

A young boy and a young girl are seen from behind, looking out a window. The boy is wearing a red and white striped shirt, and the girl is wearing a green patterned shirt. They are looking out at a brick building with white window frames. The scene is lit with warm, natural light.

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Staying Home

待在家里



At the moment, there is a sickness called Coronavirus or COVID-19 that people can get from being close to others and catching their germs. Germs are tiny things you cannot see.

目前,有一種疾病稱為冠狀病毒或COVID-19,人們可以從接近他人和捕捉他們的細菌得到。細菌是看不見的微小的東西。



Because of this virus, things will be different for a while. People are staying home as much as they can. People need to wash their hands often and try not to touch their faces. This keeps the germs away.

由於這種病毒, 可能留在不同的一段時間。人們盡可能多呆在家裡。人們需要經常洗手, 盡量不要碰臉。這會讓細菌遠離。



Some people will still go to work or preschool or the shops.

有些人仍然會去上班、學前班或商店。



I may not go to preschool for a while, but I can think about my friends when I play at home.

我可能有一段时间不能去学前班了，但是当我在家里玩的时候，我可以想想我的朋友。



While I am at home, I might talk to my teachers on the phone or on a video call or they might give me some ideas for things I can do at home.

当我在家的时候，我可能会通过电话或视频和我的老师交谈，或者他们会提供一些想法和事情给我在家裡做。



I can go out for some exercise with my family, but we cannot get close to people I don't live with.

我可以和家人一起外出锻炼，但我们不能接近与我不同住在一起的人。



I cannot play on the play equipment at the park because there might be germs, but I can walk through the park with my family.

我不能玩公园里的设备，因为可能会有细菌，但我可以和家人一起在公园散步。



I cannot visit my grandparents and other people. This is to make sure we all stay healthy. I can send them letters and drawings, talk to them on the phone or maybe video chat with them.

我不能去看望我的祖父母和其他人. 这是为了确保我们都保持健康。我可以通过寄信和我的图画给他们, 与他们通电话, 或者视频聊天。



I cannot go out to do the activities I used to, like sport, music, dancing or art. I can do these things at home instead.

我不能外出做我过去喜欢的活动，比如体育、音乐、舞蹈或艺术，但我可以在家里做这些事情。



Sometimes the grown-ups in my family might be working at home. This might feel different. I might need to play by myself and they might ask me to play quietly sometimes while they work.

有时候家里的大人可能在家工作。这可能会感觉不同。我可能需要自己玩，他们可能会让我在工作的时候保持安静。



Sometimes I might feel sad or frustrated about things being different.

I can talk to a grown-up and they will help me.

有时我可能会因为事情的不同而感到悲伤或沮丧。

我可以跟一个成年人说话，他们会帮助我。



I can spend more time
with my family doing
fun things and being
together.

我可以花更多的时间和家
人在一起做有趣的事情。



When the virus stops spreading, we will all be able to do the things we used to do again. Staying at home a lot for now helps everyone to stay healthy.

当病毒停止传播时，我们都能够再次做以前做过的事情。现在呆在家里有助于每个人保持健康。