

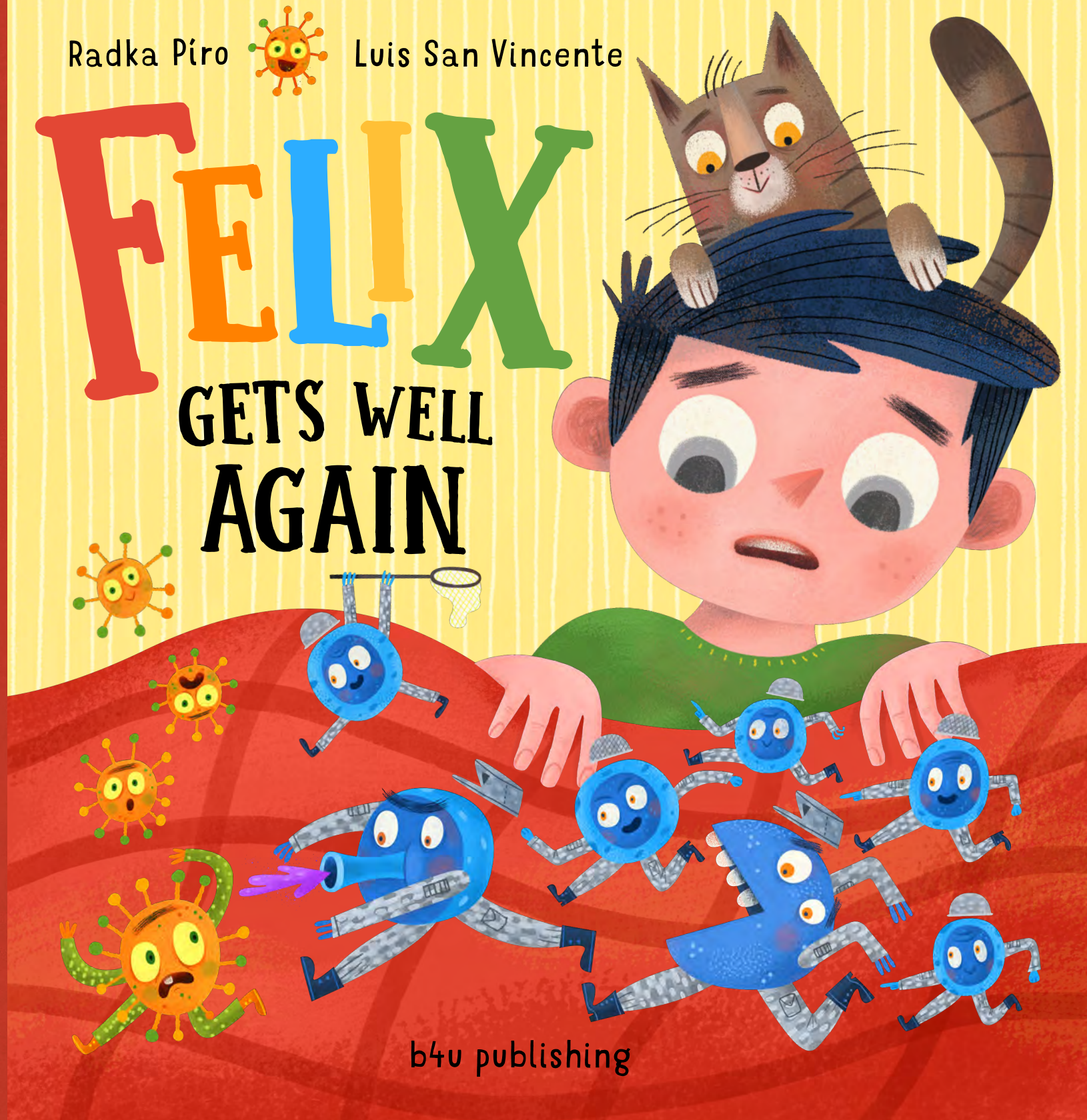
Radka Píro



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FELIX

GETS WELL
AGAIN



b4u publishing



Radka Píro & Luis San Vicente

FELIX GETS WELL AGAIN




Oh no! Felix's cold has taken hold. He is lying in bed at home, feeling awful. His whole body hurts and his head is pounding. On top of that, he has a high temperature.




Viruses keep multiplying, becoming more and more. The warriors of Felix's immune system are trying to get rid of the spoilers, giving them all they've got. Whack! Take that! But they are outnumbered. They must call in reinforcements.

WHY DOES FELIX FEEL BAD?




SORE THROAT
Inflammation sets in where the battle is fiercest. Here, the blood flow is greater than usual, and reinforcements have arrived. The inflammation causes Felix's sore throat.



HIGH TEMPERATURE
The body tries to burn out harmful viruses by raising its temperature.

PHEW! IT'S HOT IN HERE!

COUGH AND RUNNY NOSE
Mucus helps flush out nasty viruses. But it also interferes with breathing and causes coughing.



TIREDDNESS, ACHING HEAD AND BODY
These are side effects of the fierce battles going on in the body.



3. DAY

Felix feels even worse than yesterday! He has a cough and aches all over. What's going on? Why is his condition not improving?



The warriors of Felix's immune system can't shift the viruses. But help has arrived in the shape of special forces trained to deal with bad guys like this. But there's still a lot of work to do...

WHAT WILL HELP FELIX?



SLEEP AND REST

Fighting a foe exhausts the body. Felix needs a lot of rest to regain his strength.



FLUIDS

When a sick person sweats, their body loses fluids. These are very important for us.



KEEPING WARM

If the body had to work to keep warm, it wouldn't be able to send so many soldiers into battle.



MEDICINE

Felix may be given medicine to bring down his fever, calm his cough or unblock his nose.

IMPORTANT

Every illness is different, and what helps Felix may not help you. You must always heed your doctor's advice. Most of the time, rest and relaxation will help give the body the strength it needs to fight the illness.

END IMMUNITY
EXPLOITATION!



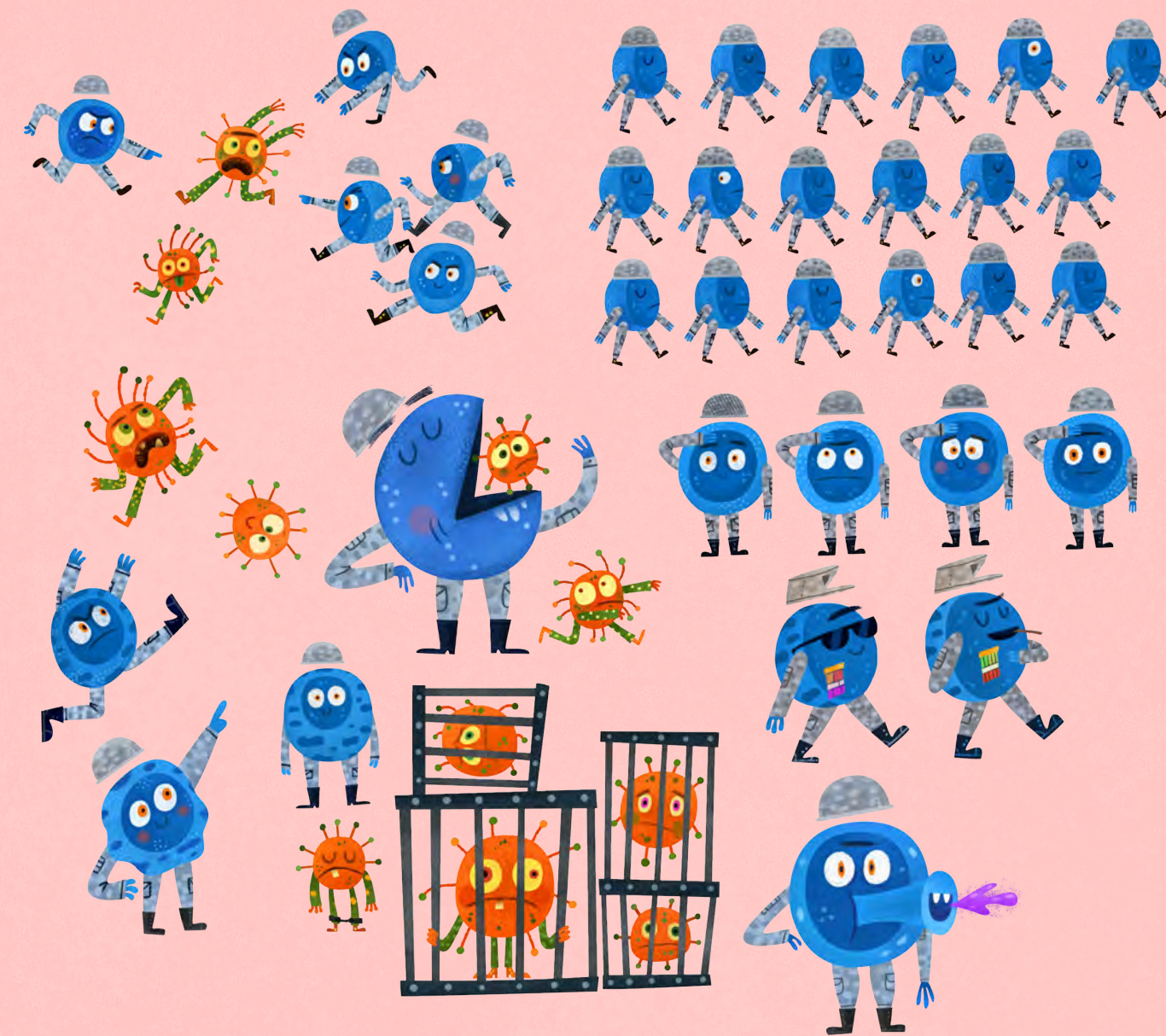
WE WANT
FAIR WORKING
CONDITIONS!



5.

DAY

Felix is playing the fool. He feels good. He no longer wants to lie doing nothing. He's jumping about on the bed. He is well at last.



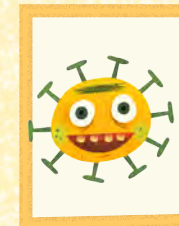
Felix's immune system has got the viruses under control at long last! But for the warriors in his body to focus on their work, Felix still needs plenty of rest.

ABOUT ILLNESSES

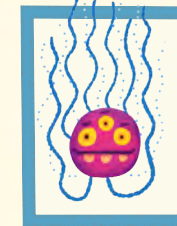
AFTER AN ILLNESS, WHY DO I HAVE TO TAKE IT EASY FOR SO LONG?

If you go out with friends too soon, you might infect them or catch something else from them.

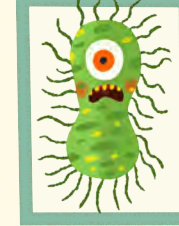
WHAT CAUSES HEALTH PROBLEMS?



VIRUSES



FUNGI



BACTERIA



PARASITES

We all get sick sometimes. While this is unpleasant, it usually goes away in a few days. Your body gets a little cleverer with every illness. Maybe next time it will deal with the spoilers sooner.

IMPORTANT

Felix is almost over his cold. But different illnesses have different recovery times. Some are short, some a lot longer.

HOW TO PROTECT YOURSELVES AND OTHERS

ATISHOO!

When coughing or sneezing, put your hand or a tissue in front of your mouth.



Wash your hands often with soap, especially before meals.

Vaccinations keep us from getting certain diseases.



Oh dear! It doesn't take much to make Felix feel worn out. His body is still getting over the illness. If he overdoes things now, he'll make himself feel worse again.



'Hello, friends!' shouts Felix. It's so long since they saw each other last! But why isn't Alex here? 'Alex is ill,' says his dad. 'So you won't see him for a few days.'



Felix is sorry for this, but only a little. He knows that he and his friend will see each other soon.

FELIX doesn't feel well. His throat is sore, his head is pounding, and he is exhausted. If he goes straight to bed, drinks some hot tea and rests up, that should help. Watch Felix go through the process of recovery day by day. While he lies in bed, his body is fighting the dangerous viruses that caused his cold.


This book will teach you what happens in the body when you're ill and tell you what you wish to know. If you're struggling with a virus right now, you'll find out why it may take a few days before you feel better again.



ACKNOWLEDGEMENT

Many thanks to
paediatrician
Alena Kalová for her
advice as a consultant
for this book.



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