

# Stephen Stay Alert

## A Tale

It was a lovely warm sunny day "Humm what shall I do today?" thought Grandad Whitewatch. "I don't know what to do ..... "What do I like doing?..... I know I would like to go down to the river and sit and do some relaxing fishing. I love fishing I will go and meet my friends down by the river" So he picked up his mobile phone and sent a text message to Bill and Marty and was very excited when he got a reply to say they were already

there. So he went back upstairs to get dressed in his fishing outfit, after rummaging about in his wardrobe he found his green trousers and his special fishing jacket with lots of useful pockets. He went back downstairs and put on his brown boots.

Then he started to worry "Where is my special fishing hat?" he wondered. He looked on the coat pegs, it wasn't there. He looked in the cupboard under the stairs, it wasn't there. "Where can it be?" muttered Grandad to himself. "I can't find it anywhere, I will have to go without it".



Sadly he went out to the shed to collect his fishing gear when he opened the door, what did he see sat on top of his workbench "My hat!" he cried "my beautiful fishing hat". With a big smile he reached out and put it on his head. Collecting his rod, fishing net and bag of fishing gear he stepped out of the shed with a big smile. "Hurrah" he sighed happily "Off I go for a lovely day sat down by the river fishing!" He was just walking back across the garden when he spotted Grandma Whitewatch marching towards him. "What are you doing?" she asked. "Where do you think you are going dressed like that?"

"Well it's such a lovely day I thought I would go and relax down by the river and do a spot of nice peaceful fishing with Bill and Marty, they are already down at our spot at the river." Grandad replied, rather surprised at Grandma's question. Wasn't it obvious he was going fishing?

"Oh no!" Grandma exclaimed "You can't do that" she continued in quite a cross voice, "We are supposed to stay alert and if you go out you can only meet one person, and you have to stay two metres away from them to protect ourselves from the virus. You can't go if there are already there in a pair"

Poor Grandad looked really sad and downcast, "But what am I supposed to do?" he asked, "I love being outside in the fresh air with my friends, it makes me feel so much happier if I have been outside. And I've done ALL my crosswords!"

Suddenly there was a loud bang! And a Flash! Followed by a blur of blue.

Grandad and Grandma jumped back in surprise, Grandad tripping over his fishing rod and net and falling on his bottom. His hat wobbled over his eyes and he couldn't see a thing.



"Arrhhhh who are you?" he cried as he pushed his hat back onto his head and picked himself up. "I'm Stephen Stay **A lert**" the new arrival introduced himself. "I am one of the C19Mini Superheroes, here to help you stay safe and well during this strange Covid 19 virus time. I'm here to remind you to Stay **Alert**"

"So Grandma is right" said Grandad sadly, "I do have to stay **alert and can't go and meet Bill and Marty**"

"Yes, you do" Stephen answered but then he gave Grandad a smile, "but you are allowed out for essential journeys and also to do your daily exercise, **but you can only meet one other person, and you must stay two metres away.**"

"Oh" said Grandad looking happier, then his face fell, "But what can I do?" he pondered, "I love fishing but **Grandma does not enjoy it at**"

POW ! Suddenly a big flash of light! Grandad and Grandma looked around and they were in the park.

"Hay Grandma, what's this on my head?" asked Grandad feeling the top of his head. "What has happened to my fishing hat?"

"It's a bike helmet Grandad." replied Grandma "There to protect your head, you should always wear a bike helmet when on a bike."

"But I'm not on a .....ohhh " Grandad stopped talking and looked down, he was stood next to a lovely new bike. He looked at Grandma she was also holding a lovely new shiny bike and wearing a bike helmet.

"What about a nice bike ride?" asked Stephen Stay **Alert** appearing as if from nowhere.

"You could do a nice walk one day and a bike ride the next. **You can go out for your daily exercise but you must not meet up with more than one other person from your home.**"

"When we all Stay **Alert** we are helping keep important people who are looking after us safe as well, so they can look after anyone who does need help" Stephen explained further "Such as paramedics, nurses, doctors and all the people who work in hospitals, firefighters and police who are there to help people, the bin collectors who make sure our rubbish is taken away."

"Oh the shopworkers so we get food to eat" added Grandad

"Yes" said Grandma "and the farmers who are growing the food, oh and the postal workers who deliver our mail, the teachers looking after the children who have to stay in school"

"Yes, so many people are helping to make sure people are looked after, so we have to help by keeping ourselves and them safe" agreed Stephen " **so remember, unless you have to go out, stay at home and if you are out for an essential journey, or you are out for your exercise such as a walk, run or cycle, you must Stay Alert**"

"Wow thanks Stephen for reminding me of this, and thanks for the bikes, you are the best!" cried Grandad "We will go for an hour of exercise once a day and then back home." And off Grandad and Grandma rode, **making sure they stayed two metres away** from anyone else and then they went home.

Can you be a C19 Mini Superhero and **Stay Alert**?

