

Meet Dr. Adam.



Dr. Adam works at the hospital.

*A hospital is where people go for health issues.*



*People who go to the hospital are called "patients". Those who are sick have what is called an "illness" or a "disease".*

*Dr. Adam's job is to care for the sick patients.*

*Dr. Adam does not take care of his patients alone. He gets help from nurses like Thomas, Nadia, and Estelle.*



*Nurses spend more time with patients than doctors do.  
They get to know their patients well and can make  
helpful suggestions to the doctors.*



*Dr. Adam decides what medicine his patients need,  
but it is the nurses who actually give it to them.*



*Some illnesses are not too bad. When that happens, the patient may not need to stay in the hospital at all, or may only stay one day.*



A few more  
days ...



*Some are bad enough that the patient has to  
stay in the hospital for a few days or weeks.*

*Some are the worst. The patient  
may never return home . . .*



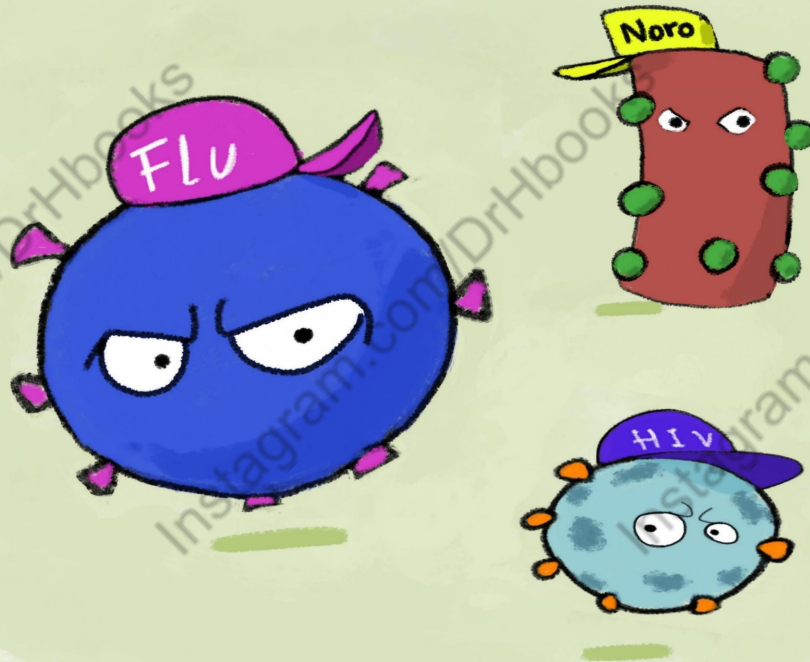


*The same thing happened the next day,  
and the day after that, and the day after that.*

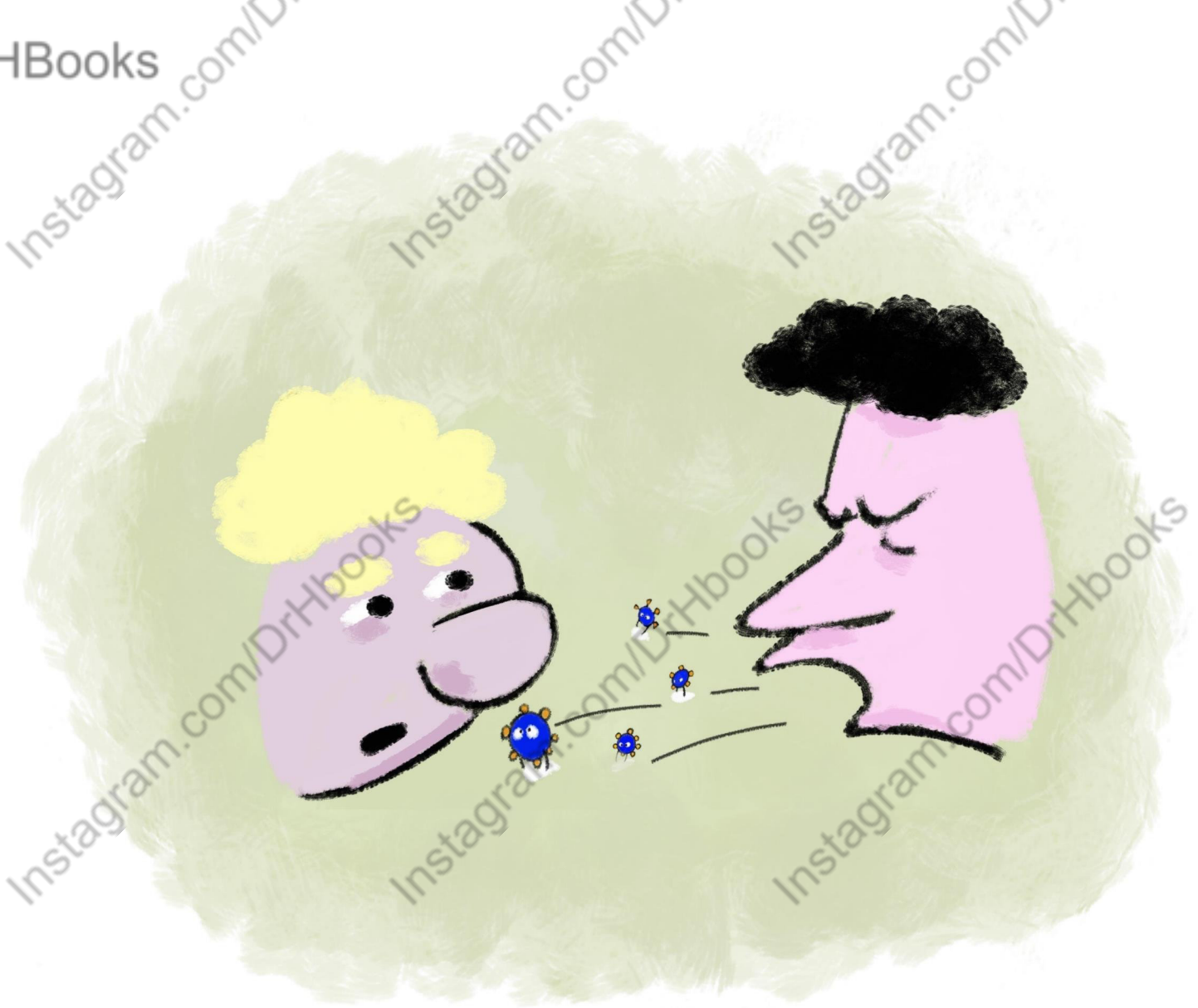


*Every day more and more patients showed up.  
Dr. Adam realized this was going to be a long,  
tough battle, but against who?*

Dr. Adam started thinking out loud: "People get sick for many reasons, but when many people get a similar illness at the same time, then an infection must be the reason."



Dr. Adam knew that infections happened when tiny creatures snuck into people's bodies and moved from one person to another. Some of those creatures were called "viruses".

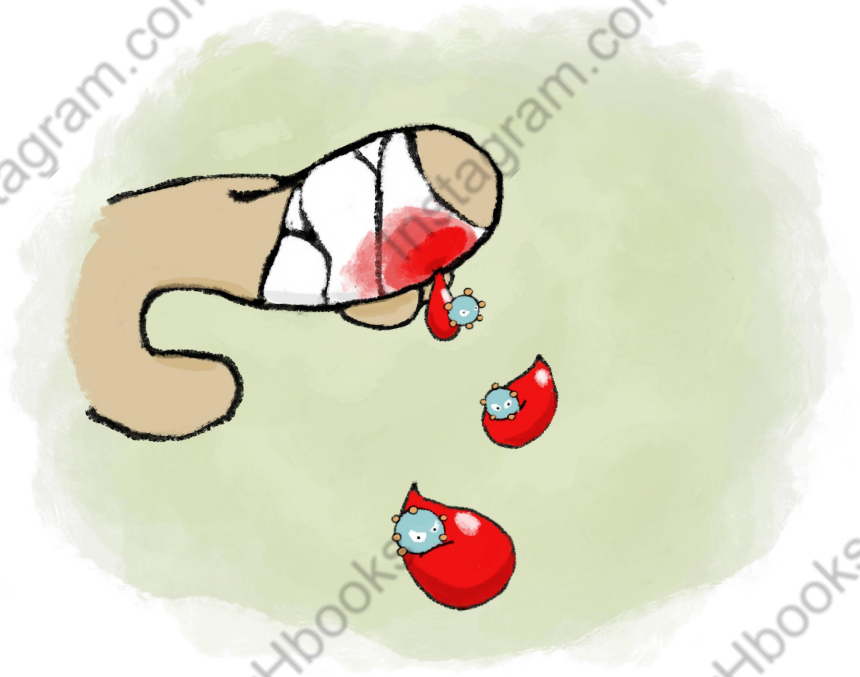


*Viruses can sneak into the body in different ways.  
Some viruses can travel in the air when people  
sneeze, cough, or even breathe!*

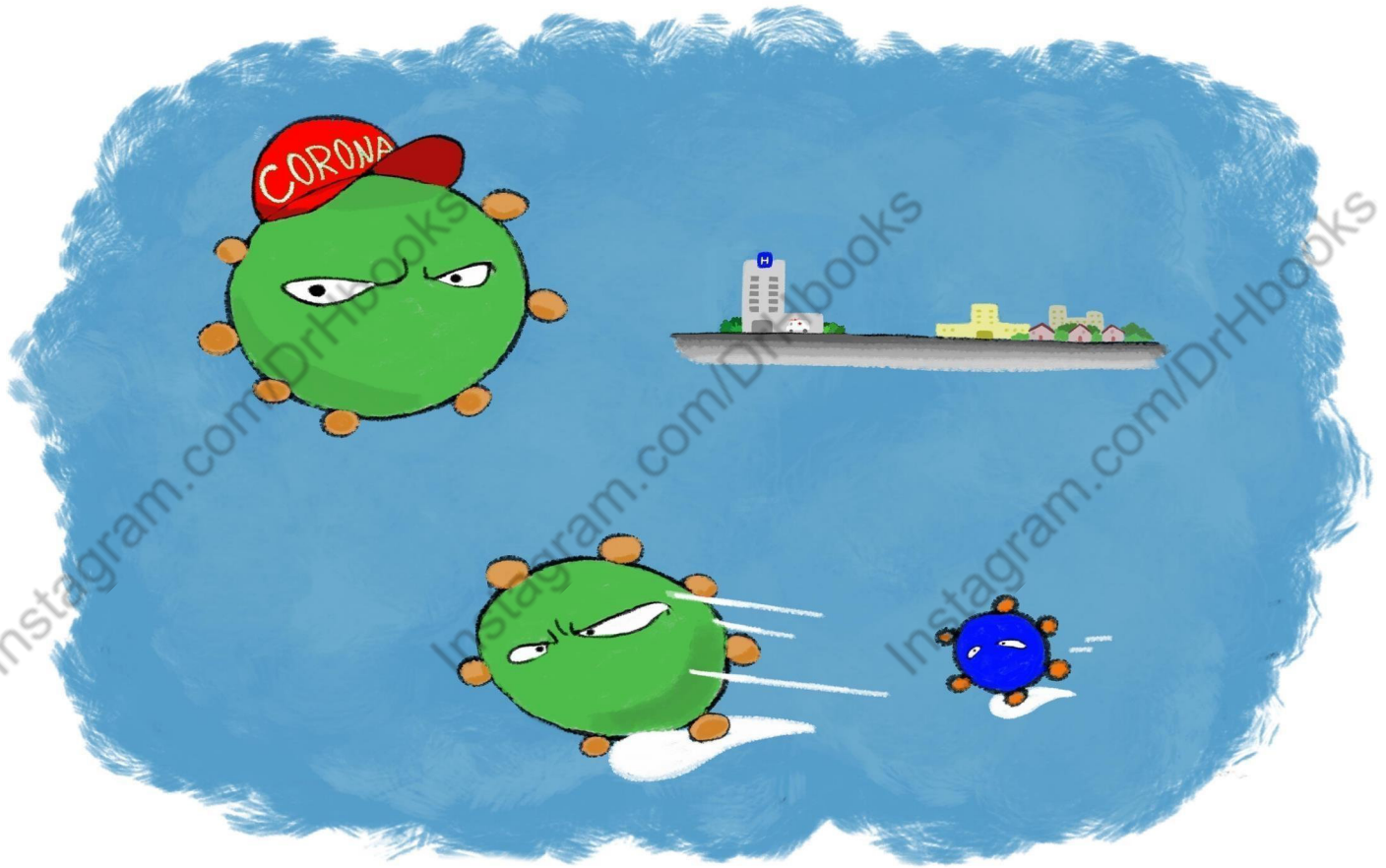


*Some hide in the dirty water or food. Ewww!*

*Some others can move from one person's blood to another's. Yikes!*

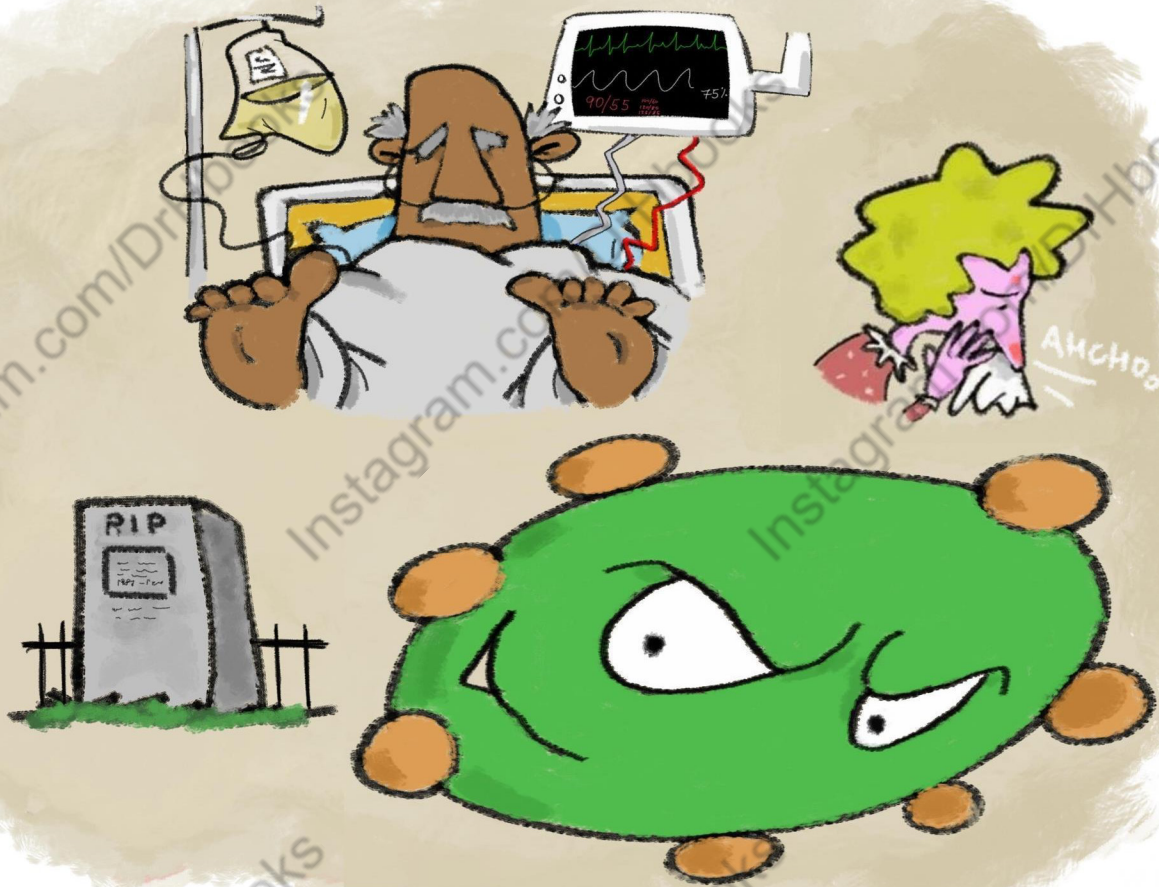


*But the creatures that were making people sick this time were not like other viruses. This was a new virus called Corona.*



*Corona was such a tricky villain. It could travel through air faster and more easily than many other viruses.*

*It was also a very powerful villain. It could make an illness very bad, or even the worst!*



*Dr. Adam needed to find a way to slow Corona down. The first step was to study how it worked.*

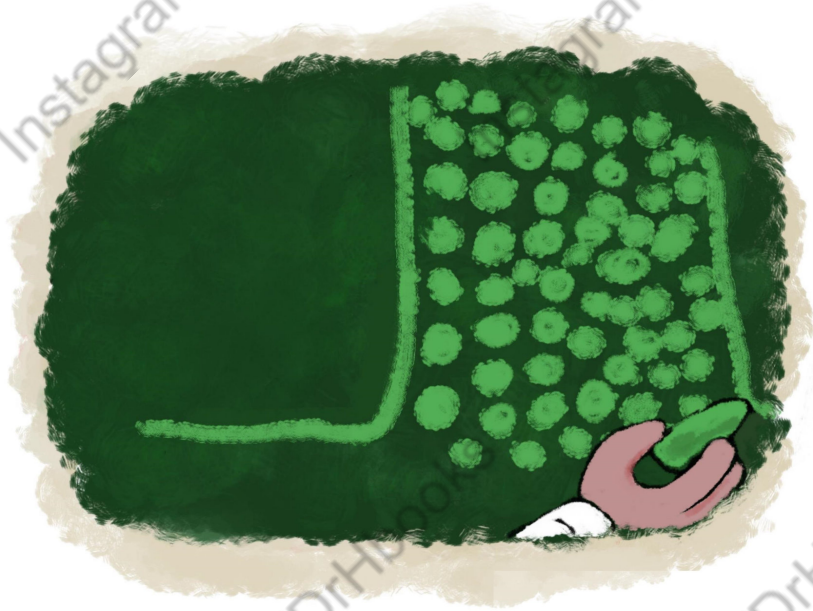


*He decided to keep track of the number of daily cases.*

*"Hmm, this may need some math to do," he said to himself.*

*He drew a line on the board. Every time a new case showed up, he added it under that line. Each new case pushed the line up, making it curved instead of flat.*





When too many cases showed up at the same time, the line moved up much quicker, which meant a much bigger curve.

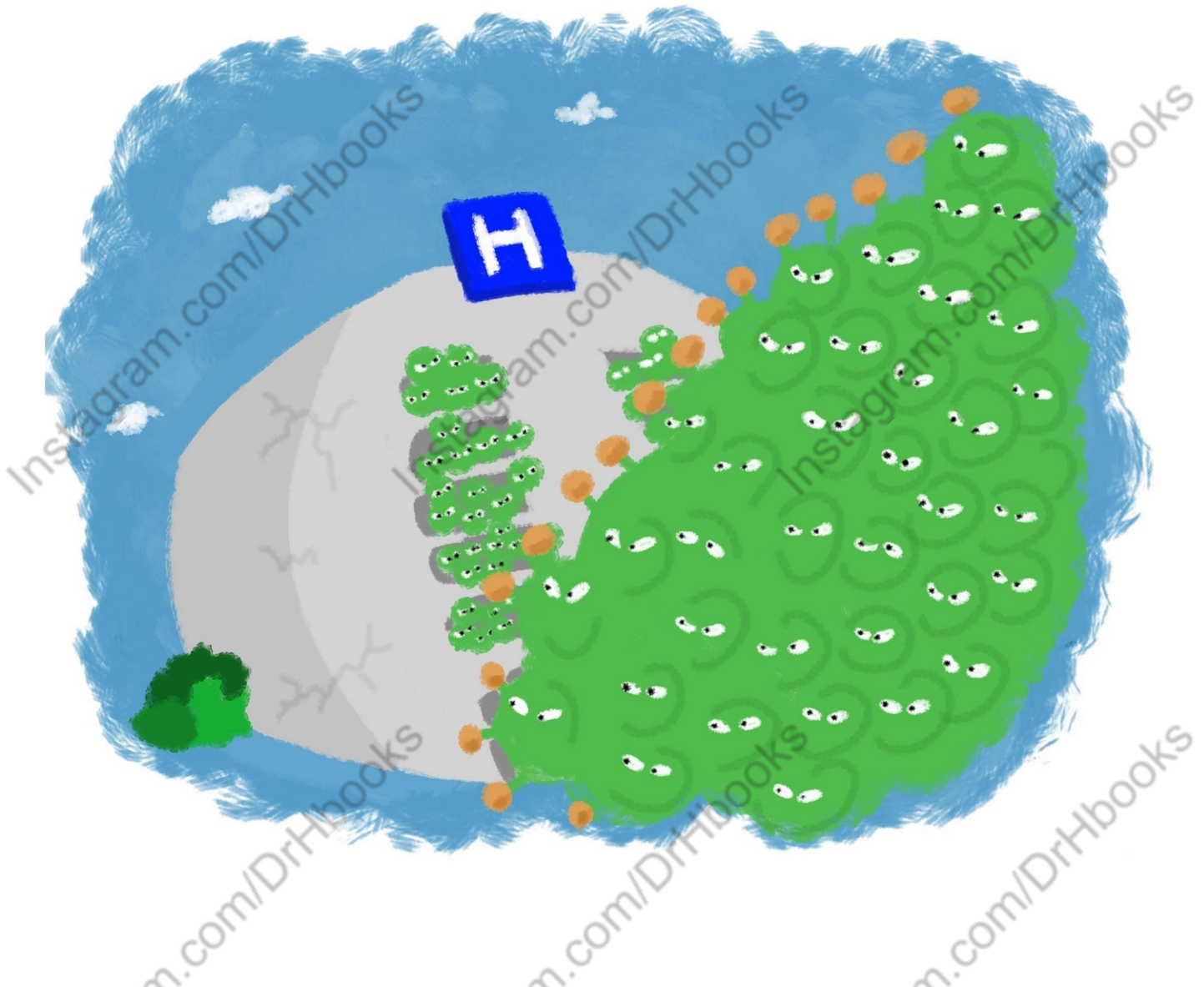
The curve kind of reminded him of his childhood, when he'd make a big monster by putting his toys under the blanket. With each new toy, the bump got bigger and bigger.



*But this was not a toy monster. This was a big curve of viruses, and soon it would be too big for the hospital to fight back.*



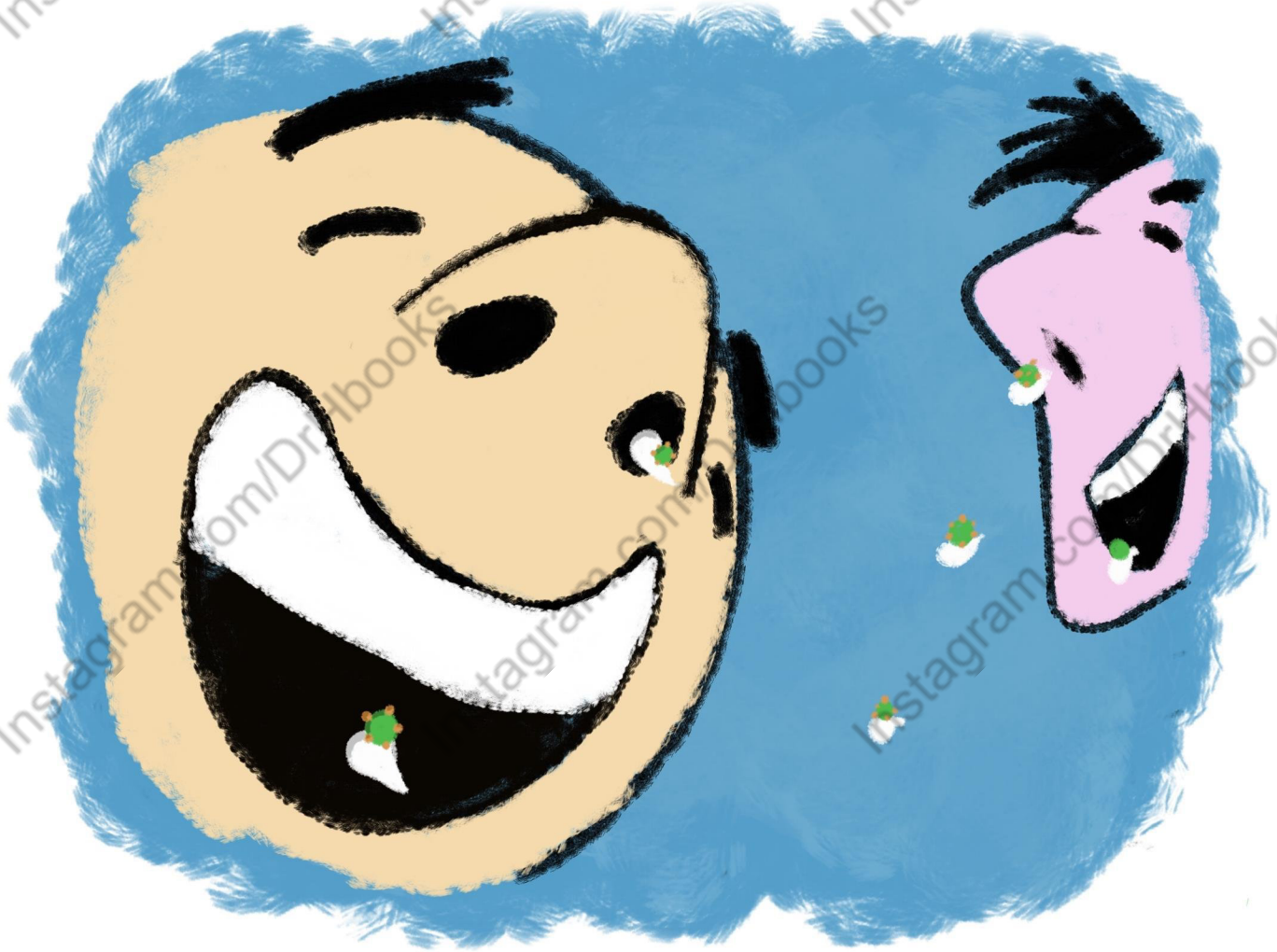
*Dr. Adam knew the hospital would soon run out of space.  
He hated to think of his friends in the town being sick  
with no place to go.  
Even worse, he knew if they did not get treatment, they  
would never make it.*



*"We have to flatten the curve," Dr. Adam said aloud.  
Fewer daily cases would make the curve smaller, which  
would make more room in the hospital.  
But how to make the line flat?*



*Dr. Adam thought about ways to flatten the curve.*



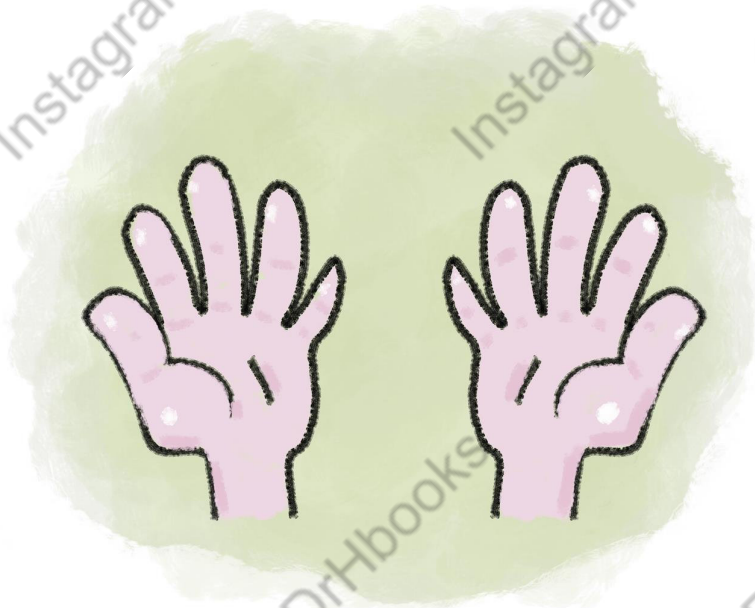
*He realized that since Corona traveled through air, it would sneak into the body mainly through the nose and mouth.*

*Four ideas came to Dr. Adam's mind,  
so he made a plan and announced it  
to the townspeople:*





*"We touch our faces  
with our hands many  
times every day."*



*"Clean hands means  
no viruses, so we should  
wash our hands often."*



*"Masks cover our noses and mouths and can make it more difficult for the viruses to sneak into them, so we should wear masks when around people."*





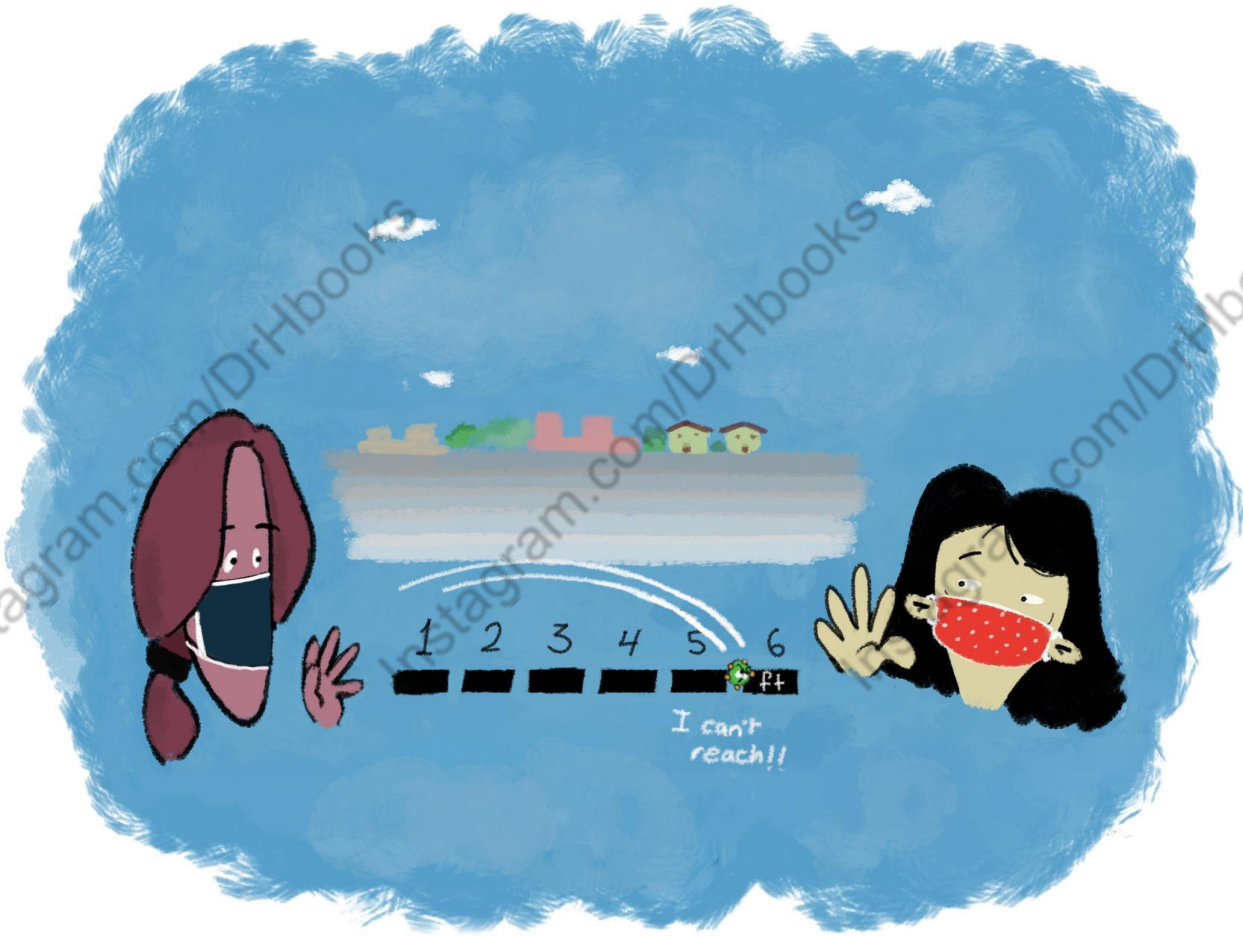
*"This virus can move very easily in big crowds."*



*"Staying home more often means we will come into contact with fewer people."*



*"When outside, avoid big crowds, and keep a distance when people are around."*



*"And don't forget the mask!"*

*People listened to Dr. Adam's plan, and followed it.*

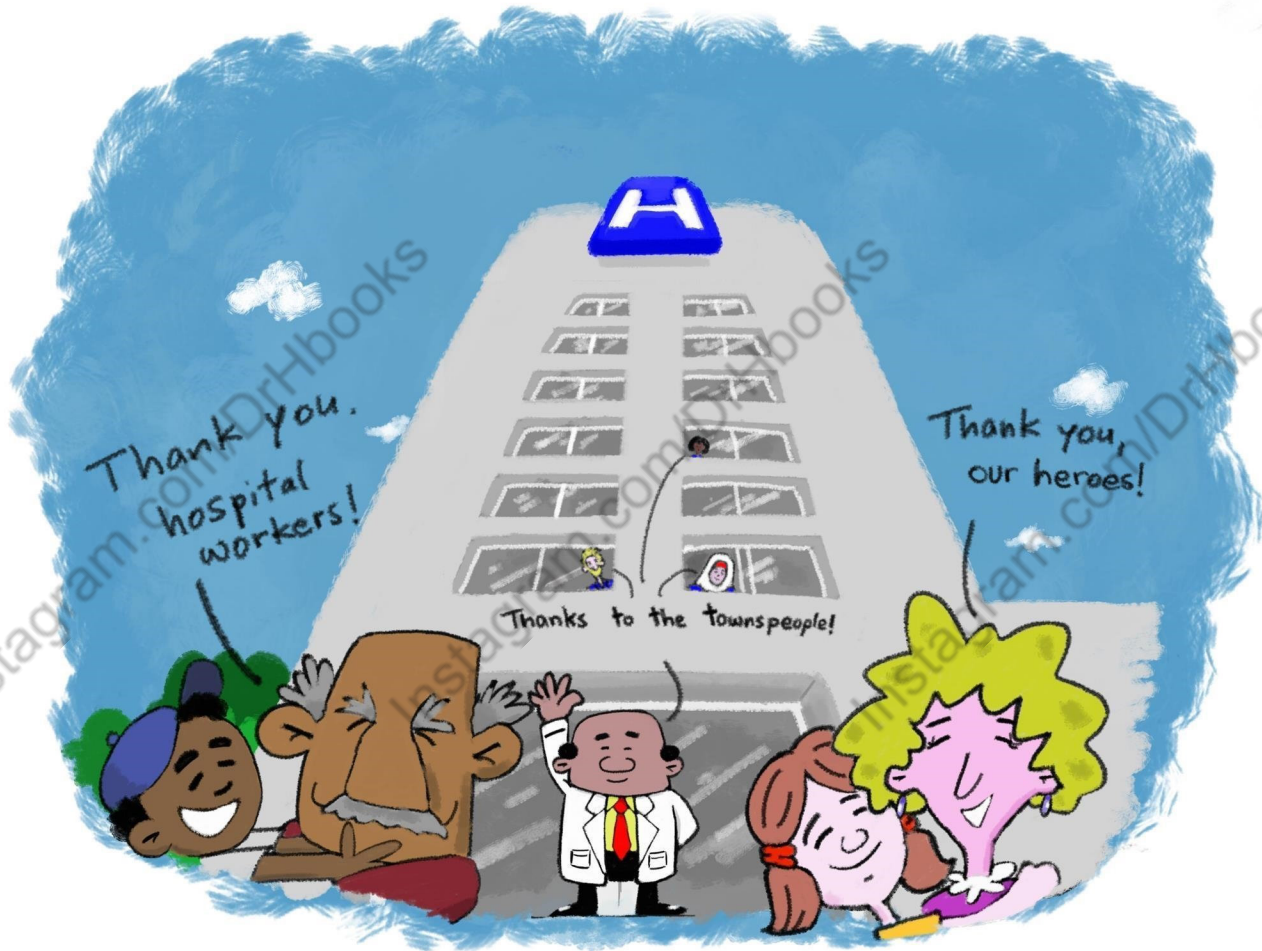


*The Corona viruses found it difficult to reach people, and couldn't attack in large numbers.*

*Slowly but surely, cases went down and the curve began to flatten. The townspeople had done it. They had kept the virus at bay!*



The hospital was now well-prepared. It had plenty of room for the sick people who came in, and could give them the care they needed.



Now, every time the viruses plan a big attack, the people, nurses, and doctors will be ready to stop it time after time!

Dedication

To the brave nurses who spend hours in very close contact with their patients. A million books wouldn't do you justice. To every hospital worker. To the souls of the COVID19 pandemic victims. To every essential worker on the planet and their families. Finally, to my incredible wife and my precious nine-month-old daughter who waited months before my return from self-quarantine.

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