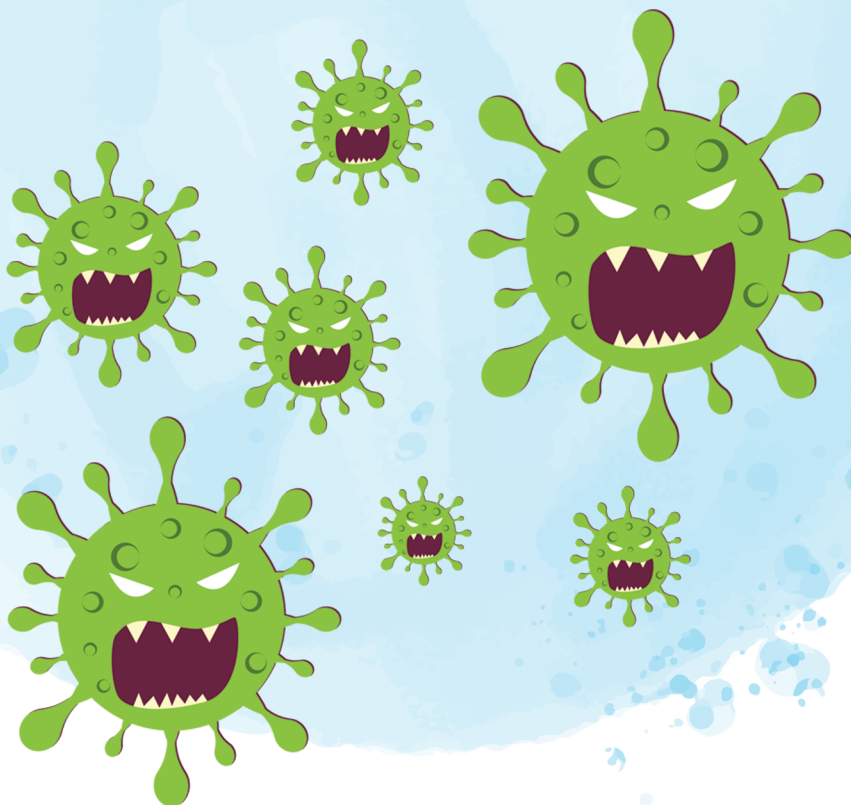


COVID-19 (Coronavirus Disease 2019)
– a child's voice

新型冠状病毒 – 孩子的心里话



This year, 2020,
during the Chinese New Year celebrations,
things were not quite the same ...

Let me share with you
what I experienced ...



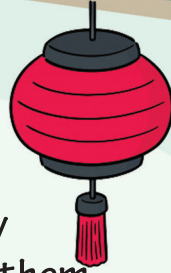
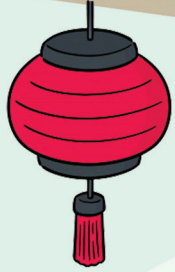
今年，也就是2020年的华人新年，
有些不一样…
让我来跟你分享我的经历…





2020 is a special year of
the energetic rat ...

2020年是
精力充沛的鼠年...



Every Chinese New Year, I will visit my
cousins and spend time playing with them ...
and of course, I also enjoy all the new year food and snacks.

每年的华人新年，我都会去拜年，
和我的堂表兄弟姐妹一起玩...
我也喜欢吃新年的食物和各种糕饼。



But this year, things were a little bit different. Daddy and Mummy told me to wash my hands often, and they decided to stay at home a bit more and to avoid crowded places.

Why did Daddy and Mummy want to stay at home during the Chinese New Year celebrations?

They told me, there is a virus situation happening in China, and in many parts of the world, including Singapore.

This is the COVID-19 (Coronavirus Disease 2019).



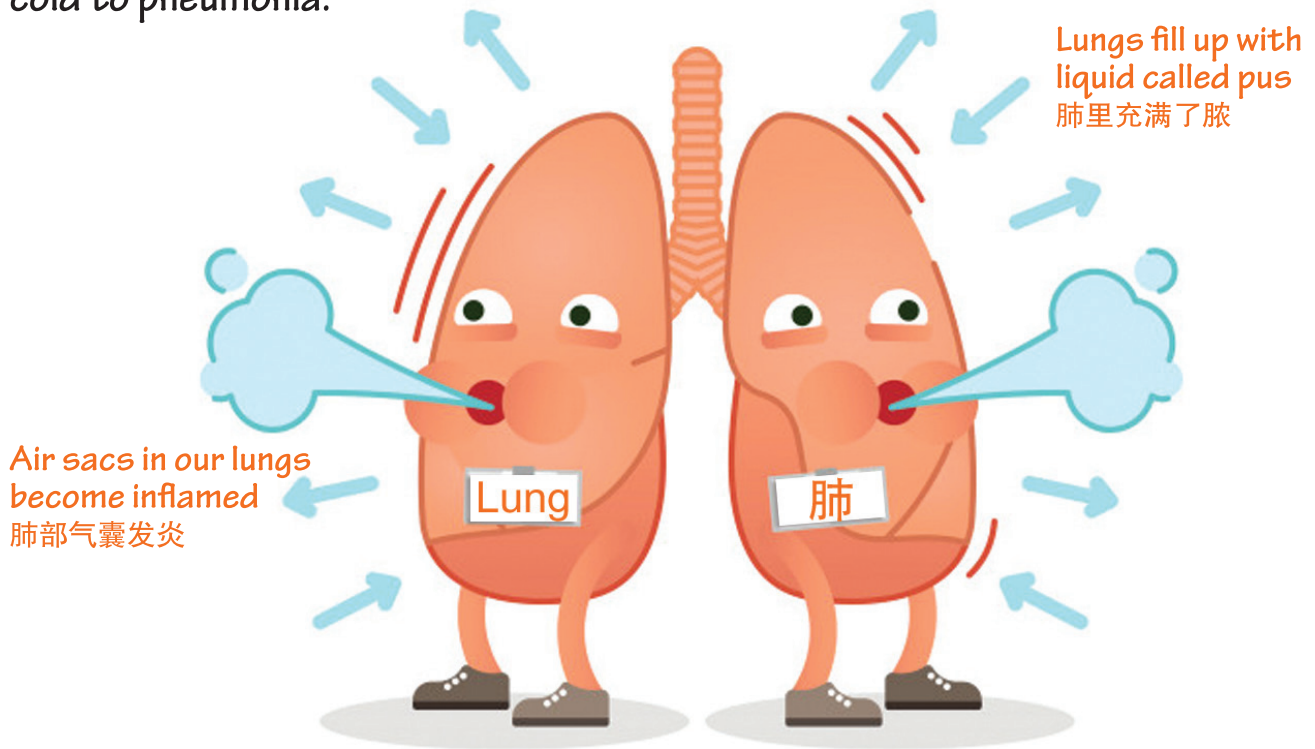
但是，今年有些不一样。爸爸妈妈告诉我，要常洗手，而且他们说，要多待在家里，不要去人多的地方。

他们告诉我，在中国以及在世界上其他的地方，包括新加坡，爆发了疫情。

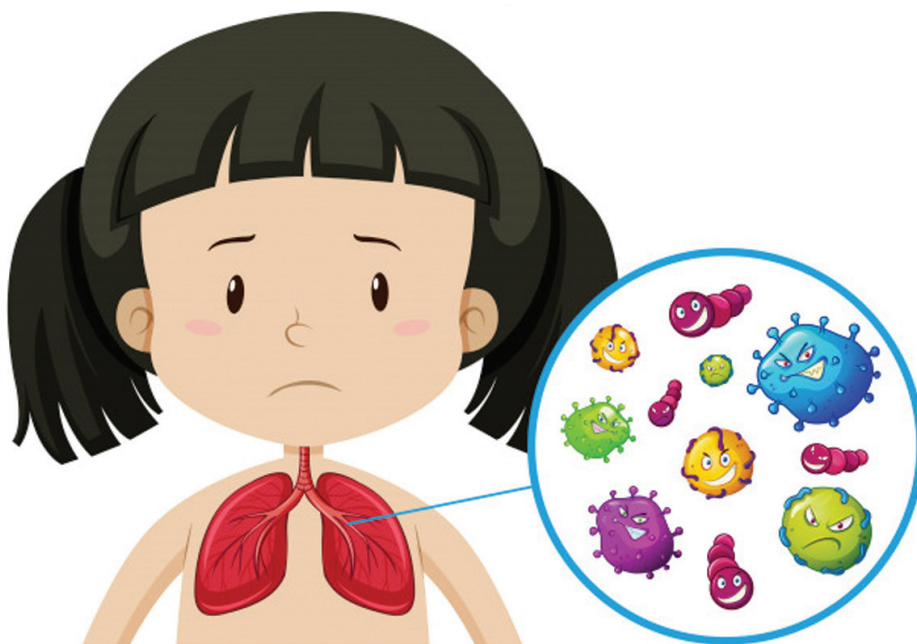
这是由新型冠状病毒所引起的。

COVID-19 (Coronavirus Disease 2019) belongs to a large family of viruses that cause illness ranging from the common cold to pneumonia.

新型冠状病毒是一个大型的病毒家族，包括引起普通感冒的病毒，甚至肺炎。



Lungs cannot absorb the oxygen that we breathe in and we will feel unwell.
肺部无法正常吸收氧气会让我们感到不适。



Typical Symptoms

常见症状



Cough
咳嗽



Runny Nose
流鼻涕



Fever
发烧



Shortness of Breath
呼吸困难

When I need to sneeze or cough, I will use a tissue paper and cover my nose or mouth, and throw this tissue paper immediately into a bin.

I will also wash my hands with soap immediately.

我在打喷嚏或咳嗽时，
会用纸巾捂住鼻子或嘴巴。

之后，我会马上用肥皂洗手。



8 STEPS TO CLEAN YOUR HANDS

洗手8步骤



Palm to palm
掌心对掌心



Between fingers
指缝间



Back of hands
掌背



Base of thumbs
拇指下方



Back of fingers
指背



Fingernails
指尖



Wrists
手腕



Rinse and wipe dry
洗净后抹干
双手

In school, we also learnt a song about germs and washing our hands

'THE GERMS SONG LYRICS'
'WASH YOUR HANDS SONG LYRICS':

Germs can cause a runny nose
Germs from coughs and colds and flues
Stop spreading germs at home and school
Wash your hands, that's what you do!

Wash, wash, wash your hands
Get them nice and clean
Wash them on top
Wash them below and fingers in between

Germs can cause a runny nose
Germs from coughs and colds and flues
Stop spreading germs at home and school
Wash your hands, that's what you should do!
Wash your hands, that's what you should do!
Wash your hands, that's what you should do!



Click here

https://www.youtube.com/watch?v=LaePayB_pC4
"Germs Song" (Wash Your Hands Songs for Kids)

MUSIC BAND:
The Kiboomers

ANIMATION:
Subcutaneo

VOCALS & ARRANGEMENT:
Christopher Pennington from The Kiboomers



Daddy and Mummy tell me that we must do our part, and be socially responsible.



What can we do to help?

- ★ Wash our hands frequently with soap
- ★ Monitor our temperature twice daily
- ★ Avoid touching our face with hands
- ★ Keep our homes and surroundings clean and well-ventilated



- ★ Cover our mouths with tissue paper while sneezing or coughing
- ★ Wear a mask if we are sick and see a doctor immediately
- ★ Avoid crowded places and stay at home if we are sick
- ★ Comply with Home Quarantine Orders, Leaves of Absence and Stay Home Notice

We will get through this together!



爸爸妈妈告诉我，
我们应该负起社会责任。



我们能做些什么呢？

- ★ 经常用肥皂洗手
- ★ 每天测量体温两次
- ★ 避免用手触摸脸部
- ★ 保持住家和周围环境的清洁及空气的流通



- ★ 在咳嗽或打喷嚏时，用纸巾捂住口鼻
- ★ 身体不适时戴上口罩，立刻去看医生
- ★ 如果生病，就留在家中，避免到人多的地方
- ★ 遵守隔离令、缺席假和居家通告的规定

我们齐心协力，
一定会战胜新型冠状病毒的！

I asked Teacher Sarah what is
**Disease Outbreak
Response System
Condition (DORSCON)?**

She explained to me that DORSCON is
a colour-coded framework that shows
the current disease situation.

The framework provides us with
general guidelines on what needs to
be done to prevent and reduce the
impact of infections.

我问Sarah老师，什么是
“疾病爆发应对系统？”

她告诉我，DORSCON是一个以颜色作
为指标的框架系统，它显示了当前疫情
的严重程度。

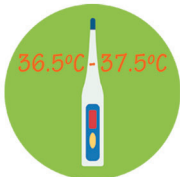
这个系统也告诉我们，如果要降低感
染，应该采取哪些相应的预防措施。

It's **ORANGE** now but we can
stay safe with the 5M's.
现在是**橙色**，但我们可以确保
5M's的安全。



MANAGE MY HEALTH
管理我的健康

by keeping a close watch on my
body for symptoms.
保持密切关注我的身体症状。



MINIMISE CONTACT
尽量减少联系

with those who are unwell.
与那些身体不适的人在一起。



MONITOR THE NEWS
留意新闻和信息

with moh.gov.sg and
[Gov.sg WhatsApp](https://www.gov.sg/whatsapp)
登录网站 moh.gov.sg 和
[Gov.sg WhatsApp](https://www.gov.sg/whatsapp)



MAINTAIN CLEAN HANDS
保持双手清洁

through good personal hygiene of regular
hand washing with soap and water.
保持良好的个人卫生习惯，定期用肥皂
和水洗手。



MASK UP WHEN UNWELL
不适时戴上口罩

and visit the doctor immediately.
并立即去看医生。

Last Sunday, Daddy and Mummy brought me to the supermarket.

I saw many empty shelves. It was very unusual. I asked Daddy “Why are these shelves so empty?”

Daddy explained to me that many Singaporeans were worried. Actually, there was nothing to worry about. Singapore had enough essential food items for everyone.

Mummy shared that our Prime Minister, Mr Lee Hsien Loong said “... the real test is our social cohesion ... fear can do more harm than the virus. It can make us panic, or do things which make matters worse.”

Mummy told me that it was not nice of us if we hoard or store items like food and face masks during the Covid-19 period.



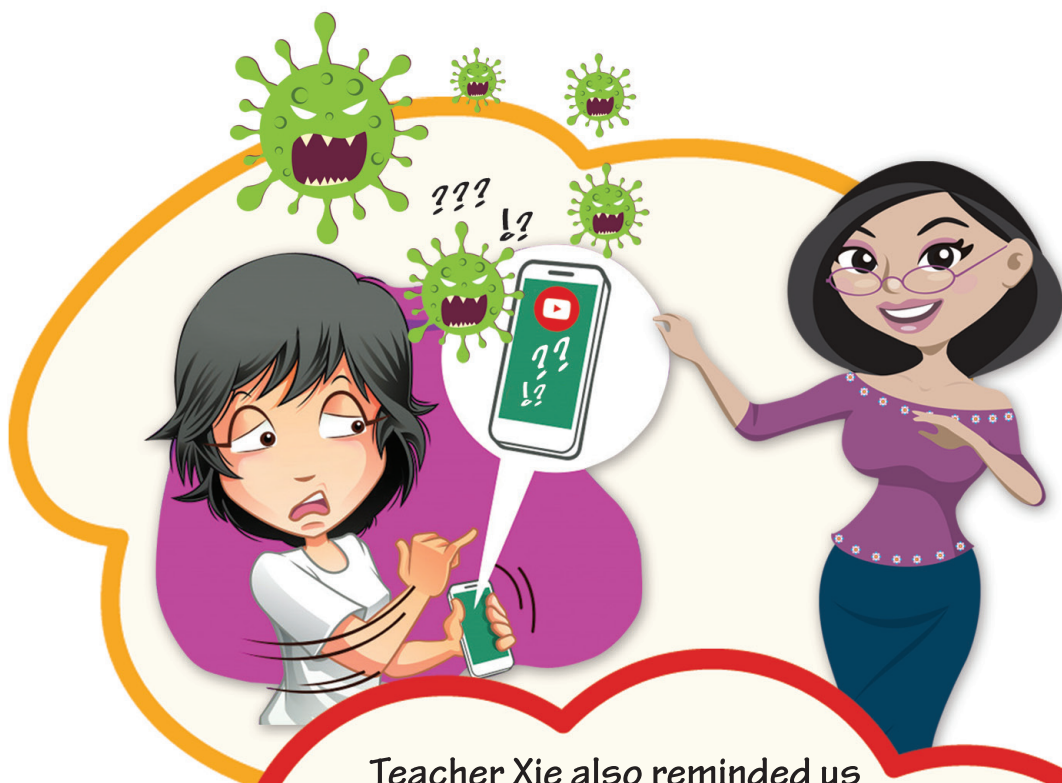
上个星期天，爸爸和妈妈带我去超市买东西。

往常摆满物品的架子上都是空的，和平时不一样。我问爸爸：“为什么这些架子都空了？”

爸爸跟我说：“这是因为国人担心粮食和日常用品会短缺。其实，大家不必担心。新加坡有足够的粮食和日常用品。”

妈妈说：“李显龙总理说‘疫情真正考验的，是我们的社会凝聚力。恐惧和恐慌比COVID-19更具杀伤力。它可以使我们恐慌，或做出使事情变得更糟的行为。’”

妈妈告诉我，在新冠病毒疫情爆发期间，大家不要慌张，我们也不应该抢购或囤积粮食和口罩。



Teacher Xie also reminded us
that we should not just believe everything
we hear from others as facts.

We should always check with our parents or teachers.

谢老师也提醒我们，不要轻易听信
他人的传言或假新闻。

听到任何信息，应该向父母或老师查证。



My friends and I would like to thank the frontline teams, especially our doctors and nurses, who are all busy saving lives during this important time.

We also want to thank our teachers and our parents. We know they love us and they care a lot for us.



Thank you for protecting us from the bad germs!

我和朋友们想对所有前线团队，特别是医生和护士们说谢谢！

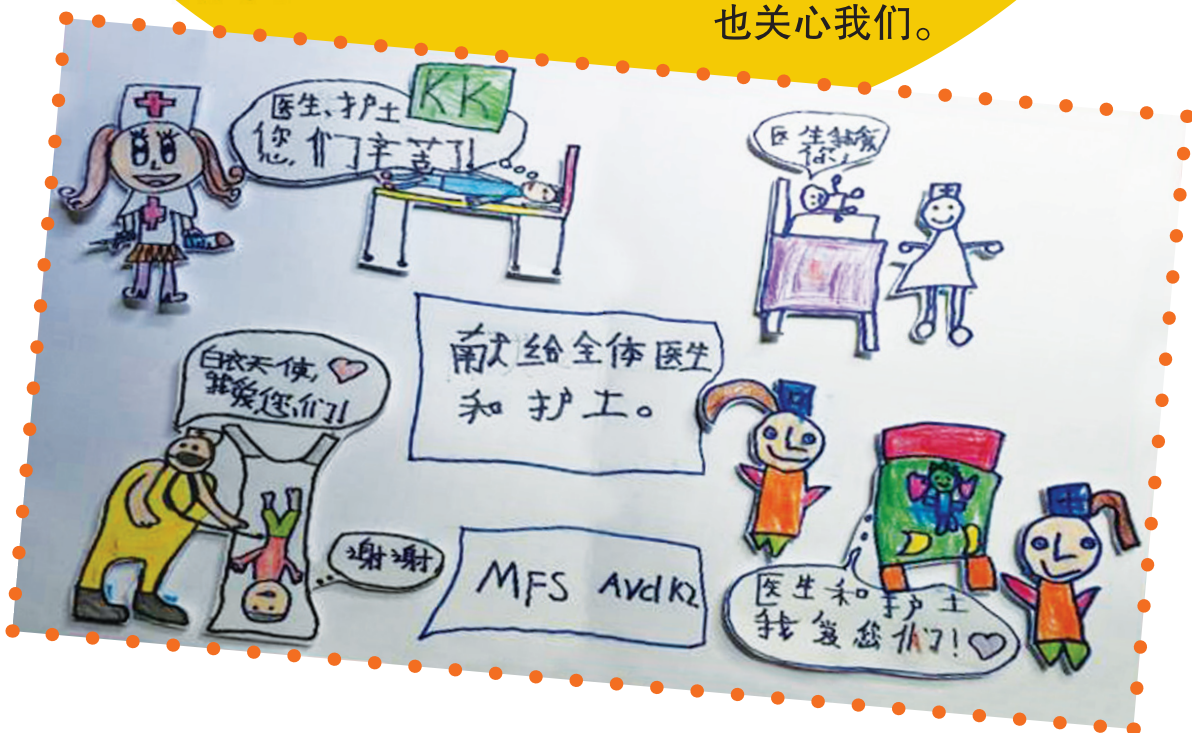
谢谢你们在这关键的时刻拯救生命！



Thank you for

working hard to fight the virus! Hang in there!

我们也要谢谢我们的老师，爸爸和妈妈。我们知道他们爱我们，也关心我们。



I know my teachers and friends who had travelled to China and other affected areas will be practising personal and social responsibility, and will come back healthy and well.

I know they will ...

我知道，那些去过中国或其他受影响地区的老师和朋友们会负起个人和社会责任，并健康平安地回来。

我知道他们会...



This Chinese New Year had been quieter than before and I did not get out to visit my cousins and relatives ...

But I know my Daddy, Mummy, Grandpa and Grandma, as well as my teachers love me, and want me to be healthy and well.

And I know, together, we can defeat the COVID-19.

Let's play our part to keep ourselves safe and healthy, and help others too.

今年的华人新年比往常冷清，我没有去拜访我的堂表兄弟姐妹和亲戚...

但是我知道爸爸妈妈、爷爷奶奶和老师是爱我的，大家都希望我健康平安。

而且我也知道，我们可以一起战胜新型冠状病毒。

我们要发挥爱心，互相关怀，同心协力，共同抗炎。



I hope all who are sick now
will recover quickly.

And no one else will fall sick because of the virus ...

I will do my part to make sure I stay healthy, and
also to take care of my family, my teachers and
my friends in My First Skool.

Together, we will have a healthy and
happy year of the Rat.



我希望所有患病的人都能早日康复。
希望没有人会再因为这种病毒而生病...

我会尽我所能，保持身体健康，
并照顾我的家人、

幼儿园的老师们朋友们

我们将会一起度过健康与
快乐的鼠年。



A special message from my Daddy and Mummy to me
爸爸妈妈给我的特别讯息

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This special e-book is dedicated to all our frontline teams, from healthcare professionals, to all volunteers and our childcare principals and teachers.
A big “THANK YOU” to our heroes.

我们特别将本书献给在前线奋斗的医疗人员、志愿者，以及我们幼教中心的校长及老师们。

我们的英雄们，谢谢您！

Put together by
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General Manager
My First Skool
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NTUC First Campus
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Professional Practices Department
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