



# HOW TO KEEP COVID AWAY

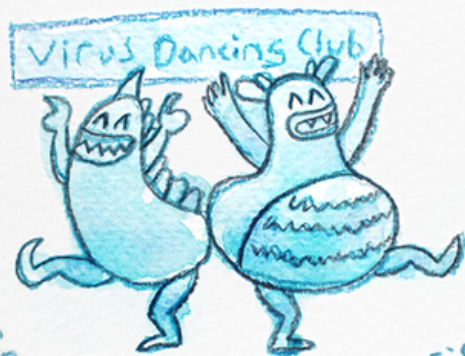
Writer: Signe Elisabeth Åsberg, PhD

Artist: Elfy Chiang





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



Some of them make us sick.

Recently, a new  
virus called Covid  
came to town.

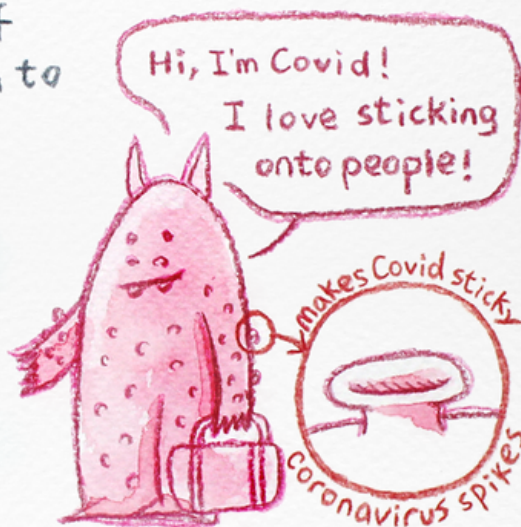
It is a  
corona-  
virus.





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.





Why does the virus want to live inside people's noses?



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





What do viruses do  
inside my body?



They  
make  
a big  
mess!





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.







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, Covids fall off  
of your hands.

That way, you can't  
spread the virus 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.





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!

# 2019 NOVEL CORONAVIRUS



**Writer:** Signe Elisabeth Åsberg, PhD

**Artist:** Elfy Chiang



## 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.



## 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.



## REVIEWER

### **Paige Jarreau, PhD**

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

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## Sources

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- CDC
- Norwegian Institute of Public Health





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