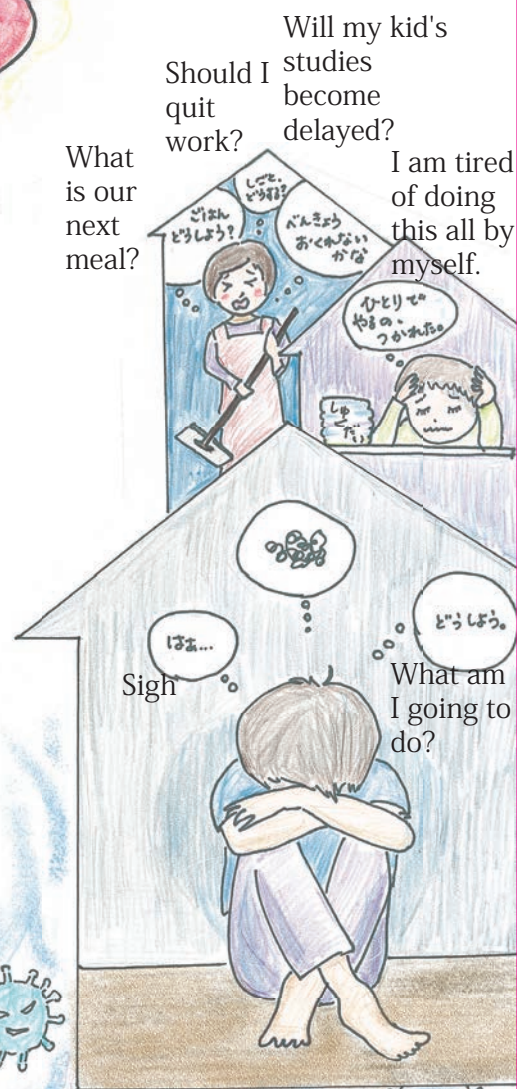
The second promise is: "be kind to others."

Even though we are keeping away from other people physically, we don't have to distance our hearts. We are all connected to each other.

Your friends, family and loved ones, people who work in hospitals.

People who are worried they may have COVID-19, and people who have COVID-19.

We all live in the same world.
Have kind feelings for everyone.



Even when you can go outside, you may have to stay away

from your friends because you love them.

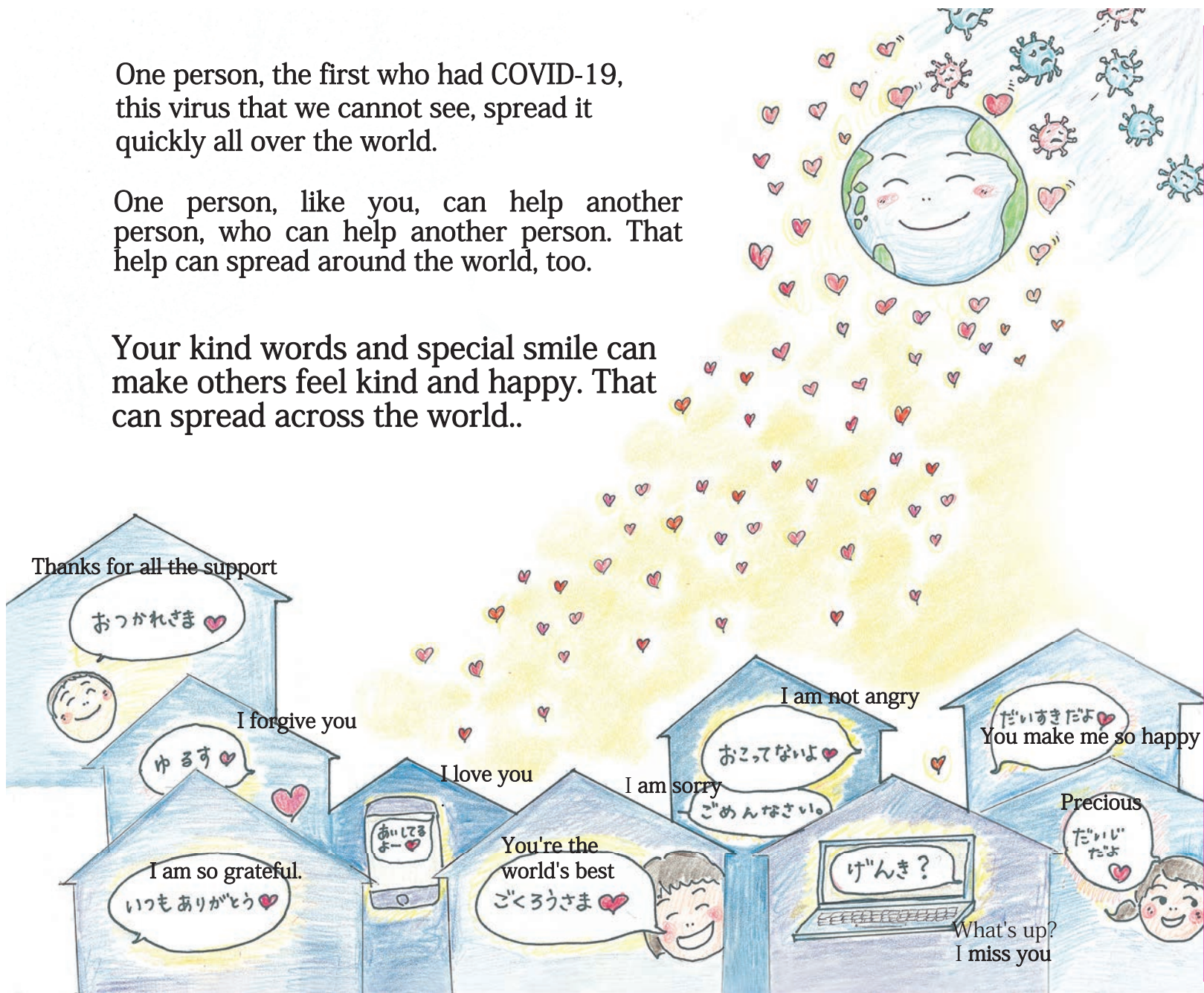
Especially when they are old, have other sicknesses and have babies or young children.

Sometimes we just need to stay away because we love them.

One person, the first who had COVID-19,
this virus that we cannot see, spread it
quickly all over the world.

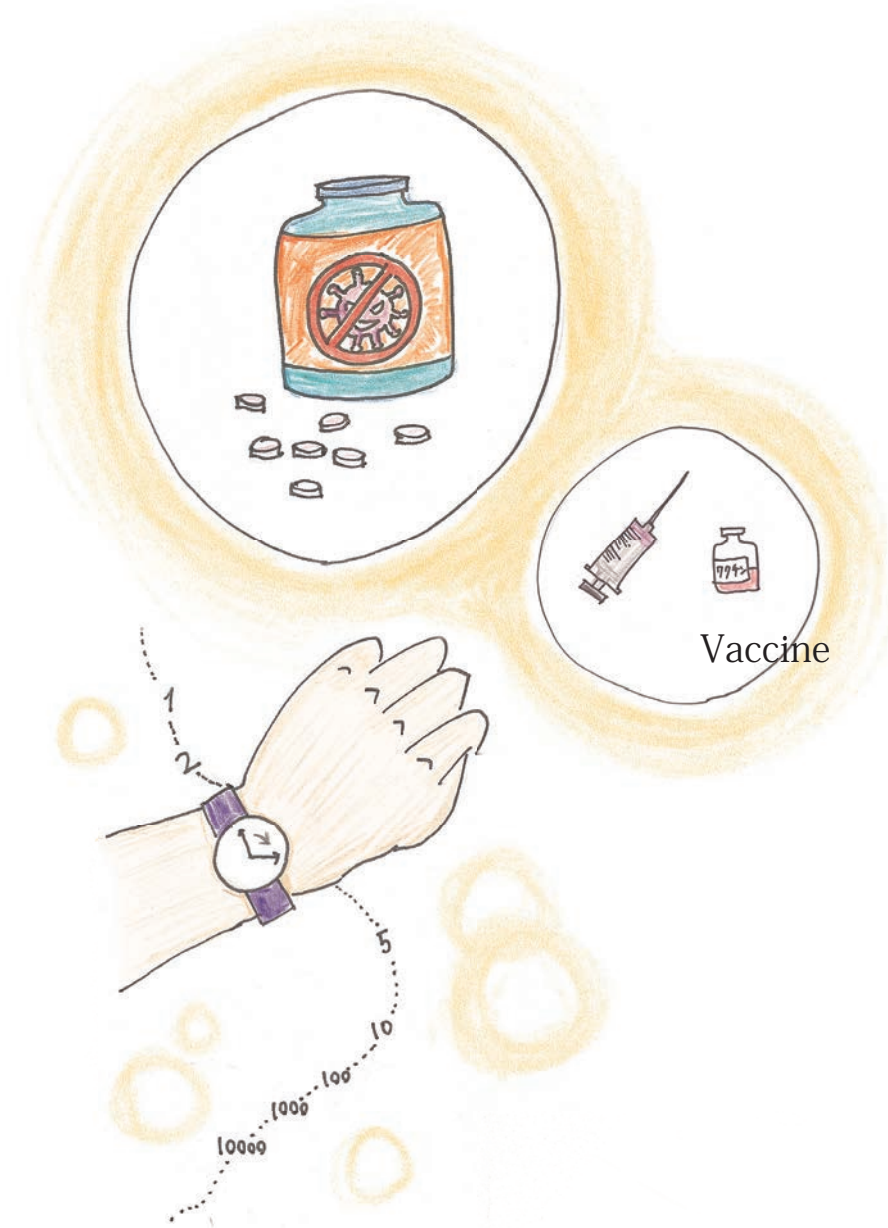
One person, like you, can help another
person, who can help another person. That
help can spread around the world, too.

Your kind words and special smile can
make others feel kind and happy. That
can spread across the world..

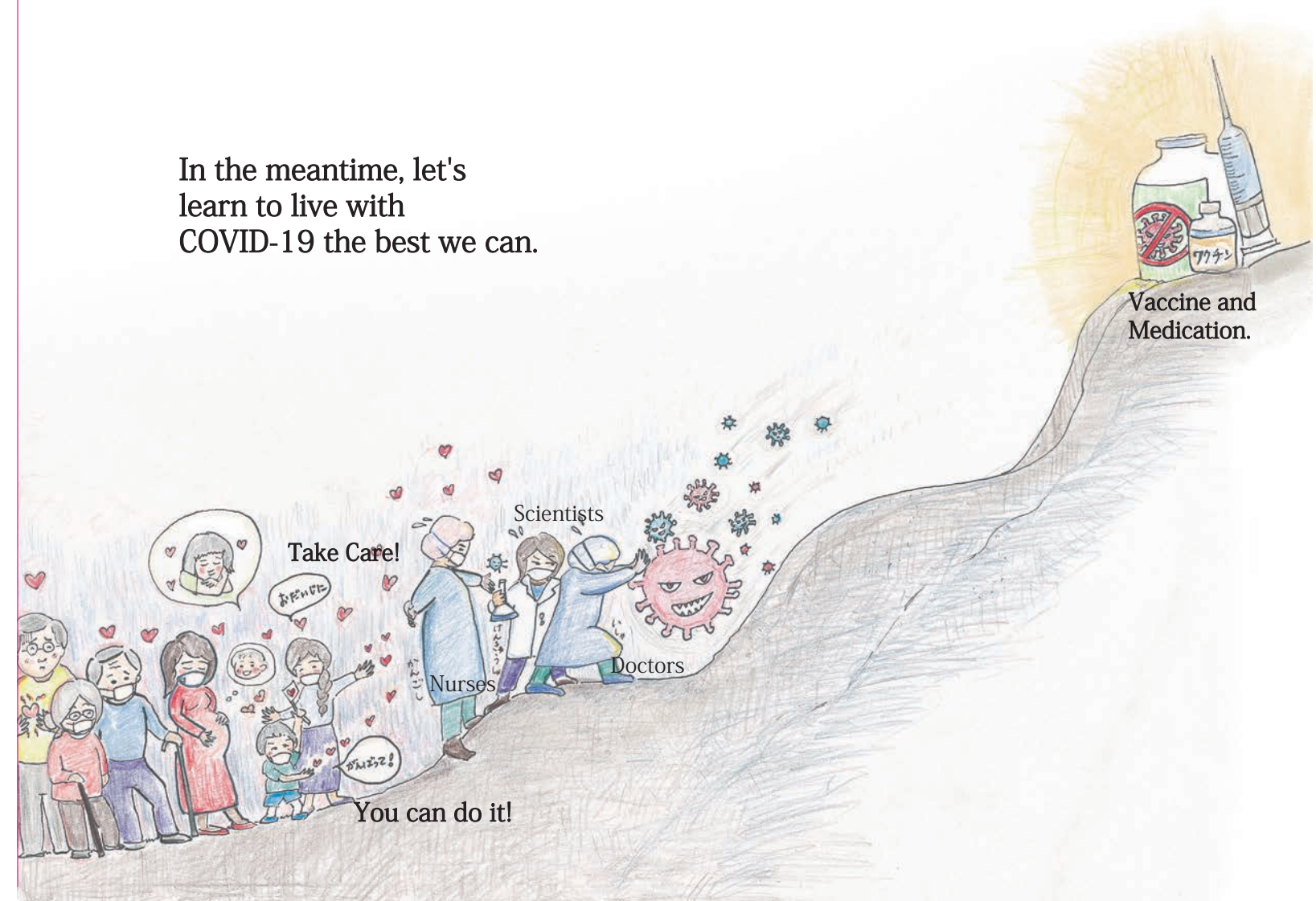


Together, we can
help the world.

Finding an effective way to fight COVID-19, like medicine and shots may take more time to be available to you.



In the meantime, let's learn to live with COVID-19 the best we can.





Whatever the future
brings, please remember
the two promises.

"Be kind to yourself."
"Be kind to others."



Your kindness can save the world.

