



【時事學習區】武漢肺炎如何傳播 及如何正確洗手與買口罩對話-英文科

常識時事無論於學校的段考還是模考、會考，都是奪取高分的關鍵項，不可忽視。鄭博文補習班為學生整理時事相關文章，為學生的考試多一分準備。

How does the coronavirus spread?

- ◆ The COVID-19 coronavirus outbreak is a new illness and scientists are still assessing how it **spreads from person to person**, but similar viruses tend to spread via cough and sneeze droplets.
- ◆ When an **infected** person coughs or **sneezes**, they release **droplets** of saliva or **mucus**. These droplets can fall on people in the vicinity and can be either directly inhaled or picked up on the hands then transferred when someone touches their face, causing infection. For flu, some hospital guidelines define exposure as being within 2 meters of an infected person who sneezes or coughs for 10 minutes or longer.
- ◆ Viruses can also be spread through droplets landing on surfaces such as seats on buses or trains or desks in school. However, whether this is a main transmission route depends on how long viruses survive on surfaces – this can vary from hours to months.
- ◆ There is **anecdotal evidence** that the virus can be spread by people before they have symptoms. Some other illnesses such as flu can be passed from one person to another before symptoms occur — but the extent to which this is happening with COVID-19 is not well understood yet.

冠狀病毒是如何傳播的？

- ◆ 爆發疫情的COVID-19冠狀病毒是一種新疾病，科學家仍在評估它是如何在**人與人之間傳播的**，類似的病毒常是透過咳嗽和打噴嚏的飛沫傳播。
- ◆ **感染**者咳嗽或**打噴嚏**時，會噴出**唾液**或**黏液**的飛沫。這些飛沫可能會落在附近的人身上，被直接吸入或沾到手上，然後在觸摸臉時帶到臉上而導致感染。就流感而言，一些醫院指南將「暴露」定義為：與連續打噴嚏或咳嗽十分鐘或更久的感染者，距離兩公尺以內。
- ◆ 病毒也可以透過掉落在物體表面的飛沫傳播，例如落在公共汽車、火車或學校課桌椅上的飛沫。但是，這是否成為病毒之主要傳播途徑，取決於該病毒在物體表面可存活時間之長短——從數小時至數月不等。
- ◆ 有**傳聞證據**顯示，該病毒可能有無症狀傳播的情況。有些疾病（例如流感），可以讓被感染的人在出現症狀前就傳染給別人——但COVID-19冠狀病毒無症狀傳染的程度仍然不明。

◎Buy face masks 買口罩

A: I'm exhausted, I just spent one hour lining up to buy face masks. I'm really worried about the 2019 novel coronavirus.

A: 我累壞了，剛才花了一個小時排隊買口罩。我真的很擔心二〇一九新型冠狀病毒。

B: Did you manage to get your hands on some?

B: 你有成功買到幾片嗎？

A: Nope, just as I got to the cashier desk, the clerk said they had sold out.

A: 沒有。我一排到收銀台前面，店員就跟我說賣完了。

B: That's too bad, but you know, there's really no need to panic buy face masks.

B: 太可惜了，但你知道嗎，其實真的沒有必要恐慌搶購口罩。

B: Doctors also say that maintaining good hand hygiene is as important as wearing a face mask to prevent contracting the novel coronavirus, or any other flu virus for that matter.

B: 醫生也建議說，在避免感染新型冠狀病毒或其他流感病毒的方法上，好好保持手部清潔跟戴口罩一樣重要

A: Really? I didn't know that. Should I use alcohol spray?

A: 真的嗎？我不知道耶。我應該要用含酒精的乾洗手嗎？

B: Washing your hands with warm water and plenty of soap is believed to be just as effective.

B: 用溫水和充分的肥皂洗手應該一樣有效。

以上文章與對話取自TAIPEI TIMES <http://www.taipeitimes.com/>

How to wash your hands?

正確洗手 7 字訣



內 手心
互相搓洗

Rub hands palm to palm



外 仔細
搓洗手背

Rub a palm against the back



夾 十指交錯
搓洗指縫

interlace fingers



弓 搓洗
手指背

interlock fingers and rub the backs of fingers with a palm



大 搓洗大拇
指與虎口

clasp and rub the left thumb with the right palm and vice versa



立 仔細
清洗指尖

Rub the back of a hand with the fingers of the other



腕 連手腕
一併搓洗

Rub wrist

鄭博文的老師與你一起，學習在疫情蔓延時.....

📖 參考文章及圖片

• Heho健康-洗手七字訣 <https://heho.com.tw/archives/12234>

• TAIPEI TIMES <http://www.taipeitimes.com/>