How to keep yourself safe from new coronavirus?
——Sunedu English

How to keep yourself safe from new coronavirus?
如何预防
新型冠状病毒？

CHINADAILY

coronavirus /kəˌrəunəˈvaiərəs/ n. 冠状病毒；日冕形病毒

Related words and expressions

1. 肺炎： lung-fever
   医学：pneumonia */njuːˈməʊ.ni.ə/*
           get/catch pneumonia 得肺炎
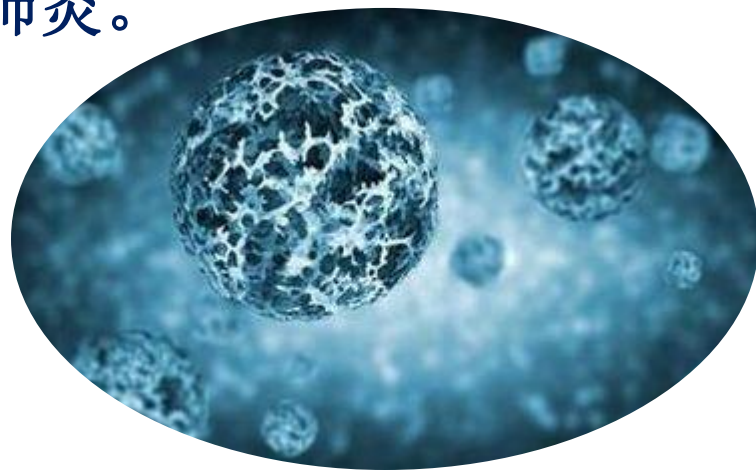2. 新型病毒：novel virus   *novel /ˈnɒv.əl/新颖的*
   eg: There is a novel coronavirus outbreak in Wuhan.
      新型冠状病毒在武汉爆发。
3. 冠状病毒=冠状的+病毒 coronavirus=corona+virus
4. 病毒传播：
   It's a kind of pneumonia that <u>is transferred</u> from animals to humans. 这是种由动物传人的肺炎。
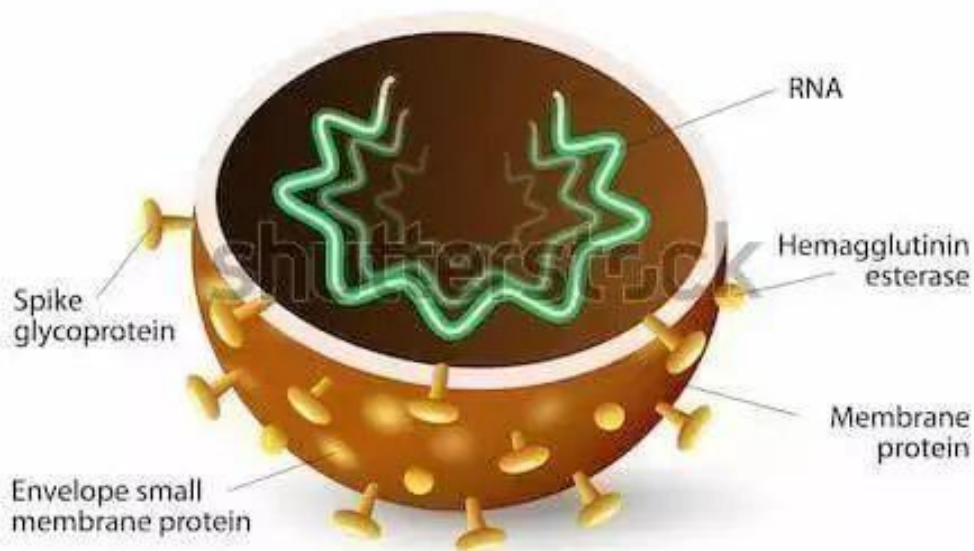
What Is a Coronavirus?

Coronaviruses were first identified in the 1960s, but we don't know where they come from. They get their name from their crown-like shape. Sometimes, but not often, a coronavirus can infect both animals and humans.

冠状病毒最早于20世纪60年代被发现，但目前对它们的认识相当有限。这类病毒颗粒的表面有许多规则排列的突起，整个病毒颗粒就像一顶帝王的皇冠，因此得名"冠状病毒"。有时，但不经常，冠状病毒可以感染动物和人类。

CORONAVIRUS

Spike glycoprotein

Envelope small membrane protein

RNA

Hemagglutinin esterase

Membrane protein

Most coronaviruses spread the same way other cold-causing viruses do, through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched.

大多数冠状病毒传播的方式与感冒病毒传播方式相同，通过感染者口液、喷嚏、接触传染，并通过空气飞沫传播。
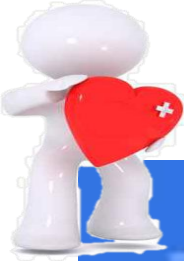
1.Wear masks outdoors

• **Wearing a mask is one of the most effective ways to protect you from getting infected as the virus is <u>predominantly</u> <u>spread in droplets</u>.**
➢ *predominantly /prɪˈdɒmɪnəntli/ adv. 主要地；显著地*
➢ *droplet /ˈdrɒplət/ n. 小滴，微滴 spread in droplets散播的飞沫传播*

1.Wear masks outdoors

Make sure to wear it properly by tightening up the nose clip and pulling the bottom of it over your chin so that your nose and mouth are both covered.

戴口罩时要让鼻夹紧贴鼻翼，把口罩褶皱拉至下巴部位，保证鼻子和嘴巴被完全罩起来。

• Make sure to wear it properly by tightening up the nose clip and pulling the bottom of it over your chin so that your nose and mouth are both covered.

1.Wear masks outdoors

STEPS OF PUTTING ON PROTECTIVE MASK

• **Make sure to wear it properly by tightening up the nose clip and pulling the bottom of it over your chin so that your nose and mouth are both covered.**
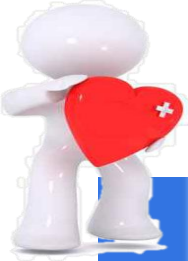
1.Wear masks outdoors

If you're not feeling well or have symptoms such as fever, fatigue, cough and trouble breathing, a mask is also needed to prevent you from spreading viruses to others.

如果你觉得不舒服或者是出现发热、乏力、干咳、呼吸困难等症状，也应该佩戴口罩，防止病毒传染给其他人。

•**If you're not feeling well or have <u>symptom</u>s such as cough, fever, <u>fatigue</u> and trouble breathing, a mask is also needed to prevent you from spreading viruses to others.**

➤ *symptom /ˈsɪmptəm/ n. [临床] 症状；征兆*
➤ *fatigue /fəˈtiːg/ n. 疲劳 v. 疲劳；心智衰弱 adj. 疲劳的*

1.Wear masks outdoors

Surgical masks used by medical workers are not recommended for common people as they may lead to oxygen deficient if worn for long periods.

普通人不建议佩戴医用防护口罩，因为透气性差，长时间佩戴会导致缺氧。

• **Surgical** masks used by medical workers are not recommended for common people as they may lead to oxygen deficient if worn for long periods.

➢ *surgical* /ˈsɜːdʒɪkl/ *adj. 外科的；手术上的 n. 外科手术；外科病房*
➢ *deficient /dɪˈfɪʃnt/ adj. 不足的；有缺陷的；不充分的*

2. Cover your coughs and sneezes with tissue

Cover your coughs and
sneezes with tissue

打喷嚏或者咳嗽时用纸巾遮盖

Cover your mouth and nose
with a tissue when you cough
or sneeze, or you can cough
or sneeze into your sleeve, but
avoid covering with your
hands directly.

在打喷嚏或者咳嗽时，需要用纸
巾或者是胳膊进行遮挡，不要用手直接遮挡。

• Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve, but avoid covering with your hands directly. (A healthy adult can release around 300,000 microbes including bacteria and viruses when coughing or sneezing.)

➢ *microbe* /ˈmaɪkrəʊb/ *n. 细菌，微生物*

3.Wash your hands frequently and properly

Wash your hands
frequently and properly

勤洗手和正确洗手

Wash your hands with
soap and running water
thoroughly for at least
15 seconds.

要用流动的水和使用肥皂（皂液）
洗手，揉搓的时间不少于15秒。

- **Wash your hands with soap and running water thoroughly for at least 15 seconds.**

3.Wash your hands frequently and properly

- **Wash your hands with soap and running water thoroughly for at least 15 seconds.**

3.Wash your hands frequently and properly

Before eating and after using the toilet
餐前便后

After returning home
外出回家

After touching trash or garbage
接触垃圾

After contacting with animals or handling animal wastes
抚摸动物或处理动物粪便后

Especially:
- **Before eating and after using the toilet**
- **After returning home**
- **After touching trash or garbage**
- **After contacting with animals or handling animal wastes**

• Exercise regularly is one of the most important ways to help you stay away from catching any infections.

➤ ***immune /ɪˈmjuːn/ adj.*** *免疫的；免于……的，免除的* **n.** *免疫者；免除者*

4.Strengthen your immune system and exercise regularly

Make sure that shared spaces have good air flow and avoid going to crowded places such as hospitals, railway stations and airports. Wear a mask if transport or movement is necessary.

注意保持室内空气流通，避免去人员密集的地方（如医院、火车站、机场等），必要时可佩带口罩。

• **Make sure that <u>shared spaces</u> have good air flow and avoid going to <u>crowded places</u> such as hospitals, railway stations and airports. Wear a mask if transport or movement is necessary.**

➢ *shared spaces 共享空间*
➢ *crowded places 拥挤的地方; 人多的地方*

Seek prompt medical attention if you have symptoms of fever and respiratory infection.

如有发热和其他呼吸道感染症状，及时到医疗机构就诊。

• **Seek prompt medical attention if you have symptoms of fever and respiratory infection.**
➢ **prompt** */prɒmpt/ adj.* 敏捷的，迅速的；立刻的，及时的
➢ **respiratory** */rəˈspɪrətri/ adj.* 呼吸的

Avoid close contact with people who have flu or cold-like symptoms.

避免近距离接触有流感或者感冒症状的人。

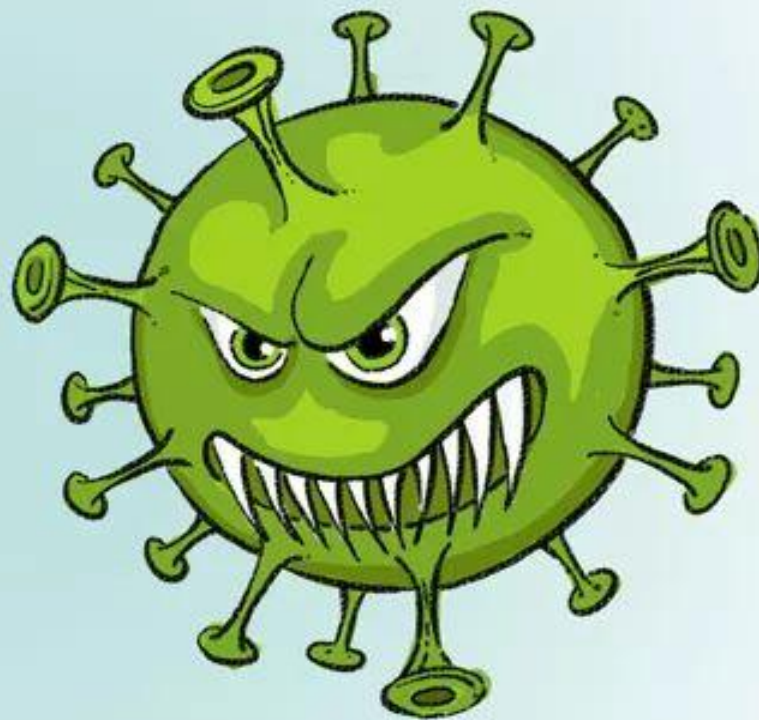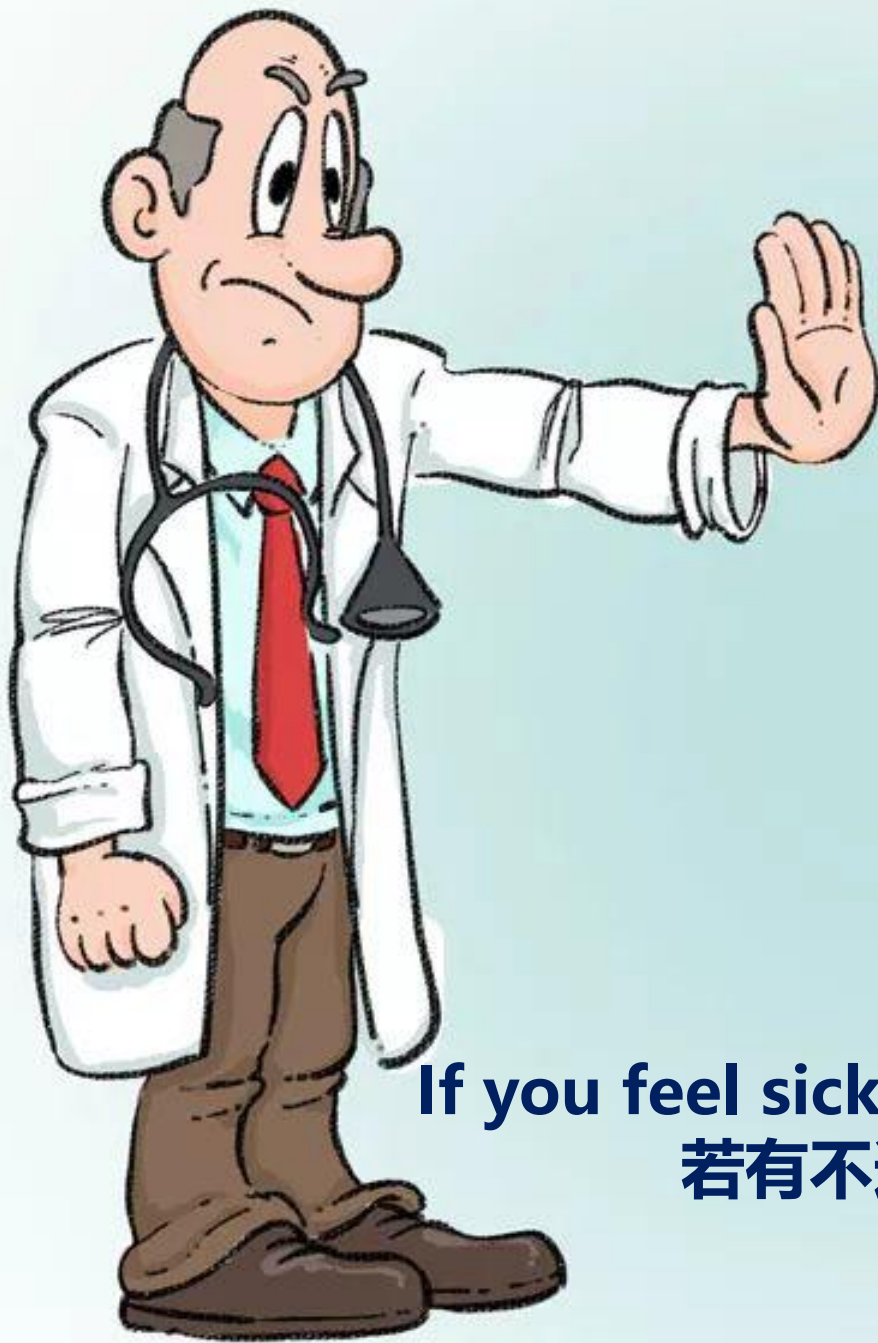• **Avoid close contact with people who have flu or cold-like symptoms.**

Eat thoroughly cooked meat and eggs. Avoid contact with wild animals or farmed livestock without any protection.

烹调时彻底煮熟肉类和蛋类。

在无保护措施时，避免接触野生动物和家禽家畜。

• **Eat thoroughly cooked meat and eggs. Avoid contact with wild animals or farmed livestock without any protection.**

➤ **livestock /ˈlaɪvstɒk/ n. 牲畜；家畜**

If you feel sick, please visit a doctor in time.
若有不适请及时就医!

All-out efforts ordered to curb spread of virus!