

Stay Six Duck Feet Away



By Madhavi Reddy, MD

Agni: Superhero of Health Series



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**For all the children of the world.**

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Feet Away**

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It is a beautiful spring day in New York City.  
Fresh air.  
Birds singing.  
Flowers blooming.  
Trees becoming green.

My name is Madr.  
I am a mommy duck.  
I have five little ducklings.  
We live in Central Park.





Today, the sun is shining.  
The light is sparkling.  
The water is shimmering



The ducklings just had their breakfast.  
Worms and weeds.  
Yummy.  
Now they are ready for the day.



“Do you ducklings  
want to explore  
the park?”

“Quack, quack  
quack,” reply the  
five ducklings.

Off they go!



As they walked around the park,  
mother duck notices that New York  
is different today.

She tells the little ducklings,  
“Shhh, shhh”.  
Silence in the city.  
No noise, not even a pin drop.





Mommy duck says,  
“Let’s go find out what is going on  
in the city. Do you little ducklings  
want to go on an adventure?”

They decide to walk the streets.  
They walk on Fifth Avenue,  
then to Park Avenue,  
then, off to Broadway.

Mommy duck notices that  
the park is not active.

“Something is not right,”  
she thinks.





No people.  
No moving cars.  
No taxis.  
No buses  
No trucks.

**The streets are empty.**



They see a sign.  
“Six feet saves lives.”

As they look at the sign,  
Madr wonders,  
“What does that mean?”



She sees a dog.  
“How are you?  
My name is Madr.  
What is your name?”



“What does that sign mean?”, asks Madr.

“Oh, the 6 feet sign. When you are walking near others, **you must maintain a distance of 6 feet**, or you will get fined”, says Thunder.

“Fined?”

“Yes, the police will give you a ticket.”

“Oh, I see.”





“Why?”

“Research says that six feet between one living being to another can prevent infection like coronaviruses from spreading.

This is part of **social distancing.**”

“OK, ducklings,

**s p r e a d   o u t .**

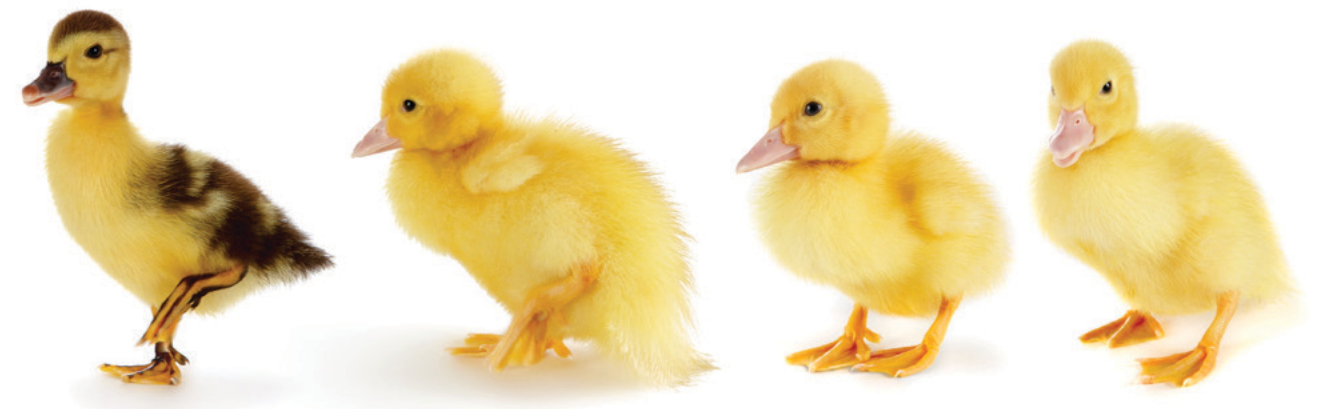
Line up.  
Single file.”

“Come on!

Let’s go!

Six duck feet from your brother or sister.”

Madr lines the little ducklings up. She makes sure they are six duck feet from each other.



“Hey, Thunder, we are going to the Chelsea Pier. Do you want to join us?”

“Sure, sounds like fun,” says Thunder.

“Madr, you lead the way. I will follow behind the baby ducklings.

We need to make sure no one gets lost.”



“OK, team, let’s go! Forward march! Left, right, left. Left, right, left.”





The ducklings waddle forward. Some ducks move fast.

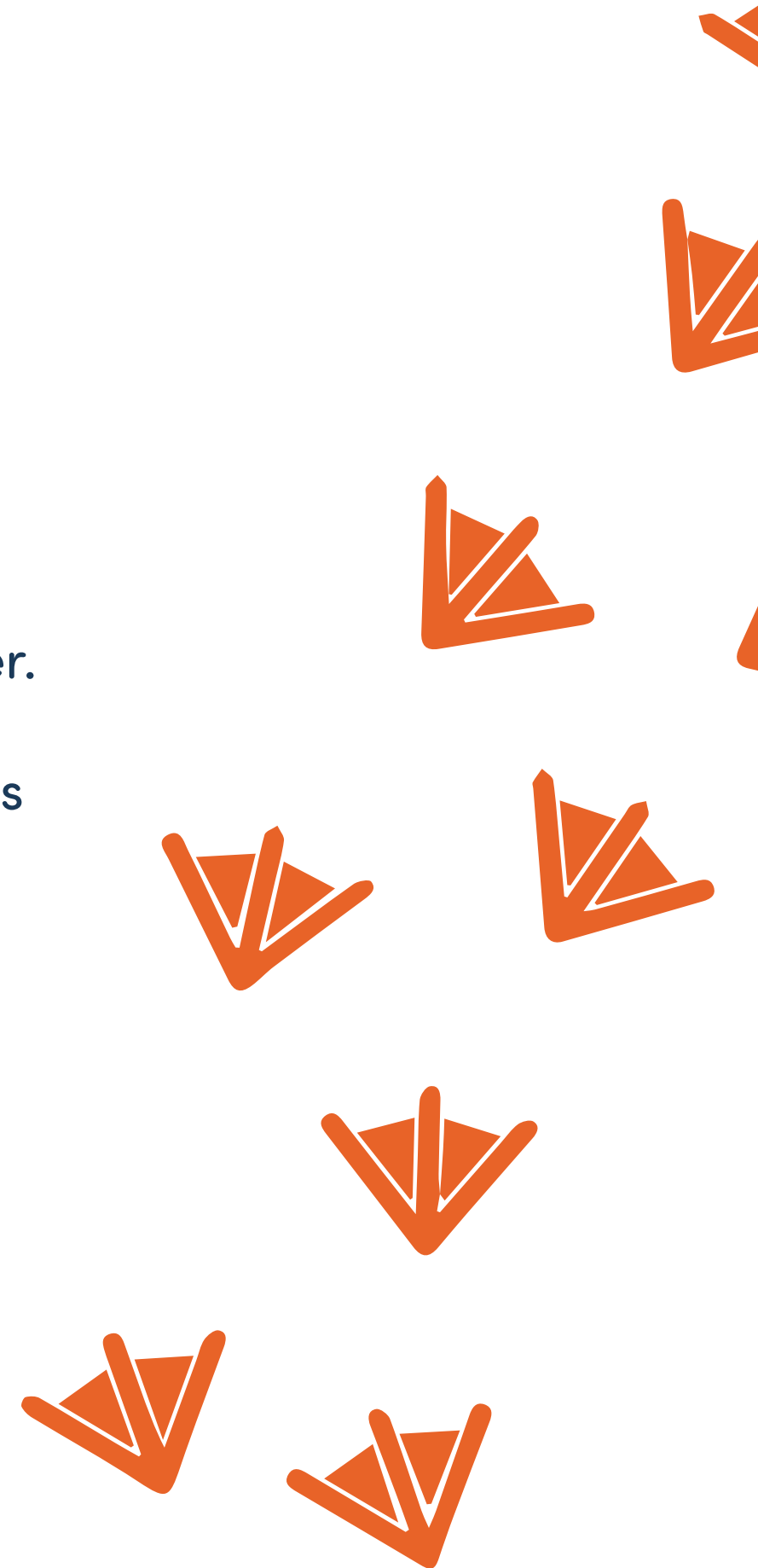
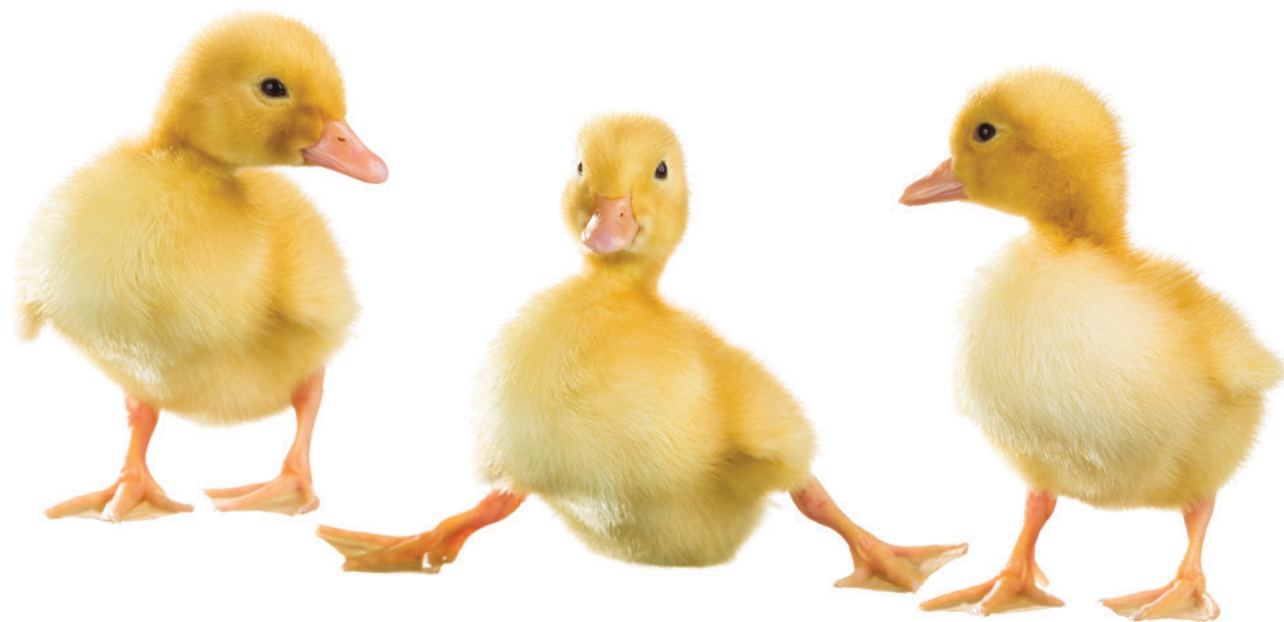
The littlest ducklings, Ping and Pong, fall behind.

Chaos and confusion are everywhere.

“Let’s use my duck scale,” says Thunder.

Sisters and brothers must keep six duck feet apart.

Let’s waddle in a straight line.”



The little ducklings, Madr, and Thunder arrive at the Chelsea Pier.

As they walk into the Pier, they hear loud noises from the ambulances. They see one ambulance, then a second and a third.



Ping and Pong are afraid of the sirens and cover their ears.

There are no children running around Chelsea.

“Thunder, where are all the kids?”

“They are in their houses, Madr.”

“Why don’t they come outside to play?”

“There is an awful disease in New York called Coronavirus. The governor has closed all the schools, stores, and parks so that we don’t spread the infection.”



“Oh, what else should we do to stay safe?”

“We can wear a mask.”

“A mask?”

“Yes, when we cough or sneeze, the germs can go all over the place.

Masks can prevent us from getting germs from another person.

Masks can also prevent other people from getting our germs.”

“I have some masks. Do you want to wear them to stay safe?”

“Quack, quack, quack,” say all the little ducklings.

Thunder gives one mask to each of the ducklings.

Madr puts her mask on. Then she helps the little ducklings with their masks.

Thunder puts his mask on.

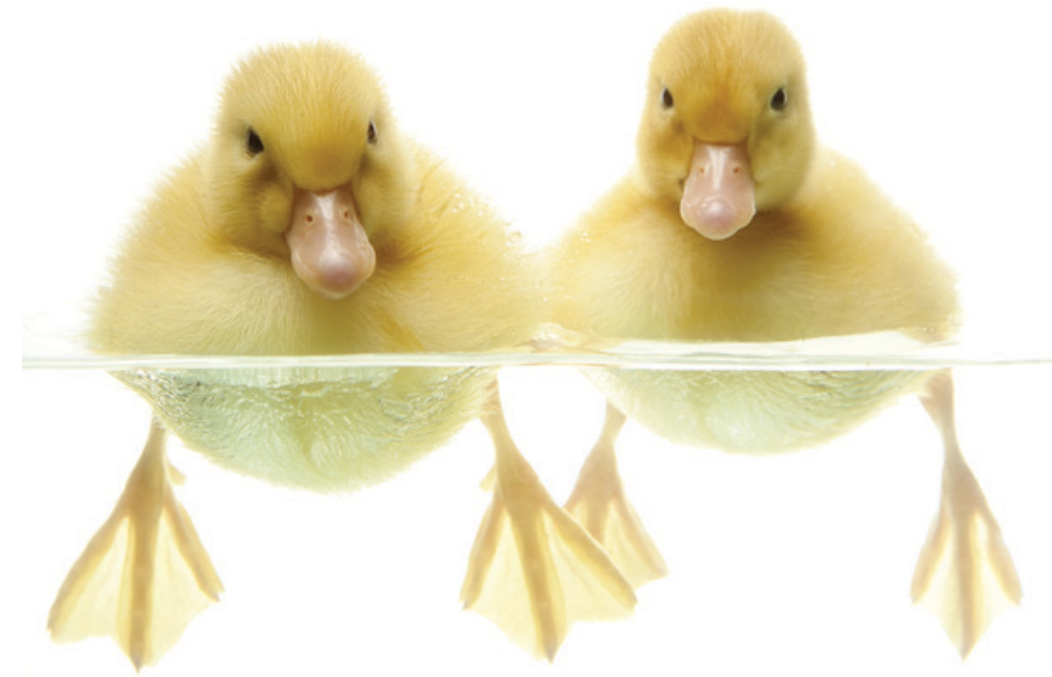


“Little ducklings,  
should we go play  
in the waterfalls?”  
asks Thunder.

“Quack, quack,  
quack,” the  
ducklings cheer.

They waddle to  
the waterfalls.

They waddle up  
the steps and  
jump into the  
water.



“What is the best thing  
you can do to get rid of  
germs?”

“What, what, what?”  
quack the little duckies.

“Wash your duckbill  
after you eat.  
Wash your duck feet  
when you go out to play.  
Take a nice bath with  
soap and water.”





Suddenly, Thunder gets a message from Agni.

“Need help!”

Thunder tells Madr, “I must go!  
Bye, little ducklings.”

As Thunder flies away,  
the ducklings feel sad  
and lonely.

There are no people  
watching.  
No children laughing.  
No dogs barking.  
No bread crusts tossed.

All the ducklings,  
quack, quack, quack  
at Thunder to say  
goodbye.



“Little ducklings, every day will not be perfect.

I know you miss the children, the dogs, the bread, and even the noise.”

**Stillness is the new normal for now.**



Let's cherish the things we have.

The fresh air.

The clean water.

Our beautiful family.

And most importantly

**your health.**



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