



**Sometimes People Wear Face Masks**

有時人們會戴上口罩

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There are lots of different types of face masks. They help stop people from sharing the germs from their nose and mouth.

口罩有很多不同類型。

口罩可幫助阻止細菌從人們的鼻子和口腔傳播。



More people are wearing face masks now because there is a sickness called Coronavirus or COVID-19. Wearing a mask helps to stop this sickness from spreading.

現在更多的人戴著口罩,因為有一種叫做冠狀病毒或 COVID-19 的疾病。戴口罩有助於阻止這種疾病的傳播。





I might see people  
wearing face masks in  
shops and busy places.

我可能會看到人們在商店  
和繁忙的地方戴著口罩。



There might be times  
when I might need to  
wear a face mask too.  
This could feel strange  
at first.

有時我可能也需要戴口罩。  
剛開始可能感覺很奇怪。



I can practise wearing a face mask to get used to how it feels. I can also wash my hands and use hand sanitiser to help keep germs away.

我可以从練習戴口罩來習慣它的感覺。我也可以从洗手, 使用消毒洗手液以確保細菌遠離。





I can keep space between myself and others when I am out to help keep germs away too.

I might see signs or stickers that remind everyone to do this.

當我外出時, 为确保与他人遠離細菌的傳播, 我會和他人之間保持一定的距離。我可能會看到提醒每個人這樣做的標誌或貼紙。



It might feel a little bit different to see so many people wearing face masks or to wear one myself.

看到這麼多人戴口罩或自己戴着口罩,也許會感覺有點不同。





If I feel worried about things being different, I can talk to a grown-up and ask any questions.

如果我擔心事情會有所不同，我可以和成年人交談，詢問任何問題。



The grown-ups I trust will keep me safe. There are lots of helpers keeping people safe too.

我相信成年人會保護我的安全。也有很多幫助人們安全的助手。