

A photograph of three children running away from the camera in a grassy field. On the left is a girl with long brown hair in a rainbow-striped dress. In the middle is a girl with long brown hair and a blue bow, wearing a colorful checkered dress. On the right is a boy in a blue and white striped shirt and khaki shorts. They are all holding hands and running towards a line of green trees in the background under bright sunlight.

# Staying Healthy 保持健康

Developed by KU Children's Services  
Sector Capacity Building Program with  
funding from the NSW Department of Education



Sometimes people  
get sick.

有时人们会生病



Germs can make us sick. Germs are tiny little things that you can't see.

细菌会让我们生病。细菌是看不见的小东西。



Germs can spread from one person to another. They also live on all things.

细菌可以从一个人传播到另一个人。

細菌也可以留在所有物件中。



I can spread my germs less if I cough and sneeze into my elbow or into a tissue and throw it in the bin.

如果我咳嗽和打喷嚏时用肘部或纸巾遮住，然后扔进垃圾桶，这样可以减少传播细菌。



I need to keep my hands away from my face to keep the germs out of my body.

我需要避免手部接触脸部，  
确保身体不接触病菌



I can keep the germs away  
if I wash my hands a lot.

如果我经常洗手，我可以远  
离细菌



I should wash my hands many times each day.

When I arrive at preschool, after I play, before and after I eat, if I sneeze or wipe my nose, and when I go to the toilet.

我应该每天勤洗手。

当我到达学前班，玩耍后，吃饭之前和之后，如果我打喷嚏或擦拭我的鼻子，和当我上洗手间时。



I always use soap and water when I wash my hands.

我洗手用肥皂和水。

"1, 2, 3, 4, 5, 6, 7,  
8, 9, 10, 11, 12, 13,  
14, 15, 16, 17, 18,  
19, 20."

"Happy birthday to  
you... "

I can count to 20 or sing  
'Happy Birthday' when I  
am washing my hands.

当我洗手，我可以数到 20  
或唱 '生日快乐' 歌。



This will make sure my hands are clean and this helps me stay healthy.

經常保持我的手乾淨,這將有助於我保持健康。



If I feel sick, I can tell  
a grown up. A grown  
up will help me.

如果我觉得不舒服，我  
可以告诉一个成年人。  
一个成年人会帮助我。