



Radka Piro & Luis San Vicente

FELIX GETS BETTER



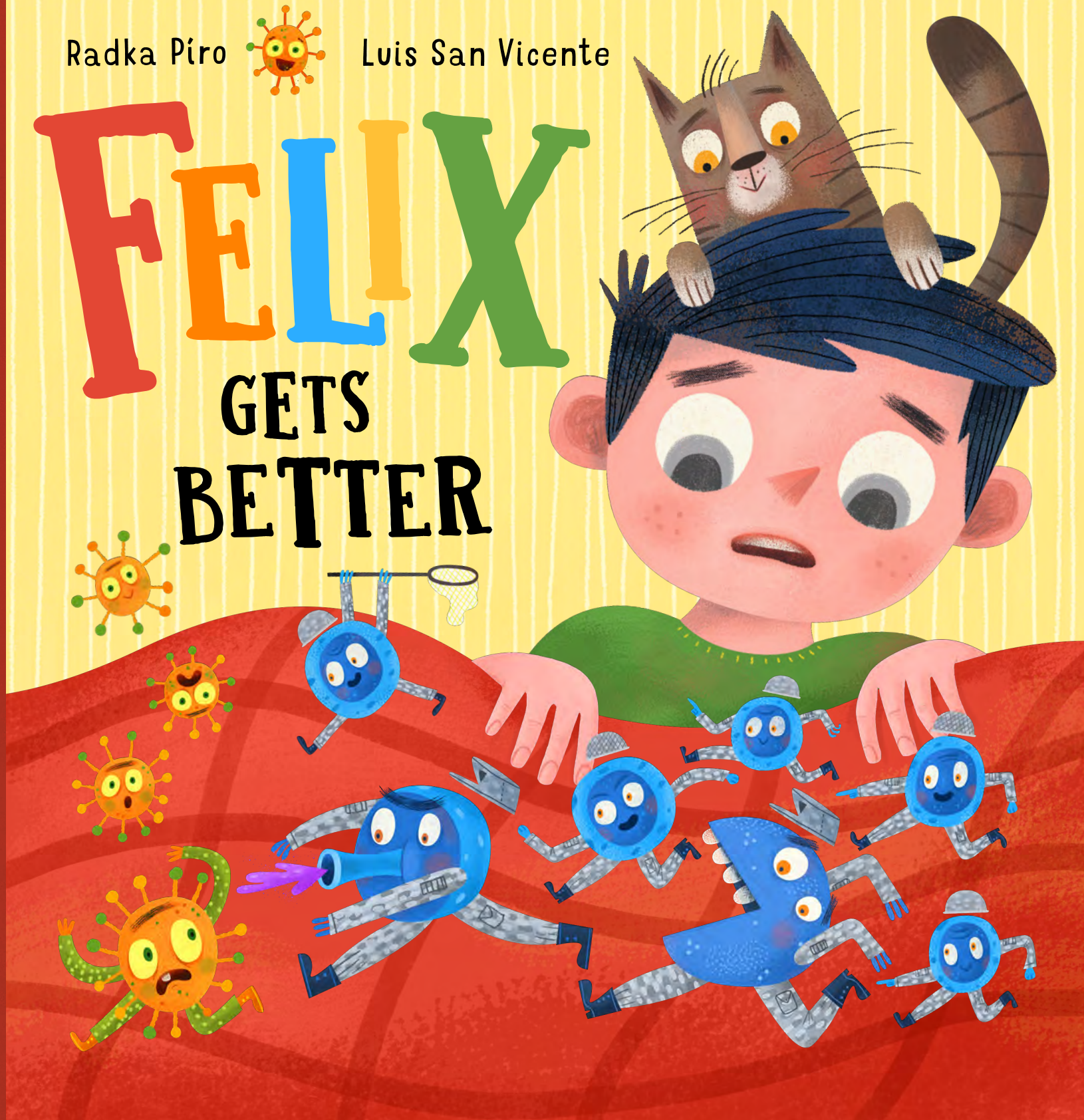
Radka Píro



Luis San Vicente

FELIX

GETS BETTER





DAY

1

The playground is buzzing with kids having fun. Everyone is running around, laughing and playing—everyone except for Felix. He's not feeling well. His head hurts, and his throat feels sore. What's wrong with him?





As the viruses continue to multiply, more and more of them move in. The defenders of Felix's immune system do everything they can to fight off the invaders, but they're outnumbered. They need reinforcements!

WHY DOES FELIX FEEL SO BAD?



SORE THROAT

Felix's throat feels sore because of inflammation. This is when extra blood flows to the area where the battle between good guys and bad guys is most intense. The extra blood brings reinforcements to help defend the body.



FEVER

The body raises its temperature to help fight off harmful viruses.

PHEW! IT'S HOT IN HERE!

COUGH AND RUNNY NOSE

Snot helps flush nasty viruses out of the body, but it also makes it harder to breathe.



TIREDNESS, ACHING HEAD AND BODY

These are side effects of the intense battles going on between the viruses and immune system.

DAY

3

Felix feels even worse than he did yesterday! He has a cough, and his body aches all over. What's going on? Why isn't he getting any better?





Defenders from Felix's immune system couldn't get rid of the viruses on their own—but help has finally arrived! Here come special immunity forces trained to deal with bad guys just like these. Charge!

WHAT WILL HELP FELIX?



SLEEP AND REST

Fighting invaders is tiring. Felix needs a lot of rest to regain his strength.



FLUIDS

When a sick person sweats, their body loses water. In order to get better, they need to replace those lost fluids.



KEEPING WARM

If the body has to work to keep warm, it won't be able to send as many defenders into battle.



MEDICINE

Felix may be given medicine to bring down his fever, soothe his cough, or clear his nose.

IMPORTANT

Every illness is different, and what helps Felix may not help you. Always follow your doctor's advice. Most of the time, rest will help the body regain the strength it needs to fight the illness.

GIVE US
A BREAK!

WE WANT
MORE
TIME OFF!





DAY

4

Felix is finally starting to feel a little better! He's still tired, but at least he can read books with his mom—including one that explains what happens when a body gets sick.



DAY

7

"Hey, guys!" Felix calls. It's been so long since he saw everyone. But he notices that his friend Alex isn't there. "Alex is sick," says Alex's dad. "He'll have to stay home for at least a few days."

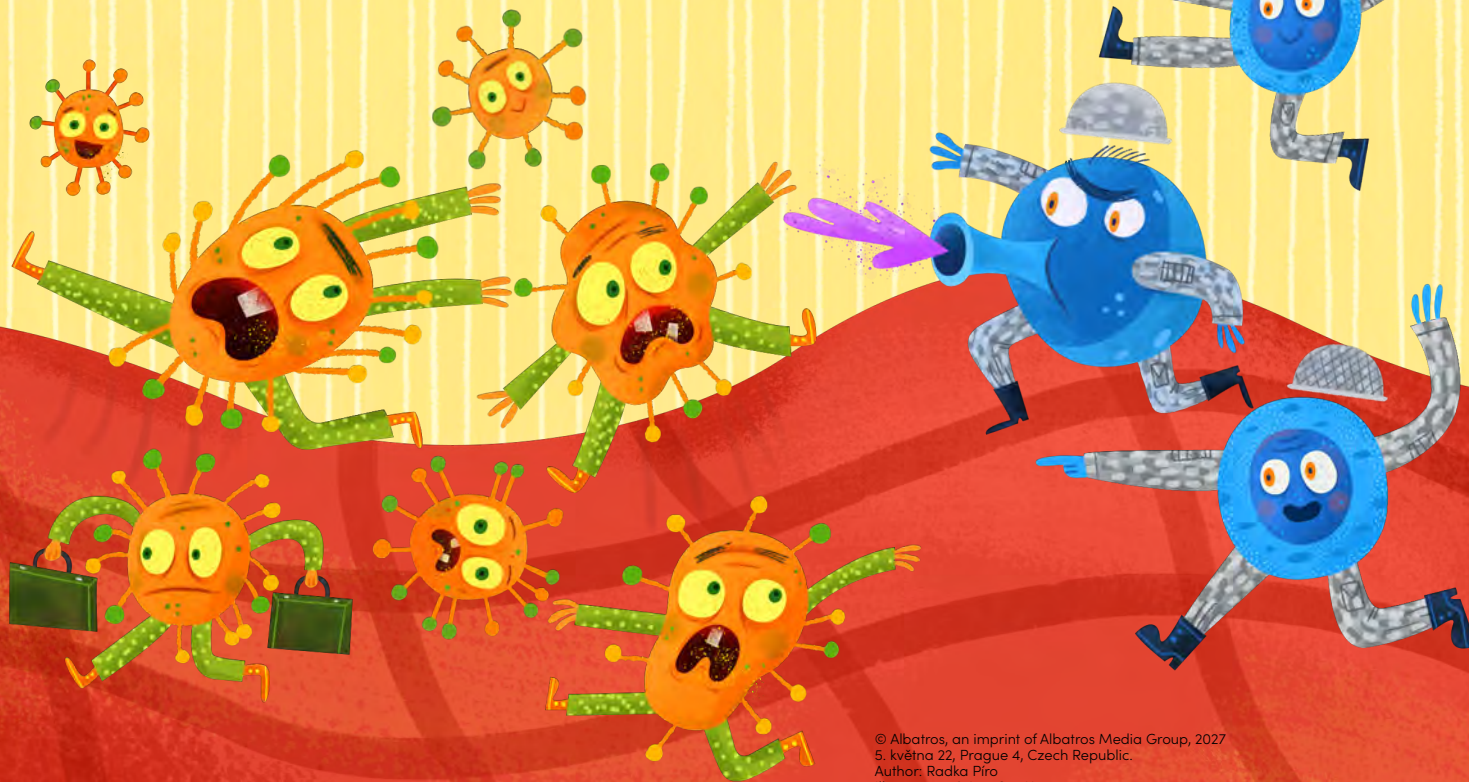


Felix is sorry to hear that—but only a little. He understands what it means to be sick, and he knows that he'll see Alex soon!

FELIX doesn't feel well. His throat is sore, his head is pounding, and he's exhausted. He goes straight to bed to rest and recover. That should help, right? Yes, because while he's lying there, his body is fighting the dangerous viruses that caused his cold.

This book takes you inside the body to show how it battles viruses and why it takes time to feel better. By watching Felix go through the process of recovery day by day, you will learn exactly what happens when you're sick.

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5. května 22, Prague 4, Czech Republic.
Author: Radka Piro
Illustrations © Luis San Vicente, 2025
Translator: Andrew Oakland
Editor: Ronny Khuri, Magda Garguláková
Graphics and typesetting: Adéla Imreczeová
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