



Red Riding Hood Goes to the Doctor



Acknowledgements

This book is meant only to support what a young person and their family have already been told about their condition by a healthcare professional. Do not use this book to replace advice and treatment from a doctor.

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The QMed Reads for Paeds project was started by the Queen's Medicine Class of 2017. Our goal is to write and illustrate engaging books to explain illnesses that affect children. The books are gifts from us to patients, with the hope of empowering them and their families.

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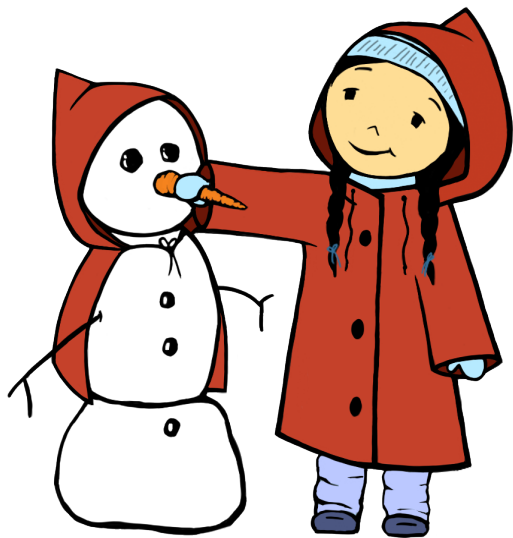
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Once upon a time there was a little girl named Red. Her name wasn't really Red, but everybody called her Red because she always wore her favourite red jacket.



She wore it all year round! In the spring rain, the summer sun, the fall breeze, and the winter snow.

Red was always cheerful, especially when she visited Grandma. Grandma made the yummiest cookies just for Red! They were soft and chewy and smelled so good. They were Red's favourite.

Red was really looking forward to Grandma's cookies at the end of her first week of school.





But The Cold was in town again this fall and lots of kids in Red's class were getting sick! Red's mommy told her to be very careful to not catch a Cold.

Mommy said to make sure Red washed her hands before eating and to not share snacks with other kids in order to keep The Cold away.

The next day, Red went to school and saw her friend Wolfgang sitting at the table at snack time.

“Hi Wolfgang!” she yelled with excitement. Wolfgang turned around. He wasn’t looking so good. His nose was runny and he looked tired.

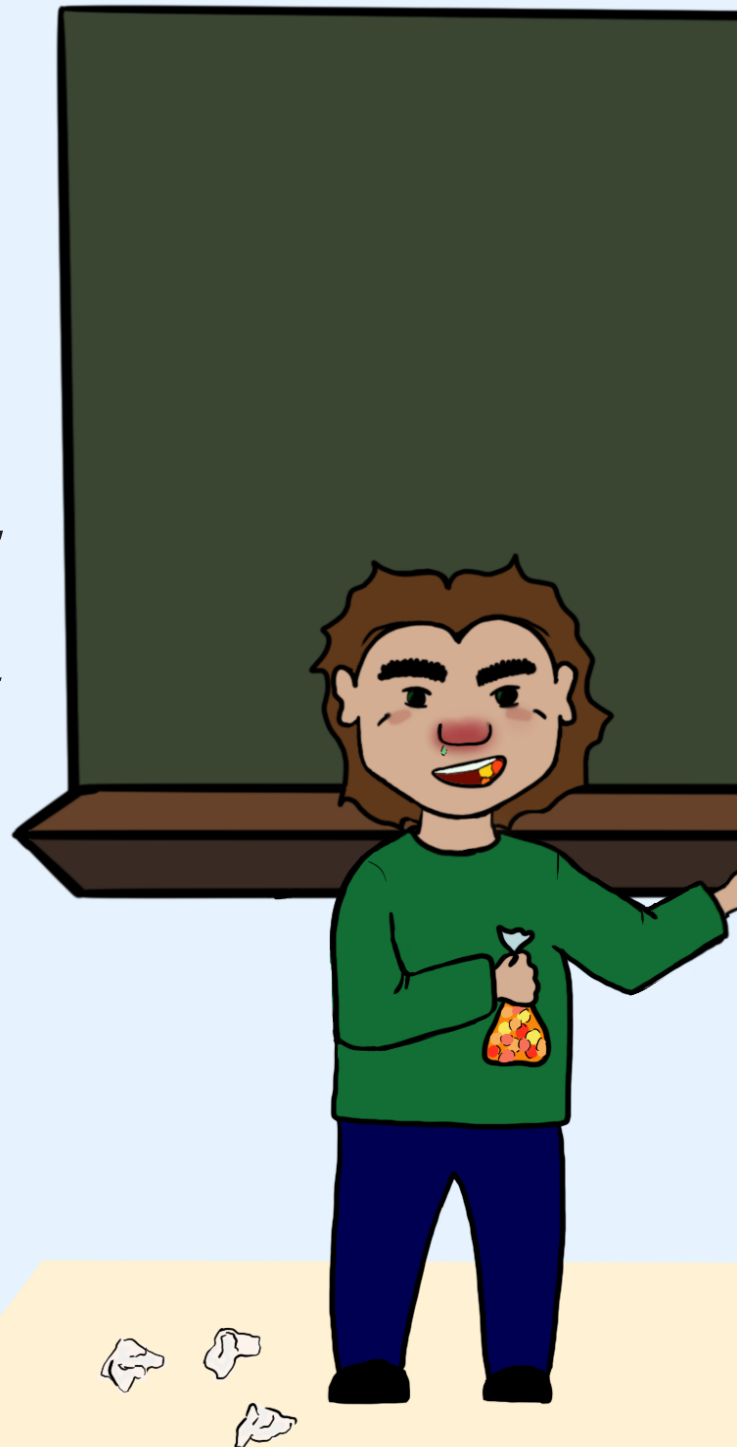
“Hi —ACHOO— Red!” said Wolfgang. *“Want —ACHOO— one of my candies?”* he asked.

Red remembered what Mommy had told her.

“No, thank you, Wolfgang.”

“But they are —ACHOO— fruit gummies!”

Red paused. She really liked fruit gummies.



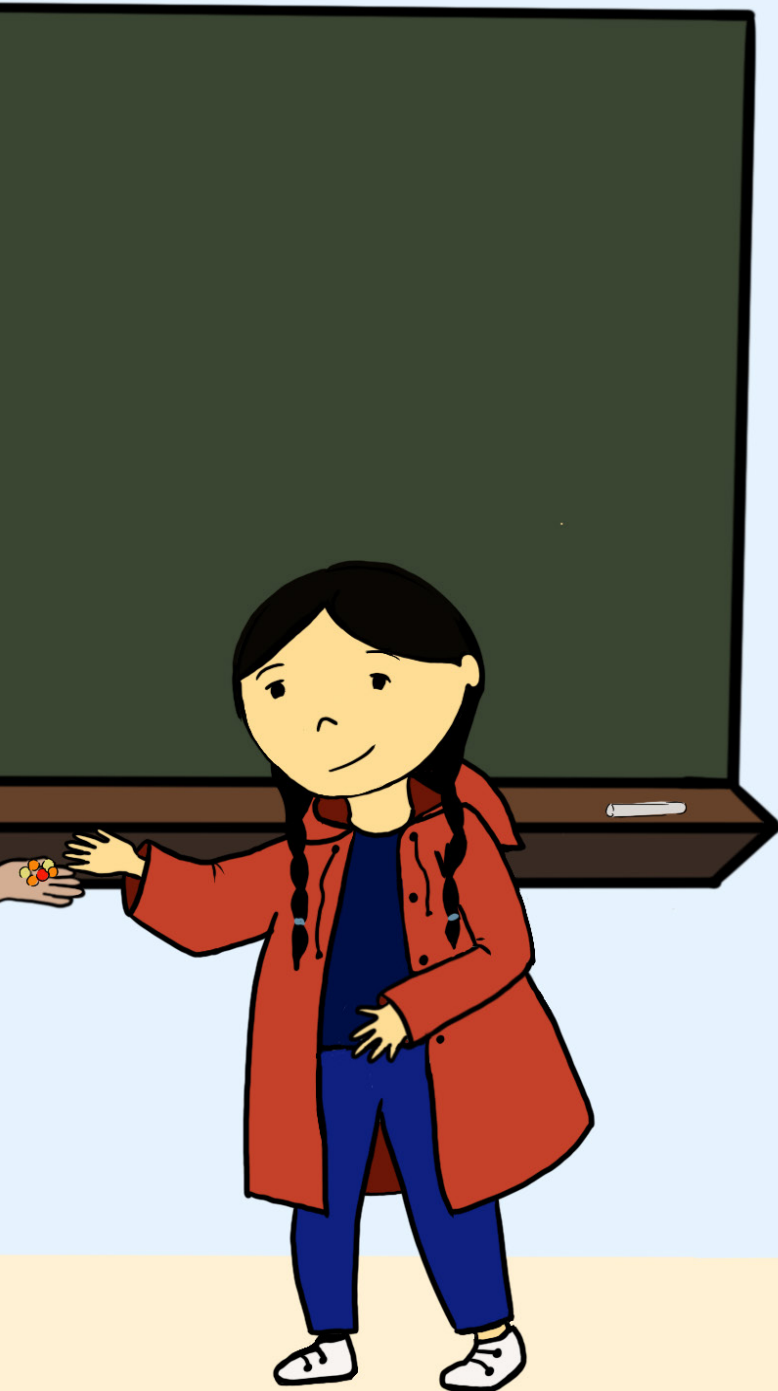
And maybe what Mommy said didn't count for fruit gummies.

And she would only have a couple.

And she would wash her hands after and that would be okay, Red thought.

*“Okay, Wolfgang,
but only a few.”*

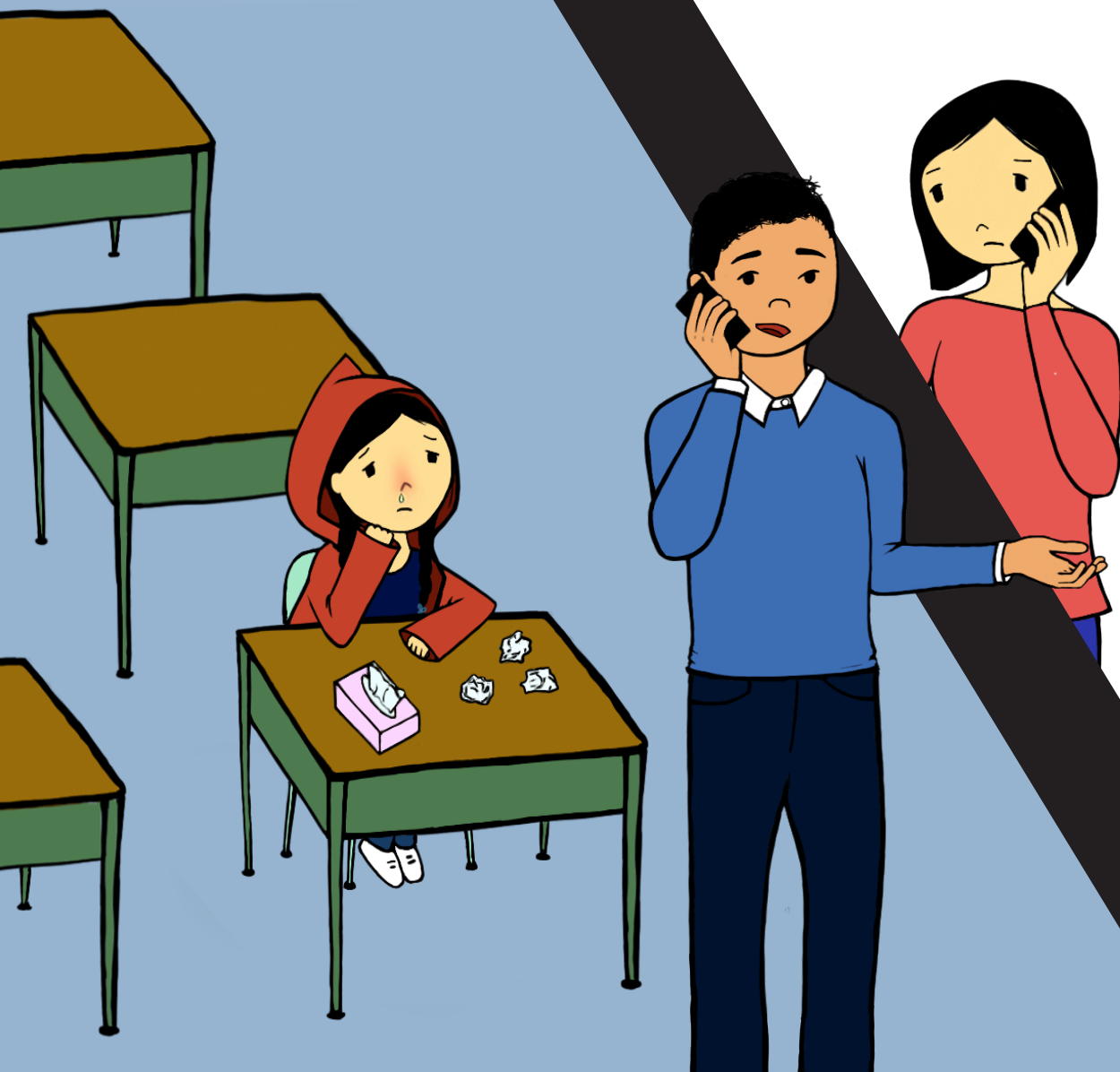
And she and Wolfgang gobbled up the whole bag of candies together.



The next day Red woke up and felt great! Mommy was wrong!

But the day after next day was different. Red woke up and she didn't feel so good. Her throat felt icky and her nose felt wonky.

By the end of the day, she was sneezing and coughing and feeling very sick. The teacher called Mommy to come pick up Red. Mommy was not happy.



Since Red was not feeling well, Mommy called Dr. Wood. She would know what to do to help Red feel better!

On the phone, Dr. Wood said that she would need to see Red to take a closer look and figure out the best plan.

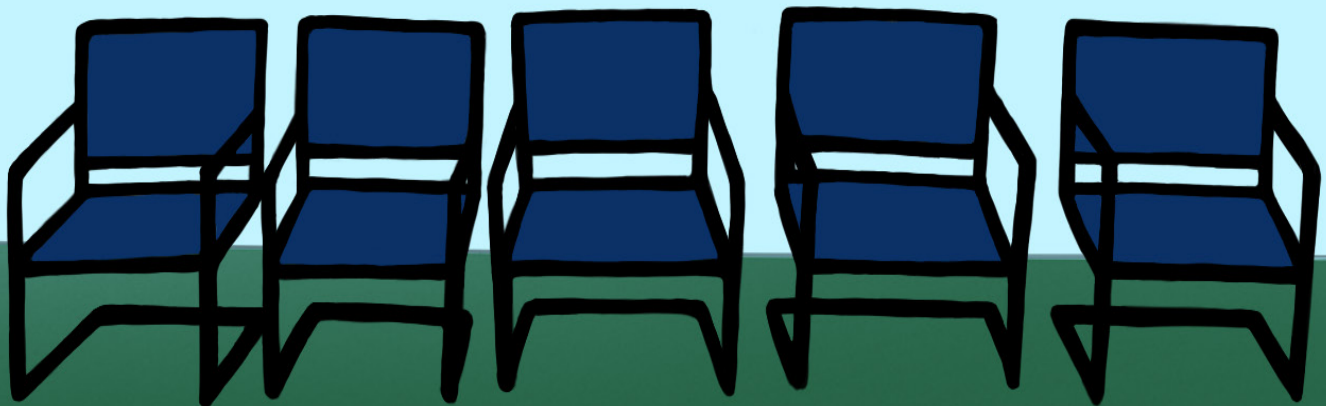
“Remember to wear a mask!”
added Dr. Wood.



When Red and Mommy got to Dr. Wood's clinic, they saw the masks and hand sanitizer on the table.

"Why do I have to wear a mask, Mommy?"
asked Red. *"Is it so I don't make other people feel sick too?"*

"That's exactly why! It is to help protect other people from maybe getting sick from our germs."



Welcome to the Wood Clinic! Please sanitize your hands and wear a mask.



Red liked visiting Dr. Wood! She saw lots of pictures and posters on the wall and she practiced her reading a little. She also saw all kinds of cool things.

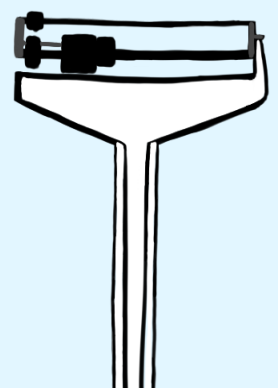
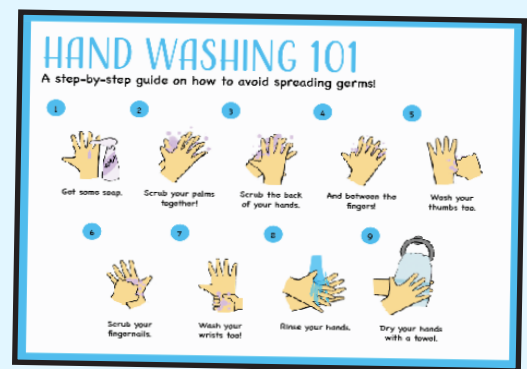
A scale to see how much people weighed.

A stethoscope to listen to how people breathe.

As they waited, Red got more and more excited for her turn. Soon, Dr. Wood would help her feel better, she thought.

The waiting seemed to take forever! But Mommy reminded her that she had to wait her turn and that all these other kids were waiting their turn too.

There was only one Dr. Wood and lots of people.



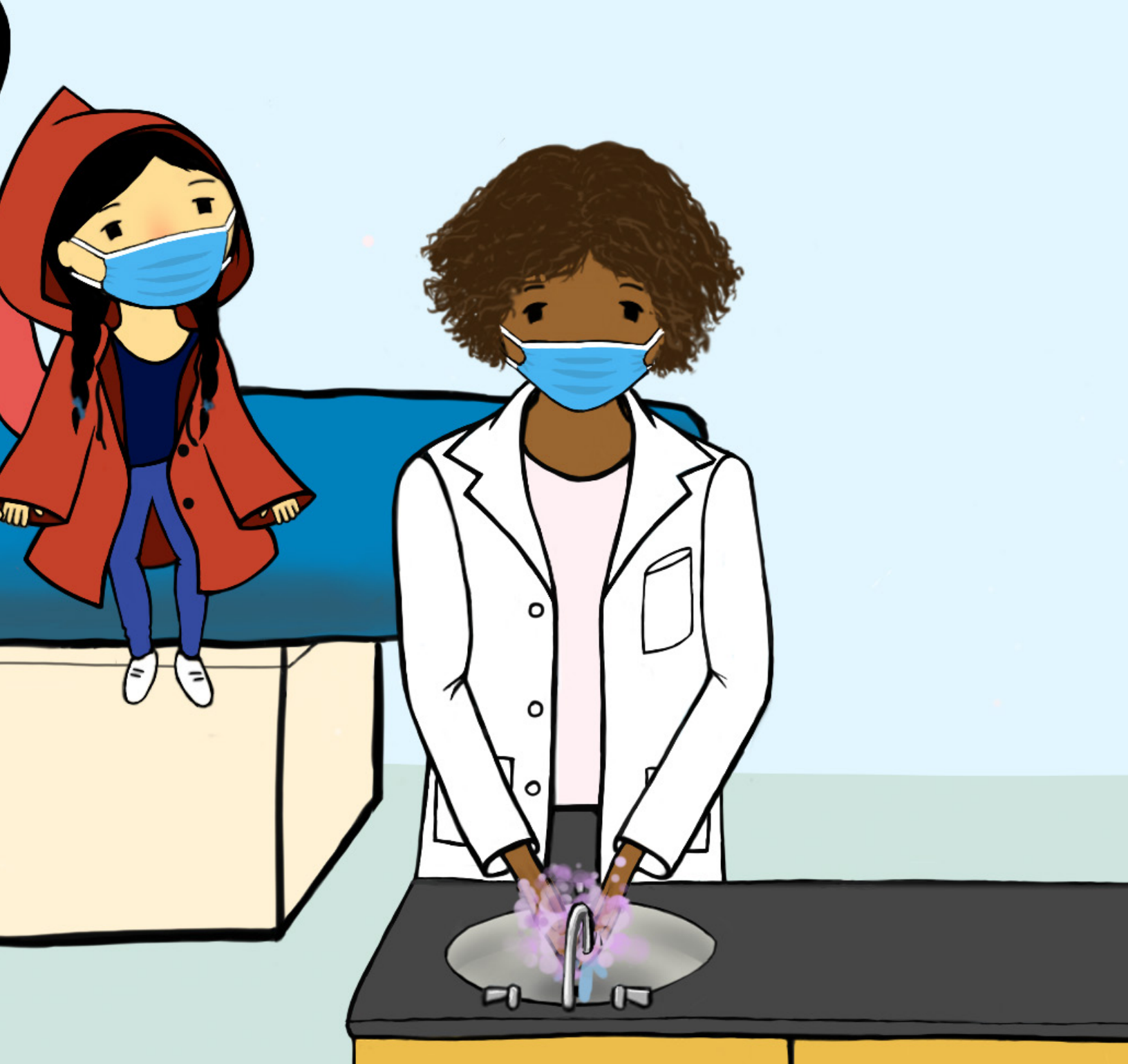
When Dr. Wood came in, she was happy to see Red. Red noticed that Dr. Wood was also wearing a mask and she began washing her hands — just like on the poster!



“And how are you today?” Dr. Wood asked.

*“I feel sick... and my throat hurts...
and my nose is runny,” Red replied.*

*“Oh my, that sounds like the big bad Cold!”
Dr. Wood said. “Why don’t I take a look?”*

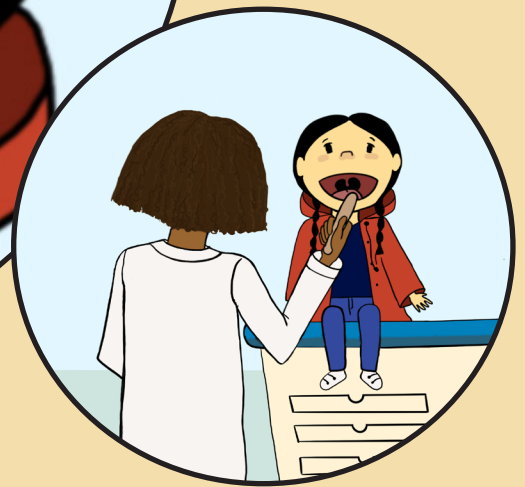


Then Dr. Wood leaned in to take a look at Red.

She looked closely at Red's face and said,
"Oh my, what a runny nose you have!"

"The harder to breathe with," Red said.





Then Dr. Wood asked Red to pull her mask down and open her mouth wide.

She put a big popsicle stick in Red's mouth, pushed her tongue down to look at her throat, and said, "*Oh my, what a red throat you have!*"

"The harder to swallow with," Red said.

Then Dr. Wood walked over to the other side of the room and picked up a special flashlight to measure temperature, called a thermometer.

She gently pulled Red's ear and put the tip of the flashlight inside. Red was surprised how gentle Dr. Wood was. It didn't even hurt!

"Oh my, what a high temperature you have!"

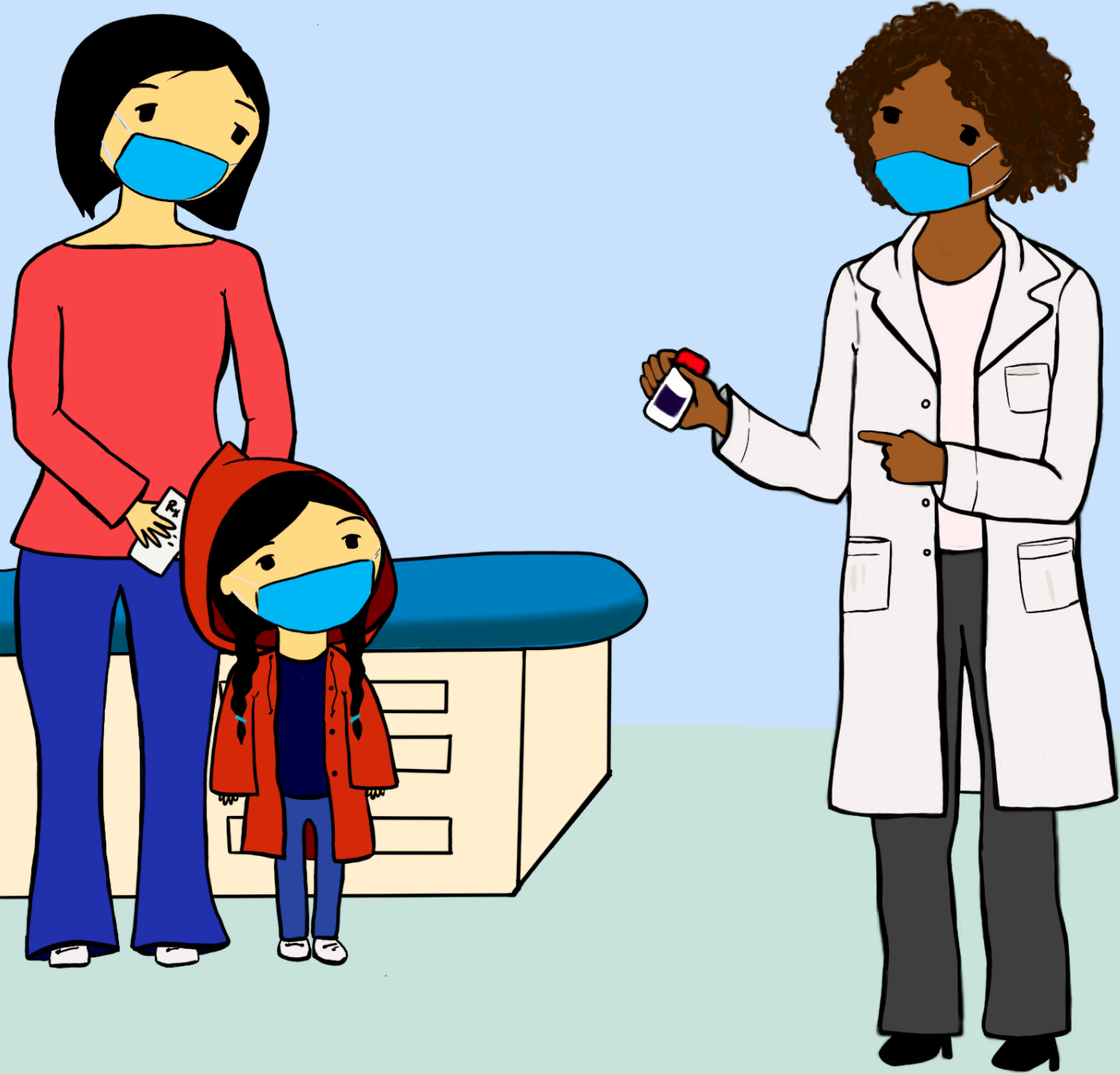
"The more uncomfortable to go to school with," Red said.





Dr. Wood grabbed her stethoscope and explained that she wanted to listen to Red's breathing.

She asked Red to take deep breaths in and deep breaths out... so Red huffed and puffed as Dr. Wood had a listen with her stethoscope all around, back and front and high and low.



Then Dr. Wood went out of the room and left Red and Mommy alone. When she came back she said,

“Not to worry, Red, you have a fever and a bad cold. You are a healthy and strong girl and this should go away in a few days time. I will call you in two days and ask how you are feeling. In the meantime, take some medicine to help with your fever, and call me if it starts to hurt a lot more. You should stay home and rest until you feel better”.

Red and Mommy went home. She took her medicine when Mommy gave it to her and ate chicken soup. Red liked chicken soup. She slept a lot and she even had a teaspoon of honey before bed to help with her sore throat and cough. She was sad she couldn't go to Grandma's this weekend, but she knew she needed to stay home and rest.

She didn't want Grandma to get sick, too!



Two days later, her throat still hurt but she was starting to feel better. Dr. Wood called to check in and Mommy told her about Red's progress.

"I am happy to hear that Red is doing better!"
said Dr. Wood.



It was Monday. Just in time for school. Red had learned her lesson and always washed her hands before she ate, and did not share food with the other kids.

The next weekend, Grandma said it would be okay if Red came to make cookies because she was feeling better.

It was the best batch of cookies they had ever made.



HAND WASHING 101

A step-by-step guide on how to avoid spreading germs!

1



Get some soap.

2



Scrub your palms together!

3



Scrub the back of your hands.

4



And between the fingers!

5



Wash your thumbs too.

6



Scrub your fingernails.

7



Wash your wrists too!

8



Rinse your hands.

9



Dry your hands with a towel.