

Buddy to the Rescue

A Story about Antibodies and Viruses (for Children)

By Dr Carolyn Begg (aka Rosie)

The idea for this story began one day when my son was feeling unwell with a rotten cold. I was trying to explain what might be happening to make him feel so bad. I wanted him to understand that he was not alone in fighting the cold virus - he had an immune system with an army of antibodies on his side. This is where the idea of Buddy the antibody and his battle with the cold virus came from.

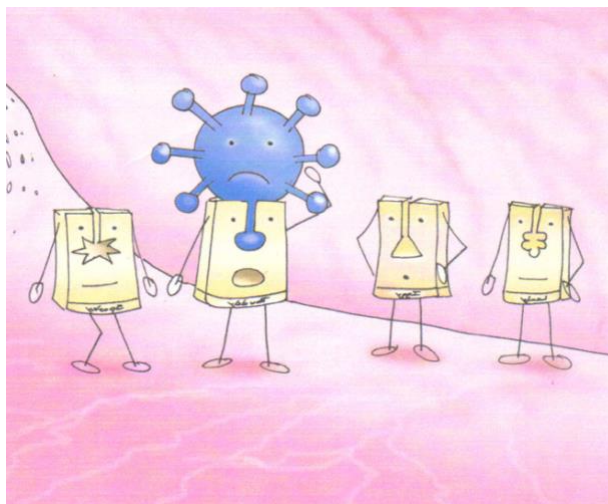
This story is about something that all of us have inside, even new born babies. Antibodies!

It begins with a boy called Max who is turning 10, when disaster strikes on the day of his birthday party; he wakes up not feeling great.

He doesn't know this but he has a virus, however one of his antibodies called Buddy is on the lookout. This is Buddy's story.



Buddy's day started with a surprise! During his usual duties of patrolling inside and around Max's body looking out for invaders, he came across this spikey, blue bug, which he was able to catch!



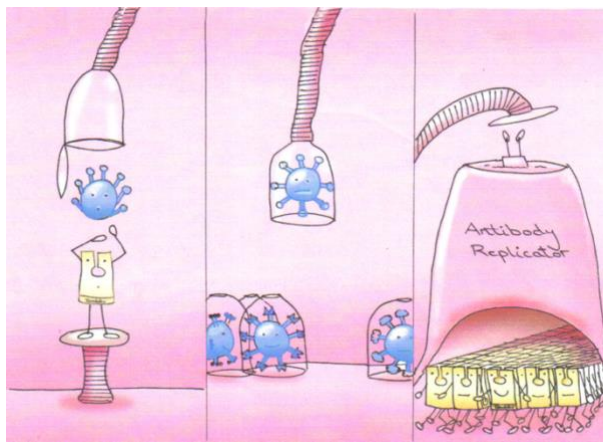
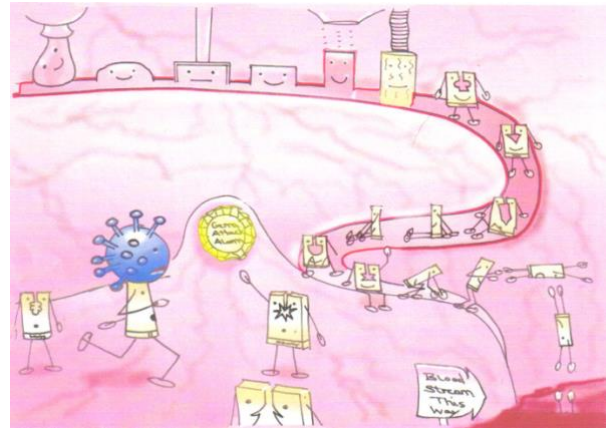
Buddy quickly returned to Max's Command and Control Defence Centre and asked around, "Any idea what this is?".

"No, sorry Buddy" said most but one piped up, "It does look like a new kind of virus!".

"Oh dear - a new virus - poor Max" thought everyone.

Buddy had trained for this and he knew he had to act fast or Max would start to get sick.

The problem is that in all of us, most antibodies like Buddy begin as one-offs with no other antibodies quite like him.

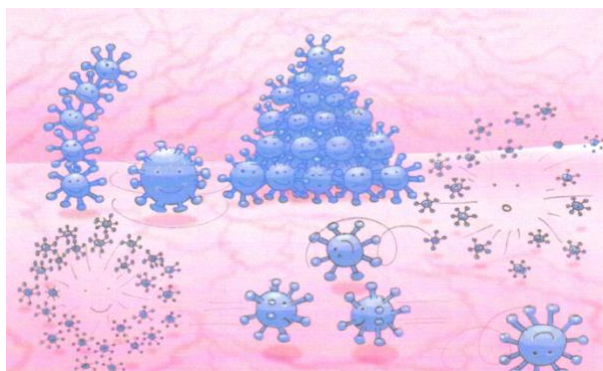
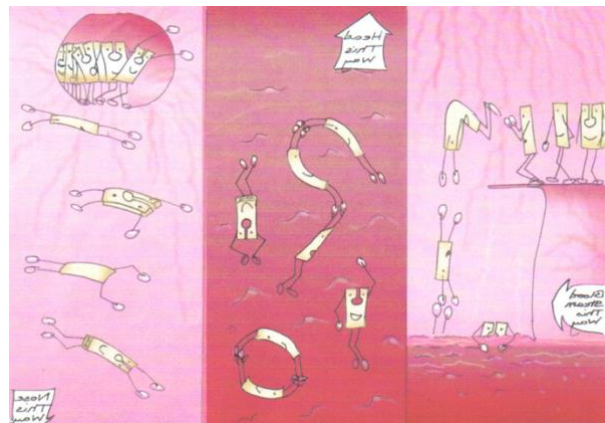


Buddy knew that viruses are not loners but always like to create copies of themselves and he would need to catch all of them

BUT for that, he would need to create copies of himself; an army of Buddys to help him. He couldn't save Max on his own.

Buddy told his army, "We have to get to Max's nose as soon as we can because this is where I caught the first virus."

Buddy shouted out, "Ok everyone, follow me!".



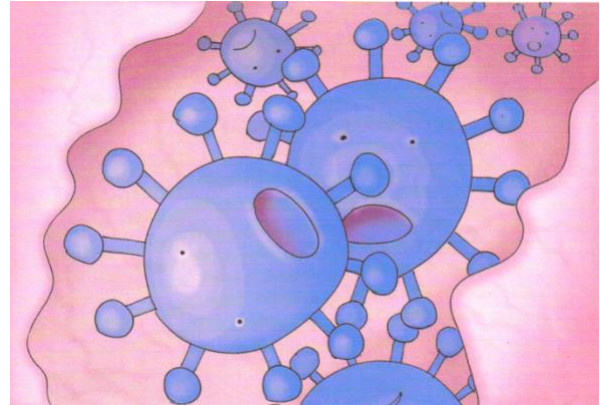
When Buddy and his army arrived, it wasn't difficult to find them. "Wow these viruses know how to party", exclaimed Buddy.

Now all this partying would be fine but the problem is that when viruses move in, they try to take over and this is not fine for Max or anyone. And when viruses party in our noses - guess what can happen?

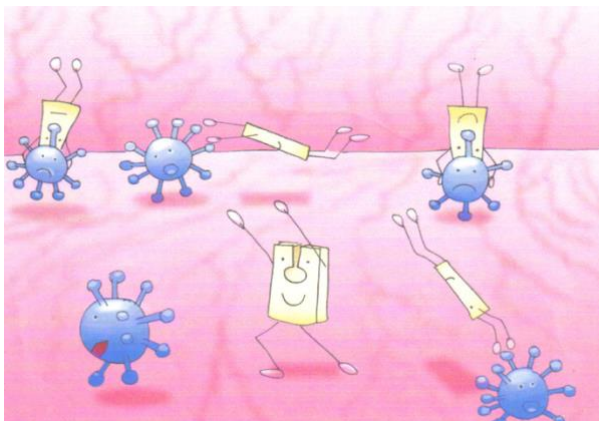
We sneeze!!!

This fires the viruses out though our noses; that's a good thing for us!

But, without sneezing into a hanky or the crook of your arm, they will be sent into the air and maybe find a new person to annoy - so please be careful!



Anyway, back to Buddy's story. Buddy decides that enough is enough - it's time to clear the naughty viruses out of Max's nose and so he shouts "OK, let's go get them!" and off they charge.

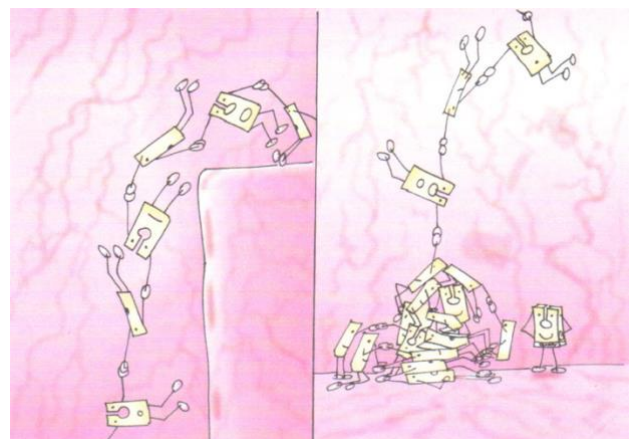


It doesn't take too long to capture them ... Buddy is pleased but still something's wrong!!!

They hear "COUGH...COUGH...COUGH" .

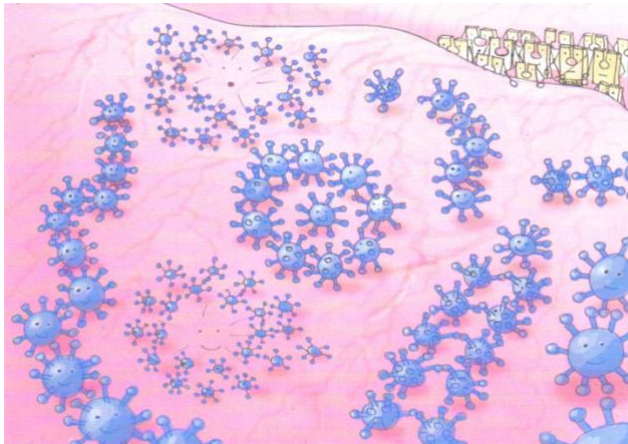
It's Max. "Oh No. the viruses have spread to his throat"...

"Follow me!", commands Buddy.



As before, it's not too long to find out why Max was coughing ... there is an even bigger virus party going on but this time there are just too many viruses for Buddy's army to capture at one time.

Buddy tells his army, "We need to stay hidden and wait for more Buddys to arrive."



But meanwhile, those naughty, spikey, blue viruses keep partying and this is making Max's throat sore.

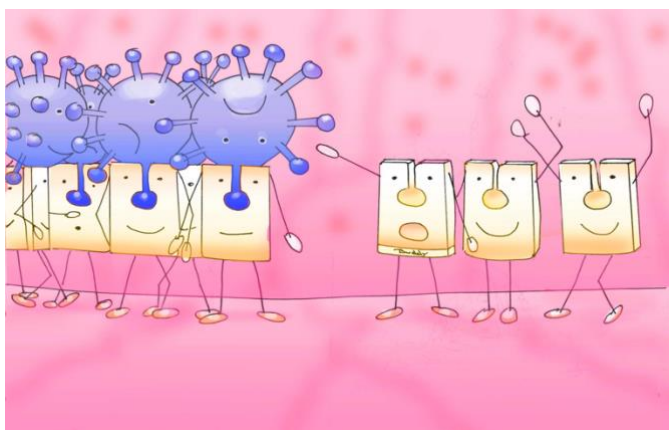
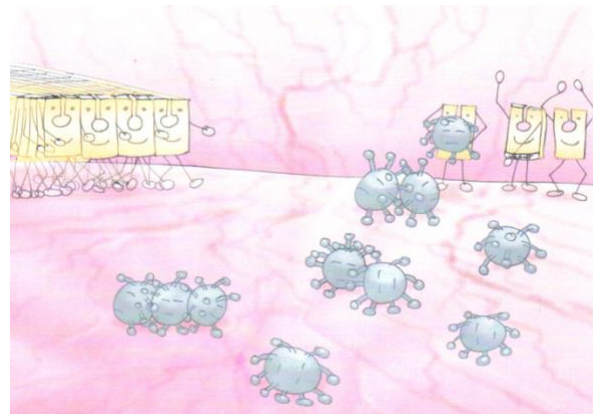
Buddy is very sad, he has spent his life waiting for this day to save Max from attack and this was getting out of control.

But then, something strange started to happen, the viruses began to fall asleep...

Buddy's backup army arrive along with one of Buddy's best friends, Iggy.

"Thanks Iggy for bringing them but as you can see the viruses have fallen asleep."

"They don't want to party anymore, they are too sleepy to multiply or run away, they just lie there - waiting to be caught. But I don't know why."



"I do!", piped up Iggy with a grin.

"When you sent for a fresh, new army of Buddys, I knew you were in trouble so I thought I would help by turning up Max's temperature!"

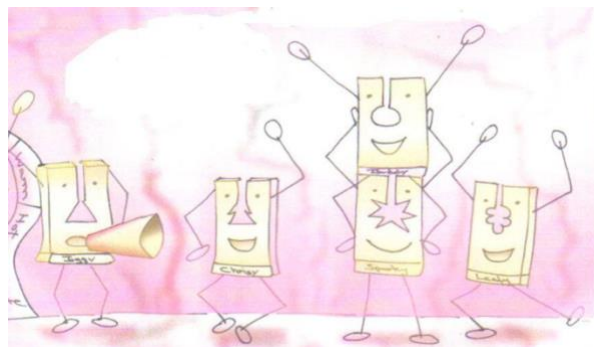
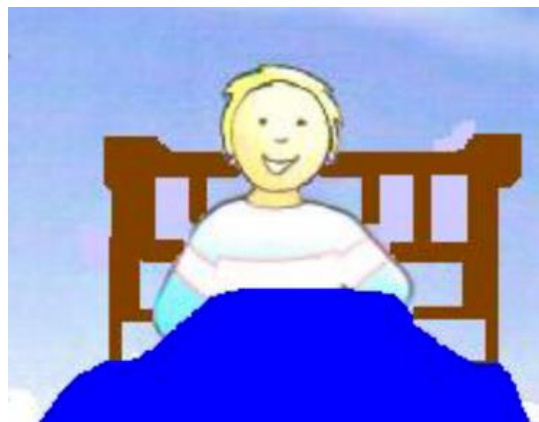
"And...it worked, like a dream!"

We normally think of having a fever as a bad thing but a fever is a way our bodies can slow down viruses in their tracks and sometimes they fall asleep.

Buddy thanks Iggy and tells everyone, "All the spikey, blue viruses have been caught and Max is feeling much better".

"Now we know this bad virus is out in Max's world, it will never be allowed to return for another party in here."

All of Max's antibodies give a huge cheer.



Iggy yells, "Buddy came to the Rescue!"
"Three Cheers for Buddy!"
"Hip Hip, Hooray!"
"Hip Hip, Hooray!"
"Hip Hip, Hooray!"

It's time for Max's antibodies to have their party.

Max no longer has to worry about the return of the spikey, blue virus because Buddy and his army of antibodies will always be on the lookout. Max has (spikey, blue) virus immunity.

The End

This story is dedicated to the amazing unseen armies inside us that try their very best to keep us healthy; our antibodies.

If you liked this story and would like to watch this story as an animation, follow the link!

<https://youtu.be/P7h2zX5tQmc>



Thank you,
Dr Carolyn Begg (No, not medical, the other kind)