

為<sup>メ</sup>什<sup>ナニ</sup>麼<sup>ナニ</sup>不<sup>ク</sup>能<sup>ク</sup>出<sup>イ</sup>門<sup>カ</sup>

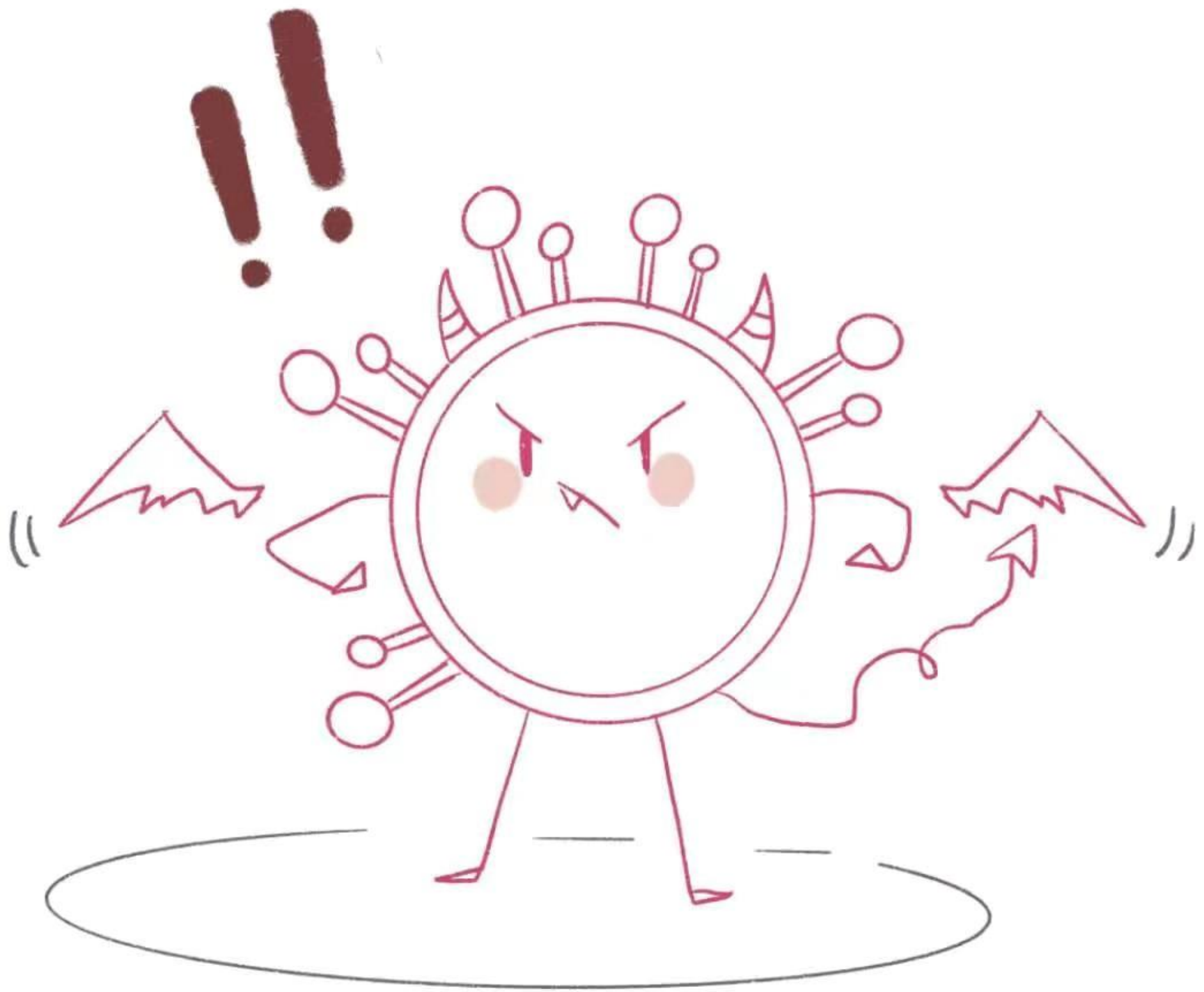
Why can't I go out?





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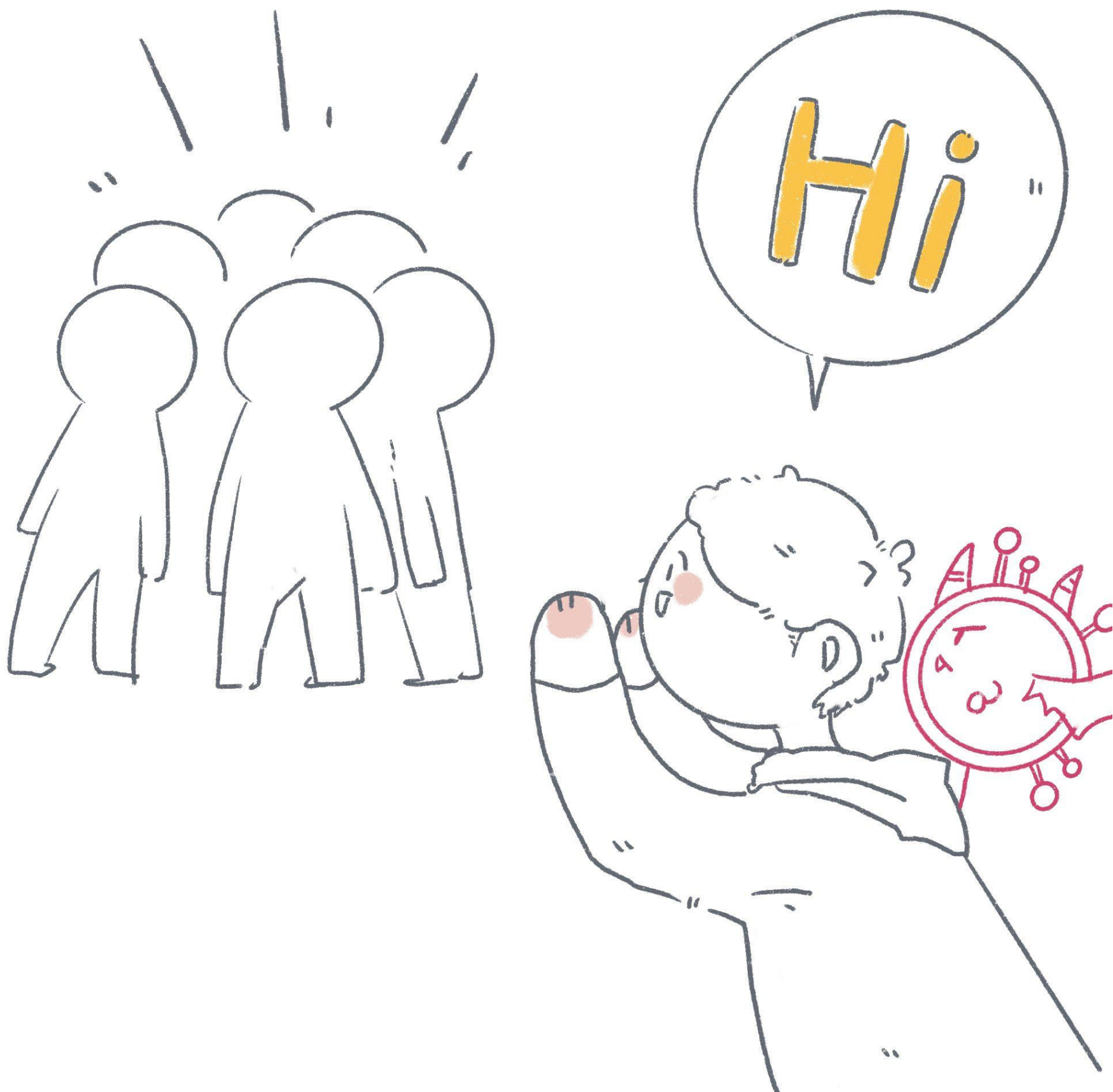
If a person with 2019-nCoV touches something, like a doorknob, and I touch the same thing later, I may get infected if I lick my fingers, rub my eyes, pick my nose, clean my ears, etc.





感<sub>カ</sub>染<sub>シ</sub>了<sub>カ</sub>新<sub>シ</sub>型<sub>ノ</sub>冠<sub>ク</sub>狀<sub>ク</sub>病<sub>ノ</sub>毒<sub>ノ</sub>的<sub>ノ</sub>人<sub>ノ</sub>，可<sub>シ</sub>能<sub>シ</sub>會<sub>シ</sub>發<sub>シ</sub>燒<sub>シ</sub>，並<sub>シ</sub>且<sub>シ</sub>胸<sub>ノ</sub>悶<sub>シ</sub>、胸<sub>ノ</sub>痛<sub>シ</sub>、呼<sub>シ</sub>吸<sub>シ</sub>困<sub>シ</sub>難<sub>シ</sub>。

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，為了更好的保護我自己，我儘量減少出門，避免到人多地方。

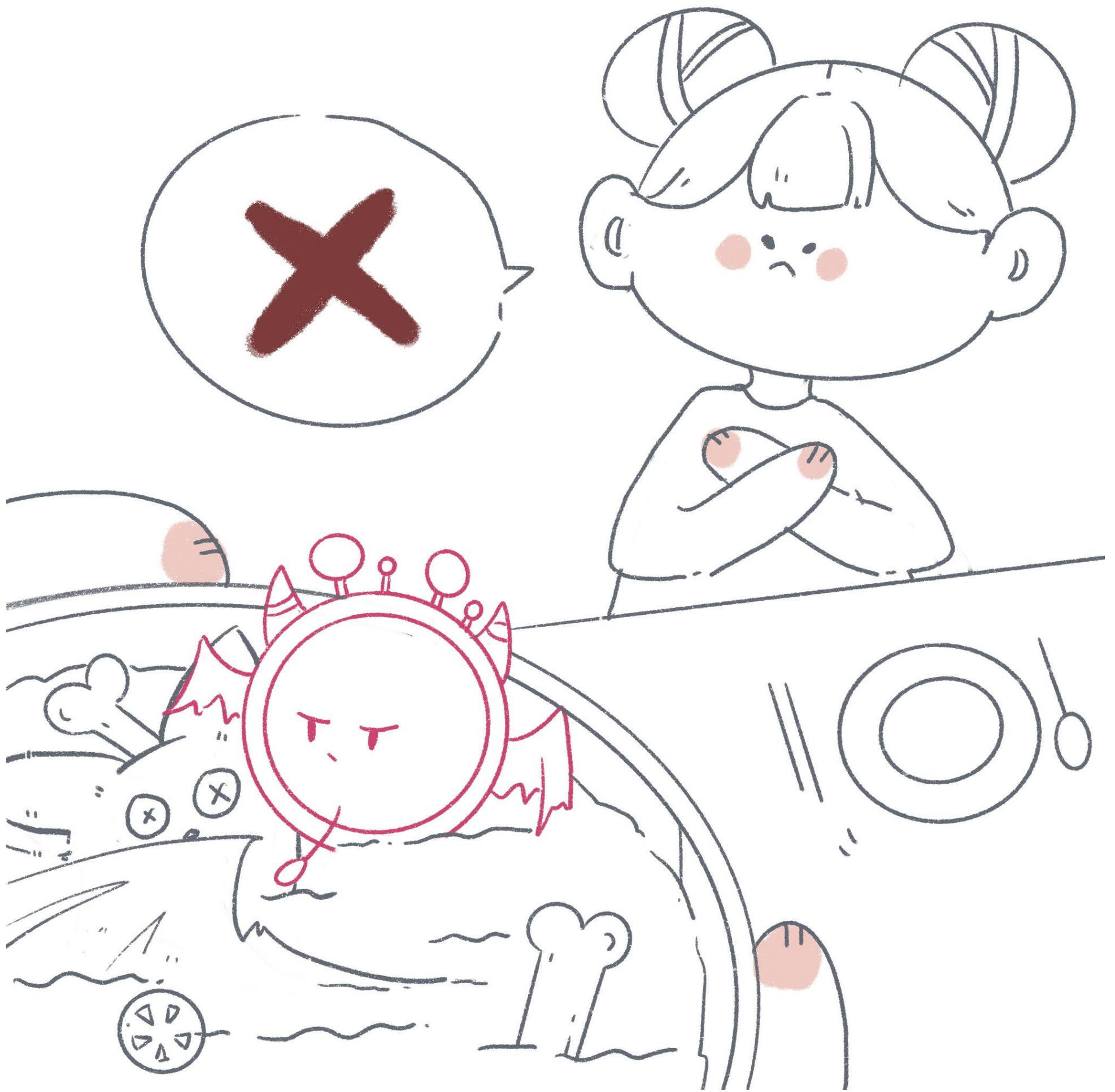
That's why I should stay at home and keep away from crowds to protect myself and others.





新<sup>ㄒㄩㄣ</sup>型<sup>ㄒㄩㄣ</sup>冠<sup>ㄍㄨㄢ</sup>狀<sup>ㄓㄨㄤ</sup>病<sup>ㄅㄧㄥ</sup>毒<sup>ㄉㄨ</sup>是<sup>ㄕ</sup>從<sup>ㄘㄨㄥ</sup>哪<sup>ㄋㄚ</sup>裡<sup>ㄌㄧ</sup>來<sup>ㄌㄞ</sup>的<sup>ㄉㄛ</sup>  
呢<sup>ㄋㄟ</sup>? 是<sup>ㄕ</sup>有<sup>ㄩ</sup>人<sup>ㄖㄣ</sup>吃<sup>ㄟ</sup>了<sup>ㄌㄞ</sup>野<sup>ㄩ</sup>生<sup>ㄕ</sup>動<sup>ㄉㄨㄥ</sup>物<sup>ㄨㄛ</sup>，由<sup>ㄩ</sup>野<sup>ㄩ</sup>生<sup>ㄕ</sup>  
動<sup>ㄉㄨㄥ</sup>物<sup>ㄨㄛ</sup>傳<sup>ㄟ</sup>播<sup>ㄅㄛ</sup>給<sup>ㄕ</sup>我<sup>ㄎ</sup>們<sup>ㄇㄣ</sup>人<sup>ㄖㄣ</sup>類<sup>ㄌㄞ</sup>的<sup>ㄉㄛ</sup>。

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



野<sub>世</sub>生<sub>ル</sub>動<sub>カ</sub>物<sub>ノ</sub>×是<sub>ハ</sub>人<sub>ノ</sub>類<sub>ノ</sub>的<sub>カ</sub>好<sub>ム</sub>朋<sub>ト</sub>友<sub>ニ</sub>，我<sub>タ</sub>們<sub>ハ</sub>應<sub>ル</sub>該<sub>ク</sub>和<sub>シ</sub>平<sub>ク</sub>相<sub>カ</sub>處<sub>ヘ</sub>，要<sub>ハ</sub>從<sub>ム</sub>小<sub>シ</sub>拒<sub>ル</sub>絕<sub>セ</sub>吃<sub>テ</sub>野<sub>世</sub>生<sub>ル</sub>動<sub>カ</sub>物<sub>ノ</sub>×。

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





如<sub>レ</sub>果<sub>ク</sub>有<sub>ニ</sub>特<sub>ホ</sub>殊<sub>ク</sub>情<sub>ク</sub>況<sub>ヲ</sub>，需<sub>ト</sub>要<sub>ハ</sub>出<sub>イ</sub>門<sub>ヲ</sub>，出<sub>イ</sub>門<sub>ノ</sub>的<sub>キ</sub>時<sub>ク</sub>候<sub>ハ</sub>，必<sub>ク</sub>須<sub>ト</sub>讓<sub>ル</sub>爸<sub>ヤ</sub>爸<sub>ヤ</sub>媽<sub>ノ</sub>媽<sub>ノ</sub>幫<sub>ケ</sub>我<sub>ニ</sub>戴<sub>カ</sub>好<sub>ク</sub>口<sub>ヲ</sub>罩<sub>ヒ</sub>。

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<sub>ㄏㄨㄟˋ</sub>到<sub>ㄉㄠˋ</sub>家<sub>ㄐㄧㄚˊ</sub>後<sub>ㄏㄨㄟˋ</sub>，第<sub>ㄉㄩˊ</sub>一<sub>ㄩˊ</sub>步<sub>ㄅㄨˋ</sub>脫<sub>ㄊㄨㄟˋ</sub>掉<sub>ㄉㄠˋ</sub>衣<sub>ㄩㄥˊ</sub>服<sub>ㄈㄨˊ</sub>鞋<sub>ㄒㄩㄝˊ</sub>子<sub>ㄗㄩˊ</sub>，給<sub>ㄱㄟˊ</sub>爸<sub>ㄅㄚˊ</sub>爸<sub>ㄅㄚˊ</sub>媽<sub>ㄇㄚˊ</sub>媽<sub>ㄇㄚˊ</sub>。

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

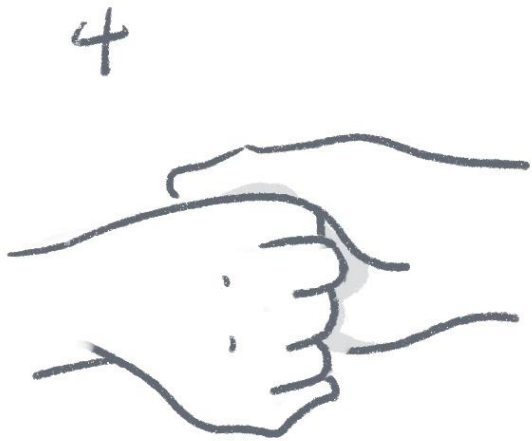
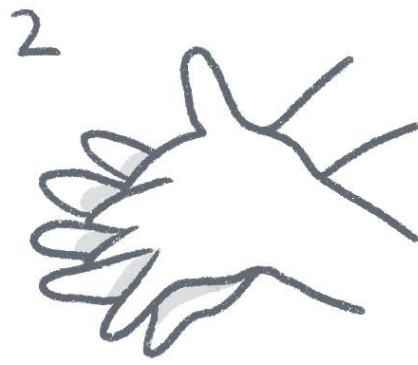




第<sup>二</sup>步<sup>二</sup>，讓<sup>日</sup>爸<sup>父</sup>爸<sup>父</sup>媽<sup>母</sup>媽<sup>母</sup>幫<sup>我</sup>我<sup>我</sup>摘<sup>出</sup>口<sup>口</sup>罩<sup>罩</sup>。

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





第<sub>カ</sub>三<sub>ク</sub>步<sub>ク</sub>，要<sub>ハ</sub>用<sub>ル</sub>七<sub>ク</sub>步<sub>ク</sub>洗<sub>フ</sub>手<sub>ノ</sub>法<sub>ヲ</sub>，認<sub>ル</sub>真<sub>ク</sub>洗<sub>フ</sub>手<sub>ヲ</sub>。

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



第<sup>カ</sup>四<sup>ム</sup>步<sup>ク</sup>，小<sup>ト</sup>手<sup>マ</sup>洗<sup>ト</sup>乾<sup>ク</sup>淨<sup>ク</sup>後<sup>ノ</sup>，要<sup>ハ</sup>用<sup>ヒ</sup>泡<sup>ク</sup>沫<sup>ク</sup>把<sup>ク</sup>臉<sup>カ</sup>也<sup>セ</sup>洗<sup>ト</sup>乾<sup>ク</sup>淨<sup>ク</sup>。

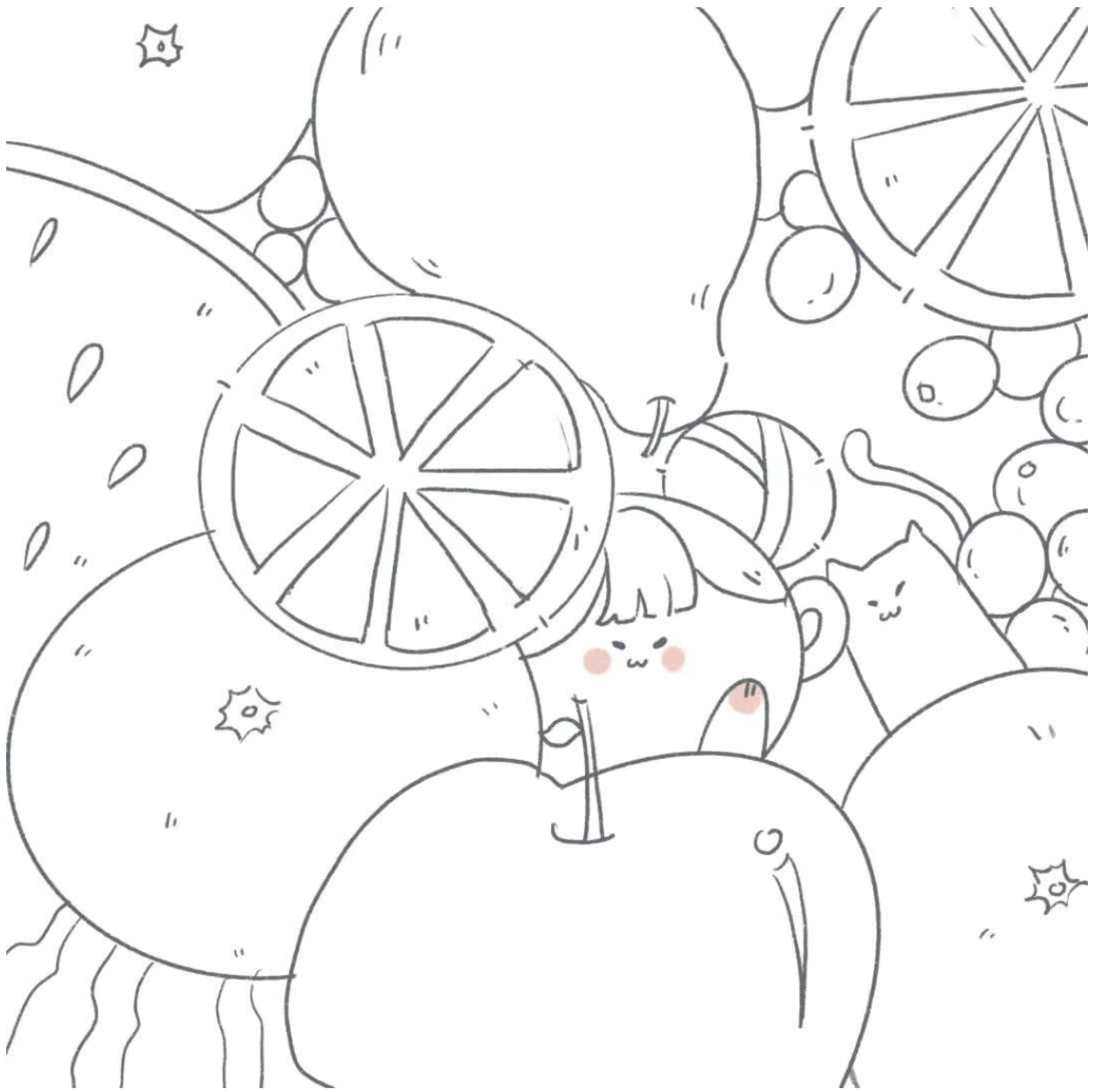
Step four is to wash my face after hands are clean.



這次可能很久不能出門嘍。我已一經準備好了，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。

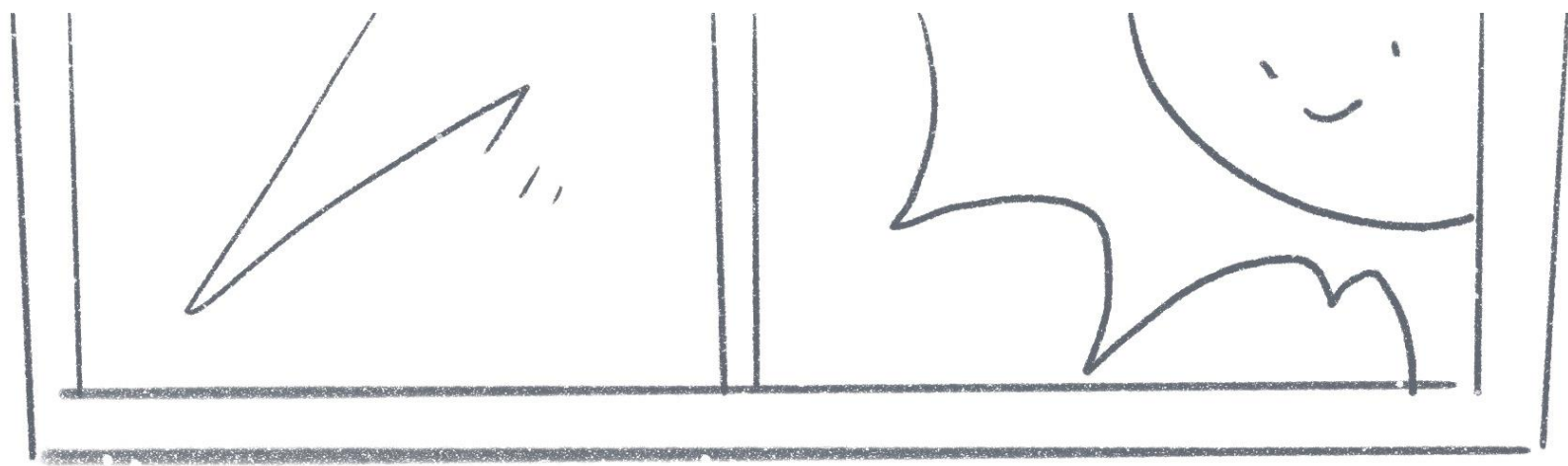
This time I may have to stay at home for a long time. I'm well prepared for that. I have a lot of fun things to do with Mum & Dad, like physical practices, making handicraft, reading picture books, taking logic lessons, playing with my toys, learning Chinese and English, etc.





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<sub>ウ</sub>能<sub>ム</sub>出<sub>イ</sub>門<sub>ク</sub>也<sub>セ</sub>能<sub>ム</sub>很<sub>ク</sub>開<sub>カ</sub>心<sub>ラ</sub>呢<sub>カ</sub>！遠<sub>ト</sub>離<sub>カ</sub>  
新<sub>シ</sub>型<sub>ク</sub>冠<sub>ク</sub>狀<sub>ク</sub>病<sub>ク</sub>毒<sub>ク</sub>，從<sub>チ</sub>我<sub>ニ</sub>做<sub>テ</sub>起<sub>ク</sub>！

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



行政院衛生福利部疾病管制署提醒：



● 個人應自我保護措施：

1. 勤洗手

2. 戴口罩（外科口罩）

3. 不要摸臉、揉眼睛

● 自疫區返國若有出現

發燒、咳嗽、呼吸急促

的狀況，應主動通報

；回國後14天內出現

症狀請打1422免費

防疫專線。