

# 为什么不能出门？

Why can't I go out?





爸爸妈妈突然取消了春节聚餐，还不让我出门，为什么？

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



因为出现了新型冠状病毒。这种病毒会导致很严重的发烧，甚至需要住院。

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





如果一个携带新型冠状病毒的人，站在我对面跟我说话，他说话时嘴巴里溅出的飞沫，会传染我。

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



如果一个携带新型冠状病毒的人，摸了门把手，我也摸了同一个门把手，摸完吃手、揉眼睛、抠鼻子、掏耳朵，那么我也会被传染。

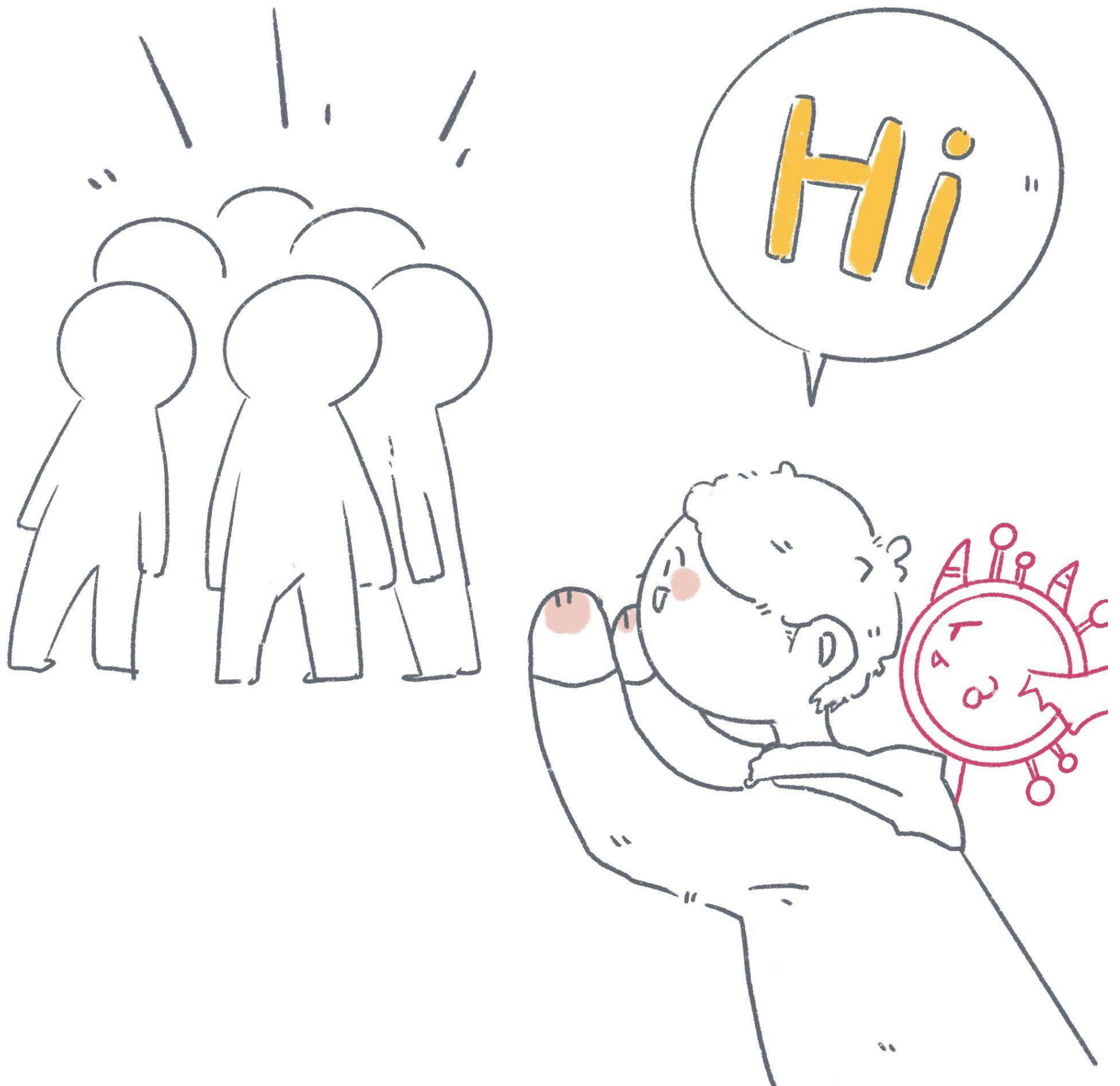
If a person with 2019-nCoV touches something, like a doorknob, and I touch the same thing later, I may get infected if I lick my fingers, rub my eyes, pick my nose, clean my ears, etc.



感染了新型冠状病毒的人，会发烧，并且胸闷、憋气、胸痛、呼吸困难。

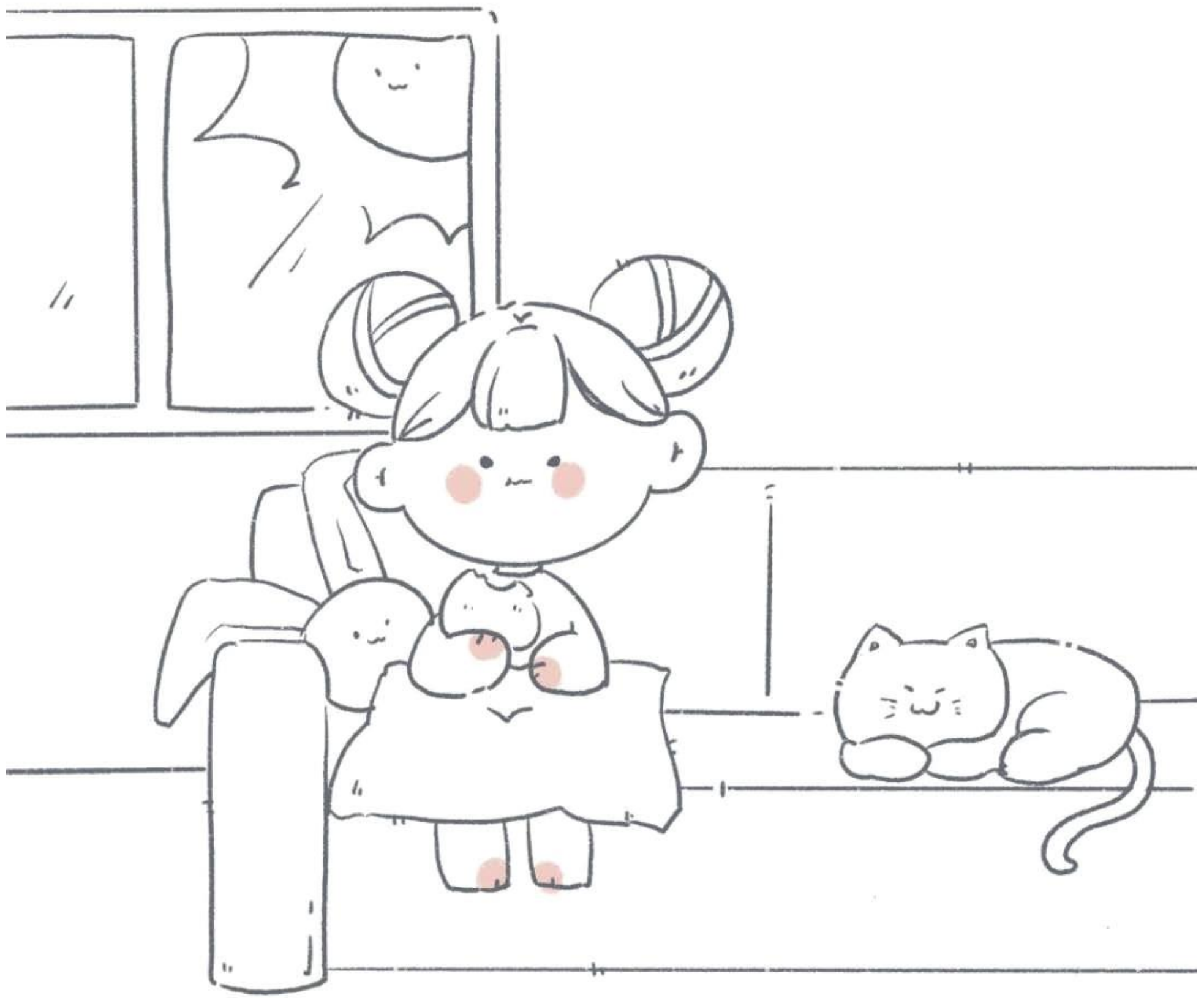
People infected by the new virus may have severe symptoms, such as fever, chest tightness, chest pain, shortness of breath, etc.





可是很多感染了新型冠状病毒的人，没有明显的症状，他们自己也不知道自己已经被传染了，这些人去到公共场所，会传染给更多的人。

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.



正因为这样，为了更好的保护我自己，我尽量减少出门，避免到人多的地方。

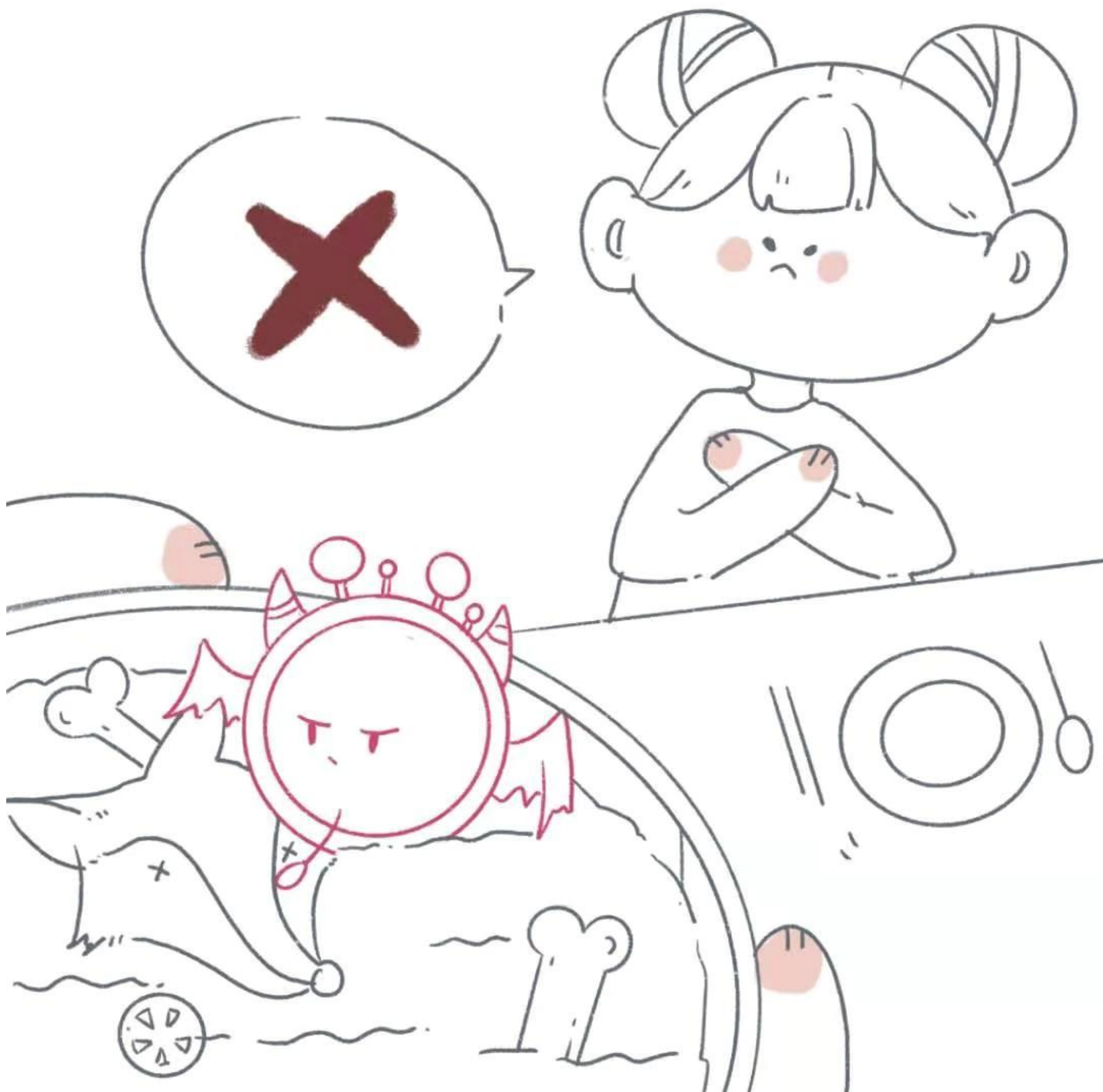
That's why I should stay at home and keep away from crowds to protect myself and others.





新型冠状病毒是从哪里来的呢？是有人吃了野生动物，由野生动物传播给我们人类的。

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



野生动物是人类的好朋友，我们应该和平相处，  
要从小拒绝吃野生动物。

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



如果有特殊情况，需要出门，出门的时候，必须让爸爸妈妈帮我戴好口罩。

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





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

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



回到家后，第一步脱掉衣服鞋子，给爸爸妈妈。

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

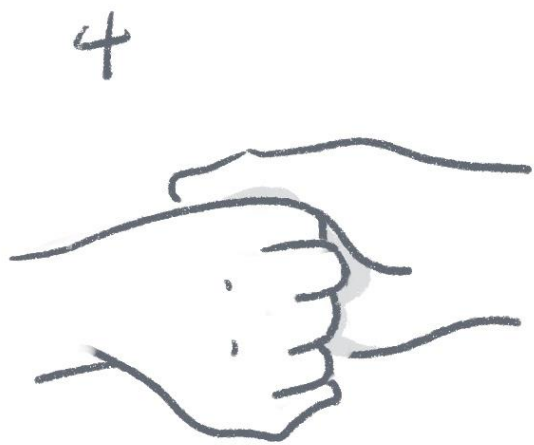
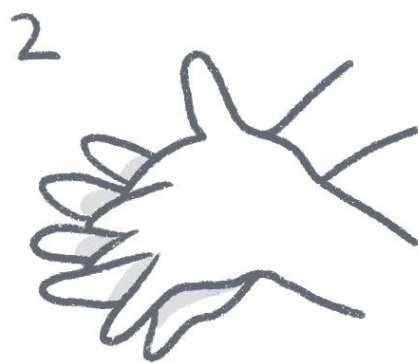




第二步，让爸爸妈妈帮我摘口罩。

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





第三步，要用七步洗手法，认真洗手。

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



第四步，小手洗干净后，要用泡沫把脸也洗干净。

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



这次可能很久不能出门喽。我已经准备好了，在家跟爸爸妈妈上体能课、手工美术课、绘本课、逻辑课、互动玩具课、中文课、英文课。

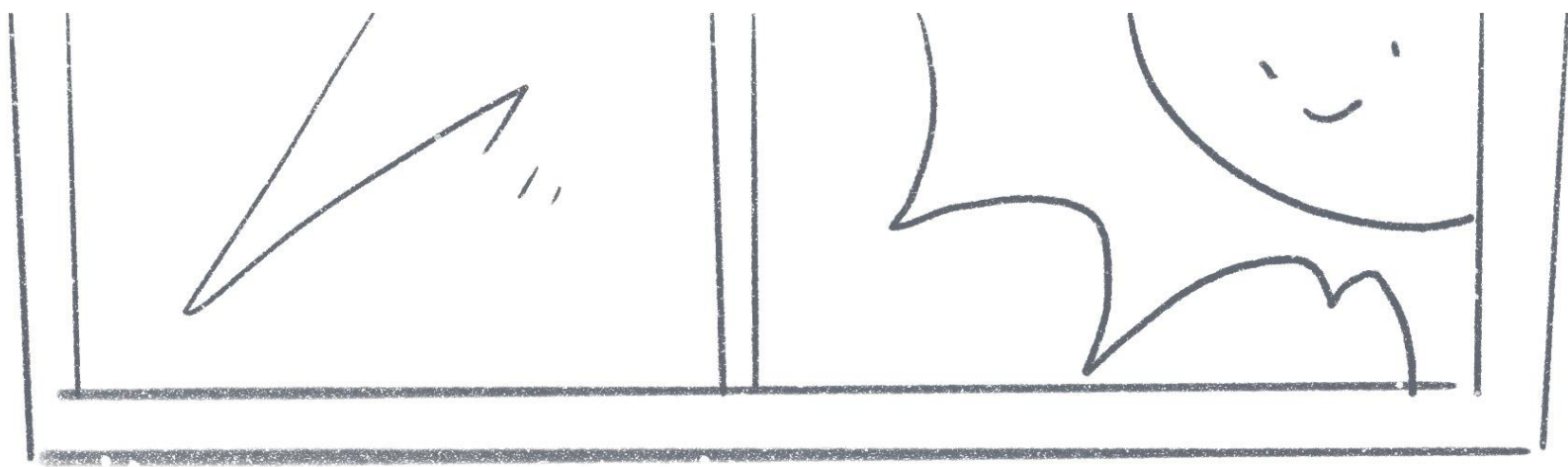
This time I may have to stay at home for a long time. I'm well prepared for that. I have a lot of fun things to do with Mum & Dad, like physical practices, making handicraft, reading picture books, taking logic lessons, playing with my toys, learning Chinese and English, etc.





在家要多吃蔬菜，不吃零食，多多睡觉，多多运动，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!



不能出门也能很开心呢！远离新型冠状病毒，  
从我做起！

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

新型冠状病毒  
原创公益电子绘本

# 《为什么不能出门？》

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