

The book cover features a blue background with several stylized, spiky virus particles in shades of purple, pink, and blue. At the bottom, the back of a person's head with dark, curly hair is on the left, and the back of a person's head with long, wavy blonde hair is on the right. The title is written in large, white, sans-serif capital letters, and the subtitle is in a smaller, white, sans-serif font. The authors' names are at the bottom in white, sans-serif capital letters.

EVEN HEROES FEEL SAD

Fighting Coronavirus Together

KATE ALLEN FOX

LAURIE SMOLLETT KUTCERA

Heroes are kind and brave.
They help people.

But heroes can also feel sad.
And frustrated.
And scared.



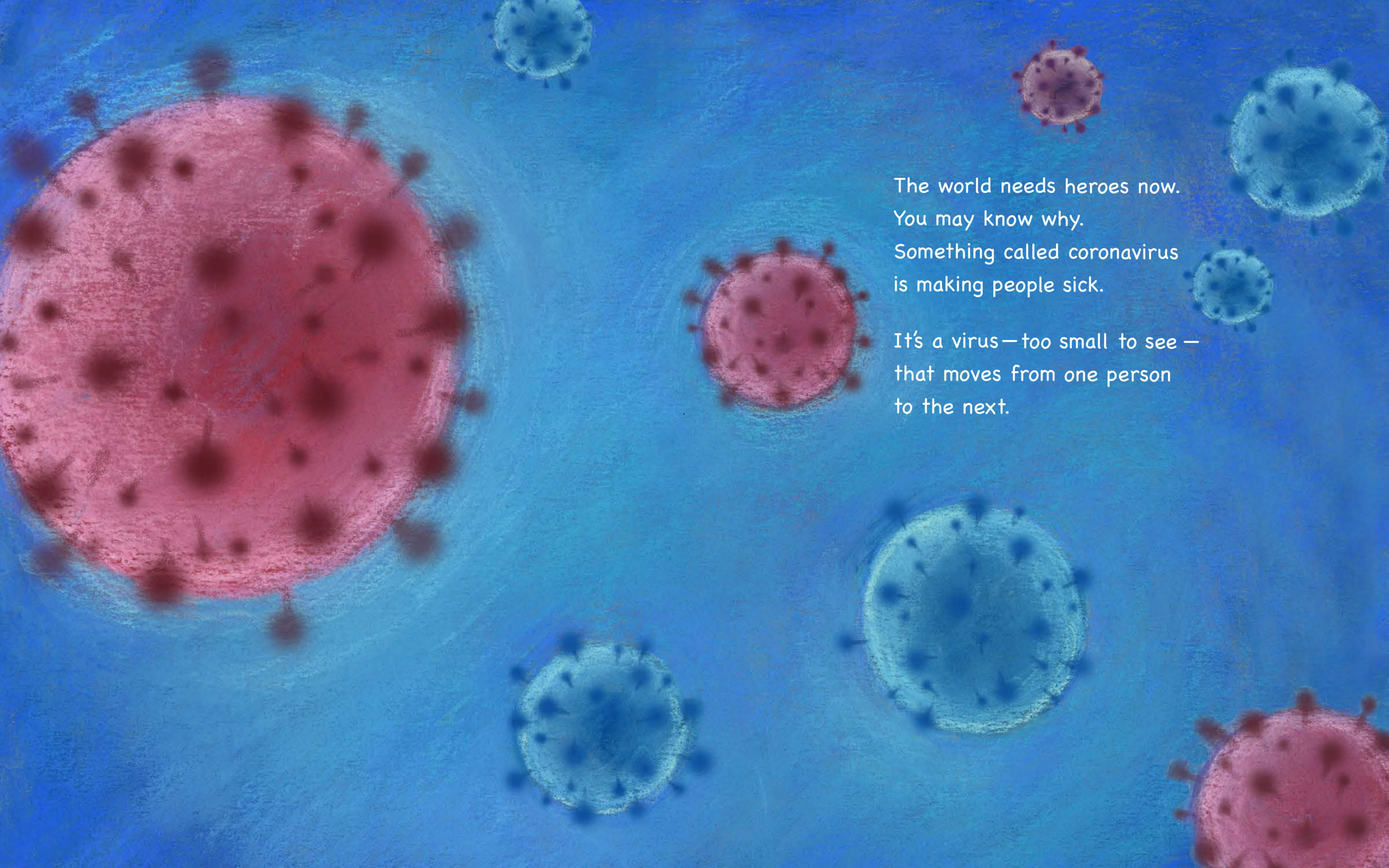
I know because I am one.
And you are too.

For Calvin and Charlie

KAF

For Madden

LSK

The background is a deep blue with a textured, slightly grainy appearance. Scattered across the scene are several spherical particles of varying sizes, representing coronavirus particles. These particles have a reddish-pink or magenta core and are covered in numerous small, dark blue or black spikes, giving them a spiky, crown-like appearance. One large particle is prominent on the left side, while several smaller ones are distributed throughout the frame, including one near the top center, one near the top right, one in the middle right, one near the bottom center, one near the bottom left, and one in the bottom right corner.

The world needs heroes now.
You may know why.
Something called coronavirus
is making people sick.

It's a virus—too small to see —
that moves from one person
to the next.

Some people, including many kids,
don't feel very sick when they get it.
But they can still give it to other people.

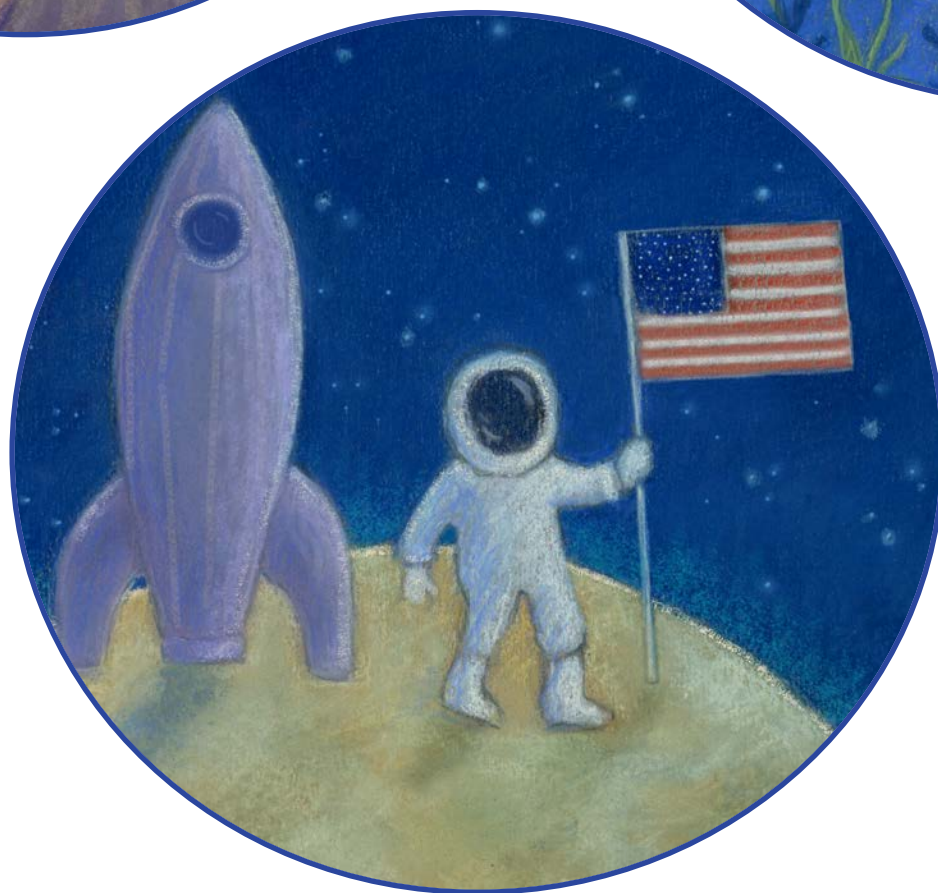
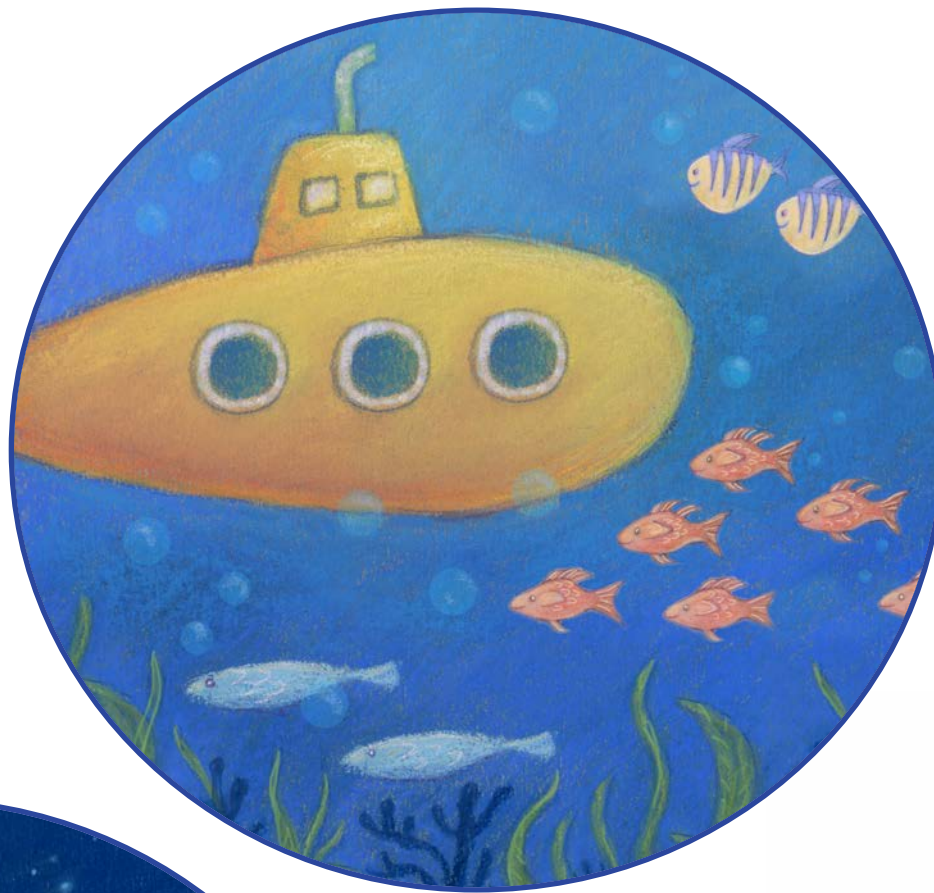




Other people, especially older ones,
might cough, have a fever, or have trouble breathing.
They may have to go to the hospital.

So billions of heroes, like you and me, are working
together to stop the virus.

Stopping the virus might feel impossible.
But people have done lots of amazing things.



We've built pyramids,
explored the seas,
and landed on the moon.

Ready to be a hero?
You don't have to wear a cape,
but you can if you want to.

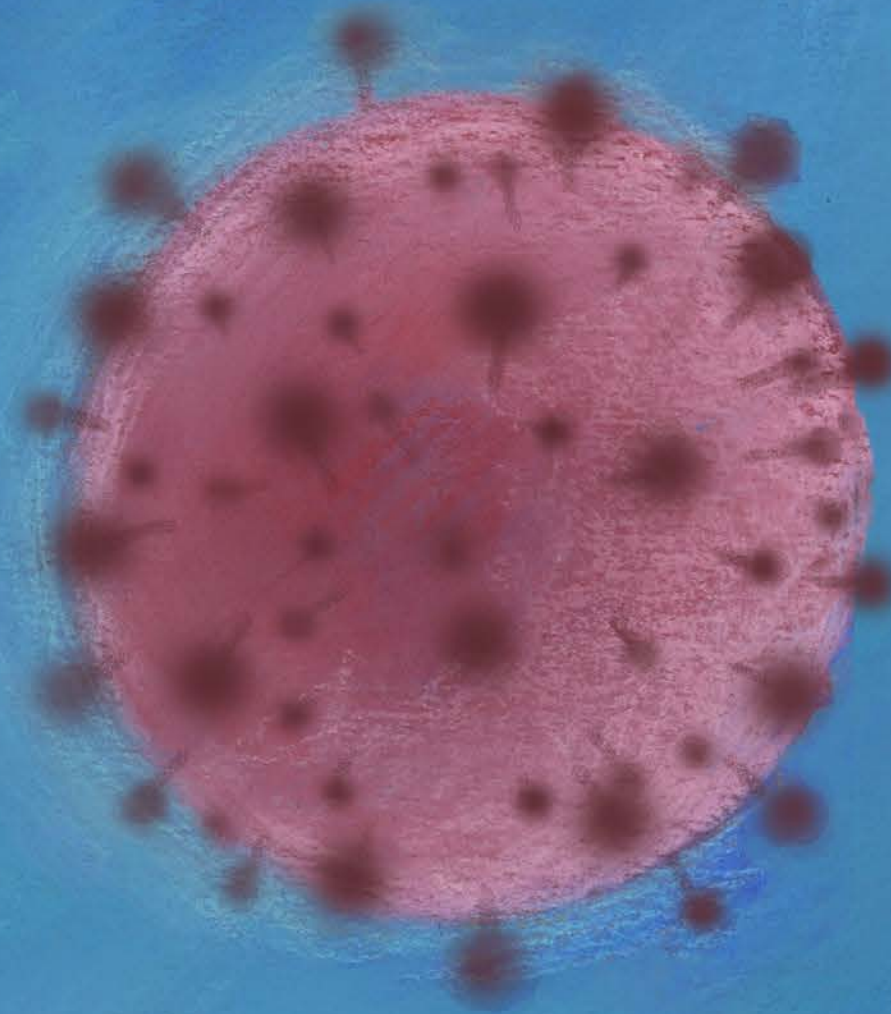


How can we stop the virus?

If we keep people apart,
the virus can't spread.

That's why your school, baseball game,
or dance class might be closed.

You might not be able to see your
friends or your grandparents.

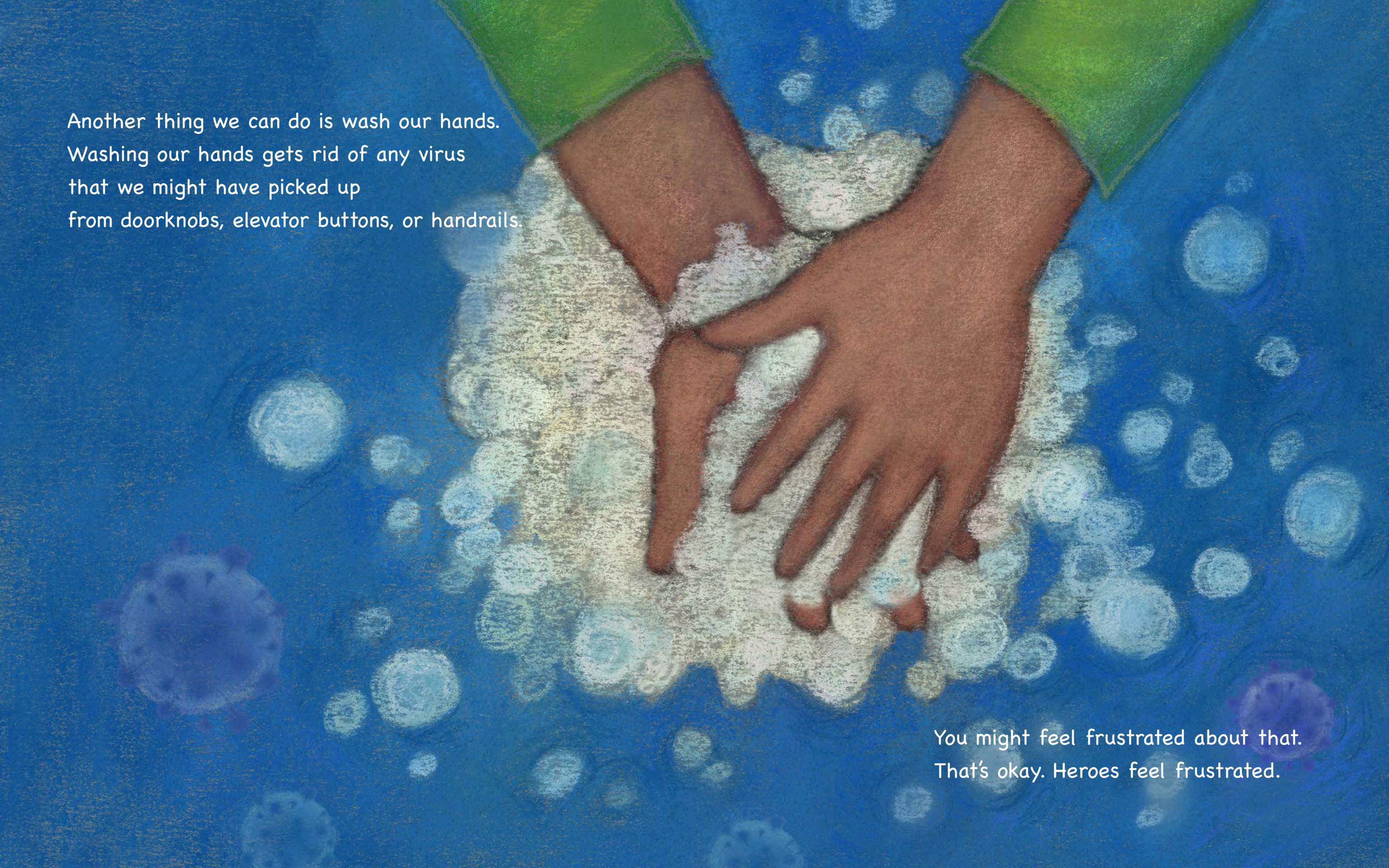


You might feel sad about that.
That's okay. Heroes feel sad.

CLOSED

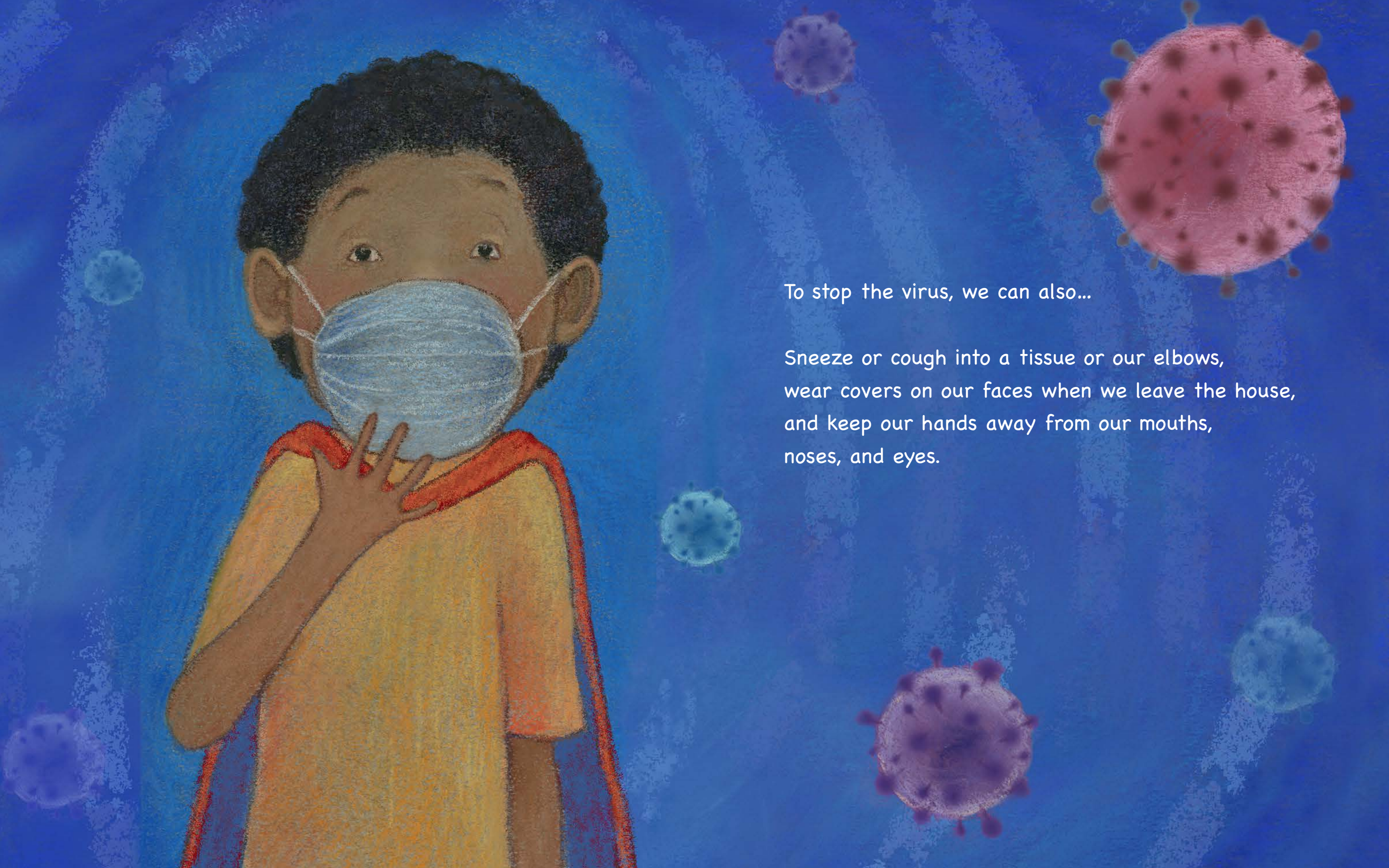
Canceled

POSTPONED

An artistic illustration featuring two brown hands being washed with white soap suds. The hands are wearing green sleeves. The background is a deep blue, filled with numerous light blue, circular virus-like particles. Two larger, more detailed purple virus particles are visible in the lower corners. The overall style is soft and painterly.

Another thing we can do is wash our hands.
Washing our hands gets rid of any virus
that we might have picked up
from doorknobs, elevator buttons, or handrails.

You might feel frustrated about that.
That's okay. Heroes feel frustrated.



To stop the virus, we can also...

Sneeze or cough into a tissue or our elbows,
wear covers on our faces when we leave the house,
and keep our hands away from our mouths,
noses, and eyes.

Thinking so much about the virus
might make you feel scared.
That's okay. Heroes feel scared.

But if we do these things,
we help each other stay healthy.

WASH YOUR HANDS
AVOID CROWDS
WEAR A FACE
COVER





While you and I stay home,
other heroes are at work.

Doctors and nurses
are helping people who are sick.



Scientists are making a vaccine—
like the shots you get at the doctor—
that will keep people from getting sick.

Grocery store workers are helping people get food.
Delivery drivers are bringing us what we need.

One day, not long from now, we will beat coronavirus.
We will go back to school and work,
baseball games and dance classes.

Until then, heroes like you and me
will get through this together.
Through phone calls and texts,
video chats and cards.



Because love is stronger than a virus.
And we are all stronger together.



A HERO'S GUIDE TO STOPPING CORONAVIRUS

- Stay away from people who are coughing or sneezing or sick.
- If you feel sick, tell your parents and stay at home.
- Cough or sneeze into a tissue or your elbow.
- Try not to touch your eyes, nose, and mouth.
- Wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or making food. 20 seconds is how long it takes to sing Happy Birthday twice.
- If you can't use soap and water to wash your hands, use hand sanitizer.
- For the latest information on coronavirus, visit www.cdc.gov.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

ABOUT THE AUTHOR AND ILLUSTRATOR

[Kate Allen Fox](#) is a children's author from Oceanside, CA. After a career as a public health professional at the Centers for Disease Control and Prevention (CDC), she combined her passions for research and writing and began writing nonfiction picture books about science and nature. Her debut picture book will be published in 2021. Her writing has appeared in several publications, including The New York Times. You can learn more about her by visiting katefoxwrites.com.

[Laurie Smollett Kutschera](#) was born in Greenwich Village and grew up in Queens, New York. Her debut middle-grade novel, *Misadventures of a Magician's Son*, was published by Clearfork/Blue Whale Press in April 2020. She studied fine art and children's book illustration at Queens College with Caldecott medalist Marvin Bileck. Laurie is an award-winning graphic designer, a published children's book illustrator, and toy designer. Laurie lives on the North Shore of Long Island with her husband and rescue dog, Cody. You can learn more about her by visiting LSIllustration.com.