A New Virus has arrived

新病毒的入侵

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because all our children deserve to be healthy

因为所有的孩子都拥有健康的权利。

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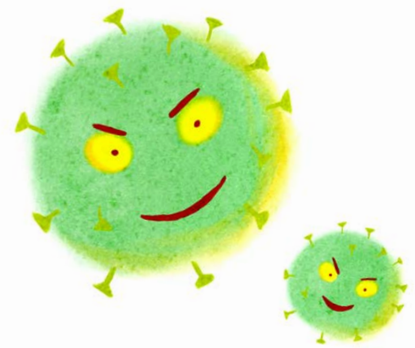
A new virus has arrived in town.

有一种新病毒入侵到我们的城市里。



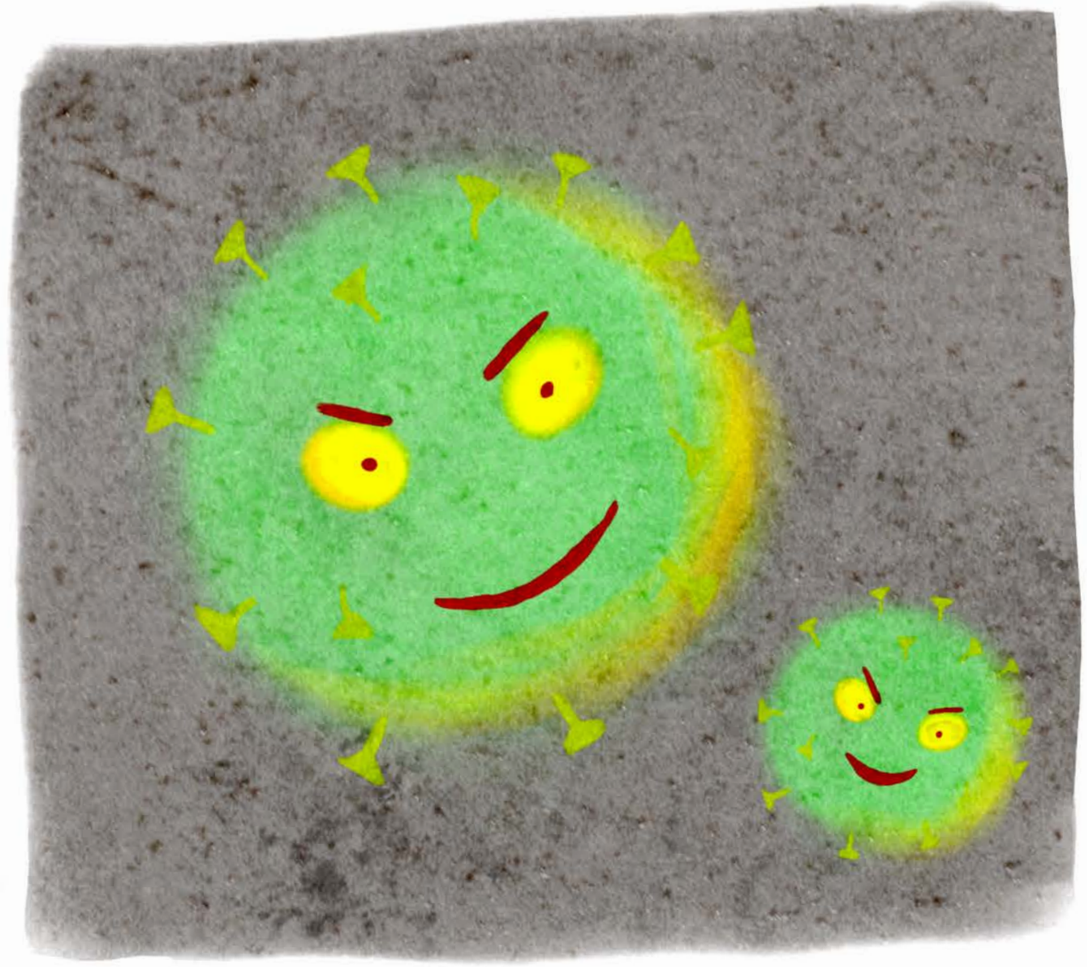
THE STRAITS TIMES

23 January, 2020, Thursday

Singapore confirms first case of Wuhan virus; second case likely

SINGAPORE - A China national has tested positive for the Wuhan virus in Singapore, with another likely to have the virus.

The 66-year-old man, a Wuhan resident, arrived in Singapore with nine travelling companions on Monday (Jan 20), and stayed at Shangri-La's Rasa Sentosa resort, the Ministry of Health said at a briefing on Thursday...



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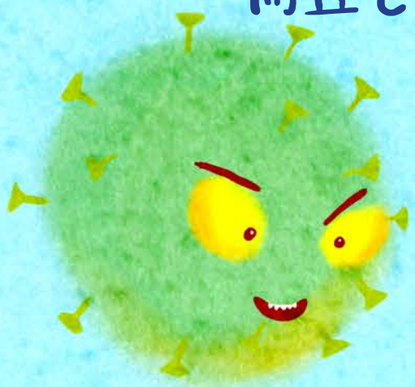
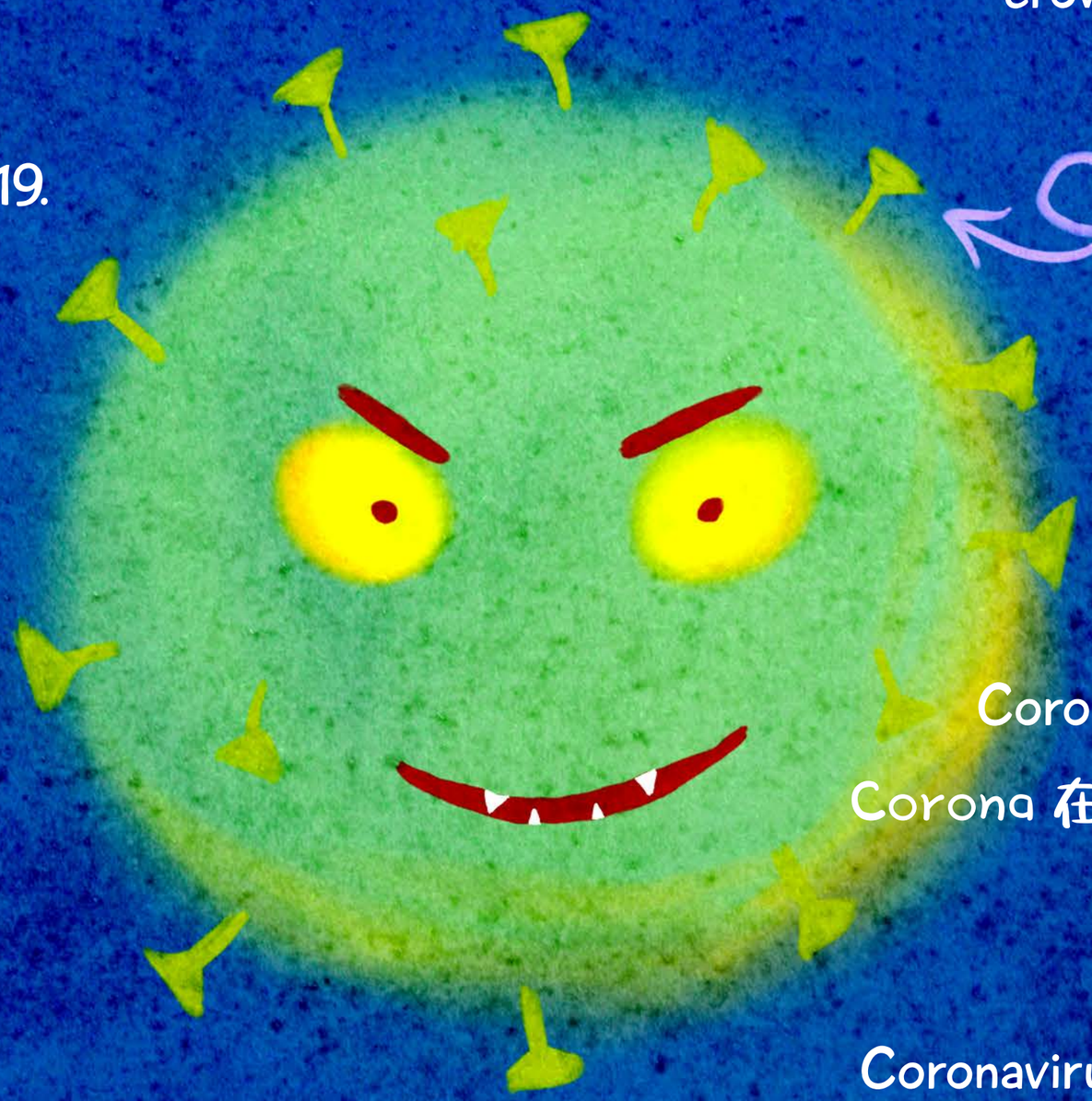
and it's coming after everyone!

而且它正在偷偷地威胁着这里的每一个人！



What a funny name it has!
Its name is...COVID-19.

The name stands for
coronavirus disease 2019.



It gets its name from the
crown-like spikes on its body.

它的名字来源于它身
上的冠状结构。

Corona means crown in Spanish.

Corona 在西班牙语中的意思是皇冠。

它有个奇怪的名字
它的名字是...COVID-19。

它也简称为2019新型冠状病毒。

Coronaviruses are a group of viruses
that cause diseases in mammals and birds.

冠状病毒是一种能
引起哺乳动物和鸟类疾病的病毒。

COVID-19 leads to pneumonia.
(new - mo - nia)

COVID-19能导致人类感染肺炎。

Air sacs in our lungs
become inflamed.

肺部的气囊发炎。

Lungs fill up
with liquid called pus.

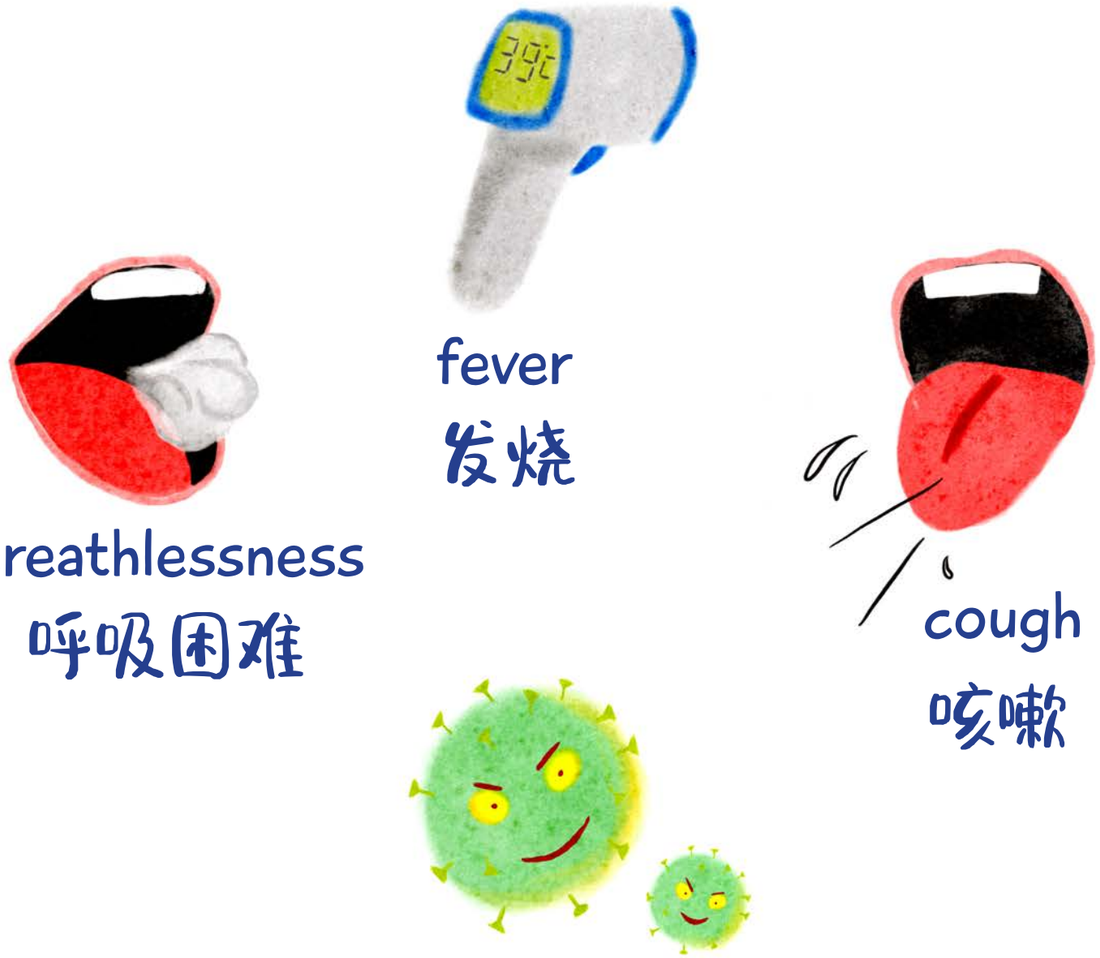
肺里充满称为
脓的液体。

Lungs cannot absorb the
oxygen that we breathe in.

导致肺部无法正
常吸收氧气。

How will our body feel if
we get COVID-19?

如果感染了COVID-19，
人们的身体会出现哪些症状?

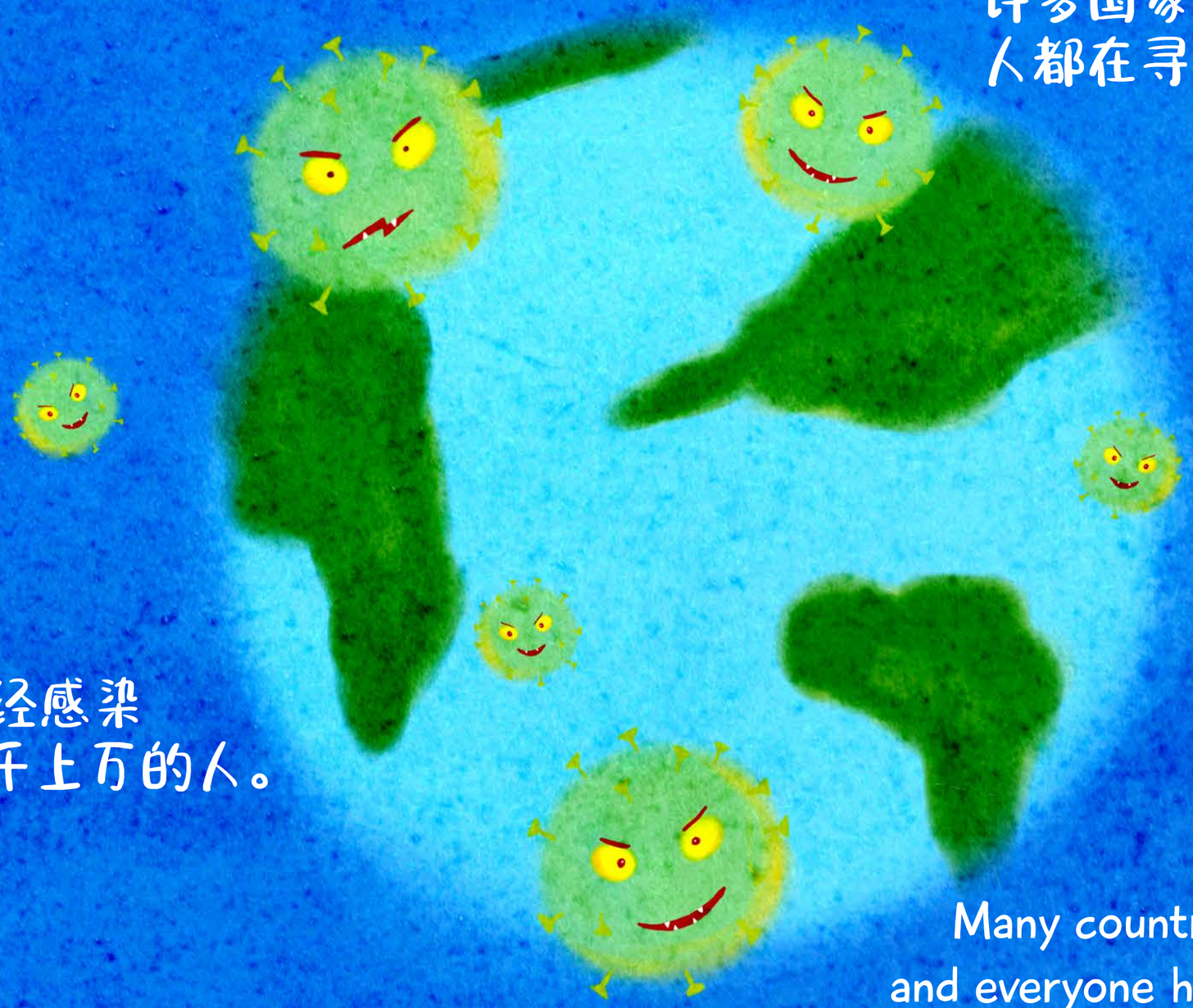


breathlessness
呼吸困难

fever
发烧

cough
咳嗽

COVID-19 has infected
thousands of people in the world.



许多国家都受到了影响，每个
人都在寻找保护自己不受病毒
感染的方法。

COVID-19已经感染
了世界上成千上万的人。

Many countries have been affected
and everyone has been finding ways to
protect themselves against the virus.

COVID-19 spreads fast!

It can spread through tiny droplets in your saliva when you talk, laugh, cough or sneeze!

If you do not wash your hands, the virus can remain on your hands and go onto the things you touch.

COVID-19的传播速度超级惊人！

当你说话，哈哈大笑，咳嗽或者打喷嚏的时候，病毒就会通过你喷出的唾液和飞沫传播。

如果不去及时洗手，那么这个冠状病毒就会停留在你的手上，甚至会去到你手所触碰的物体上面。

When we go to school each day, our teachers take our temperatures.

We need to wait patiently in line to get checked. We make sure we are healthy before entering school.

This way, we will not pass on any germs to each other.

当我们每天上学时，老师会测量我们的体温。

我们需要耐心排队接受检查。在进入学校之前，要确保我们都是健康的。

这样我们就不会互相传播细菌和病毒了。

If you are feeling unwell, don't be afraid.

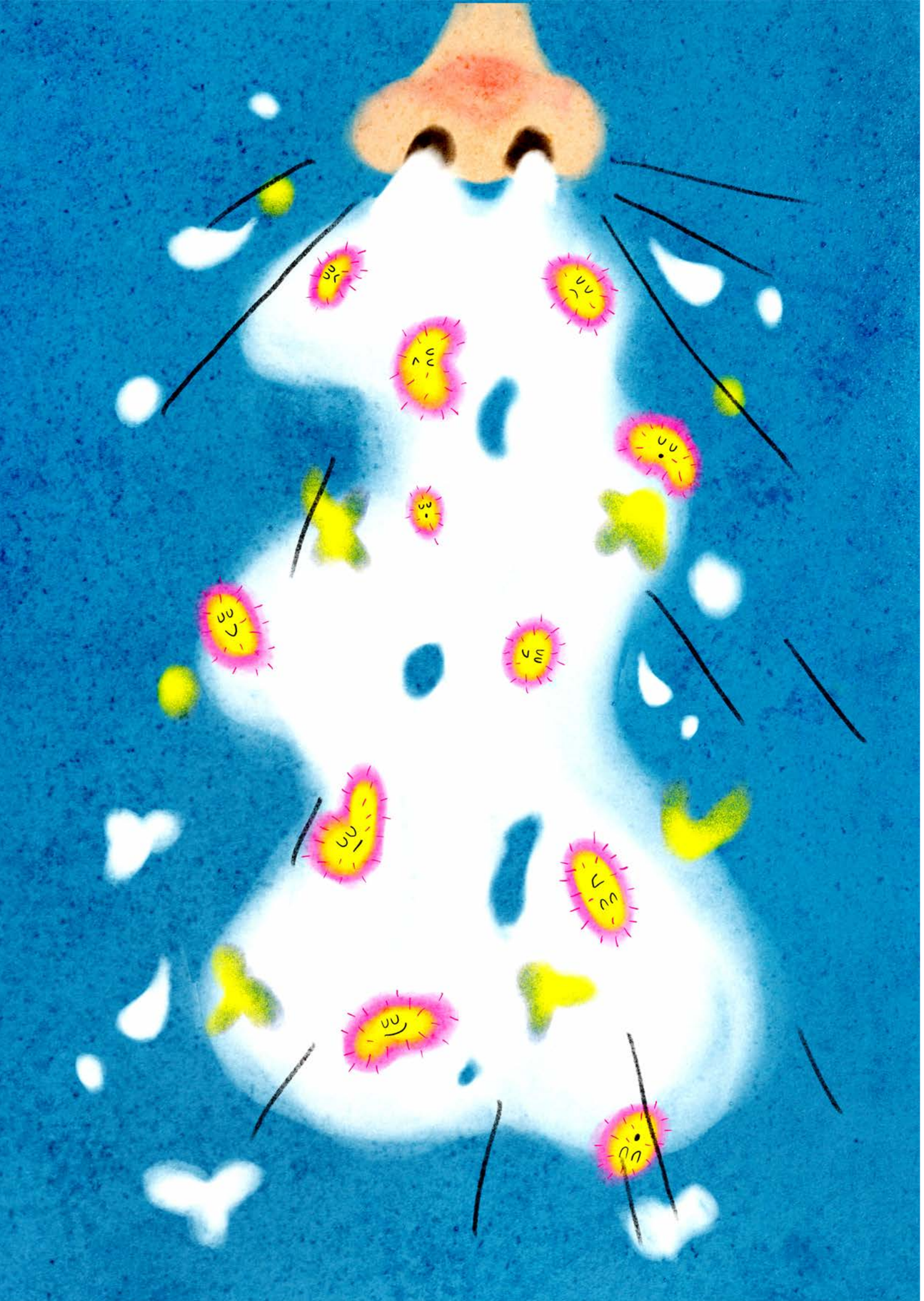
Just let your teachers know
and they will help you.

如果你感到不舒服，不要害怕。

你可以告诉老师们，他们会帮你！

Can you think of other ways to protect ourselves from COVID-19?

你能想出其它办法来保护自己不受COVID-19感染吗?



Yikes! Look at what comes
out when we sneeze?

哎哟！看看当我们打喷嚏时，
鼻孔里都喷出了什么？

What should we do if we are sick?

If a tissue is not
available, use your arm.

如果没有纸巾，可以用
你的手臂遮住嘴巴。

Always throw your dirty tissues
in the bin and wash your hands!

把使用过的
纸巾丢进垃圾桶里。

Use a tissue to catch your
cough or sneeze!

当你打喷嚏或咳嗽时，
请用纸巾遮住嘴巴。

Remember to wear the
coloured side facing out!

口罩应是有
颜色的部分向外

Always wear a mask
when you go out.

出门时，
一定要戴口罩。

如果我们生病了我们该怎么办?

Drink lots of water.

多喝水。

Have enough rest.

好好休息。

Eat plenty of fruits
and vegetables.

多吃水果和蔬菜。

Here are some ways to protect ourselves from COVID-19.

这是一些可以预防
COVID-19感染的方法。

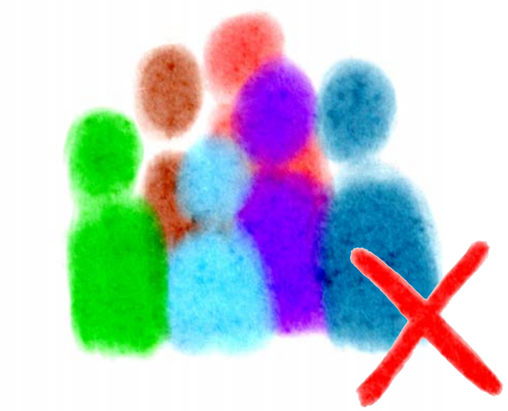
Wash your hands regularly with soap.

勤洗手，
使用洗手液洗手。

Do not share food.

不要和别人共用食物。

Do not go to crowded places.



不要去人多的地方。

Do not touch live birds, poultry and other animals.

不要在未加防护的情况下，接触野生或养殖的鸟禽和动物。

It may sound a bit scary but many doctors and nurses are working hard to make sure everyone who is sick gets well.

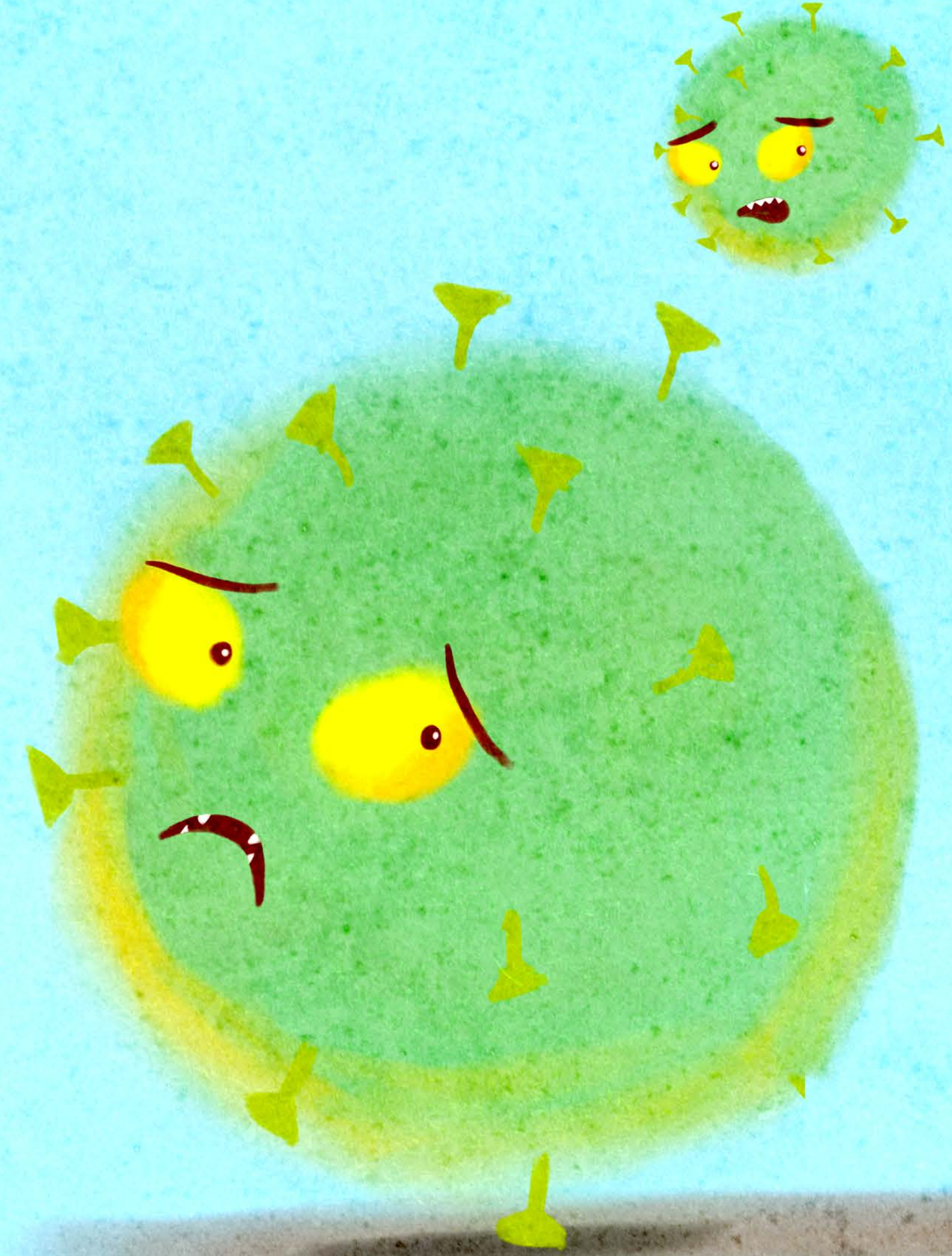
Let's play our part to keep everyone safe and healthy!

这听起来可能有点可怕，许多医护人员正在努力帮助每个患病的人早日恢复健康。

请所有的小朋友和大人们都行动起来，为了我们共同的健康和安全一起努力。

Together, we can chase
COVID-19 away!

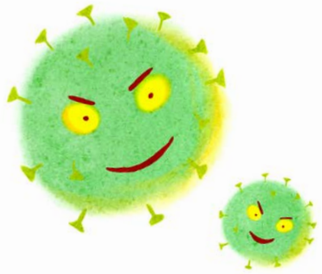
只要我们同心协力，
一定能赶走COVID-19！



Glossary

词汇表

virus	病毒 bìng dú
coronavirus disease 2019	2019 冠状病毒 2019 guān zhuàng bìng dú
pneumonia	肺炎 fèi yán
inflamed	发炎 fā yán
infected	感染 gǎn rǎn



About the book

后记

A New Virus Has Arrived is a special book for children of all ages, even parents and grandparents too. With lighthearted illustrations and a sensitive narrative, it explains the COVID-19 in a meaningful way.

We respect every child as a curious and capable individual. They are constantly making sense of their daily interactions and building an understanding of the world. As parents, we have an innate desire to protect our children against anything harmful. Instead of succumbing to our fears, let us instead engage and connect with our children as we support them in navigating the world.

We hope this book opens up opportunities for dialogue and learning, for both child and adult.

《新病毒的入侵》是一本非常特殊的绘本，适合各个年龄段的孩子和家人进行亲子阅读。绘本通过风趣幽默的插图，以通俗易懂的方式给孩子解释什么是COVID-19。

我们尊重每一位孩子，视他们为富有好奇心、善于沟通、和有能力的人。他们通过观察，以及与他人的日常互动，来建立他们对周遭世界的认知。作为父母，我们都竭尽所能去保护我们的孩子免受伤害。与其被未知的恐惧打败，不如在遇到问题和困难时，与他们共同探讨解决的方法。在我们的支持和鼓励下，孩子才能学会如何独立面对问题，解决困难。

我们希望这本绘本能激发孩子与成人之间进行交流和学习的机会。

The EtonHouse Community Fund (ECF) is a Registered Non-Profit organization approved by the Commissioner of Charities in Singapore and is an Institution of Public Character (IPC). All children, regardless of background, should have access to education, and a safe and nurturing environment. We are committed to fulfilling this vision for Singapore.

伊顿基金会（ECF）是经新加坡慈善总监批准注册的非营利组织，是合法的公益机构（IPC）。我们致力于帮助弱势孩童，我们的愿景是让新加坡的每个孩子都能拥有安全和良好的成长环境，并获得受教育的机会。

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