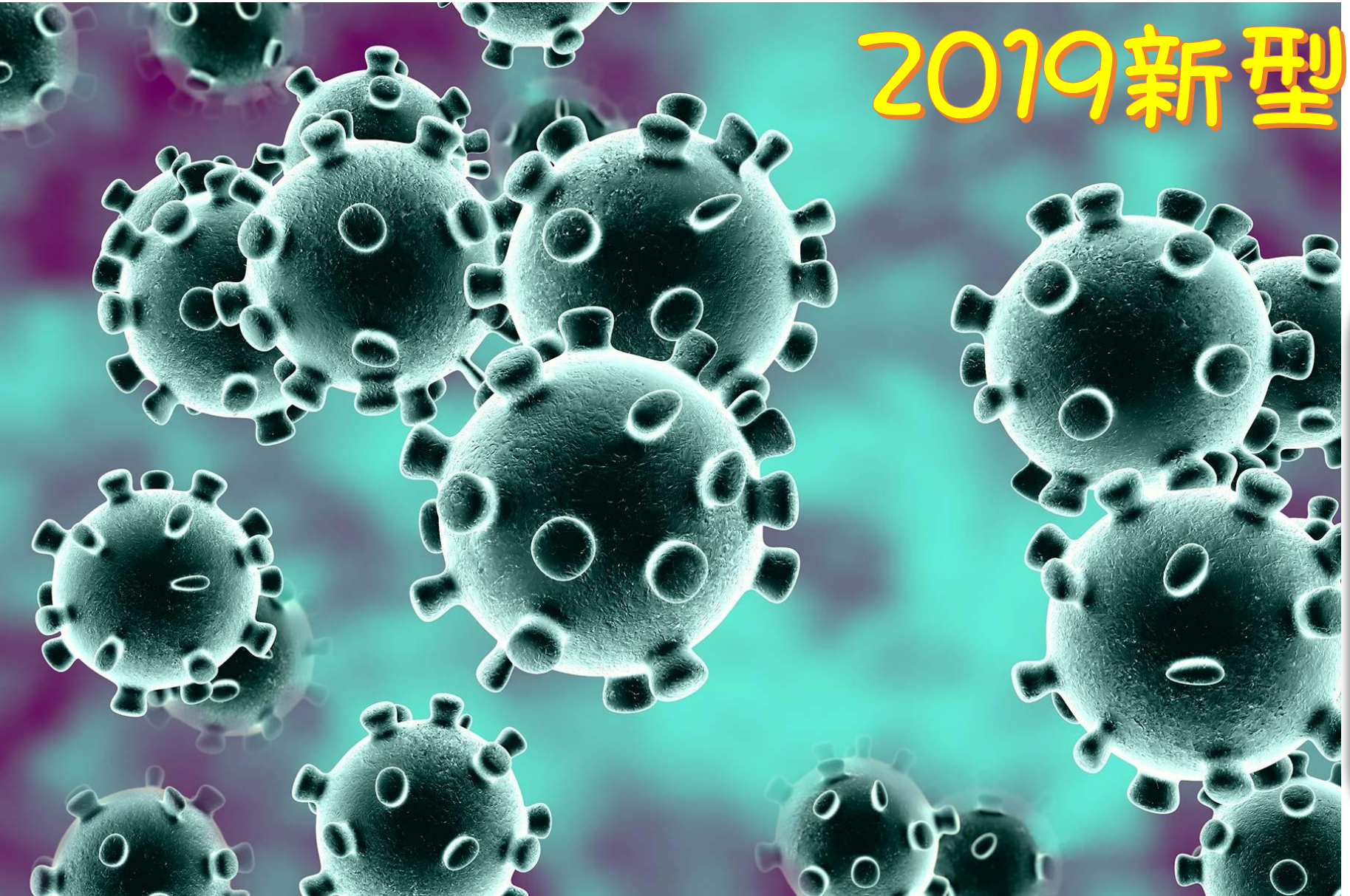
COVID-19 is spreading in Taiwan. You need to know what it is and how you can get away from it. Let's learn about COVID-19.

新冠肺炎已在台灣蔓延開來，
你知道什麼是新冠肺炎嗎？
讓我們一起來了解它。

2019 Novel Coronavirus



2019新型冠狀病毒



COVID-19 spreads all over the world !!!



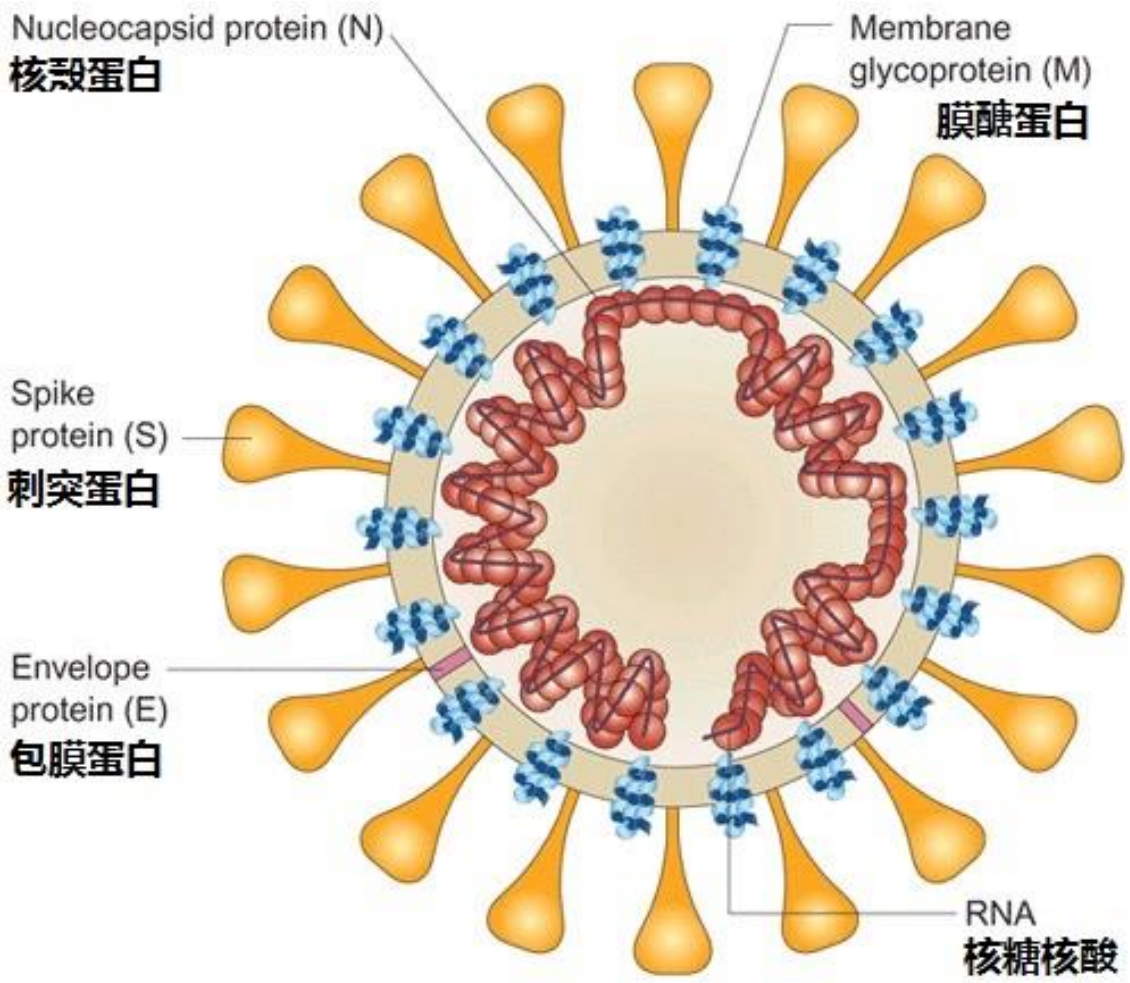
COVID-19 spreads all over the world !!!



The outbreak began in Wuhan.

Why is it called Coronavirus?

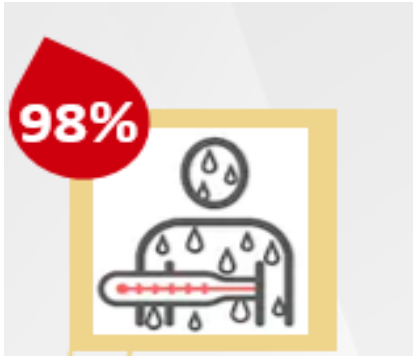
為何叫冠狀病毒



It has the appearance of crowns. The crown in Latin is called Corona, and that's how this virus got its name.

病毒有皇冠的外觀，拉丁文中的皇冠叫Corona，這就是冠狀病毒名稱的由來。中文名稱亦有一說是由於形如花冠。

Common Symptoms 常見病徵



fever
發燒



cough
咳嗽



shortness of breath
呼吸困難



fatigue
疲勞



diarrhea
腹瀉

Transmission 傳染途徑

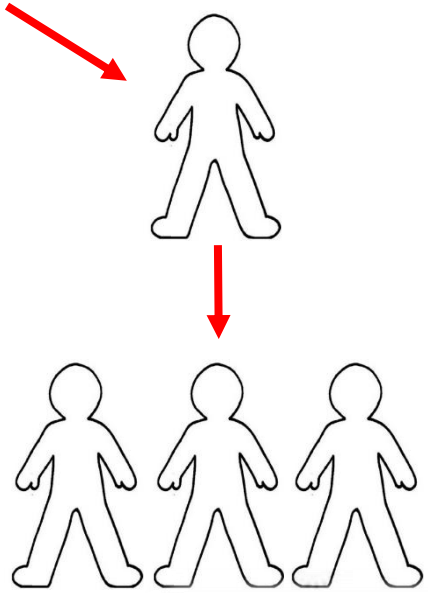


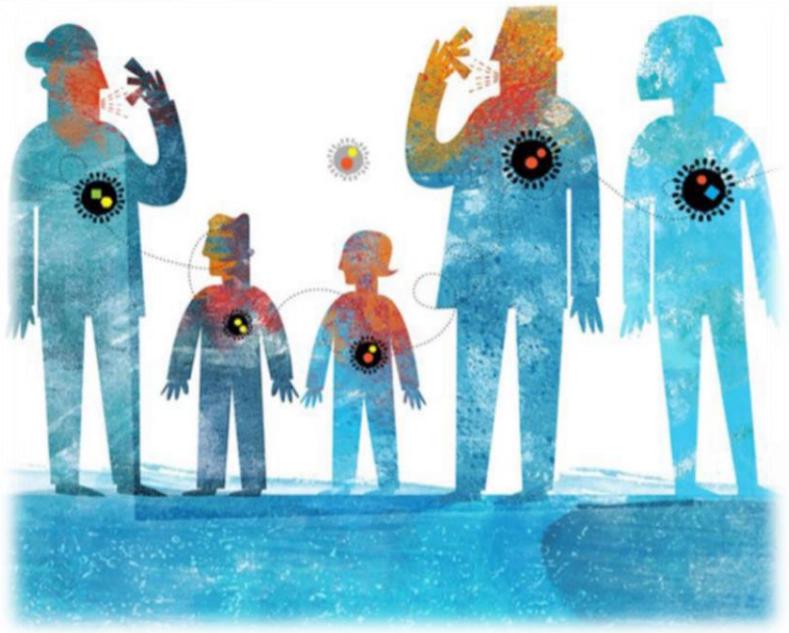
?



human contact
接觸傳染

cough or sneeze
飛沫傳染 (咳嗽或打噴嚏)







How to keep away from COVID-19?

不讓病毒找上你的方法

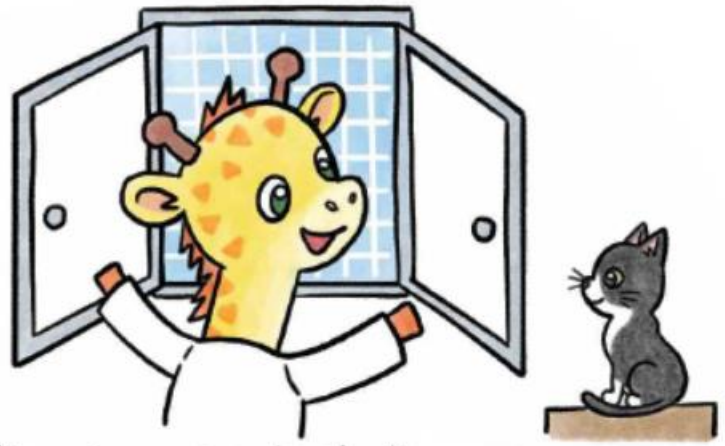


DO's

Household Precautions 家居注意事項



歸家後切記脫鞋和洗手
Remove shoes and wash hands upon arriving home



常開窗保持空氣流通
open windows for better ventilation



保持家居清潔，包括寵物用品
Keep your home clean, including pets' belongings



沖廁時蓋廁板
Close the toilet lid prior to flushing

Outdoor Precautions 外出注意事項



避免去人多擠迫地方
Avoid crowded places



切忌進食野味
refrain from consuming game meat



如感到不適，請避免外出
Avoid going out if you are feeling under the weather

Personal Hygiene 個人衛生













Boost Immunity 提升免疫力



每天八杯水
8 glasses of water perday



多吃蔬果
eat more fruits&vegs



充足睡眠
Adequate sleep



定時運動
Regular exercises



適量陽光
Step out in the sun



遠離二手煙
Stay away from 2nd hand smoke

Proper Handwashing 正確洗手

洗手五步驟：濕搓沖捧擦

搓手七字訣：



palms

back of hands

gaps between fingers

finger nails

purlicue

fingertips

wrists

Why is it important to wash your hands?

洗手的重要

（實驗說明:用以下各種狀態下的手觸摸吐司，吐司靜置二天後的結果）



When do you need to wash hands?

什麼時候需要洗手



before eating
吃東西前



after using
the bathroom
上廁所後



after coughing
or sneezing
咳嗽或打噴嚏後



before walking into
the classroom
進教室前



before putting on
and after removing
a face mask
戴口罩前
脫口罩後

How to put on and remove a face mask?

如何戴上/拿下口罩







DON'Ts





Don’t talk
while eating or
brushing teeth.
吃東西或刷牙時不交談



Don’t share food or tableware.
不共食或共用餐具



Don’t talk while getting food.
打菜時不說話



Don’t drink drinking
fountain water
with your mouth.
不以口就飲水機喝水

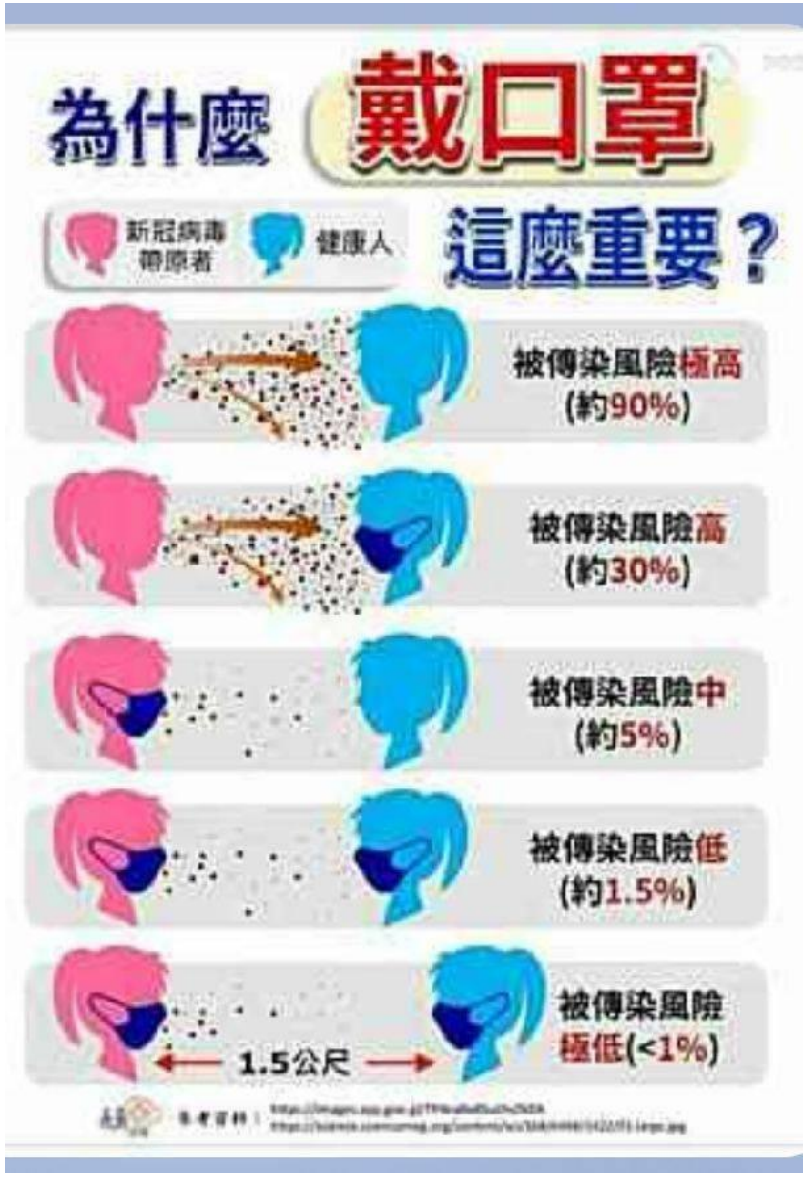
Stay healthy and stay strong!



Global Day 第65集，請點開下列影片



Why is it important to wear face masks?



How to keep away from the virus?



How did people get infected?



How can you help to stop COVID-19 pandemic ?

你能做什麼讓新冠肺炎不要再蔓延開來？

