

PUTIPUTI & PUDDY LEARN ABOUT THE CORONAVIRUS

BY JANET PETERS & PAUL HIRINI

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JANET "IN MEMORY OF MY LATE MOTHER MARIE PETERS"

PAUL "TO OUR KIDS, BELLA, EVE, STEVIE, TEDDY, MASON,
ARCHIE & JOHNNY, WHO TEACH US STUFF EVERYDAY"

"E ngā tamariki o te Motu - kia kaha, kia maia, kia manawanui!"

"Kids of Aotearoa - be strong, be brave, be steadfast and patient!"

Putiputi lives with her Mum & Dad at Mount Maunganui in Aotearoa New Zealand.



Putiputi has a cat named Puddy.
Putiputi and Puddy love spending time
together. Sometimes Puddy even walks
right down to the beach with Putiputi.



But one day Putiputi's Mum tells her that there is a new kind of virus. "Love, this virus makes people very sick, so everybody has to stay at home for a while as it is really catchy". "Um... OK Mum" says Putiputi.





"People in Aotearoa have to make a kind of "bubble" at home with their family or friends, so they can keep themselves safe from the virus" her Mum said. "Our bubble has me, you, Dad and Puddy all safe in it". "Cool! That's us!" said Putiputi imagining them all in a humongous bubble.

CORONAVIRUS

LEVEL 1.....GET READY FOR VIRUS

LEVEL 2.....REDUCE ACTIVITIES

LEVEL 3.....RESTRICT ACTIVITIES

LEVEL 4.....ELIMINATE VIRUS & STAY AT HOME

Putiputi's Mum then explained, "we all need to stay at home until the new virus is no longer making people sick. The Government has put us on Level 4 at the moment. When the virus starts to disappear in our country we will go down to level 3, then level 2 and then 1 until we are back to a new normal life".

"The virus uses our hands to get into our eyes, nose and mouth so we need to make sure we don't help it. We need to wash our hands with soap for 20 seconds (that's 2 rounds of "Happy Birthday") when they are dirty as usual, and when we have been out.



The virus is shared through coughing or sneezing, so we also need to cough or sneeze into our elbow like this" - Mum shows Putiputi how with her arm. "But we can still go to the doctor or the chemist if we need to. We can also go to the supermarket or petrol station to get food or fuel when we need more".



Putiputi feels a bit scared and worried.
She doesn't want to get sick with the virus.
She says "Puddy what if we get sick?
That would be stink as!"
Puddy just smiles and purrs.



Dad also told Putiputi that he, Mum, Putiputi and Puddy can still go for walks or bike rides in their neighbourhood. "We all have to be two metres away from other people, so we don't catch the virus. We can't go to visit your Nani & Koro', Nana & Pop, or any other whānau until this is over Bub" he said.





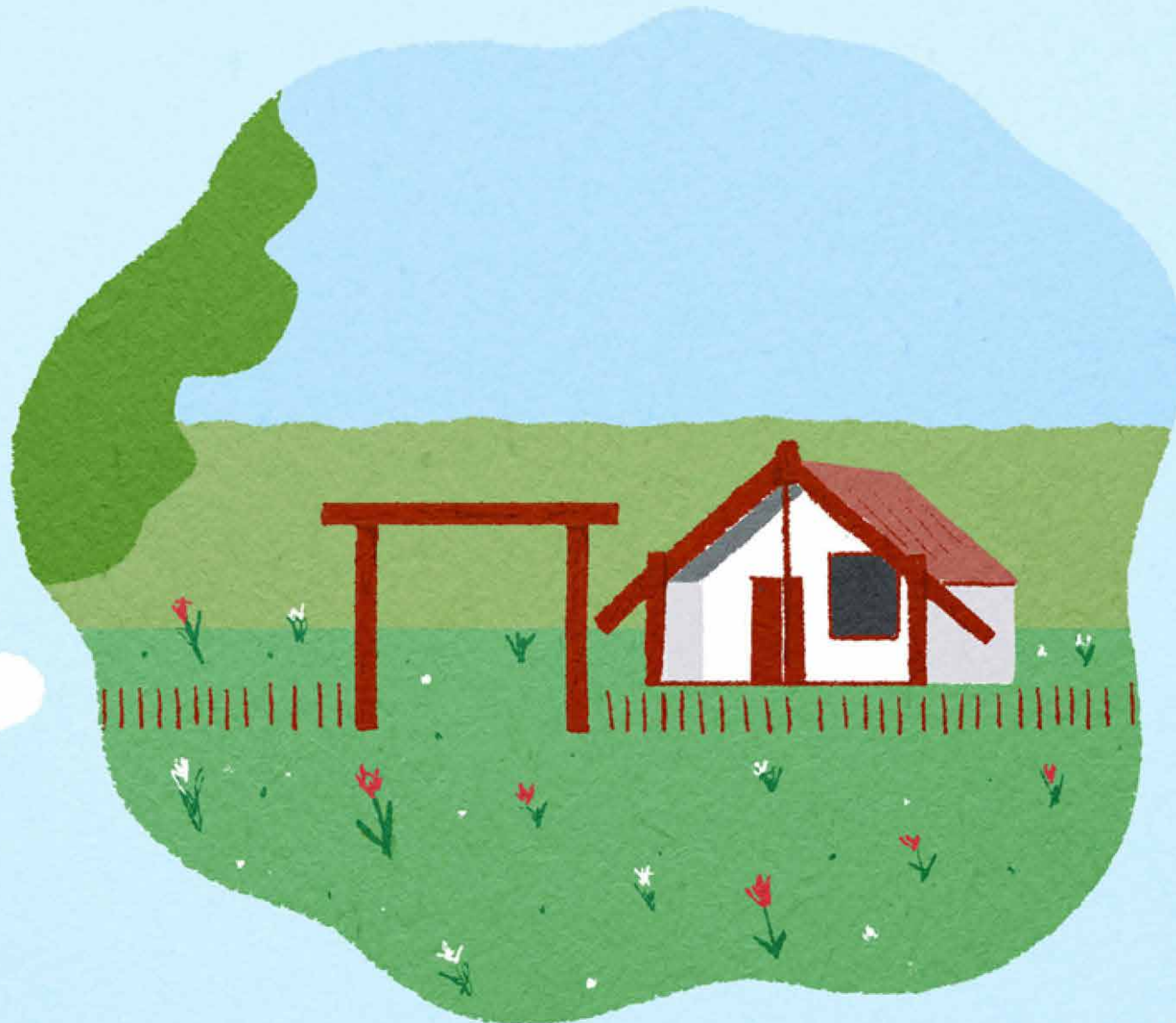
Putiputi is still a bit worried and wants to learn more about the virus, so she decides to talk to all her next-door neighbours who she knows really well.



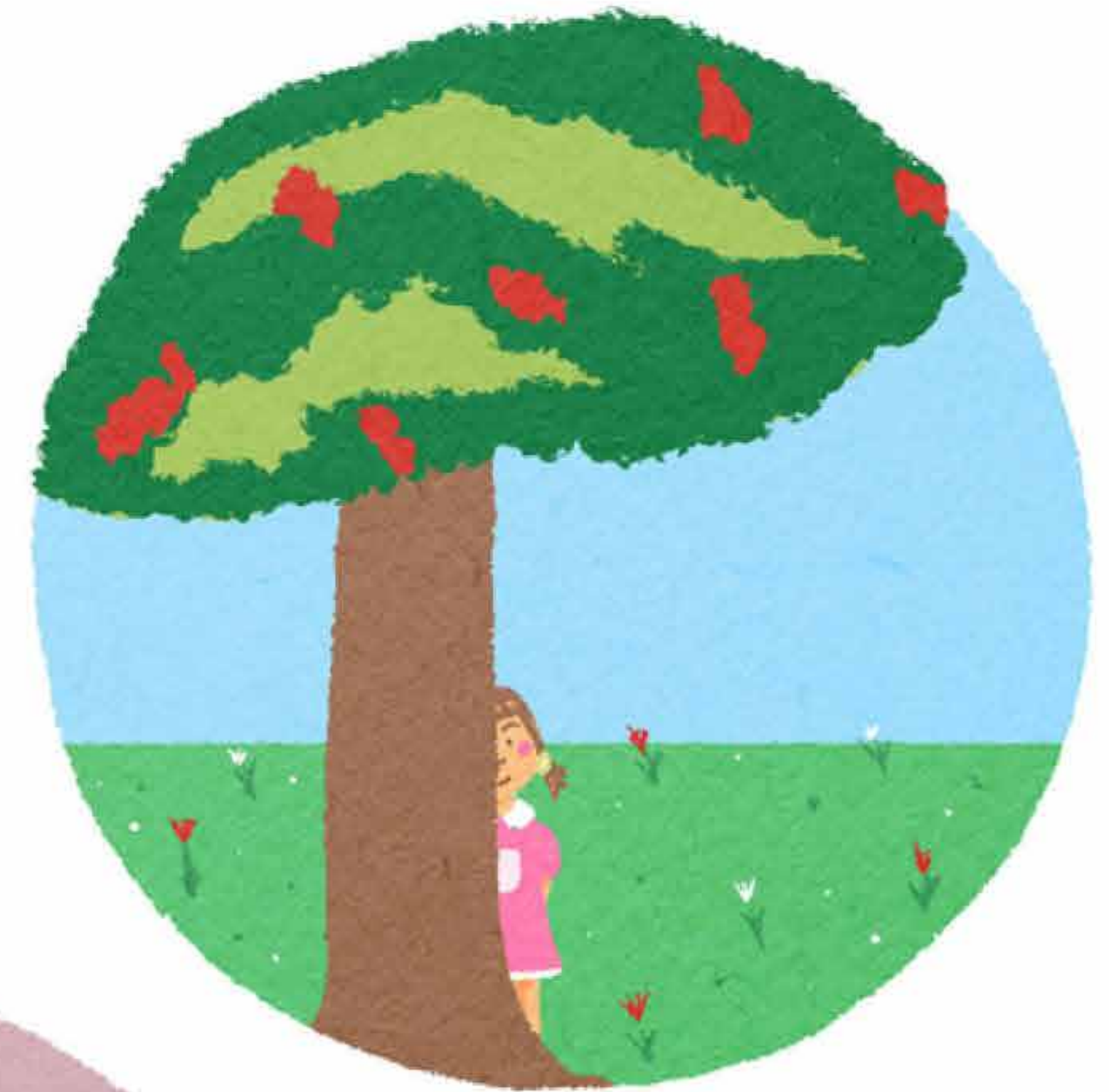
She sees her neighbour Shaun over the fence. He is painting a bird house. "Let's go and talk to Shaun Puddy" says Putiputi. Puddy smiles and purrs.

Putiputi makes sure she is at least two metres away from Shaun when they talk. Shaun is a retired man who often wears his faded old All Blacks jersey.





"Hi Shaun, what do you know about the new virus?" Putiputi asks with a worried voice. "I really want to visit my grandparents, play with my cousins and go to the marae, but we can't because of the virus."



Shaun said: "Morena Putiputi, if we all stay in our bubble, we'll be safe from the virus. You kids can still do fun things at home, either inside or outside, like play in the yard or garden, watch stuff on TV or the internet, read books or maybe do some arts and crafts, play cards or board games, or maybe hide and seek.



If we all do things right,
I reckon we'll be sweet as!".





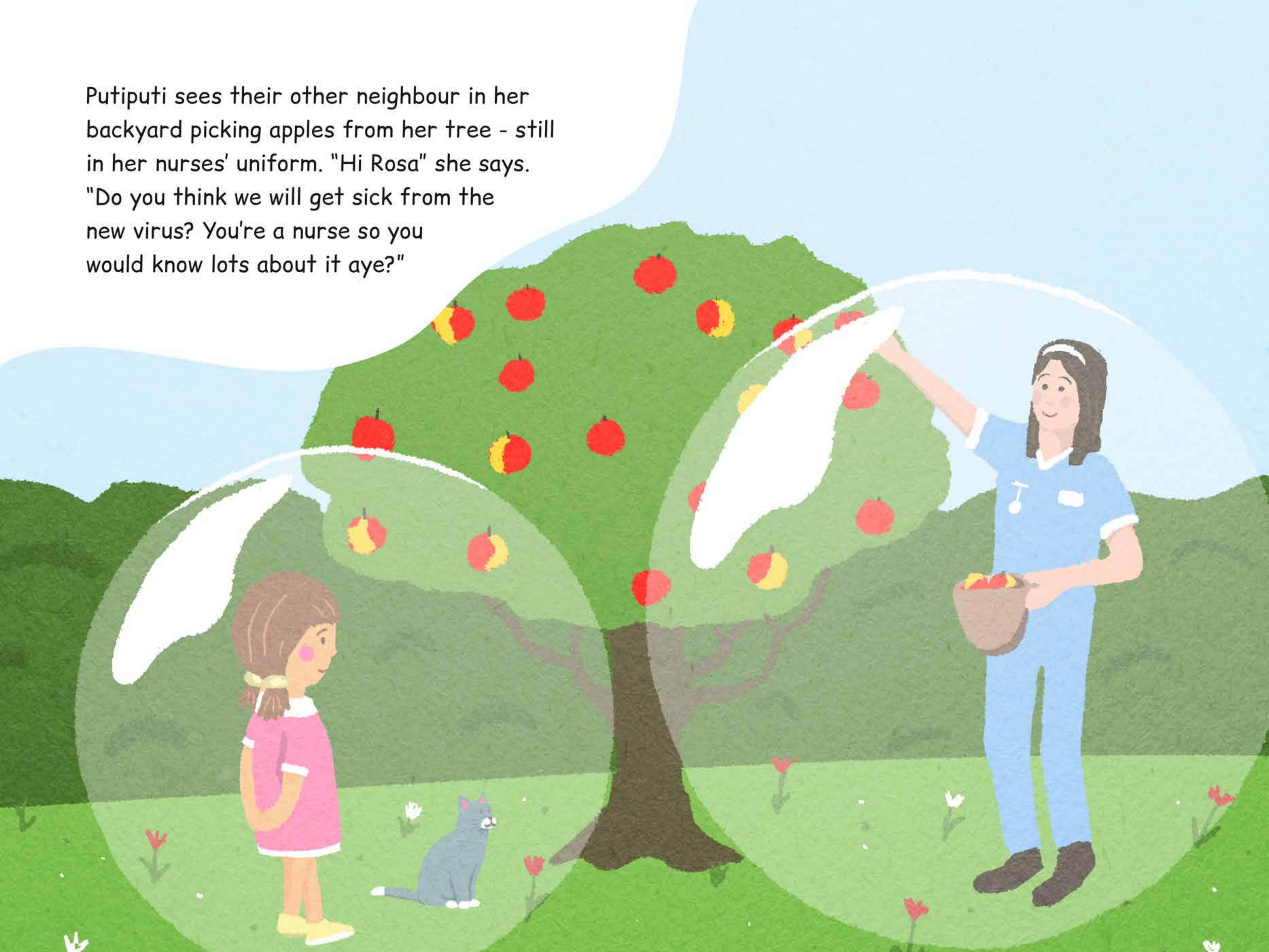
"I see" says Putiputi, "but will Puddy get the virus?"

"No, I don't think animals can catch the virus" says Shaun. "But I will find out for you".

"Awesome! Thanks Shaun" say Putiputi. That's choice! Putiputi thinks to herself.

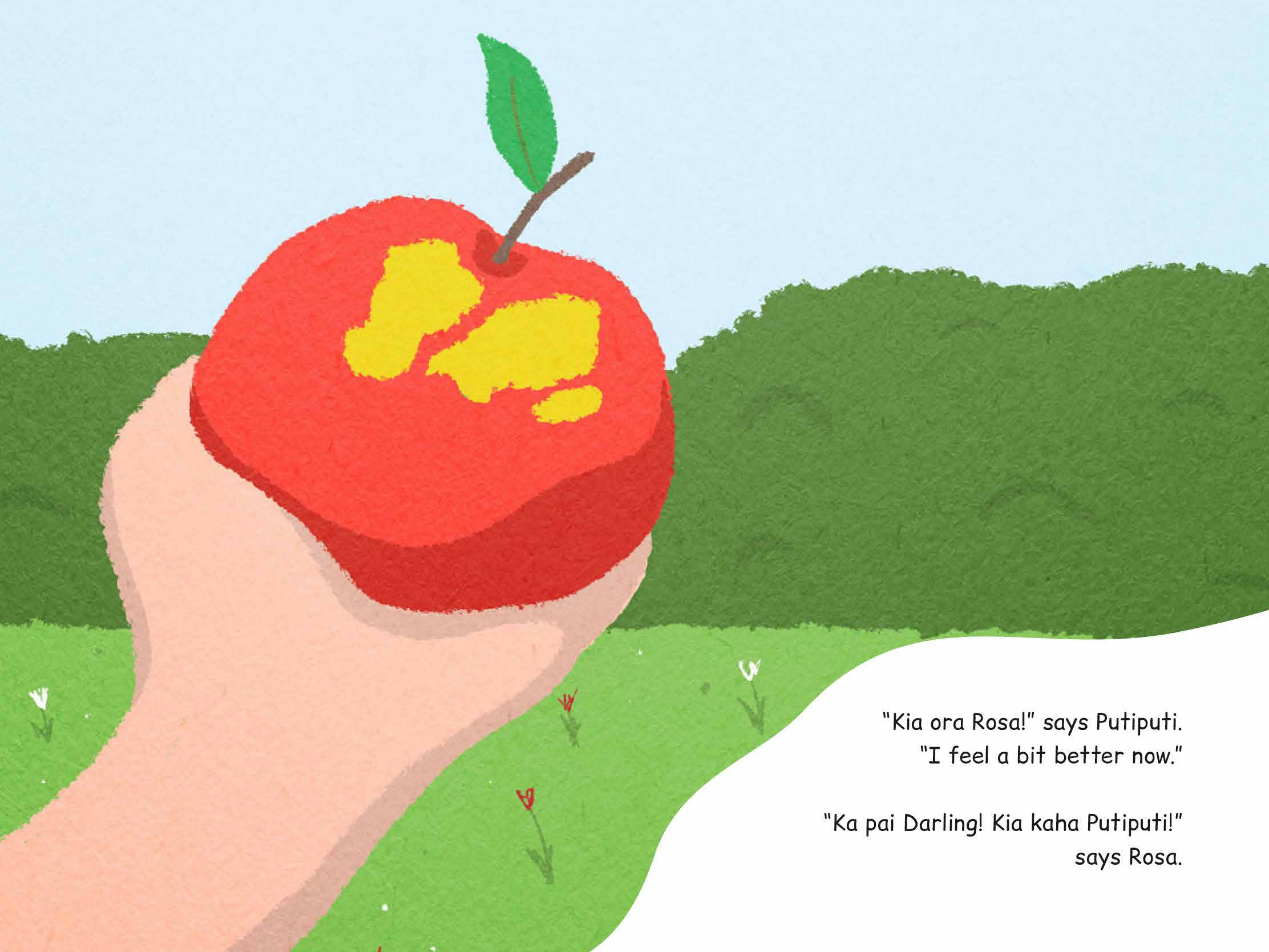
I'm so glad that Puddy won't get sick.

Putiputi sees their other neighbour in her backyard picking apples from her tree - still in her nurses' uniform. "Hi Rosa" she says. "Do you think we will get sick from the new virus? You're a nurse so you would know lots about it aye?"





"Tēnā koe Putiputi" says Rosa with a smile.
"No, we should be OK if we stay safe at home.
It will also help heaps if we are kind to each other
too. I would love to give you some apples right now,
but we can't pass things to neighbours 'cos of the
virus', but maybe later on aye".




"Kia ora Rosa!" says Putiputi.
"I feel a bit better now."

"Ka pai Darling! Kia kaha Putiputi!"
says Rosa.



Putiputi and Puddy walk to their back fence to talk with their other neighbour Sam, who is a Policeman. He is wearing a brightly coloured lava lava and is working in his garden.

"Hi Sam. Are you worried about the new virus?"

An illustration of a man and a girl in a garden. The man, on the left, has dark skin and is wearing a blue long-sleeved shirt and yellow pants. He is sitting on the ground, smiling, and holding a green vine with red fruit. The girl, on the right, has dark skin and is wearing a pink shirt. She is seen from behind, looking towards the man. They are in a green field with a white picket fence in the foreground. In the background, there are green hills and a large, stylized white shape in the sky. The text is in the upper right corner.

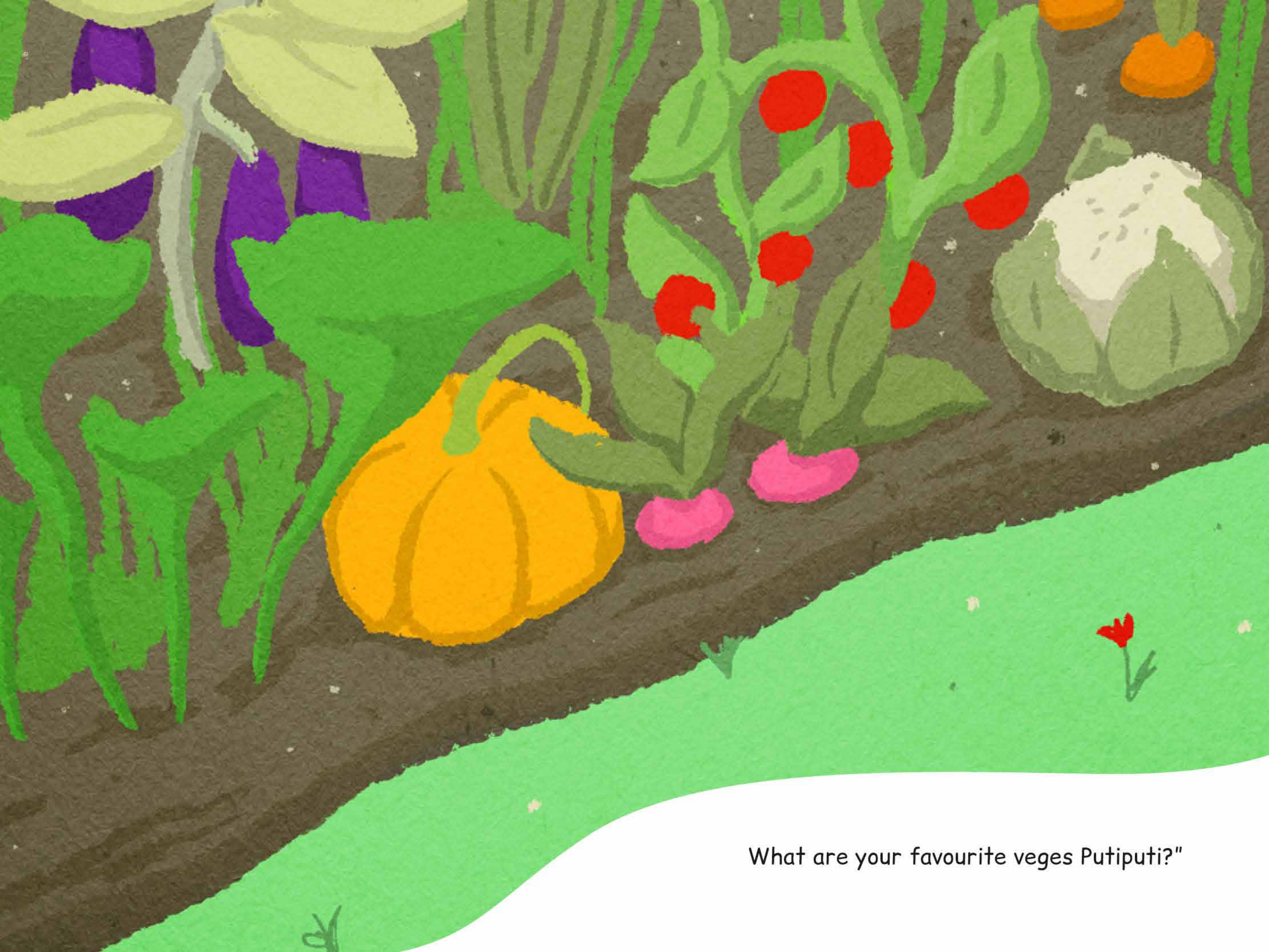
"Talofa lava Putiputi" says Sam. "What I know is that if we all keep to the rules we will all be safe. We still need to awhi' each other, but we might use a phone or other device to talk with people outside of our bubble. You can still do some school work as well as have fun."



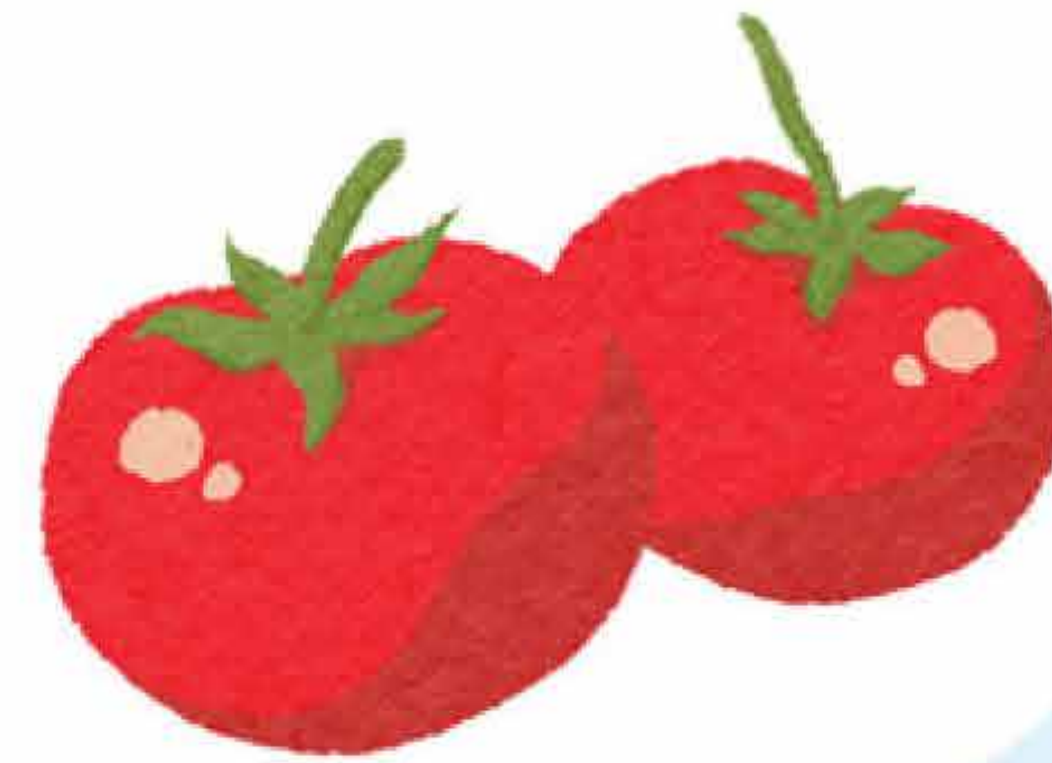
"Thanks Sam!" says Putiputi.

"What are you doing in your garden?" "I'm growing heaps of vegetables so I don't have to go to the supermarket very often"

Sam says. "Veges help keep us super healthy."




What are your favourite veges Putiputi?"



Putiputi thinks. "Lettuce, carrots and tomatoes" she says. "I love salads". Sam replies: "I'll share some of those with you guys when they are ready to eat - after the virus has gone." "Choice! That would be lovely thanks" say Putiputi.

Putiputi thinks for a moment, then says:
"I also love flowers. Mum and Dad grow
flowers in our garden". Sam says:
"Flowers are always lovely at any time.
Maybe you can share some flowers
with me too once the virus has
gone." "That's a cool idea!
Kia ora Sam!" says Putiputi.



A colorful illustration of a man with dark skin and short dark hair, wearing a blue long-sleeved shirt and yellow pants. He is holding a large, thick, brown log horizontally across his chest. He is standing in a green field with small red and white flowers. In the background, there are rolling green hills and a large, bright white rainbow arching across the sky. To the right, a grey dog with white paws is partially visible. The overall style is simple and illustrative.

"I think if we all stay inside and well away from people outside of our bubble when walking we should be fine" says Sam.

"Cool!" says Putiputi.

Putiputi tells Puddy all that she has learnt:

"Puddy, there's lots we can do to keep the virus away. We will be OK if we:

- Be kind to each other
- Learn about the virus and how to keep safe
- Stay in our bubble
- Wash our hands with soap for 20 seconds
- Sneeze and cough into our elbow
- Don't help the virus by keeping our hands clean and not touching our face
- Go for walks or bike rides keeping two metres away from other people not in our bubble
- Don't visit friends or whānau for a while, or go to school or the marae, but we can still talk over phone or video calls; we can also still learn, do schoolwork and play games at home.

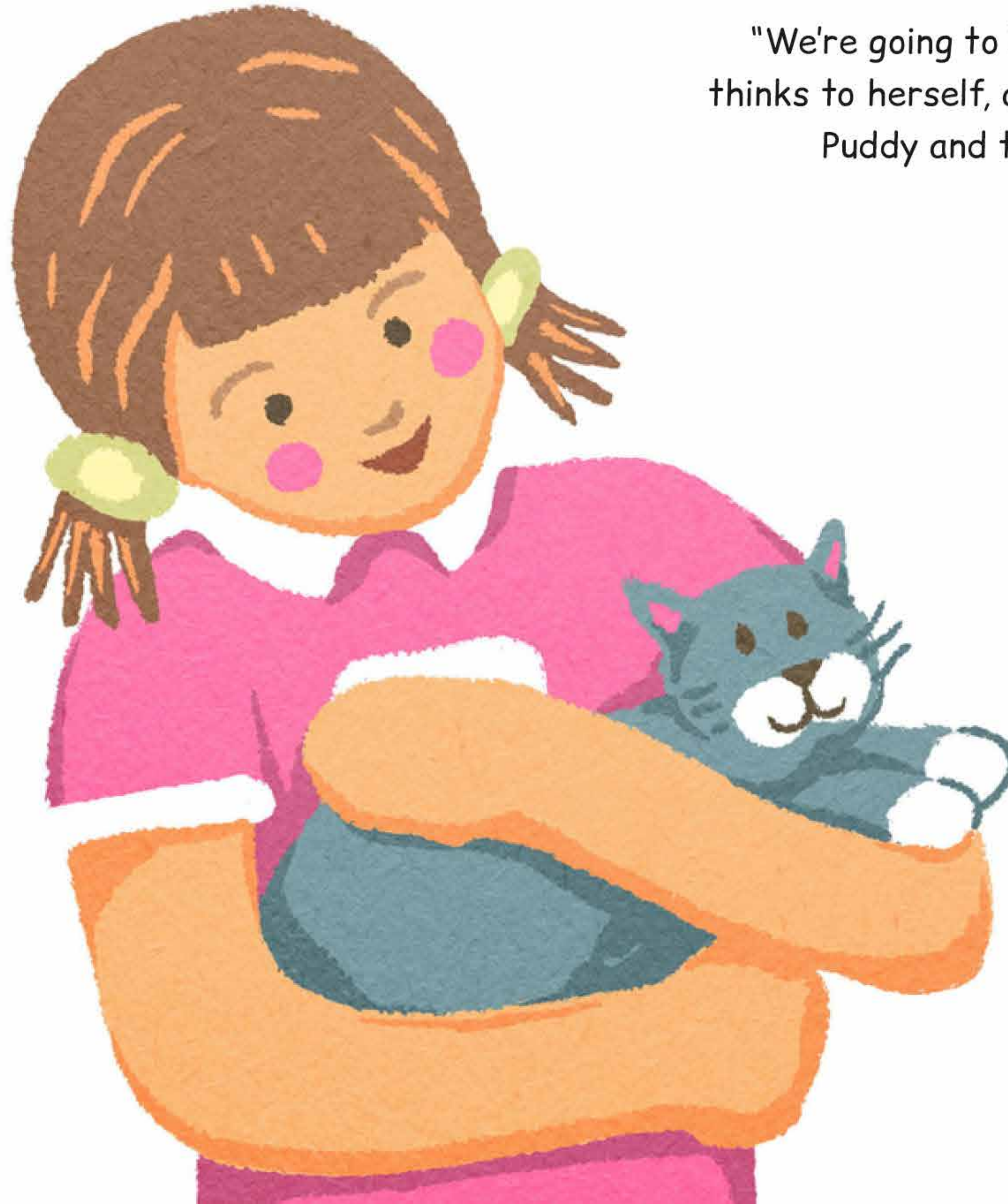
I also learnt that:

- We can still go to the supermarket, doctor, chemist and petrol station when we need to
- We are very lucky to have awesome hospital staff, police and other key workers to help us through this
- Veges are super healthy food
- Flowers are always lovely.

Puddy just smiles and purrs as that is what Puddy always does.



"We're going to be OK" Putiputi
thinks to herself, and she cuddles
Puddy and they both smile.



Janet Peters is a Registered Psychologist who works on national mental health initiatives.

In 2015 Janet was awarded the "Exceptional Contribution Award". "This award recognises an individual who has made an outstanding contribution to mental health service delivery and acknowledges a remarkable accomplishment in the unfolding story of mental health service delivery in Australia and New Zealand". THEMHS.

In 2012 Janet received the New Zealand Psychological Society "Public Interest Award: for valuable contributions to psychology in the service of the public." This acknowledged her involvement of many years in the New Zealand Ministry of Health's Like Minds Like Mine national public health programme to counter stigma and discrimination against people with mental illness.

Janet loves living at Mount Maunganui and loves her cat Puddy Peters.

Dr Paul Hirini is a Registered Clinical Psychologist

Paul has worked in a broad range of clinical, academic and advisory roles within the mental health and tertiary education sectors. He has held roles in child, youth and adult mental health services; and worked in forensic, hospital, community, addiction and kaupapa Māori settings. Paul currently works as a clinical psychologist for the Ngā Kākano Foundation in Te Puke and as an academic at Te Whare Wānanga o Awanuiārangi in Whakatāne. He belongs to the Ngāti Huia ki Poroutāwhao, Muaūpoko, Ngāti Raukawa ki te Tonga and Ngāi Tūhoe Iwi. Paul lives with his wife Claire and their six children in Tauranga Moana.

THE END. KA MUTU.