



COVID-19

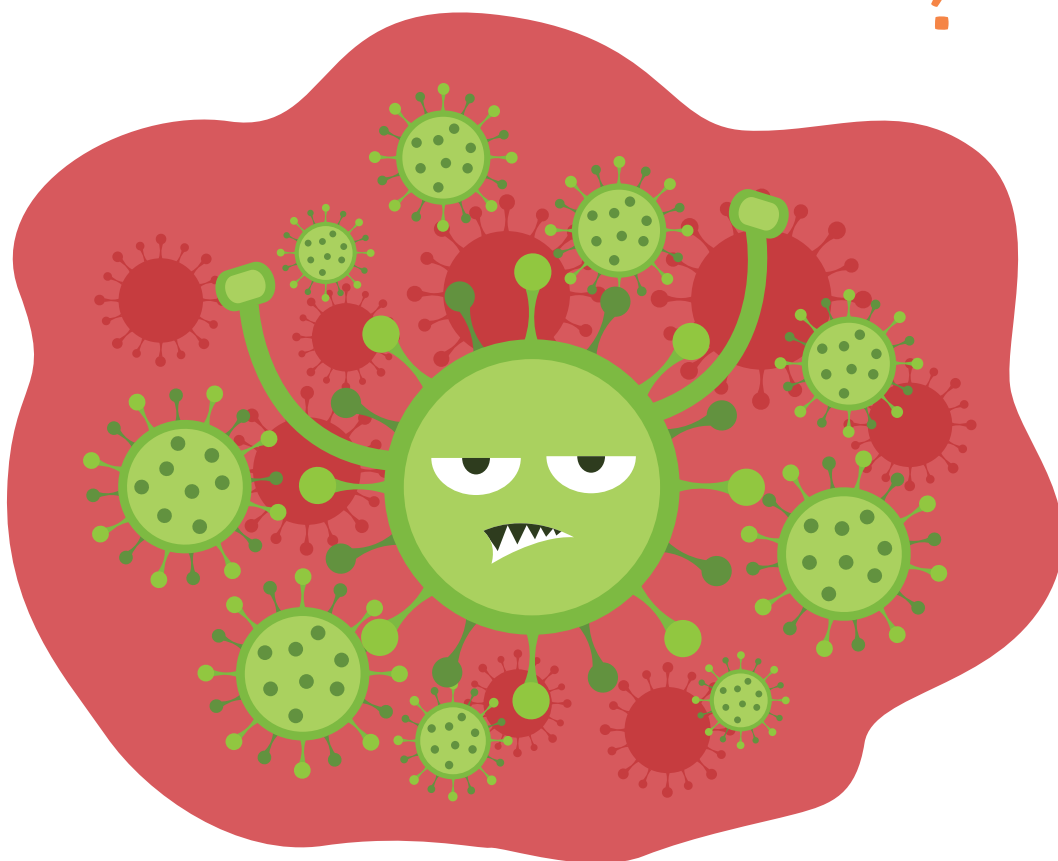
Understand and Help Fight the Virus

新型冠状病毒及防御方法



什么是新型冠状病毒

What is the Novel Coronavirus (COVID-19)



新型冠状病毒是一种由很多微小部分组成的病毒，能导致人类生病。

A virus is made up of tiny parts and viruses can make us sick.



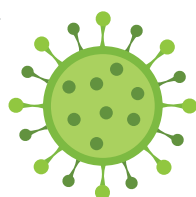
病毒很小很小，我们的眼睛看不到它。但是病毒的传染性很强，我们必须要知道如何防御病毒的入侵。

The parts of a virus are so small that we can't see them but they can be powerful so we need to be smart in what we do to defeat this invisible virus!



新型冠状病毒的名字来源于它身上的冠状结构，看起来就像皇冠一样。我们的眼睛看不到它，它的样子大概是这样的。

The Novel Coronavirus got its name because it has spikes over its body that look like crowns. We can't see them but maybe it looks a little like this.





发烧

It can give us a fever.

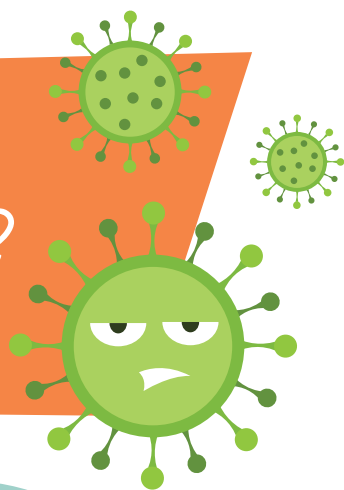


咳嗽

It can give us a cough.

如果感染了新型冠状病毒，
我们的身体会出现哪些症状？

So what can this virus do to us?



流鼻涕

It can give us a
runny nose.



呼吸困难

It can make it hard for good
clean air to get into your bodies
and cause us to become
breathless.

如果有人感染到新型冠状病毒，需要去医院看医生。医生会对他们进行诊治，让他们的病情好转并恢复健康。

If someone gets this virus they may need to go to hospital so the doctors can help them get better.

新型冠状病毒的传播速度非常快，很多人已经感染上了这种病毒。如果有人生病，当他们打喷嚏和咳嗽的时候，他们所喷出的唾液和飞沫会将病毒传播给他人。我们应该学会保护自己，对抗病毒！

This virus can spread very quickly. If someone is sick, when they sneeze and cough the tiny droplets can carry the virus to someone else. Many people have become sick with the virus.

So we need to protect ourselves – we can fight back!



经常使用洗手液洗手，就能有效地防止病毒的传播。

Wash your hands so that the virus can't move from one person to another.



如果你咳嗽和打喷嚏，请用纸巾捂住嘴巴，然后请把使用过的纸巾直接丢进垃圾桶里。最后，一定要记得再用洗手液洗手。

Cover your mouth and nose when you cough or sneeze with a tissue and throw that tissue in a bin straight away. Then go and wash your hands!



通过测量体温来了解我们的身体是否健康。

Take your temperature to know that you are well and if you are not.



不要和他人共用食物。

Do not share food.

保持身体健康是非常重要的,强壮的身体可以防御病毒

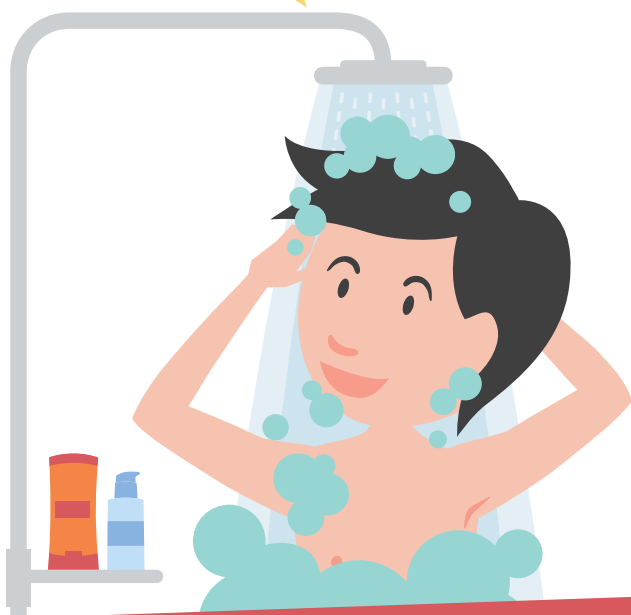
It is so important to stay healthy so your body can fight the virus.

勤洗手,勤洗澡,使用洗手液
和浴液能确保身体清洁

Wash your hands and shower
regularly with soap

吃健康的食物

Eat healthy food



保持身体健康和强壮

Keeping yourself strong

多喝水

Drink lots
of water



Z
Z

保证充足
的休息

Get plenty of rest



如果你感觉不舒服,请告诉家里的大人或学校的老师,他们会帮助你。

听起来新型冠状病毒很可怕,但是有很多医生、护士和相关人员在日夜不停地治疗和照顾感染的病人,使他们的病情好转并恢复健康。同时也有很多科学家在日以继夜地研究这种病毒,找出有效的防护措施和治疗方法来对抗病毒。

防御病毒,从我做起,保持身体健康。

If you start to feel unwell, please tell a grown up person, that may be someone at home or at school. They will help you.

This virus may sound scary but there are lots of scientists, doctors, nurses and other people working together to help people who are sick become well and to find other ways to fight this virus.

We can all play a part by keeping ourselves healthy.






dramaticallydifferent

CHENGZHU MANDARIN EDUCATION

35 Rochester Drive #03-01 Rochester Mall Singapore 138639

Tel +65 6737 5348 | Fax +65 6737 2136

www.chengzhu.edu.sg

 ChengzhuMandarinEducation

a Julia Gabriel education

