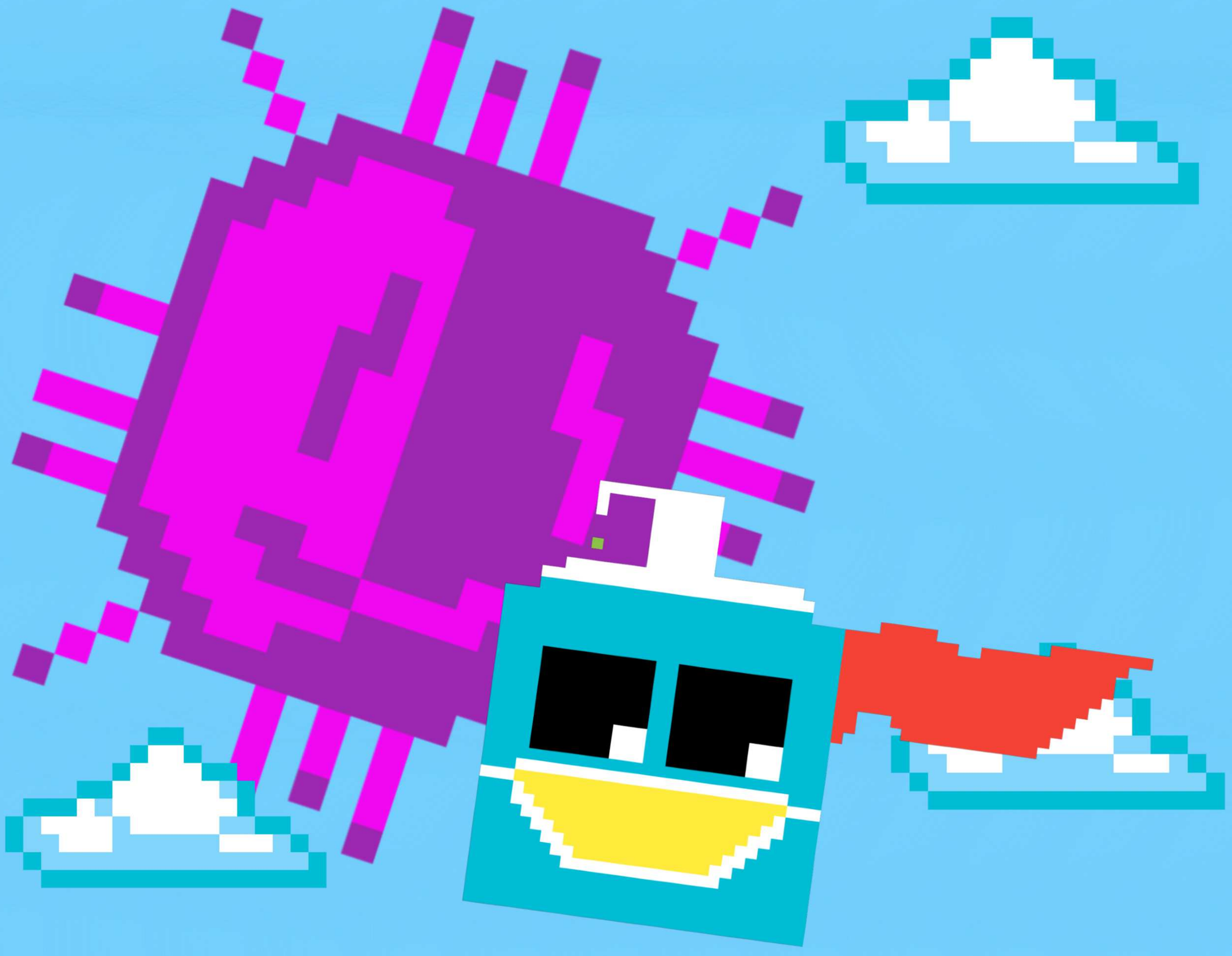
The adventures of Spotless Sammy:

A journey through the COVID-19 Pandemic (pixel art colouring book)



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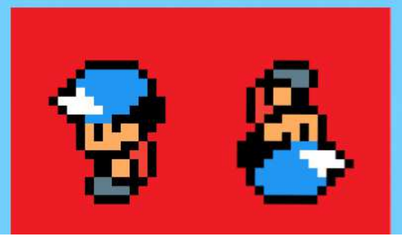


This colouring book is intended to help

YOU

during the COVID-19 pandemic.

Take a look through the eyes of our friend,

SPOTLESS SAMMY the Sanitizer

as we learn about the importance of

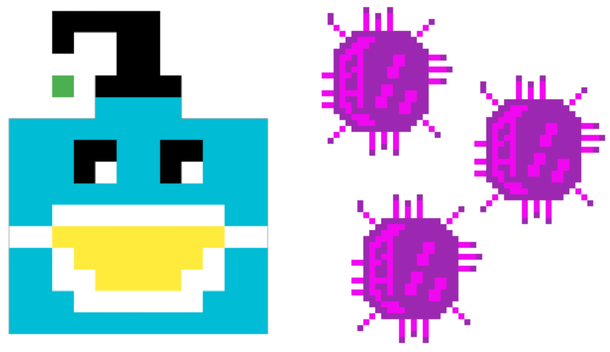
preventative measures

through helping our good friend, Billy.

We hope that you learn a thing or two

about keeping yourself and others healthy

even after the COVID-19 pandemic has passed.



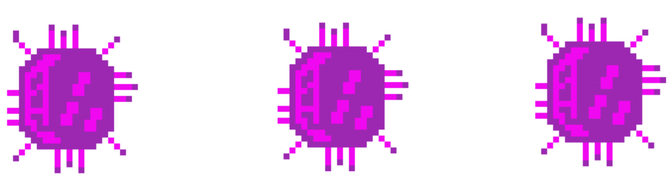
WHAT IS COVID-19?

Before we talk about COVID-19, let's get into what actually causes it - the coronavirus!

Coronavirus is a group of viruses that is able to infect BOTH animals and humans, causing respiratory disease with symptoms to watch out for (important COVID-19 symptoms include fever, tiredness, dry cough, chest pain and breathing problems). Sometimes, animals that are infected can pass the virus further on to humans. In the case of COVID-19, it is caused by a virus that branches from the coronavirus group and was likely initially transferred from a BAT to a HUMAN! Don't worry though, the risk of your household pets getting infected with COVID-19 is extremely low, as COVID-19 mainly spreads person to person!

The reason the disease is so scary is because the world has never seen this particular branch of the virus so nobody has the cure (yet!) to make it go away. COVID-19 is not dangerous to most, but to some people who have weaker immune systems (those already sick or older persons), it can be very bad for them. The immune systems is so important to keeping you safe - your body uses it to fight off invaders, including COVID-19!

This is why it is important to keep ourselves isolated and clean, so that we don't spread the virus to people who can be badly affected by it.

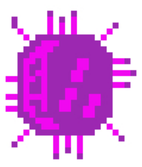


WHY IS EVERYTHING CLOSED?

The reason why schools, stores, parks and more (!) are all closed is because these are places where a lot of people interact with each other. If one person didn't know they had the virus, it would be able to spread from one person to another very quickly.

Remember our goal is to prevent the spread of the virus and to keep ourselves safe so that we do not get it. If one person who had COVID-19 went into a store or school, many people would become exposed to it and could potentially get infected! This is called transmission. These people can then spread it further to family members or friends when they go home. Then those family and friends can spread the virus to even more people. That's why it is best to stay at home for the time being. Public health professionals are planning next steps for the safe reopening of schools, parks, stores and more!

While it might be boring to not be able to go outside and hangout with friends... Trust us when we say it is no fun if you or your friends get sick. By staying at home until physical distancing measures are set for socializing in person, you are being superheroes! You're preventing the virus from spreading and hurting other people.



Fun things to do at home other than spending time doing homework include drawing and painting, reading books (or maybe even write your own), learning a new hobby, learning to cook, playing video games, or watching your favourite TV shows. You can stay connected virtually with friends and family, or play games with those who live in your house! If you have a backyard, go outside and get some fresh air. Can you see shapes in the clouds?

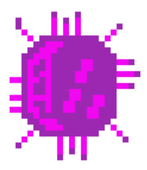
HOW DO WE COLOUR?

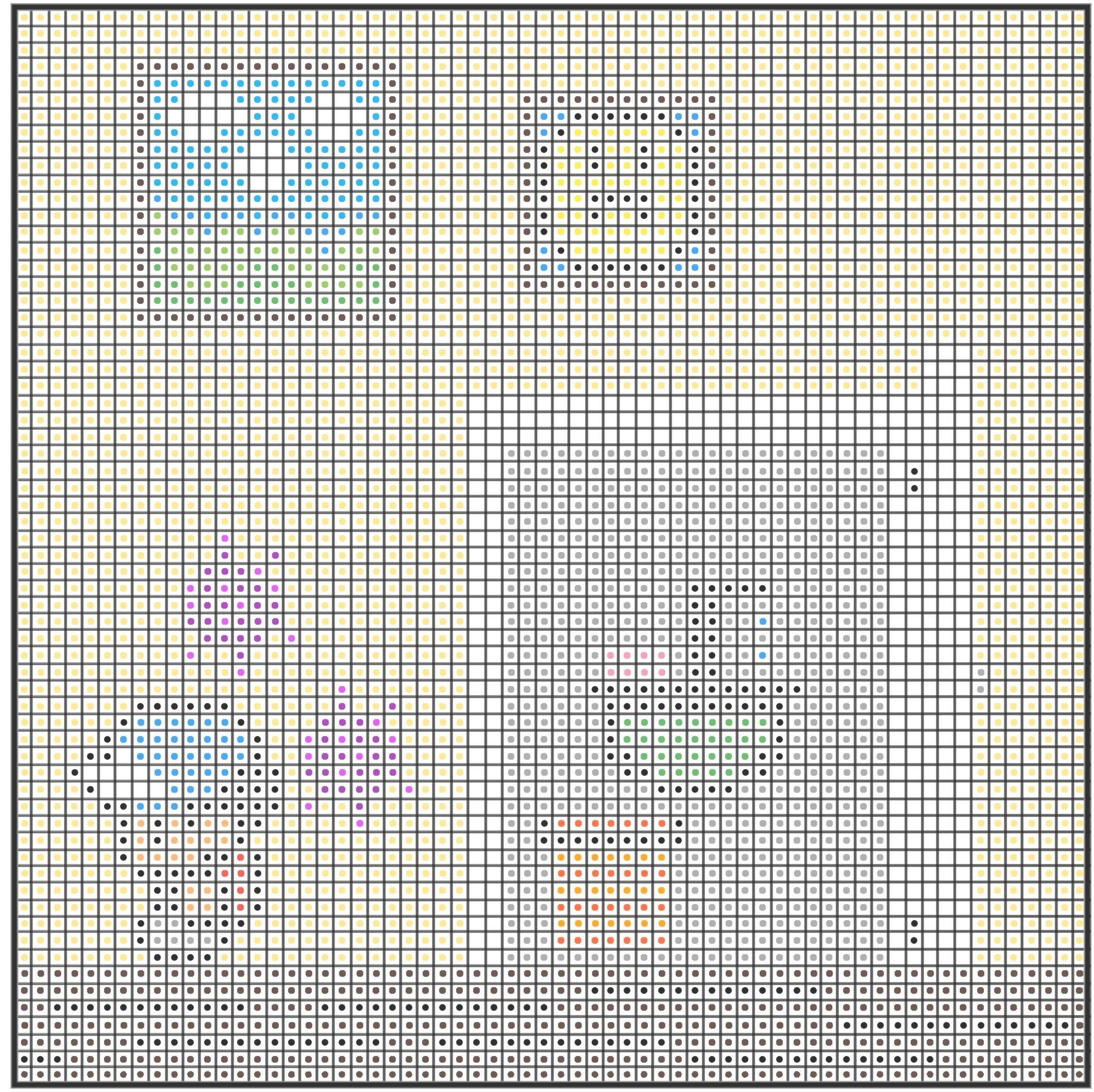
If you are printing this book, you will need a colour printer!

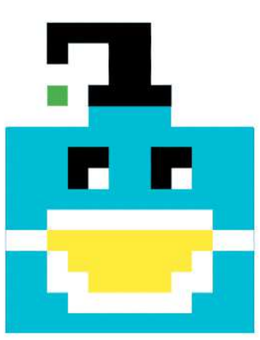
All the pieces of art that you will find in this workbook are made up of a grid of small squares with dots of colour within them! Pay attention to the colour of the dot within each box, and fill in the rest of the box with the same (or a similar) colour.

For example, if a box is made up of a blue dot, fill in the rest of the box with blue to complete it!

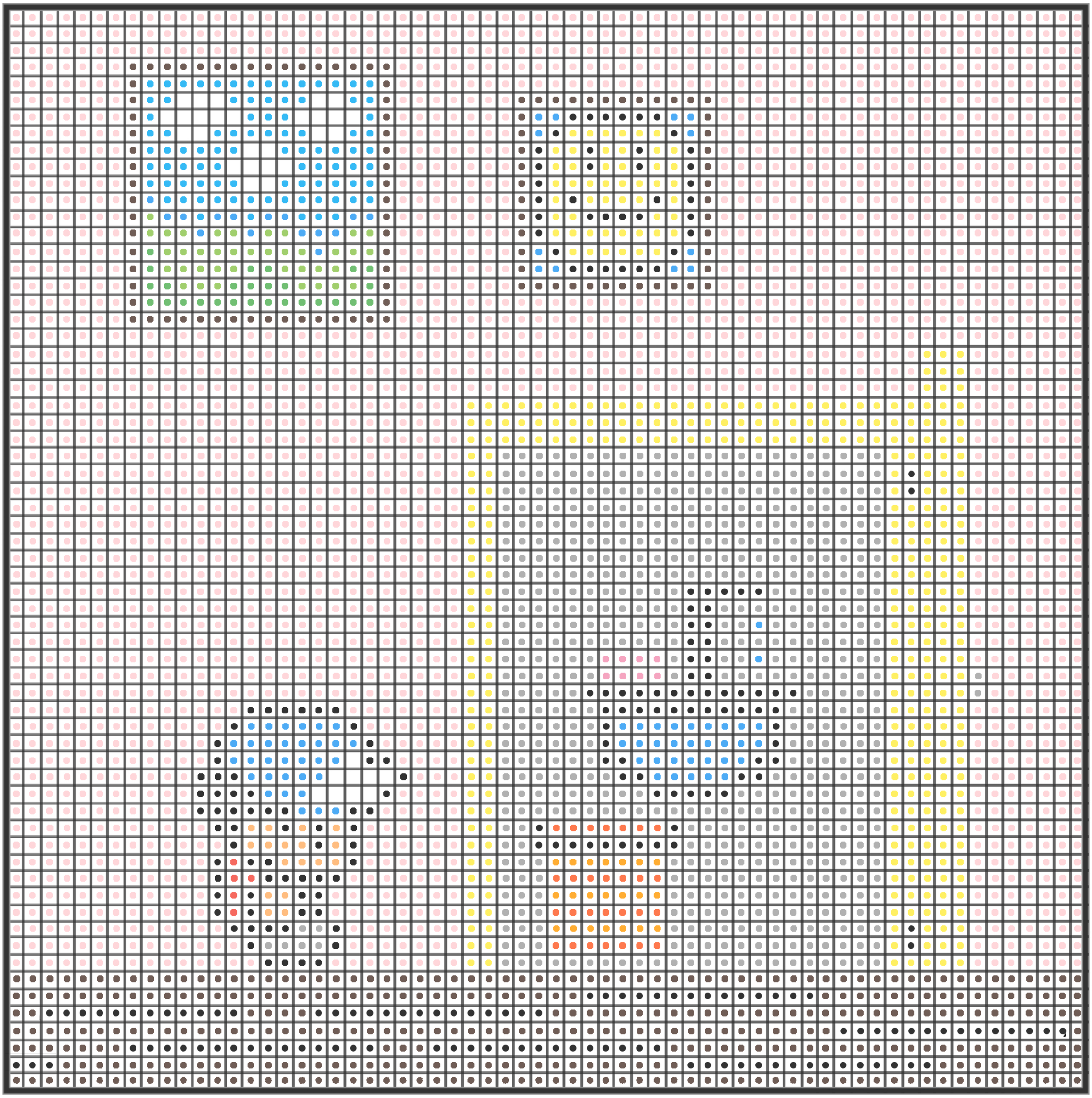
Please note, empty boxes are meant to stay empty as these are where white is within each art piece. Only colour into these if you feel ambitious and want to put your own spin on the artwork!







Around the world, COVID-19 is shown to spread quite easily, especially through touch! Washing your hands is a must, and this brings me to my confusion... why did Billy walk past the washroom? He just got home from school and brought some germs with him!



That's better Billy... washing your hands helps prevent the spread of germs that can cause diseases. To protect yourself against COVID-19, washing your hands often and well is one of the most important actions you can do!

A QUICK GUIDE TO WASHING YOUR HANDS...

1. Rinse your hands with hot or cold water, but make sure to test that the water isn't TOO hot or cold!

2. Once your hands are rinsed and wet, turn off the tap.

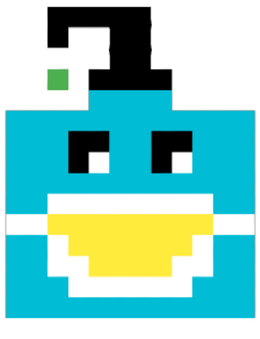
3. Apply soap and lather/scrub your hands for at LEAST 20 seconds! Make sure to scrub in between your fingers and the back of your hands.

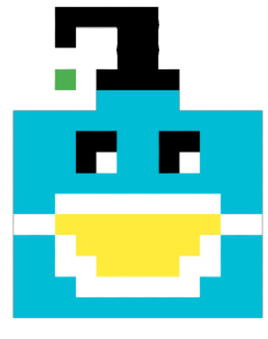
4. Finally, turn the tap back on and rinse your hands with running water before turning the tap off once again. Make sure to dry your hands with a clean towel.

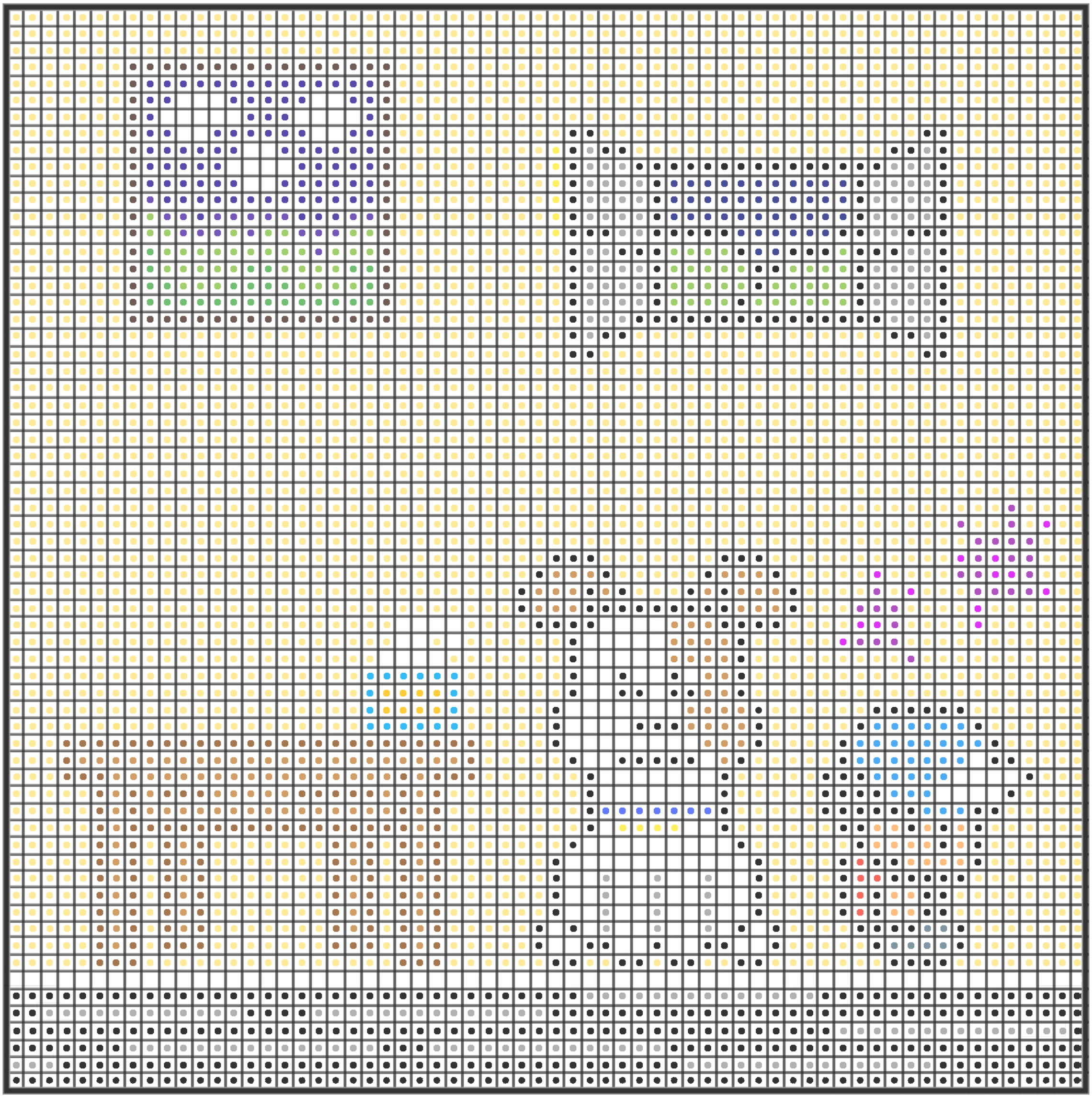
TRY SINGING A FUN SONG WHILE WASHING YOUR HANDS!

Make sure you scrub for 20 seconds by singing the choruses of the following songs!

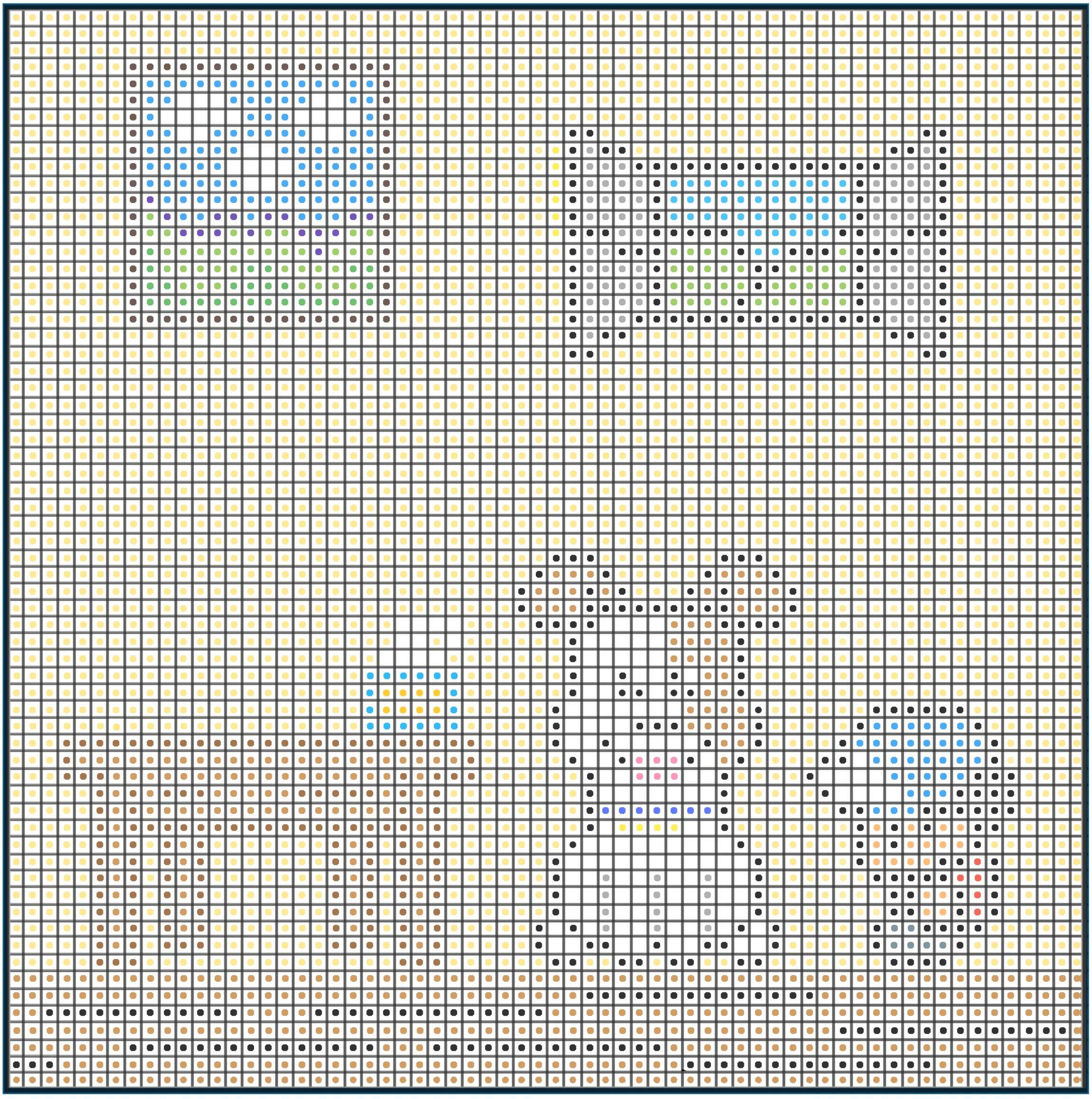
1. Happy Birthday (a short one so sing it twice!)
2. Happy - Pharrell Williams
3. Cake By The Ocean - DNCE



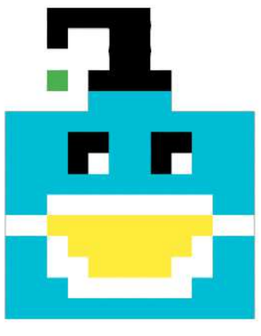




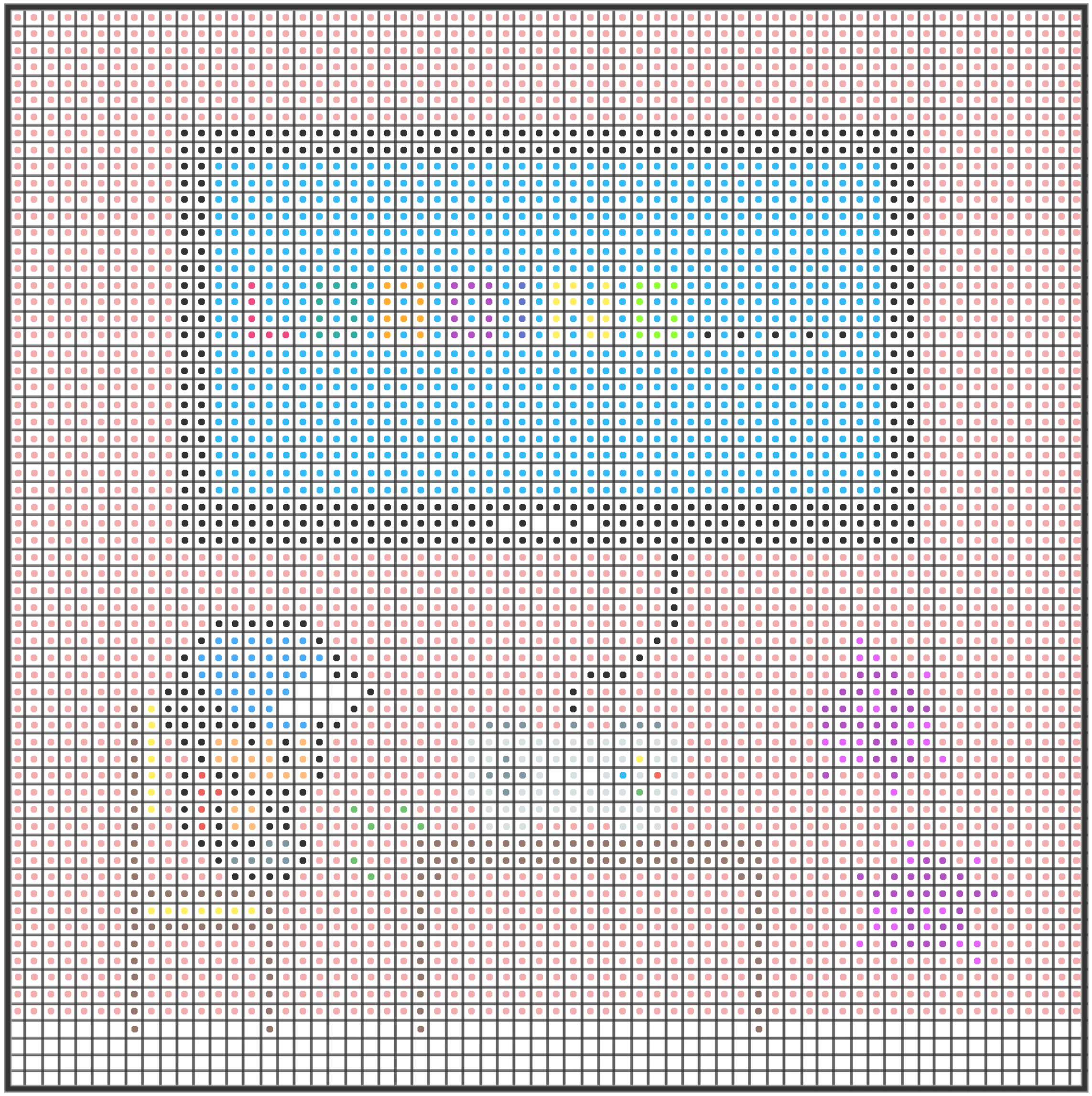
Looks like Billy just got back from taking his dog for a walk and forgot to wash his hands again! Silly Billy, he should be glad that I've spotted something of interest...



HAND SANITIZER!

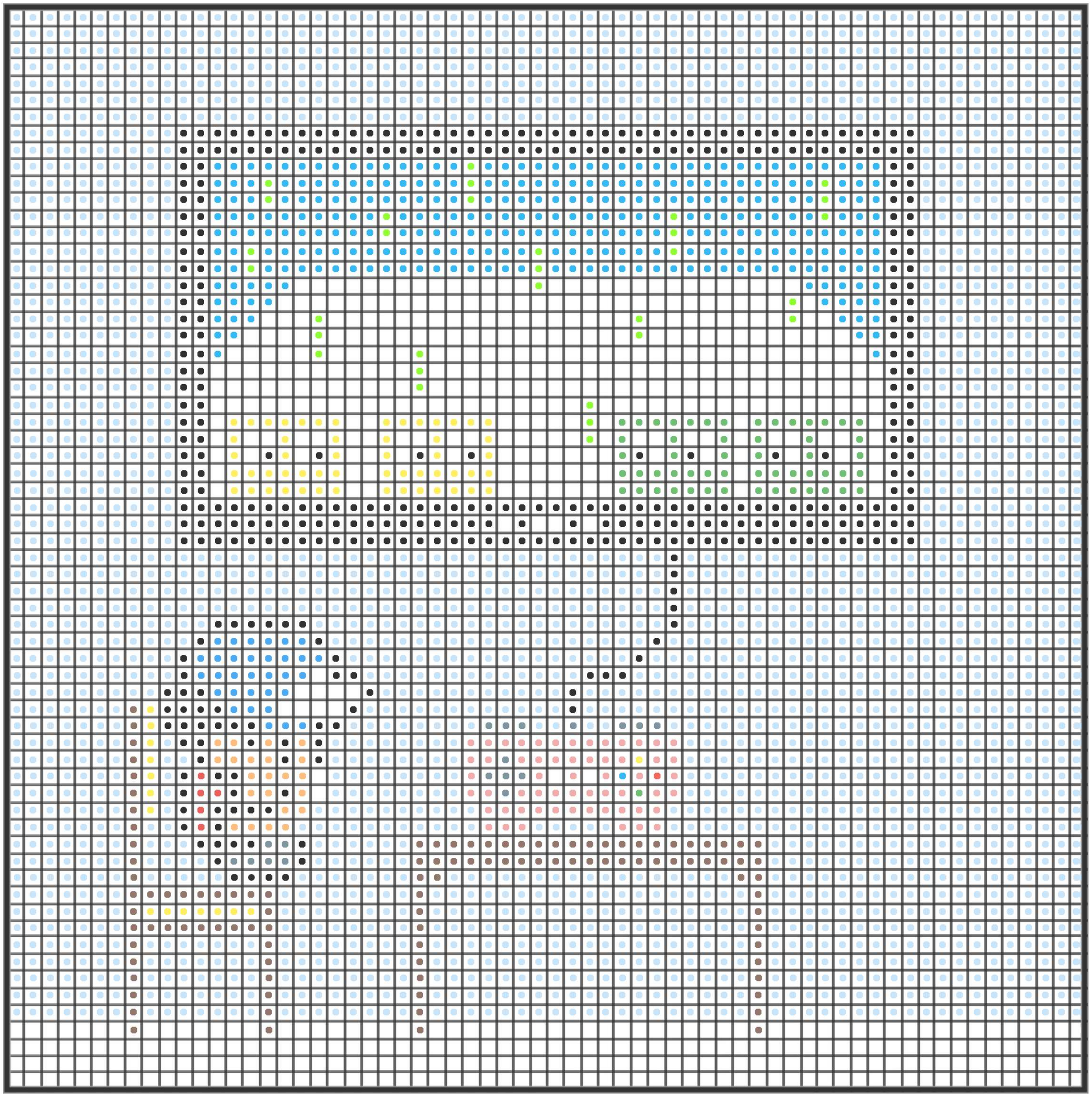


Alcohol-based handrubs, or hand sanitizers, are a great way to eliminate viruses until you can wash your hands. COVID-19 can produce respiratory infections, making it quite hard to breathe! Keep a hand sanitizer handy to stay away from such infections when you can't wash your hands!

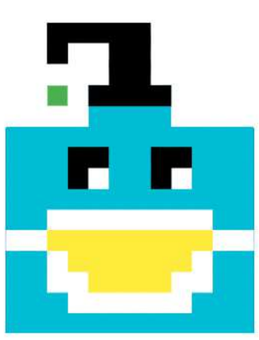


Billy was feeling a little sick from the flu (thankfully not COVID-19!) and decided to play his favourite video game... OH NO! He sneezed on the table!

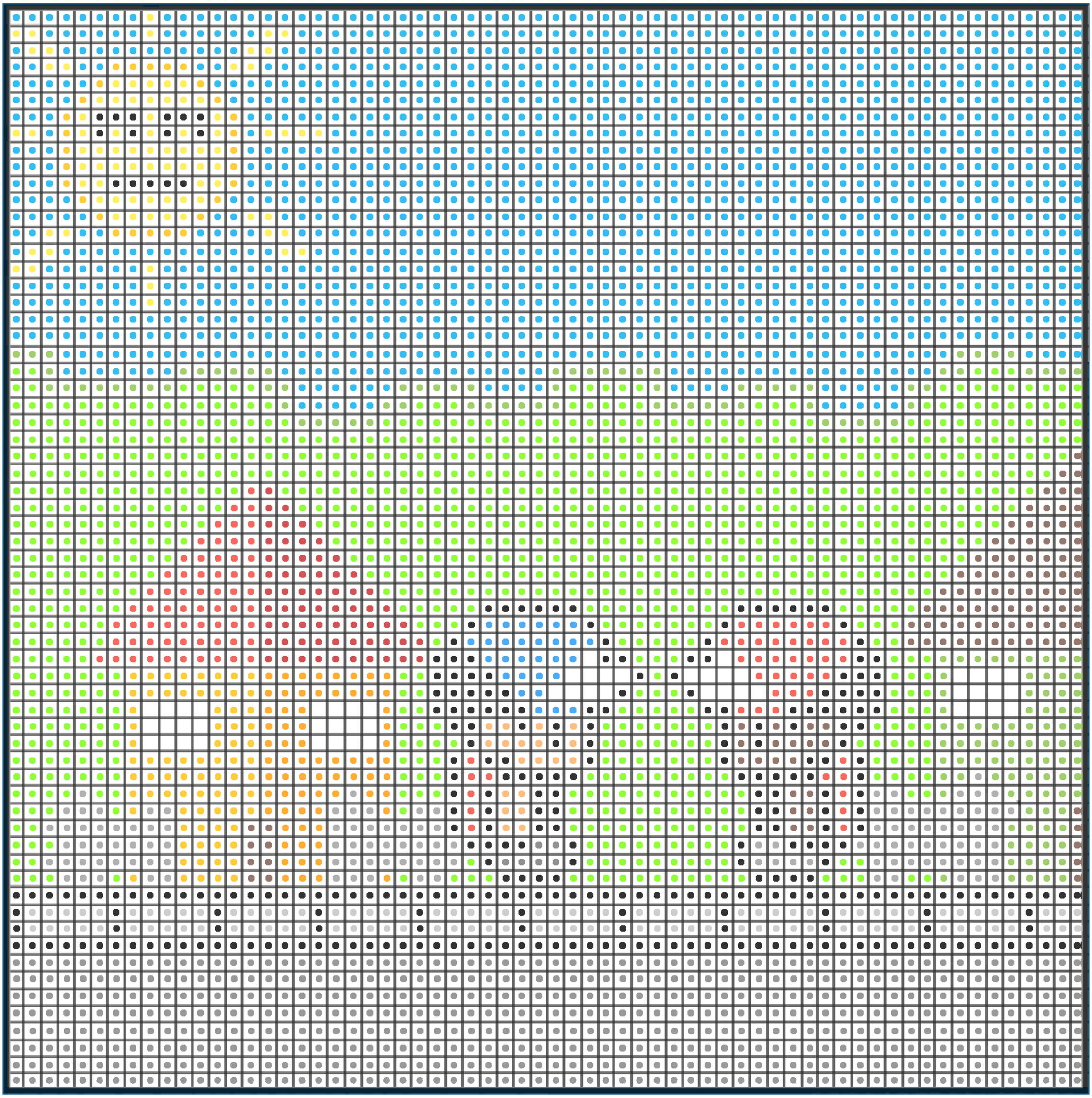
COVID-19, among many other airborne infectious agents, can travel through the air using sneezing and coughing as a pathway.



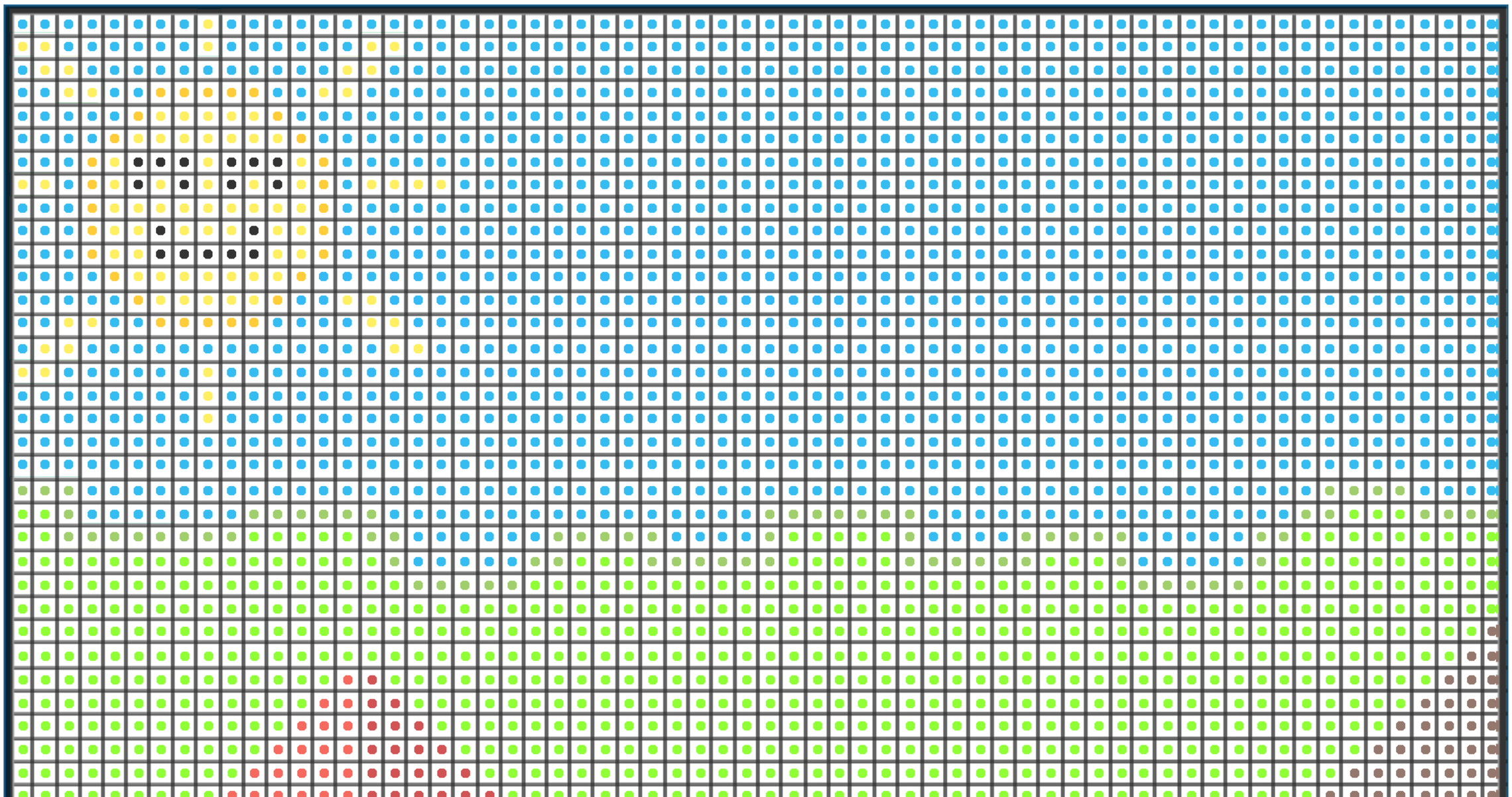
Much better Billy! Always cover your mouth when coughing or sneezing with a tissue, and if you don't have a tissue, please don't use your hands! Use your elbow, it's a safer alternative.



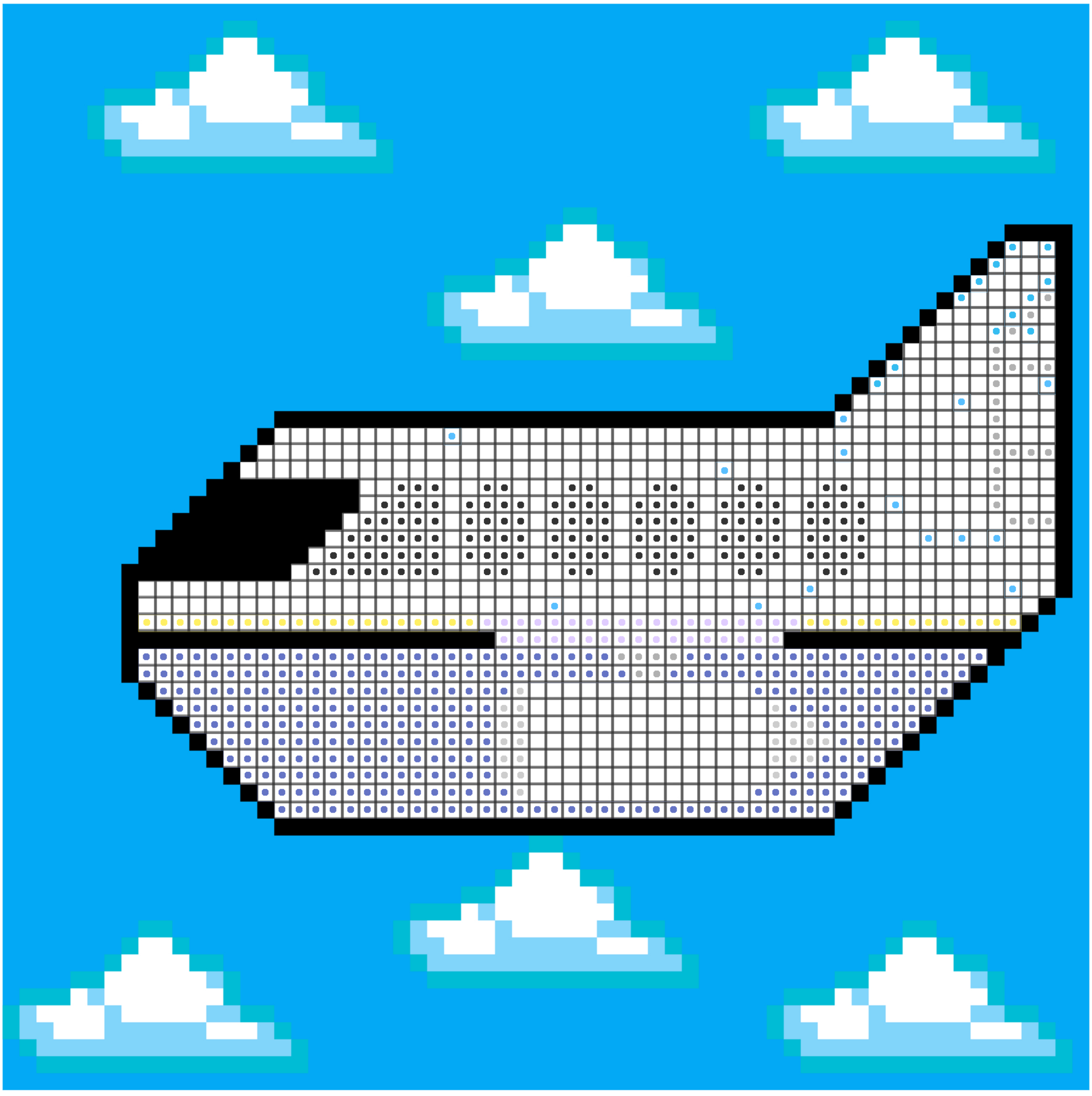
We like to call this good respiratory hygiene, as it protects the ones around you from illnesses such as the flu or COVID-19.



As COVID-19 spreads easily when people are within 6 feet of each other, what we see here is not a good example of being aware of our surroundings. Simply put, the distance between our two friends here is dangerous!



Physical (or social) distancing is an excellent way to reduce your chances of getting infected with COVID-19! Stay 6 feet apart (even when wearing a mask!) when outdoors. Avoid public gatherings!



If you have traveled with your family, please be sure to self-isolate with them in your home for a MINIMUM of 14 days, as this is usually how long it takes for symptoms to appear from a COVID-19 infection. Remember, self-isolation is staying home and avoiding contact with situations in which you are around others. If you develop any symptoms, be sure to get your parents to contact your health care provider!

FACT OR FICTION?

COVID-19 can be treated with antibiotics.

FICTION! COVID-19 is caused by a virus (the coronavirus), and viruses cannot be treated with antibiotics. This is why the government is working at developing a vaccine (which is so hard to develop!), as vaccines are used to prevent viruses.

Exposure to heat and high temperature reduces your chance of getting COVID-19.

FICTION! COVID-19 does not discriminate and can infect you no matter the weather! This means that COVID-19 travels in cold weather, snow, humid climates, and more!

Older people and people with existing medical conditions are more vulnerable to becoming severely ill with COVID-19.

FACT! COVID-19 can infect anyone, however it can be very dangerous for those who have weaker immune systems than the average person.

Once you get infected with COVID-19, it never goes away...

FICTION! You can recover from the disease. Talk to your family if feeling symptoms to treat them, and stay safe!

THANK YOU!!!

Good job! You have reached the end of this workbook!

We hope you have learned a few things to protect you and your family from the COVID-19 pandemic.

You now have a powerful toolbox of safety steps to use against the common cold, the flu and more!

Feel free to use the grid below and draw your own pixel art!

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ABOUT THE AUTHORS

AZAAN ADNAN (MEDICAL SCIENCES)

Third Year Brock University Student

Hi guys! With the COVID-19 pandemic, I felt motivated to use my background in Health Sciences and create something worth sharing. Hope you all enjoyed the workbook and learned something valuable!

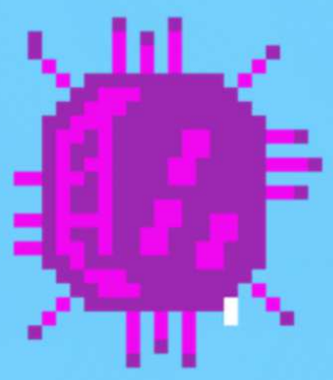
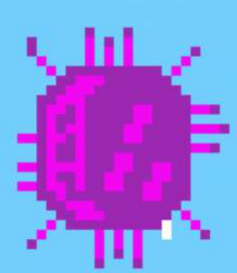
ALVIN JAIMON (BIOMEDICAL SCIENCES)

Second Year Brock University Student

Hi there! Putting together this COVID-19 workbook was a fantastic use of my time. I wanted to use my artistic and creative ability to inform kids about the practice of preventative measures and self-hygiene. Thanks everyone!

ACKNOWLEDGEMENTS

A huge thank you to our supervisors Dr. Karen Patte and Dr. Carolyn Pietrangeli. They provided quite the influence in placing the stepping stones to start this project, while giving consistent ideas and feedback. The support that we received from them is immeasurable in every aspect, especially with regards to distributing this workbook out to you! Simply put, this workbook could not be where it is today without the help of these two passionate professors.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