

SUITABLE FOR CHILDREN AGED 4+, THIS IS AN IDEAL BOOK FOR PARENTS AND CARERS TO READ WITH THEIR CHILDREN, AS WELL AS TEACHERS, THERAPISTS AND COUNSELLORS WORKING WITH YOUNG CHILDREN.

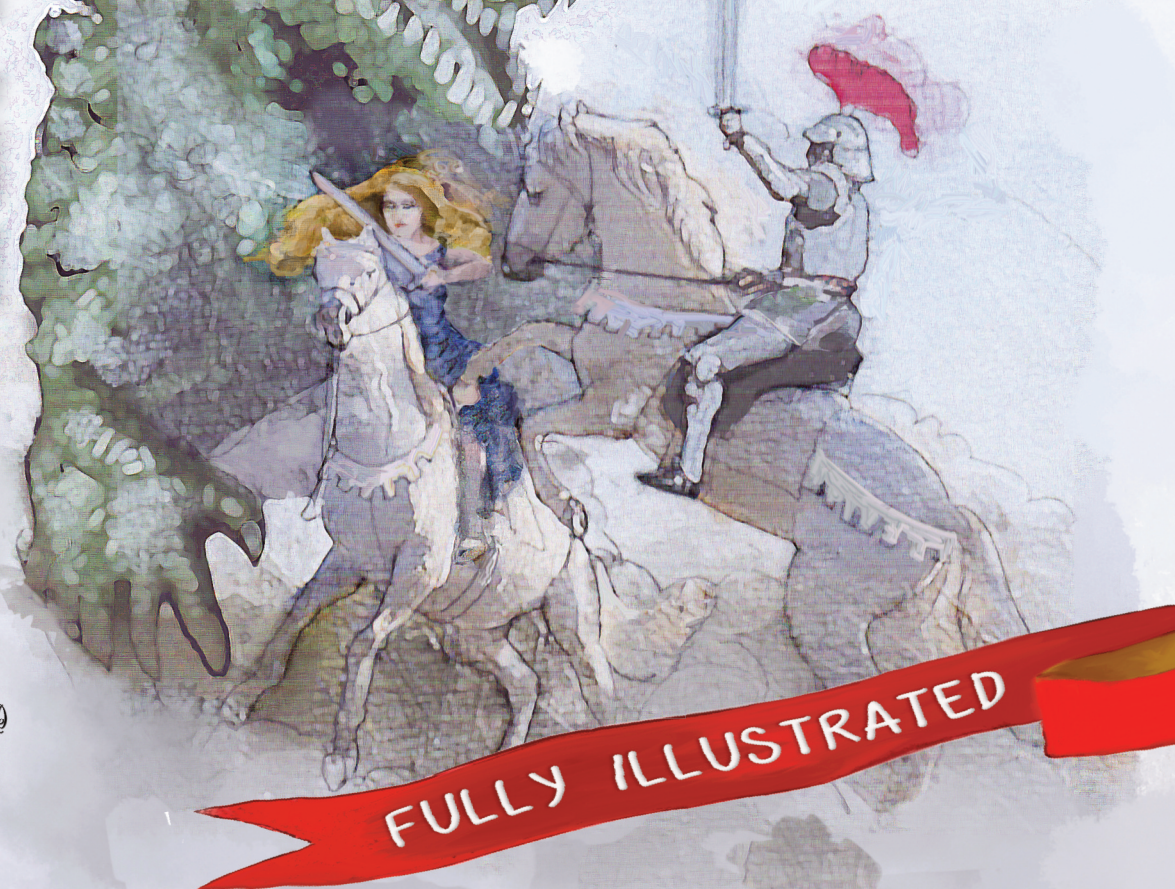


*All illustrations  
are in black and white.*

THE KNIGHT, THE PRINCESS AND THE INVISIBLE VIRUS - BY FRANZ PAGOT

AN  
ILLUSTRATED BOOK  
TO EXPLAIN  
THE VIRUS  
TO CHILDREN  
AND HELP PARENTS  
TO COPE

Franz Jago The knight  
the princess and  
the invisible  
virus





FRANZ PAGOT

THE KNIGHT, THE PRINCESS  
AND THE INVISIBLE VIRUS

*The virus explained to children*



[www.thepperfectedition.com](http://www.thepperfectedition.com)

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*To Elena and Enrico,  
because they want part of their lives  
to be spent saving lives.*

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*All photos and illustrations by Franz Pagot*

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# INDEX

ACKNOWLEDGEMENTS	1
INTRODUCTION	7
THE KNIGHT, THE PRINCESS AND THE INVISIBLE VIRUS	11

*Also by the same author:*

WET THE BABY'S HEAD  
FAILED ANGELS  
WARZONE GHOSTS  
IMMERSIVE 3-D  
ERMM...  
SIDEFFX  
GREENHORN  
IL PRIMO GIORNO  
PAROLE PER QUANDO SEI SENZA PAROLE  
LA POLITICA ITALIANA SPIEGATA A MIA FIGLIA

*In preparation:*  
BEDDA MATRI



# ACKNOWLEDGEMENTS

I would like to thank all the parents, guardians and all people who tell fairy tales all the way to the happy ending, that shouldn't be forgotten.

Thank you for tucking children in bed when you are tired, and for singing lullabies to help them fall asleep and for the bear hugs and forehead kisses you so tenderly give.

Thank you for keeping your promises, good or bad; you promised, remember?

Thank you for not changing your mind too often about what they are supposed to do, and thank you for letting children grow up trusting their natural abilities as well as helping discover new ones.

Thank you for treating them as equals.

Thank you for not asking children to lie for you or do things you wouldn't do.

Thank you for not answering that you have no time for an explanation, and thank you for not underestimating how important a child's worry is: there are monsters under the bed and in the cupboard, it's you who cannot see them.

Thank you for admitting when you are wrong, and thank you for not saying yes when it would be easier than saying no.

Thank you for not giving in when you know it would be wrong.

Thank you for using positive discipline instead of harsh punishment.

Thank you for forgiving and sometimes forgetting, I know your memory serves you well.

Thank you for telling your children that you love them, even if no one ever told you that.

Thank you for all the times you told children it was going to be okay.

It will be, even this time.

## DISCLAIMER

The information presented in these pages is not intended as medical advice. The content herein is for information purposes only and is not intended to diagnose, prevent, treat or cure any illness.

Always consult your doctor before starting any treatment. Please note that all types and forms of information found here are not intended to replace conventional medical treatment, prevention and care, nor do they replace proper diagnoses and treatment by a qualified medical practitioner.

These pages represent the author's anecdotal experiences and some references substantiated by referenced research.

THE INFORMATION HEREWITH IS NOT MEDICAL ADVICE.

# SPECIAL THANKS

I would like to give a big hug to the following people for the wonderful help and advice, but I can't right now, so I am thanking them safely here:

Richard Bedser

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Emma Buttignoni

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Cinzia De Martin

*editor of the Italian version*

Elena

*for modeling all characters (except monsters and horses)*

Enrico

*for cross checking references and arguing about them*

Cristina

*for that infectious calm of yours*

“FAIRY TALES DO NOT TELL CHILDREN  
THE DRAGONS EXIST.  
CHILDREN ALREADY KNOW THAT DRAGONS EXIST.  
FAIRY TALES TELL CHILDREN  
THE DRAGONS CAN BE KILLED.”

GILBERT KEITH CHESTERTON





*My daughter made this drawing when she was five. Princesses and brave knights were her favourite subjects, her brother often the model.*

## INTRODUCTION

When did we stop liking fairy tales?

There are so many phrases that constantly remind us of reality in its sheer and blunt ugliness that our day is often bare of magic, as if fantasy was just another evil to keep well away.

“You live in a fantasy world” or “This only happens in fairy tales” is constantly thrown to our faces while puberty is ravaging not only our skin, but our entire understanding of the status quo.

Reality sinks in brutally.

Even many specialists, child educators and pedagogists, approach the good old fairy tale with suspicion.

A fairy tale remains though one of the most powerful tools to reflect on our very own emotions or personal experiences, finding through imaginary adventures a possible solution to what often seem insurmountable problems.

As a child I went through the same confusion everyone goes through in their early years, when we feel disjointed and aimless, but at the same time deeply convinced that we understand things adults cannot even fathom.

Fairy tales help us anchor our young minds finding calm in stormy thoughts, guiding us through difficult times to the safe harbour of fantastic worlds.

The fairy tale as a tool gives an insight not only to the listener but also to the teller, especially if told by memory, without reading.

The connection between the two becomes very deep especially when the narrator is the parent, because in that case the person reading or telling the story is also the guide helping the child navigate so

many questions and doubts floating through their young minds. A simple answer to a question is sometimes not enough, while the narration of a story helps discover together how the protagonist solves problems.

There is also another very important factor, while telling a story we create complicity, we are in it together and that narrated world feels a protected and safe environment while fighting evil.

One last thing: don't be shy with your voice while reading this little story, give emphasis to the right moment, change and modulate tone and pitch if you can, make noises and have fun doing it, this will help the child become more involved, absorbing important information better and with a long lasting effect, and also retelling others what they learned, and that, dear reader, is the best story you will ever hear.



Franz Plagot

# The knight the princess and the invisible virus





Once upon a time there was  
a knight brave and strong  
fighting the evil virus.



His mission was to  
save a beautiful  
princess...  
...from the evil  
virus monster!





The virus was  
very evil... and  
very very BIG !



# No, he

# wasn't!

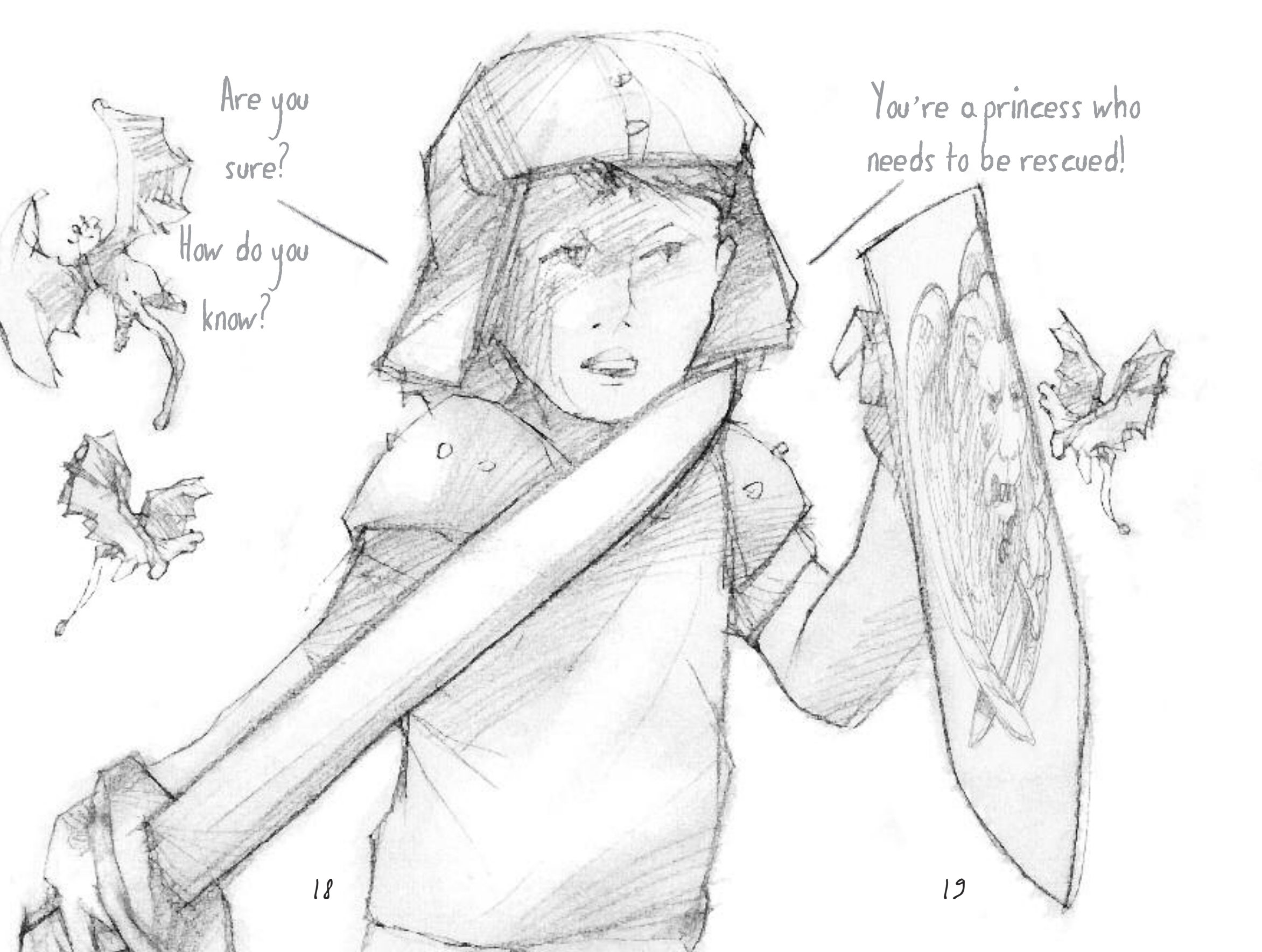
No?



He isn't very big.  
In fact he's more like  
lots of little ones.







Are you  
sure?

How do you  
know?

You're a princess who  
needs to be rescued!



I am a Warrior  
Princess!

...and princesses need  
to be fighting too.

They cannot rely on  
some Prince Charming!





I am a knight,  
not a Prince ('harming!

So how big is it?  
Big as an elephant?

Smaller.





Smaller than Max?



24

Smaller  
than Molly!



25

So small that we  
cannot see it.



How do you  
know?



The doctor told mummy that  
only scientists can see it  
using a special microscope!

And where does  
the virus live?



In your spit and  
in your mucus!



In my nose?  
YUCK!



Yes, that is why  
you shouldn't  
pick your nose,  
touch your eyes  
or mouth!



You shouldn't bite  
your nails then!



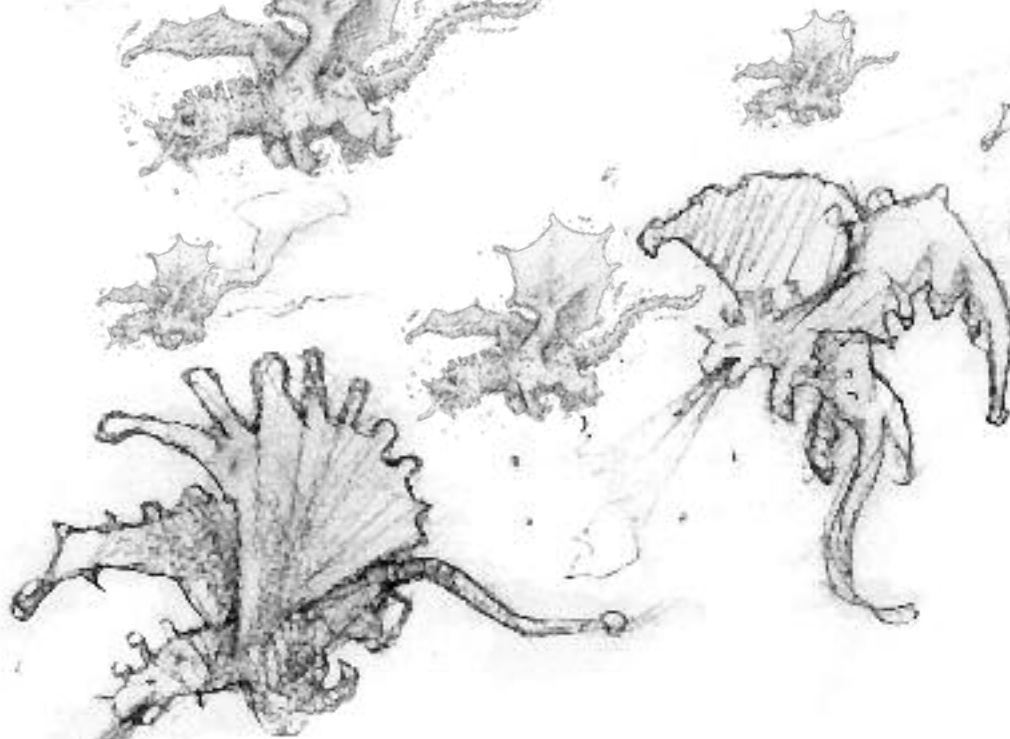
I know.

When you sneeze use a paper  
tissue and bin it, or sneeze in  
your elbow like this!





Why?




Because if  
you don't,  
droplets will go  
everywhere  
fast and far!




And that is  
how the virus  
makes people  
sick, because  
they breathe  
the droplets!





So how  
do we  
fight it?



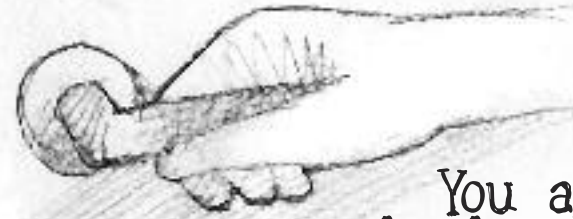
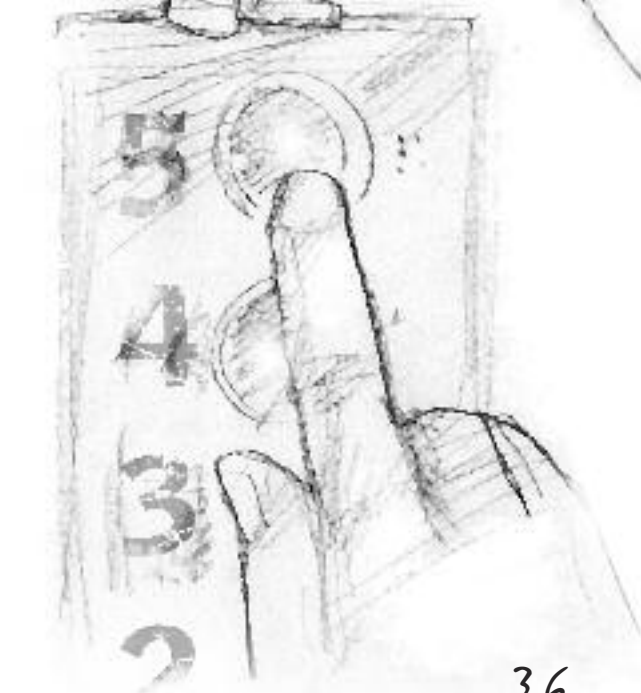
Washing our  
hands often,  
because we  
touch so many  
things that could  
have the virus  
droplets on  
them.





But I did not touch anything!

Well... You did press the elevator button...



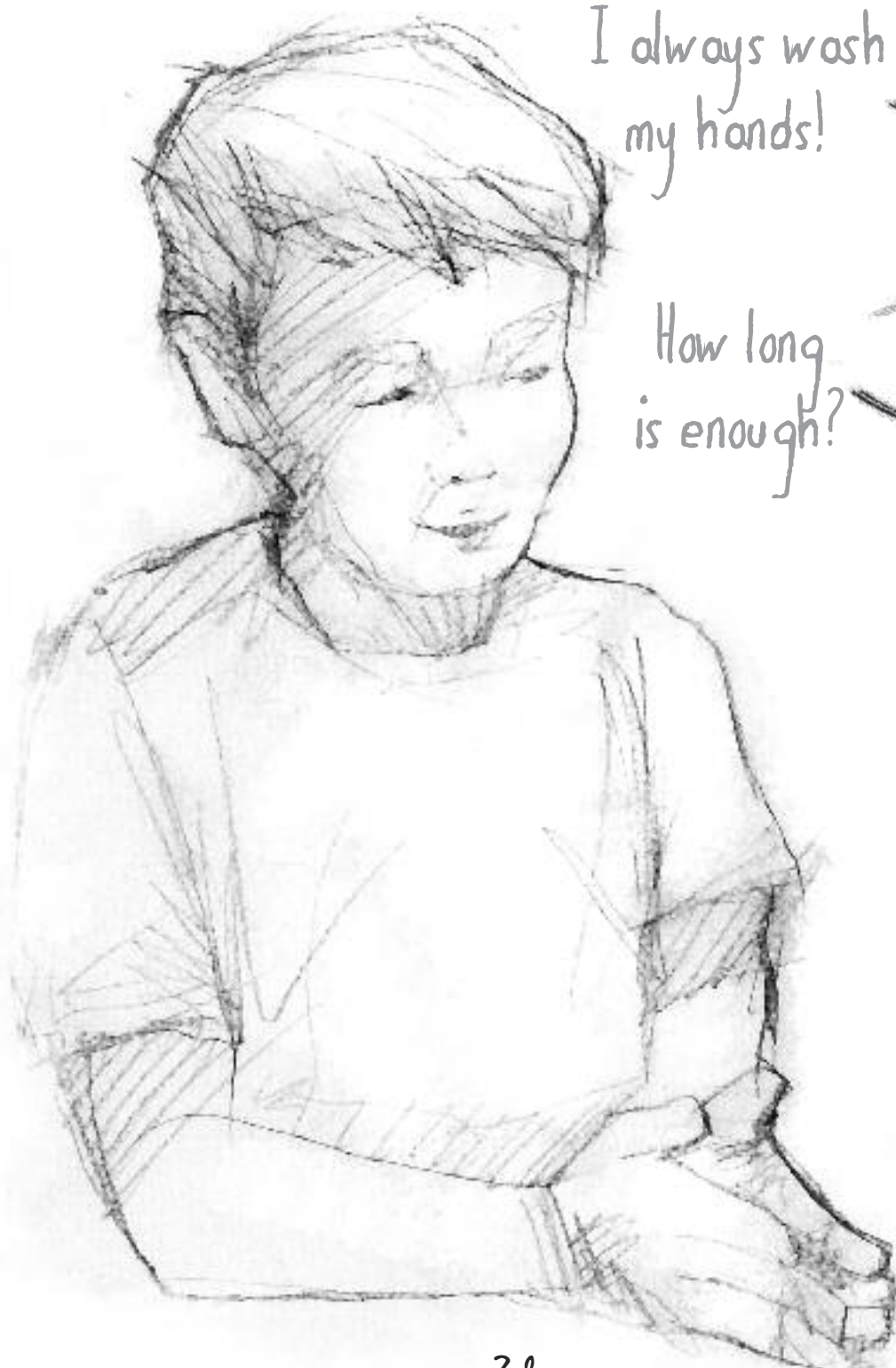
You also held the handrail and opened the door using the door handle, didn't you?

Not to mention touching the floor while playing!



Now wash your hands and it is better to use liquid soap!





I always wash  
my hands!

How long  
is enough?

But do you  
wash them for  
long enough?

For at least  
40 seconds.  
If you sing a  
song while doing  
that you will  
wash them for  
long enough.

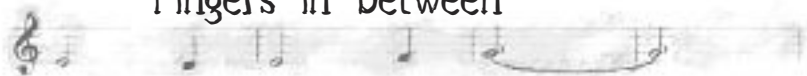
Washing them  
for 60  
seconds it's  
even better!



Why don't we sing the tune of  
Row Row My Boat and change  
the words to something like this:



Soap, rub, scrub your hands  
Attently under stream  
Properly, properly, properly, properly  
Fingers in between

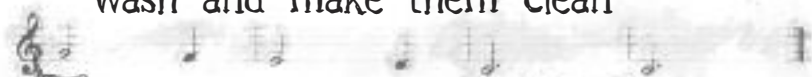


Scrub, rub, scrub your palms  
Rinse them under stream  
Properly, properly, properly, properly  
Wash and make them clean



Soap, rub, scrub your hands  
Attently under stream  
Properly, properly, properly, properly  
Fingers in between

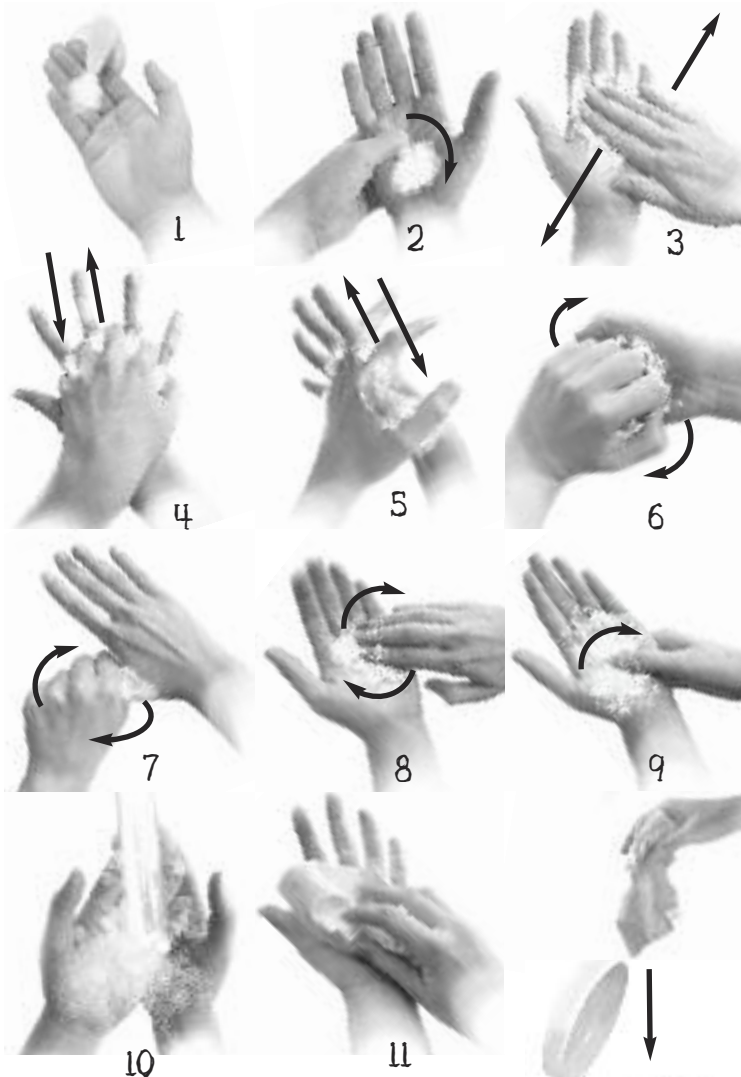
Scrub, rub, scrub your palms  
Rinse them under stream  
Properly, properly, properly, properly  
Wash and make them clean



Wash, rub, rinse your hands  
With tissue dry the skin  
Properly, properly, properly, properly  
Now tissue in the bin!



Wash your hands for at least 40  
seconds, use liquid soap, move your  
fingers and hands following the arrows.



Dry your hands with a paper tissue  
and dispose of it properly afterwards.





Now we destroyed it!



42

Wait!



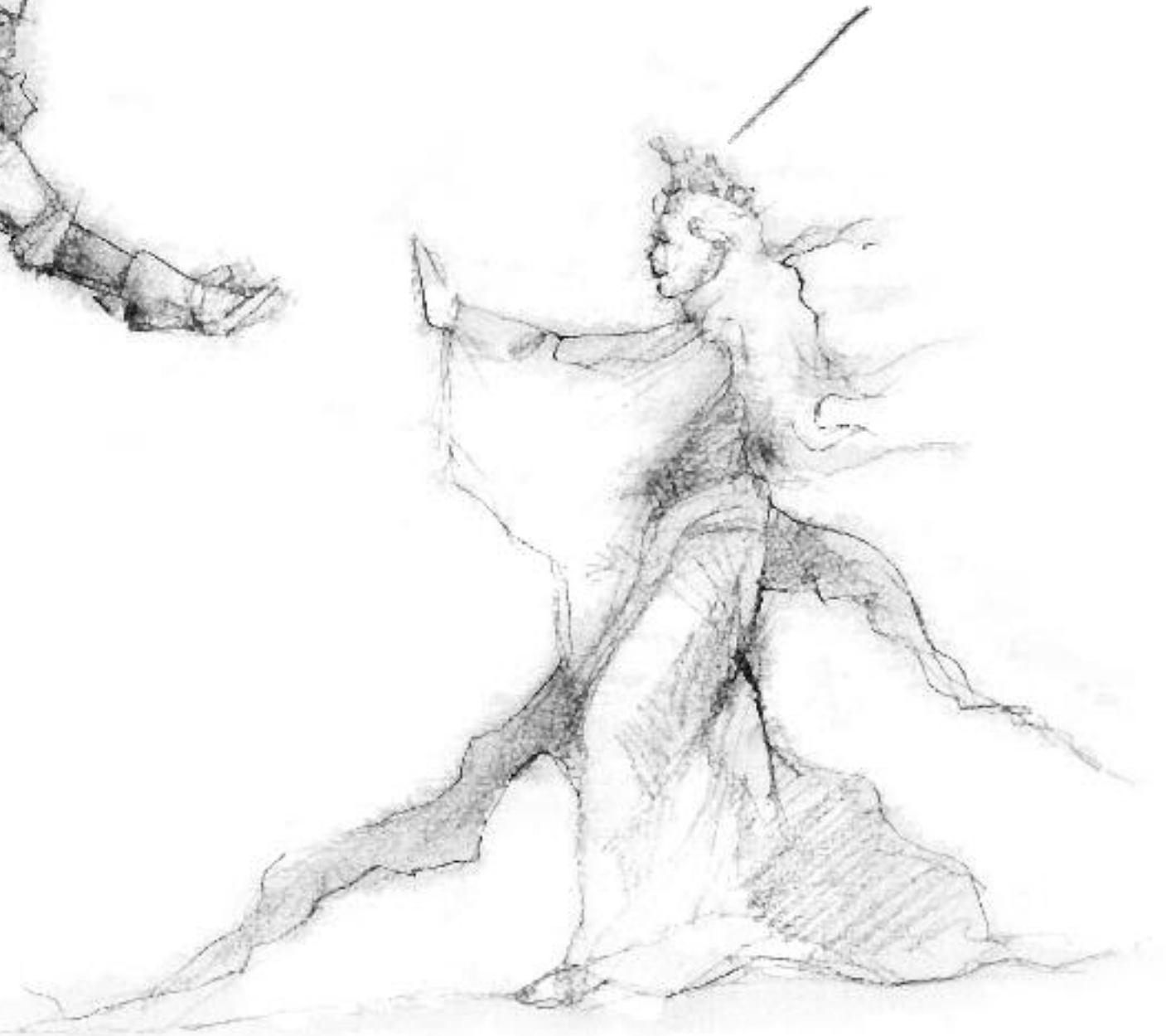
43



You are free,  
come with me!



I said wait!  
We must keep our distance!



Why?  
We got rid of it!



Yes, but he could still  
be here hiding, better  
to be prudent for now!



That is the reason why  
we aren't going to school  
right now. Too many  
people, too close together,  
can be very bad.



We have to keep a  
safe distance so we  
don't risk getting sick!



How distant  
should we be?



50

Let's make it twice our  
arms stretched out!



51

How can you tell if someone is  
sick with the virus?



You can't,  
only the doctor  
can tell.


For some  
people it feels  
like a very  
bad flu.





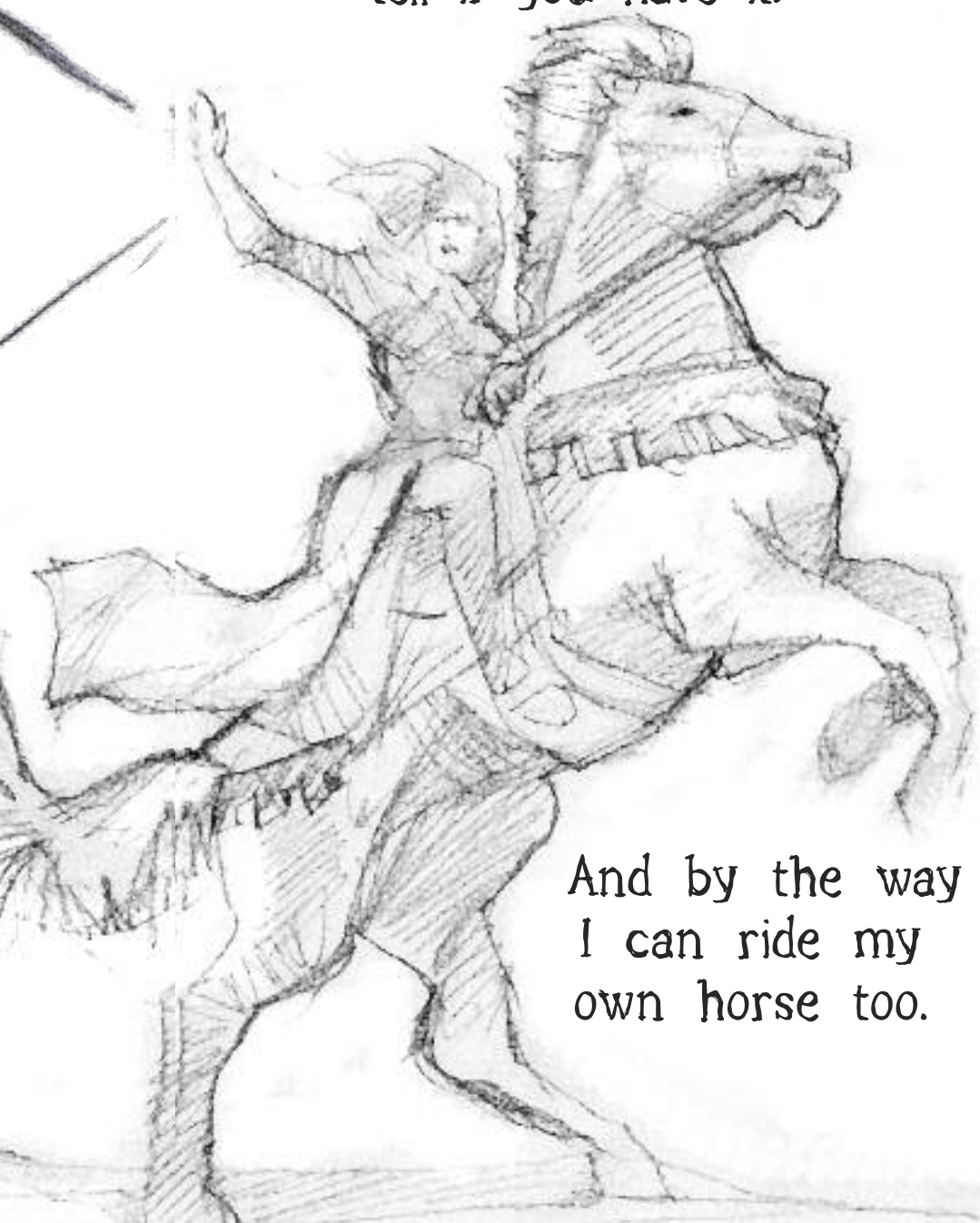
If you get sick I will  
take you immediately  
to the hospital!





No, no! STOP!  
That would be  
really bad!

Better tell  
mum or  
dad and let  
them call  
the doctor!



Only the doctor can  
tell if you have it!

And by the way  
I can ride my  
own horse too.

Someone can be sick but  
not have the virus?



58

Of course they can!  
It could be just a  
normal flu or cold.

Someone also might be  
well and still have the virus!



59



Because sometimes  
someone could be  
carrying the virus  
without knowing and  
still feel fine.

It's invisible:  
someone can  
look strong  
but still carry  
it unaware.

Really?!

That is  
why the  
virus is so  
dangerous!



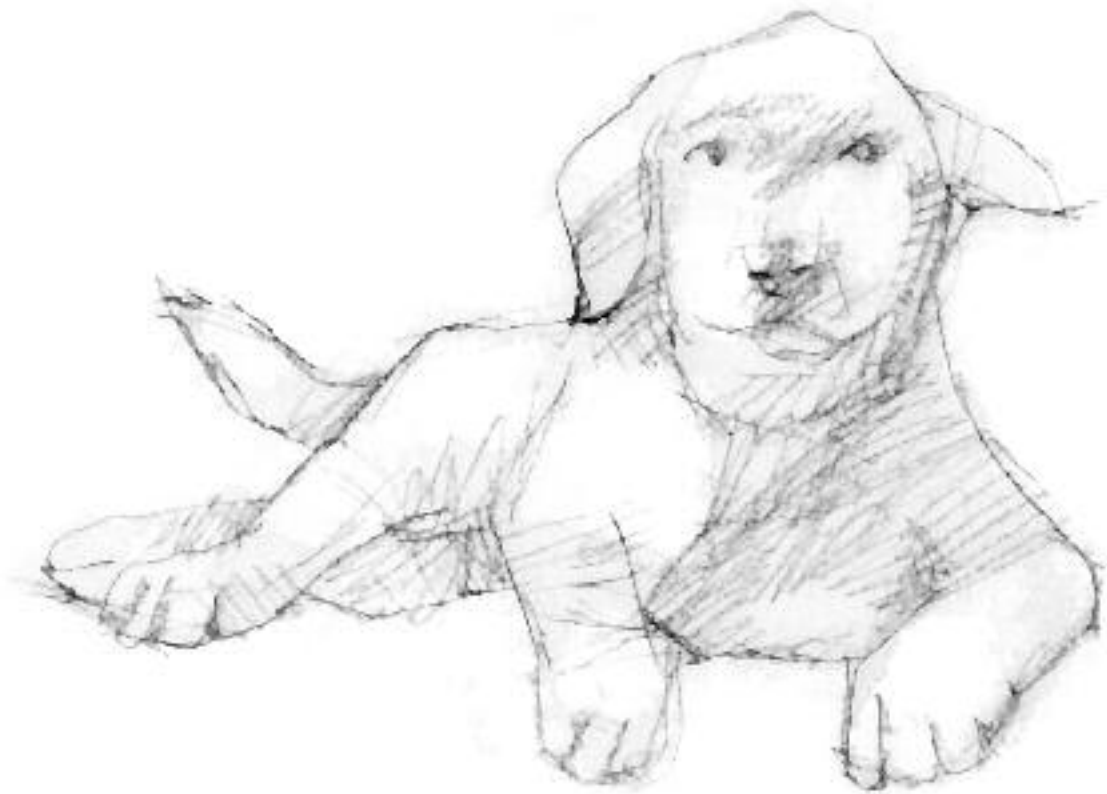


Hang on, can  
Max get sick?

The doctors  
don't think  
so, not even  
Molly.



For now the doctors  
say that pets don't  
get sick and don't  
give the virus to us.



But they could carry it  
on their fur by mistake,  
so better keep them  
safe at home.



And... no kisses said mum!

We must keep apart  
for now.

Can I go and play with  
my friends?

No, we must  
stay home for  
a while, but not  
for very long.

But if I cannot  
see my friends  
why can I see  
you?







Because I live next  
door, but we had better  
keep our distance.



True, we also do  
not see anyone else.





You are right!

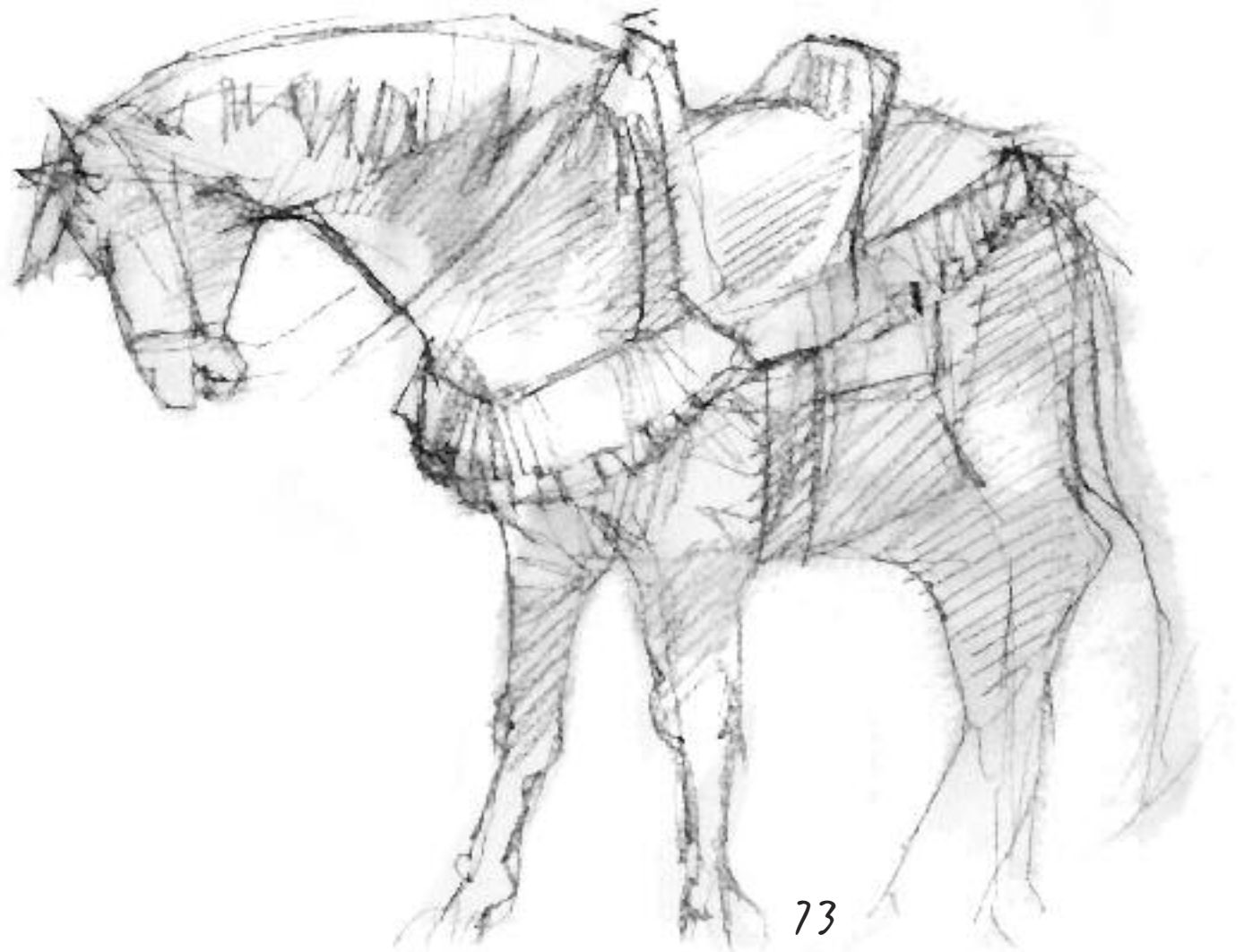
Sometimes a knight must  
face the enemy alone  
to protect others!

You are not  
alone!



72

Everyone must do  
their part.



73



But how can I  
help if I must  
stay home?



74

You're helping because  
you are staying home.



75

Only by staying away from  
other people, can we win.

If we are allowed  
to go out we must  
wear protection.

Masks, gloves  
and so on...



Can I visit grandpa  
and grandma?



Better if we  
don't see our  
grandparents.

Old people  
are the most  
vulnerable.






But they live close to us.



I know but you  
shouldn't visit  
them for now.



They are not as  
strong as we are,  
so if they catch  
the virus, they  
are in big trouble!


They are at risk  
more than  
anyone else!



Can I see my uncle  
Albert then?  
He is so cool  
and fun!







No, I am sure  
he would prefer  
you to stay  
at home.

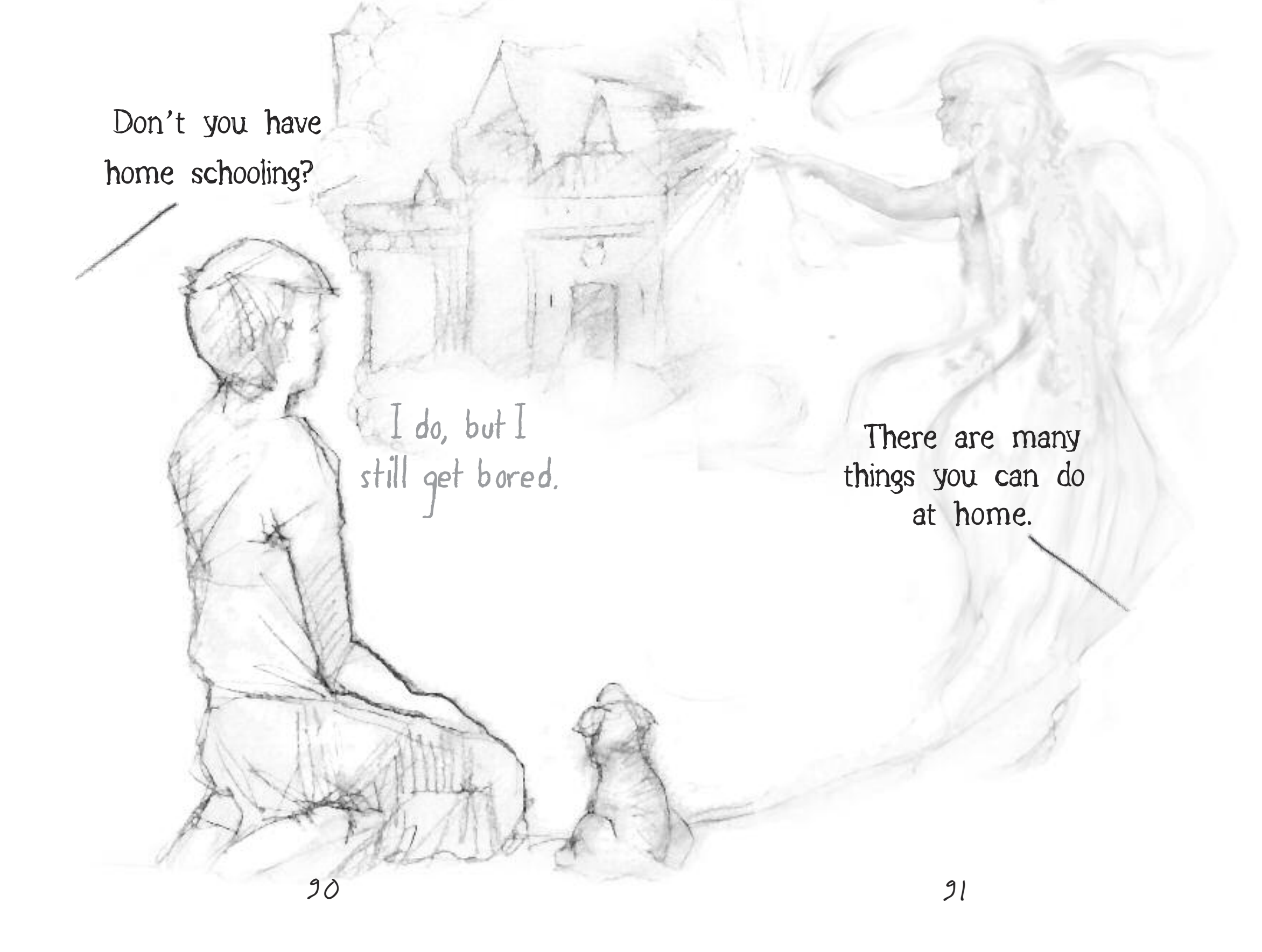
Really?

We must stay home  
to save people.

But I am bored.

Really bored!



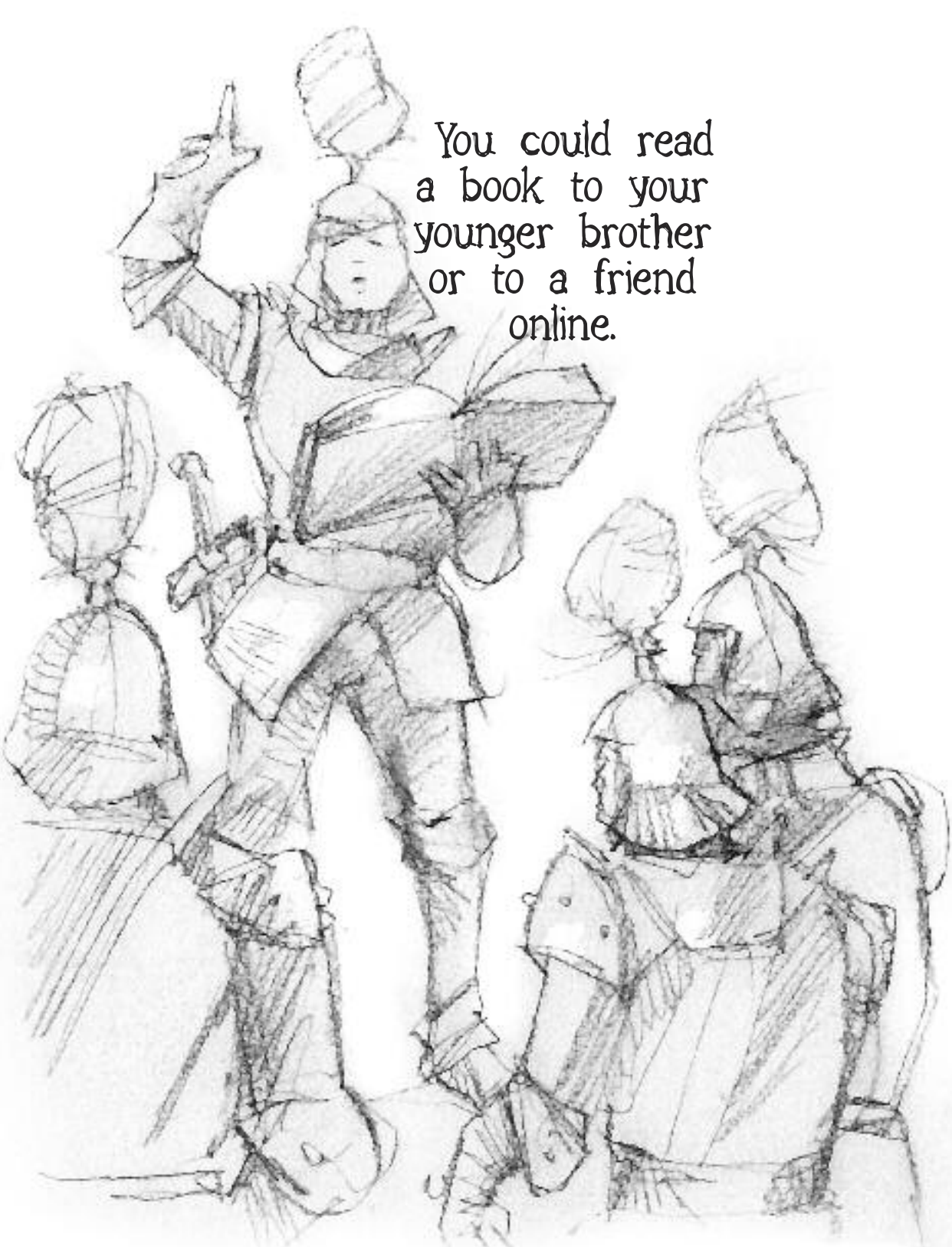


Don't you have  
home schooling?

I do, but I  
still get bored.


There are many  
things you can do  
at home.





You could read  
a book to your  
younger brother  
or to a friend  
online.

As a knight you have an  
obligation to help vulnerable  
people, because you are  
young, fit and strong.





You could  
also help your  
mum and dad  
to stay fit!

...and my sister too!



Well... everyone in  
the family!





Or we could build  
a fort to be prepared!  
So we are ready  
for anything!



Like in ancient times,  
during a long siege!





We could also write  
letters to people we  
love and tell them to  
be strong!

Let them  
know that  
help is on its  
way!



And tell everyone  
to be ready for  
battle!



100

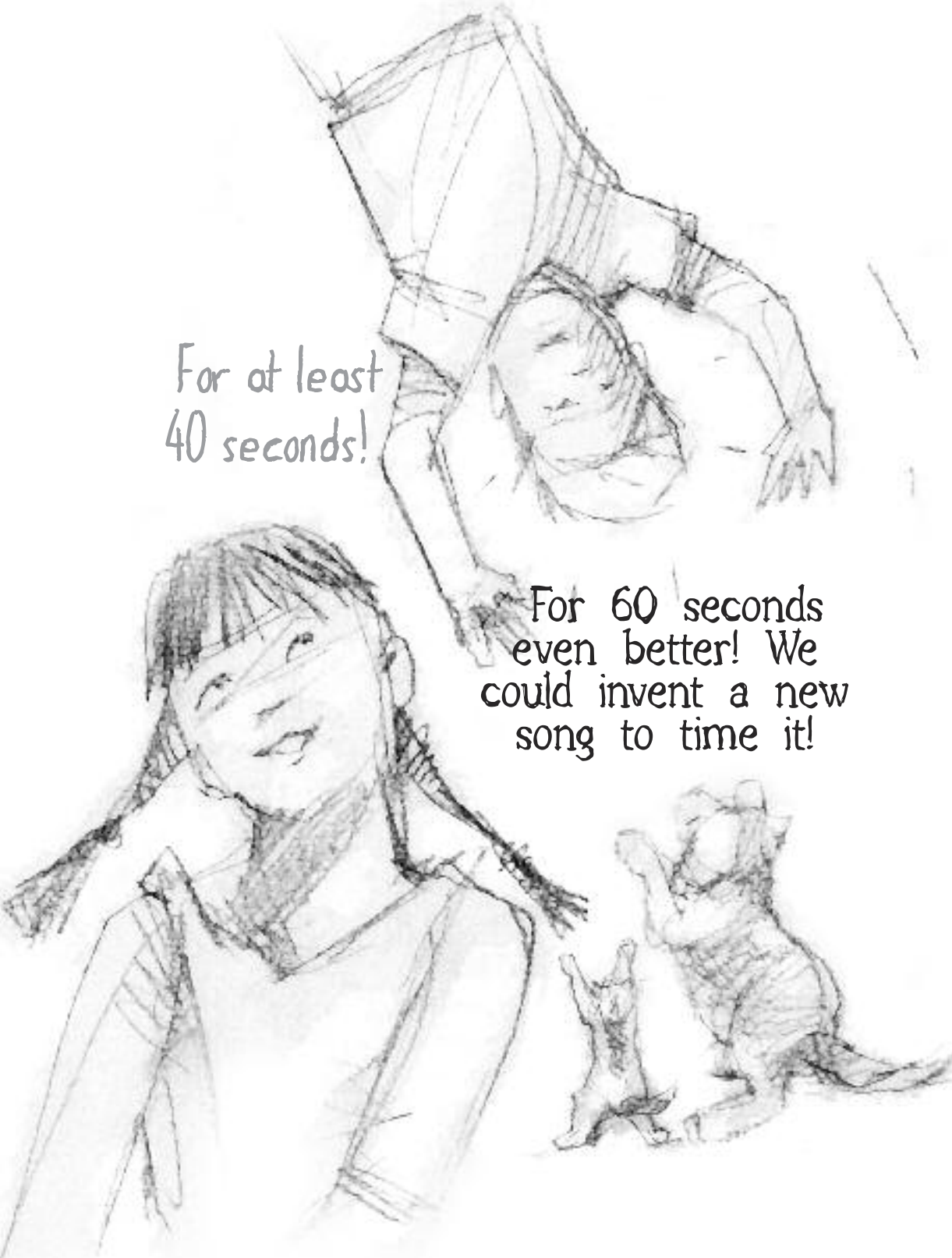
And remind  
them to wash  
their hands  
frequently!



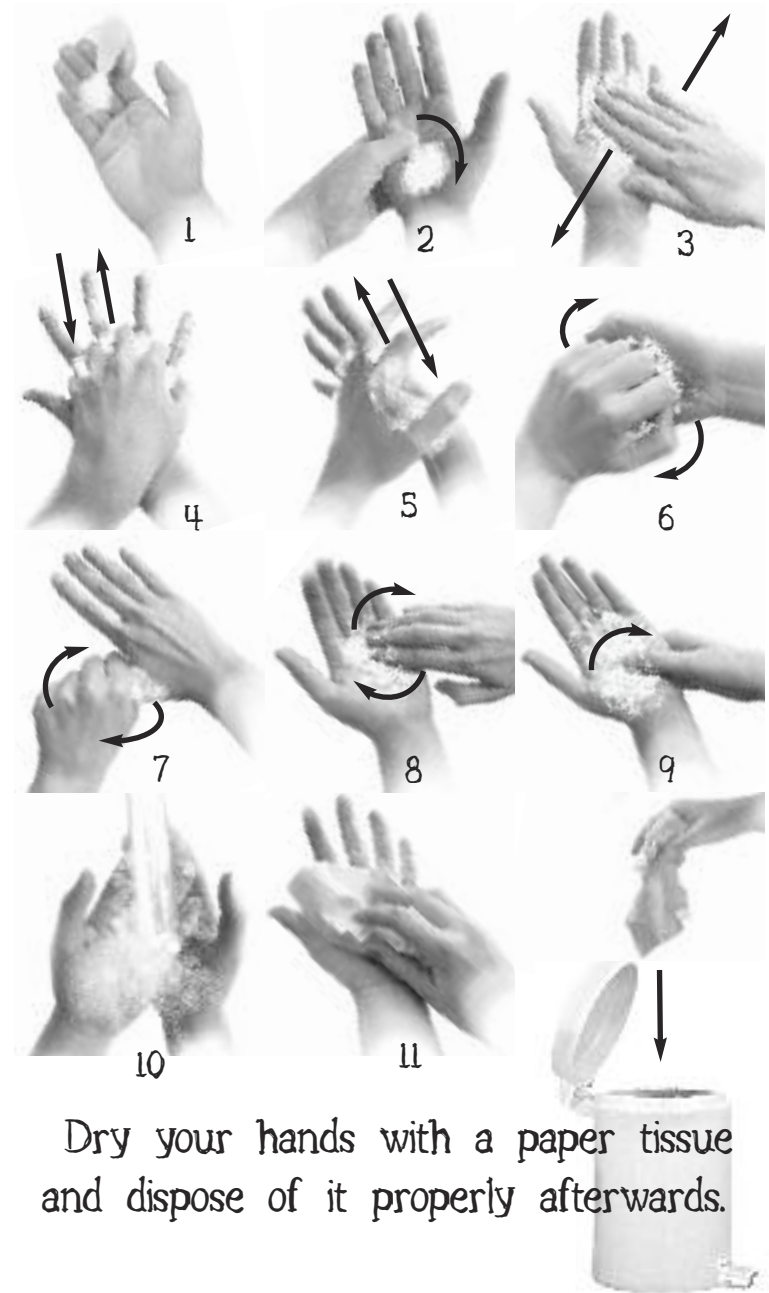
101

For at least  
40 seconds!

For 60 seconds  
even better! We  
could invent a new  
song to time it!



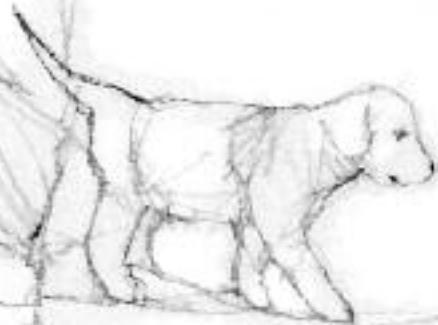
Wash your hands for at least 40 seconds, use liquid soap, move your fingers and hands following the arrows.



Dry your hands with a paper tissue and dispose of it properly afterwards.



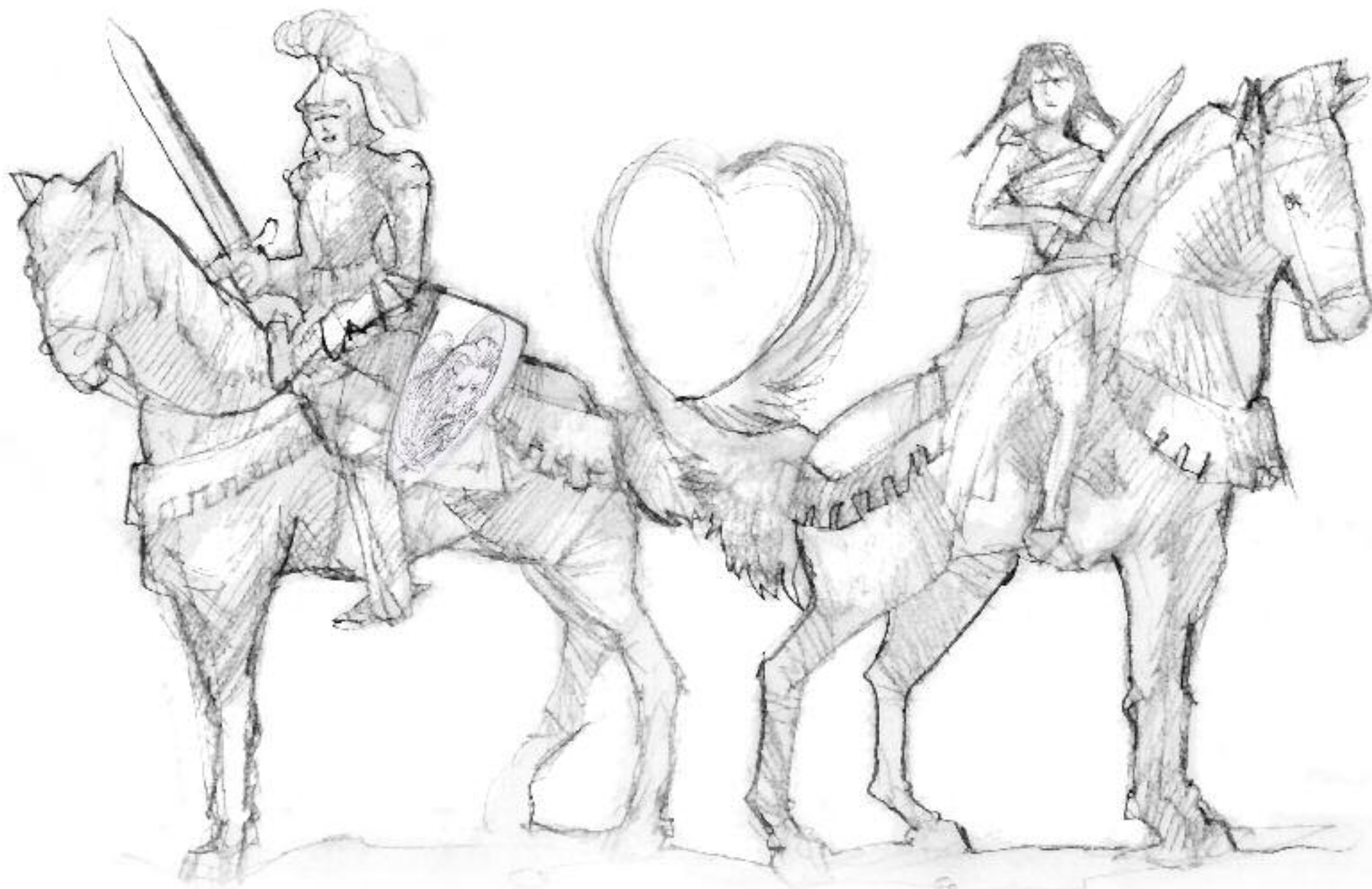
We must be  
brave and  
strong!



We must set a  
good example,  
to keep  
everyone safe!



We must fight together!



We must fight together!







## About the Author

**FRANZ PAGOT** was born near Venice, Italy, and was educated in the classics. After working in the camera department for many years, he moved to London in the 1980s, assisting famed Steadicam operator John Ward on *Full Metal Jacket*, *Robin Hood* and *Sleepy Hollow*, and ultimately establishing himself as a respected cinematographer in features, as well as shooting more than 500 commercials.

With his chiaroscuro style, he has framed cinema icons including: Peter O'Toole, Ray Winston, Jude Law and Steven Berkoff among many others.

He is a respected painter and some of his work is on display at the Saatchi Art Collection.

Franz is a member of BAFTA, the Guild of British Camera Technicians and he is also a journalist with experience in war zones. He has won many awards and published several books.

He was awarded a Knighthood in 2018.