There's No Monster Outside: It's a Virus

By Beverly J. Irby, Rafael Lara-Alecio, Nahed Abdelrahman, Fuhui Tong, & Pam Schiller

Illustrated by Debbie Weekly

I listen to the news and think right away.
There's a monster outside, and now I can't play.
I look out the window, but there's no monster in sight.
For just a minute, I'm filled with delight.
But then, I see no friends outside playing
No friends running, riding,
jumping, or chasing.

TV: CORONAVIRUS OUTBREAK
Live report
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新闻里说，“请大家戴好口罩。”
“什么样的怪物会害怕口罩呢？”我问道。
爸爸说：“戴口罩是为了保护他人。”
“哦”，我说：“就是为了保护我的家人和朋友们吧？”
On the news, we hear, “Wear a mask.”
“What kind of monster is afraid a mask?” I ask.
My father says, “It’s to protect others.”
“Oh,” I say. “Like my friends, my sister, my brothers?”
From my back door, I look all around.
I see no monster in the air, not even on the ground.
I slowly check my room—Is it in a hiding place?
No— I see no monster’s fingers and no monster’s face.
I peek slowly under my white bed sheet.
I see no monster’s eyelash and no monster’s feet.
It’s not in my closet. It’s not behind the door. It’s not under my chair. It’s not on the floor.

我向外东张西望，却不见那只怪物的踪迹。
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It’s not in my closet.
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那只怪物不在衣橱里，不在门后面。

它既不在椅子下，也不在地板上。
妈妈说：
“洗手要洗到唱完一遍生日歌哦。”
“不对，应该是两遍。”
我心里想，
“可是为什么要这么久呢？”

妈妈又叮嘱我：“别用手去碰你的眼睛、鼻子、和嘴巴。这样脸上才不会有细菌。”
8. Mother says, "Wash your hands to the Birthday song. "
"In fact, sing it two times. "
I wonder, "Why so long?"
Mother says, "Do not touch your face. Keep your face clean with all germs erased."

9. It's time to go to bed, so again, I look around. But good for me—no monster is found. In my dreams—no monster appears. But this does nothing to ease my fears.

10. I tell my mother about my dream; I know she'll understand. She laughs and then gently squeezes my hand. She says "It's a virus, not a monster, we're keeping away. When this virus is gone, you and your..."
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妈妈又说：
“不用害怕，只要小心就好。现在，既然我们都戴上了口罩和手套，那就让我们来一场盛大的节日游行吧。”
“Doctors and scientists are working night and day to create a vaccine that will keep the virus away.”
11. Mother says, "Just be careful and please don't be afraid. With our masks and gloves, for now, let's just pretend we're in a parade."

12. "Doctors and scientists are working night and day to create a vaccine that will keep the virus away."

13. Then I say with great relief, "There's no monster outside—no monster to fear. I'm safe here, because..."

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到那时，我就可以如释重负地说：
"外面没有让我们害怕的怪物。我很安全，因为怪物不在你我身边。"
做好卫生清洁措施，你就会健康、平安。

只要我们认真对待，就不会受到病毒的侵袭，请积极遵守以下规则：

每天勤洗手，双手不碰脸，戴上小口罩，保持社交距离，病毒不可怕，一起战胜它！

作者寄语

在新冠病毒肆虐的非常时期，孩子们感到忐忑不安。他们向我们描述梦中发生的各种可怕场景，比如：他们被坏人抓走了，他们的教室变得空无一人，好朋友们离他们而去，甚至有怪物在追赶他们。我们希望这本书能够舒缓他们的紧张情绪并带给他们安慰与鼓励。

我们谨以此书献给全世界所有的孩子们——他们是我们的希望和未来。同时，我们也将以此书献给所有的家长朋友们。为支持全球抗疫，该书以多种语言形式供读者免费阅读和下载。

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祈愿孩子们拥有世间所有美好的一切！让我们携手互助，共创未来！

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