

為什麼不能出門？

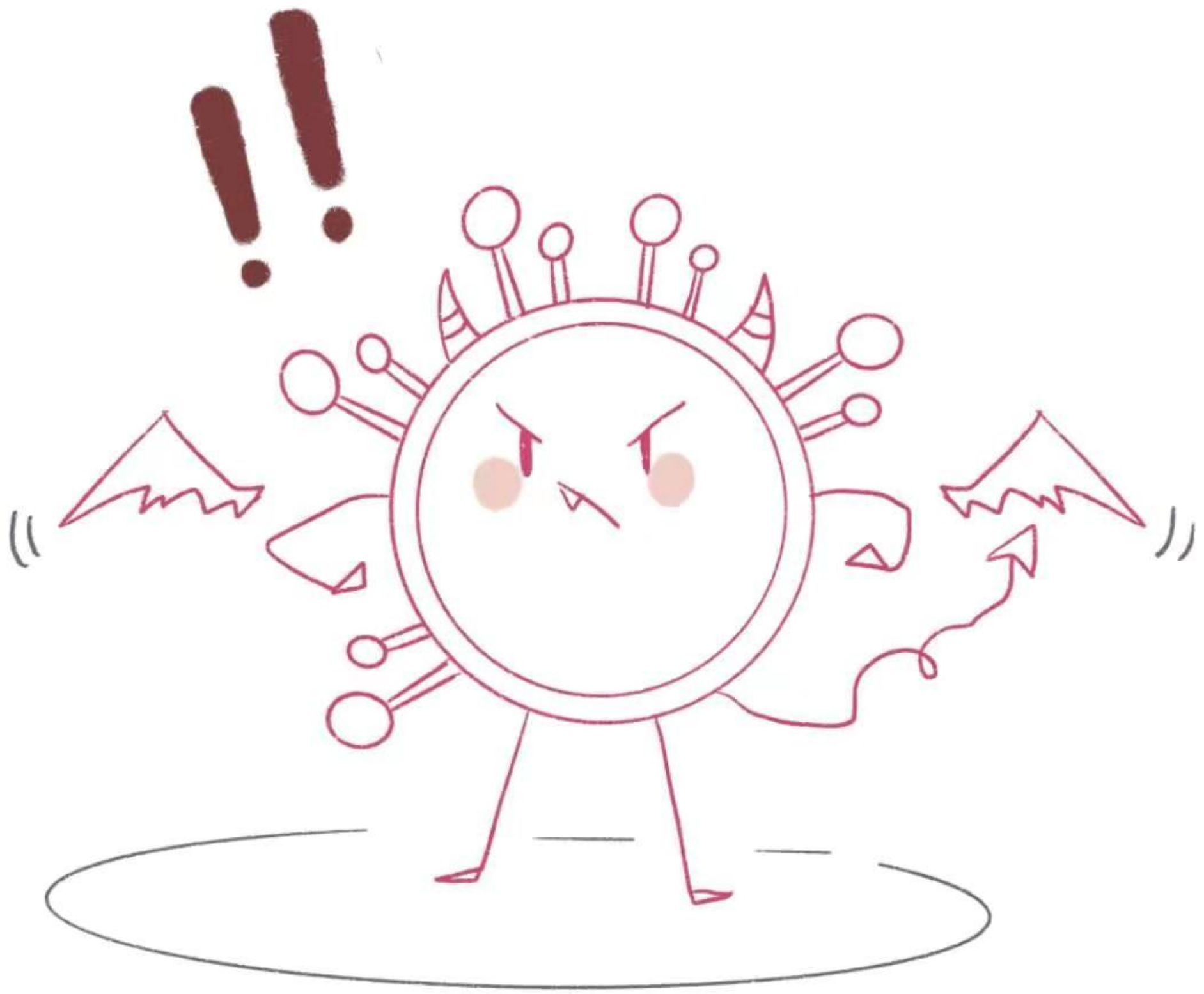
Why can't I go out?





爸爸媽媽突然取消了春節聚餐，還不讓我出門，為什麼？

Mum & Dad cancelled new year dinner. They also forbid me from going outside. Why is that?



因為出現了新型冠狀病毒。這種病毒可能會導致很嚴重的發燒，甚至需要住院。

That is because a new virus, known as 2019-nCoV, is spreading around. This virus may possibly cause severe symptoms, such as high fever, and may require hospitalization.



如果一個攜帶新型冠狀病毒的人，站在我對面跟我說話，他說話時嘴巴里濺出的飛沫，會傳染我。

If a person with 2019-nCoV talks to me, his virus may spread through the tiny droplets and infect me.



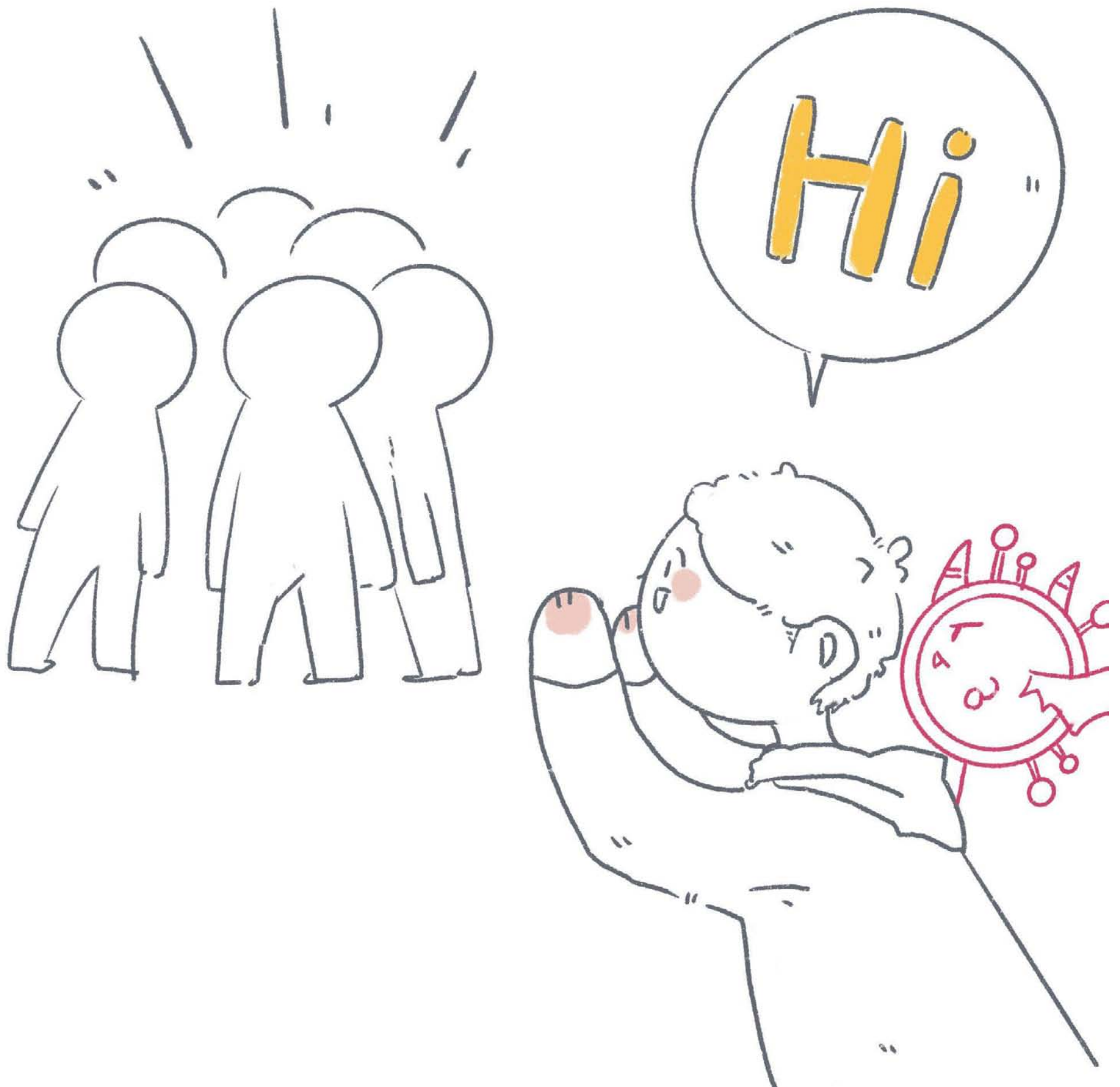
如果一個攜帶新型冠狀病毒的人，摸了門把手，我也摸了同一個門把手，摸完吃手、揉眼睛、摳鼻子、掏耳朵，那麼我也會被傳染。

If a person with 2019-nCoV touches something, like a doorknob, and I touch the same thing later, I may get infected if I lick my fingers, rub my eyes, pick my nose, clean my ears, etc.



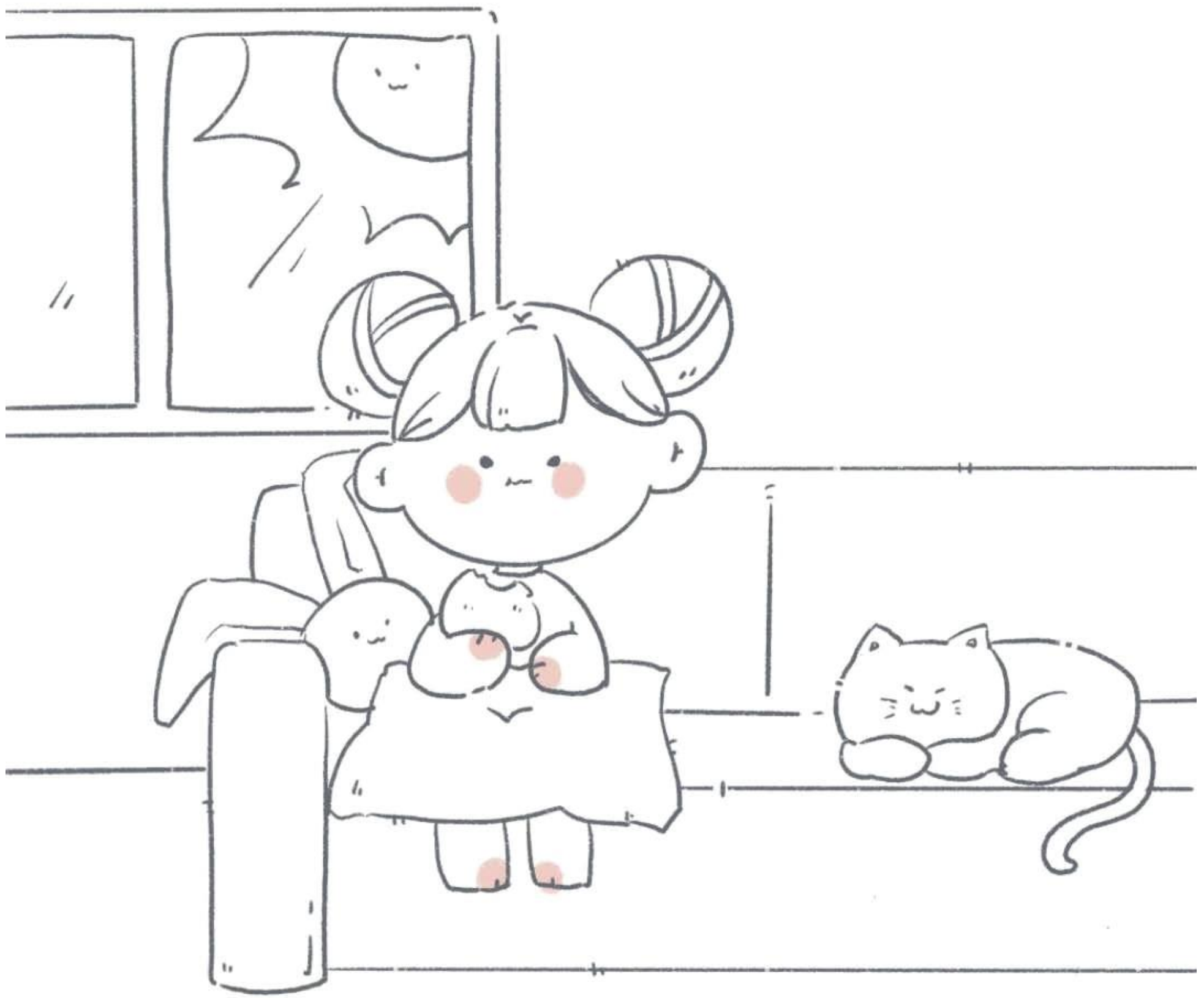
感染了新型冠狀病毒的人，可能會發燒，而且胸悶、憋氣、胸痛、呼吸困難

People infected by the new virus may possibly have severe symptoms, such as fever, chest tightness, chest pain, shortness of breath, etc.



可是很多感染了新型冠狀病毒的人，沒有明顯的症狀，他們自己也不知道自己已經被傳染了，這些人去到公共場所，會傳染給更多的人。

However, some people with the virus do not have those symptoms and hence have no idea that they are infected. When they go to public places, they may infect more people.



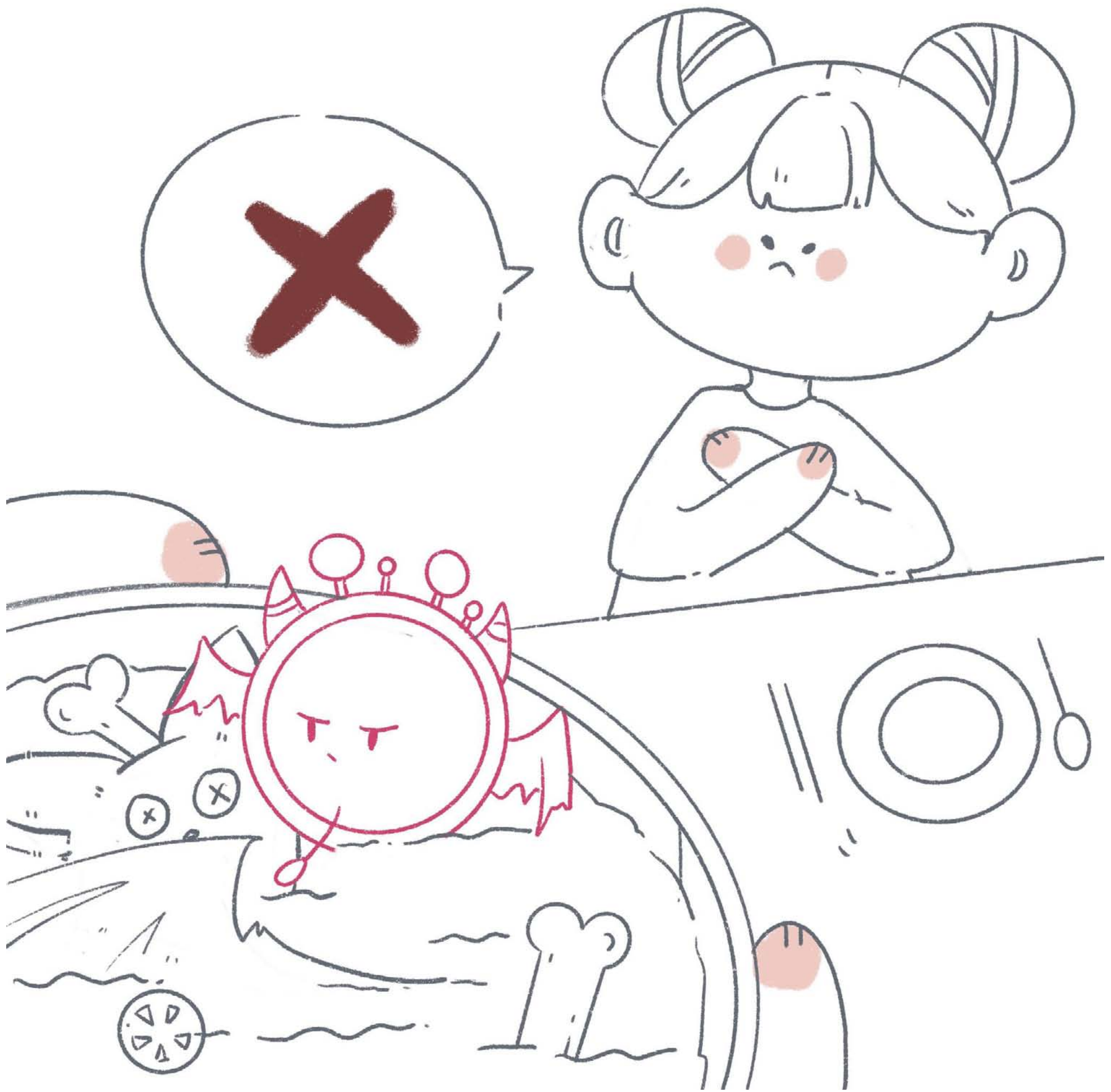
正因為這樣，為了更好地保護我自己，我盡量減少出門，避免到人多的地方。

That's why I should stay at home and keep away from crowds to protect myself and others.



新型冠狀病毒是從哪裡來的呢？是有人吃了野生動物，由野生動物傳播給我們人類的。

Where does the virus come from? It comes from wild animals when some people eat them.



野生動物是人類的好朋友，我們應該和平相處，要從小拒絕吃野生動物。

Wild animals are our friends. I should not eat wild animals.



如果有特殊情況，需要出門，出門的時候，必須讓爸爸媽媽幫我戴好口罩。

If I have to go outside, I will wear a mask with the help of Mum and Dad.



戴好口罩以後，我的小手要做到四不：不摸口罩、不揉眼睛、不掏耳朵、不摸任何其他東西。

At public places, I will keep my hands from touching the mask, rubbing my eyes, cleaning my ears, and touching other objects.



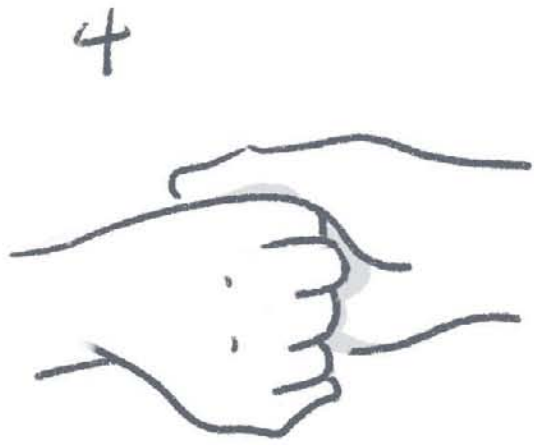
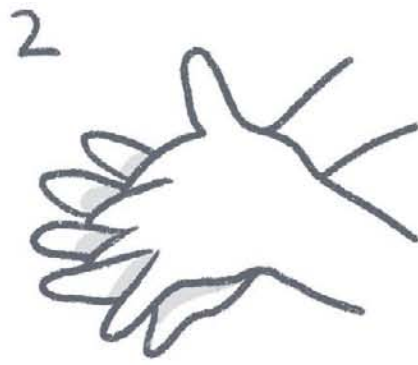
回到家後，第一步脫掉衣服鞋子，給爸爸媽媽。

When I get home, the first step is to take off my coat and shoes and give them to Mum and Dad



第二步，讓爸爸媽媽幫我摘口罩。

Step two is to let Mum and Dad take off my mask.



第三步，要用七步洗手法，認真洗手。

Step three is to wash my hands very carefully with the 7-step washing procedure.



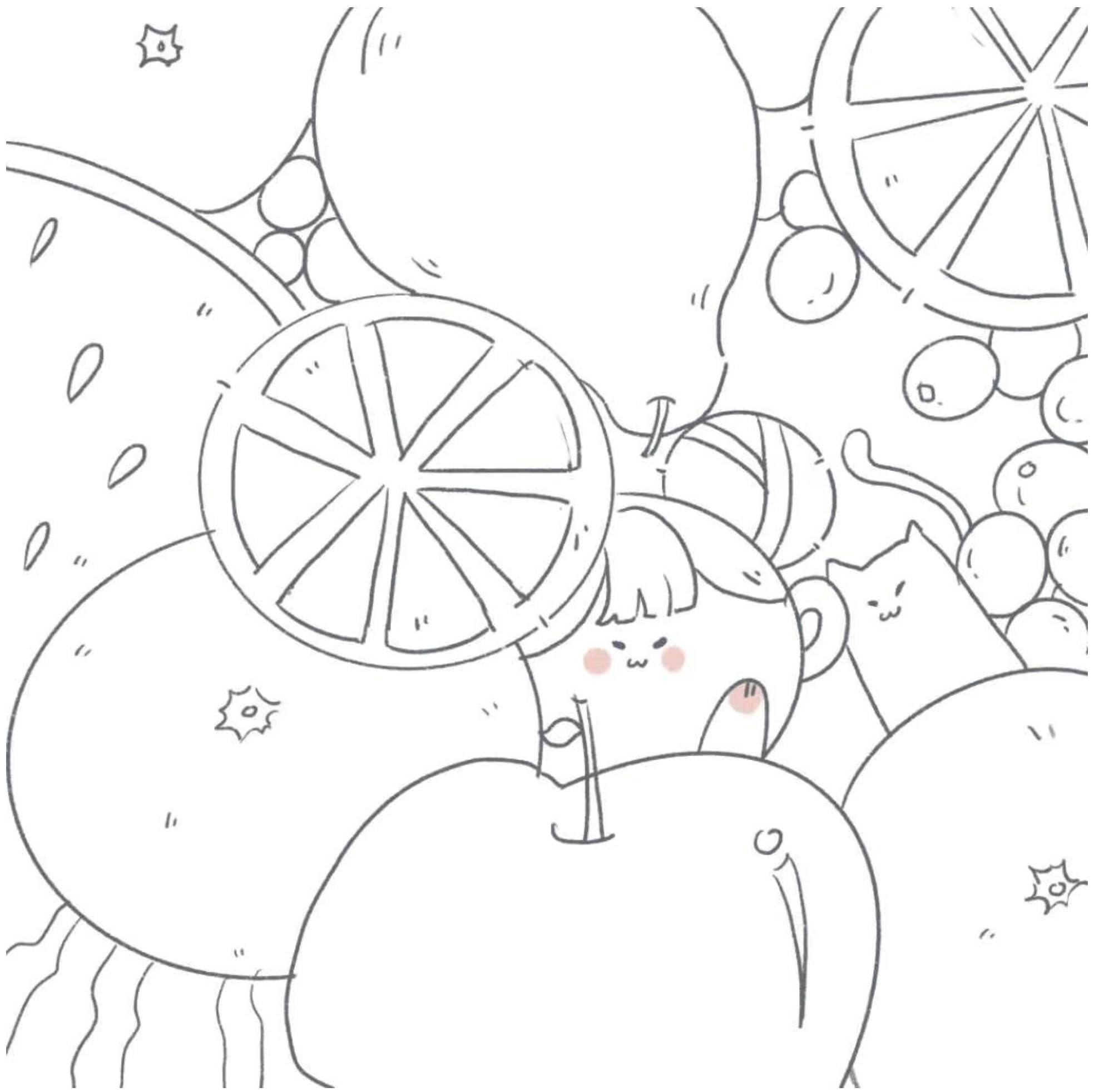
第四步，小手洗乾淨後，要用泡沫把臉也洗乾淨。

Step four is to wash my face after hands are clean.



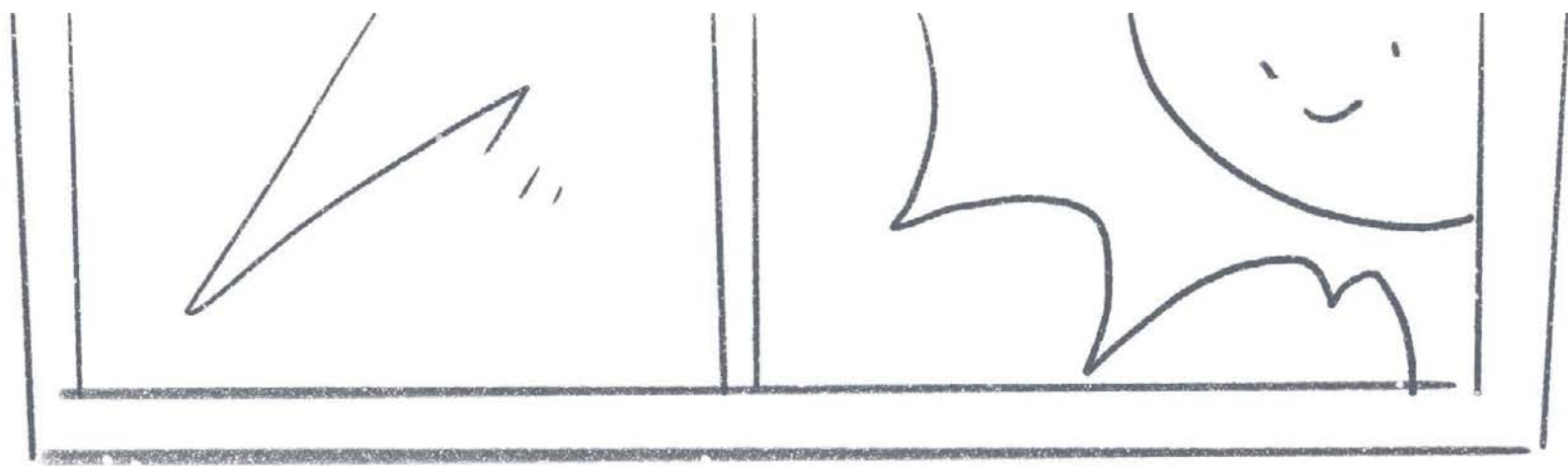
這次可能很久不能出門嘍。我已經準備好了，在家跟爸爸媽媽上體能課、手工美術課、繪本課、邏輯課、互動玩具課、中文課、英文課。

This time I may have to stay at home for a long time. I'm well prepared for that. I have a lot of fun things to do with Mum & Dad, like physical practices, making handicraft, reading picture books, taking logic lessons, playing with my toys, learning Chinese and English, etc.



在家要多吃蔬菜，不吃零食，多多睡覺，多多運動，提高免疫力！

Immunity is very very important! I must eat more vegetables, take more sleep, take more exercise at home, and say no to snack!



不能出門也很開心呢！遠離新型冠狀病毒，從我做起！

So much fun at home! Let's keep safe and stay healthy.
Stay away from the new virus!

新型冠狀病毒
原創公益電子繪本

《為什麼不能出門？》

文字：A卡苏（公众号/微博：A卡苏）

插畫：太阿也啦嚕

專業內容指導：北京協和醫院呼吸科醫生

專業內容指導：北京協和醫院郭晶

校對：Dr. Michael Yuan



A卡苏

资深国际注册会计师/ CFO。分享陪伴
女儿徐笑笑（2016.8）成长的教育感悟
/ 亲子游记/ 平衡工作与育儿的方法。



长按识别图中二维码关注