

# 我愛清潔

Keeping Myself Clean

文：「從起步開始」計劃團隊  
圖：FaMiuly





我是妙妙，  
My name is Mina.  
我今年三歲，  
I am three years old.  
我是女孩子，  
I am a girl.  
我喜歡跳舞。  
I like dancing.



我是古力，  
My name is Gurung.  
我今年六歲，  
I am six years old.  
我是男孩子，  
I am a boy.  
我喜歡吃東西。  
I like food.



我是叮叮，  
My name is Dipti.  
我今年五歲，  
I am five years old.  
我是女孩子，  
I am a girl.  
我喜歡唱歌。  
I like singing.



我是阿林，  
My name is Lavik Singh.  
我今年四歲，  
I am four years old.  
我是男孩子，  
I am a boy.  
我喜歡踢足球。  
I like playing football.



今天早上，大家一起做早操。

Everyone is doing morning exercises together this morning.

阿林說：「大象老師，古力、叮叮和妙妙都沒上學，

Lavik Singh says, 'Miss Trunk! Gurung, Dipti, and Mina are not in class.

他們去了哪裏？」

Where've they gone?



大象老師說：「他們都生病了，今天沒有上學。」

'They don't feel well so they can't go to school today,' says Miss Trunk.

阿林說：「他們怎麼了？」

Lavik Singh asks, 'What's wrong with them?'





這時古力、叮叮和妙妙已去了診所等候看醫生。

Now, Gurung, Dipti, and Mina are at the clinic, waiting to see the doctor.

診所裏有很多病人。

There are many patients at the clinic.



古力第一個看醫生。

Gurung is the first one to see the doctor.

古力說：「醫生，我昨天吃晚飯後便開始肚子痛。」

'Doctor, my tummy hurts after dinner last night,' he says.

醫生說：「吃飯前，你有洗手嗎？」

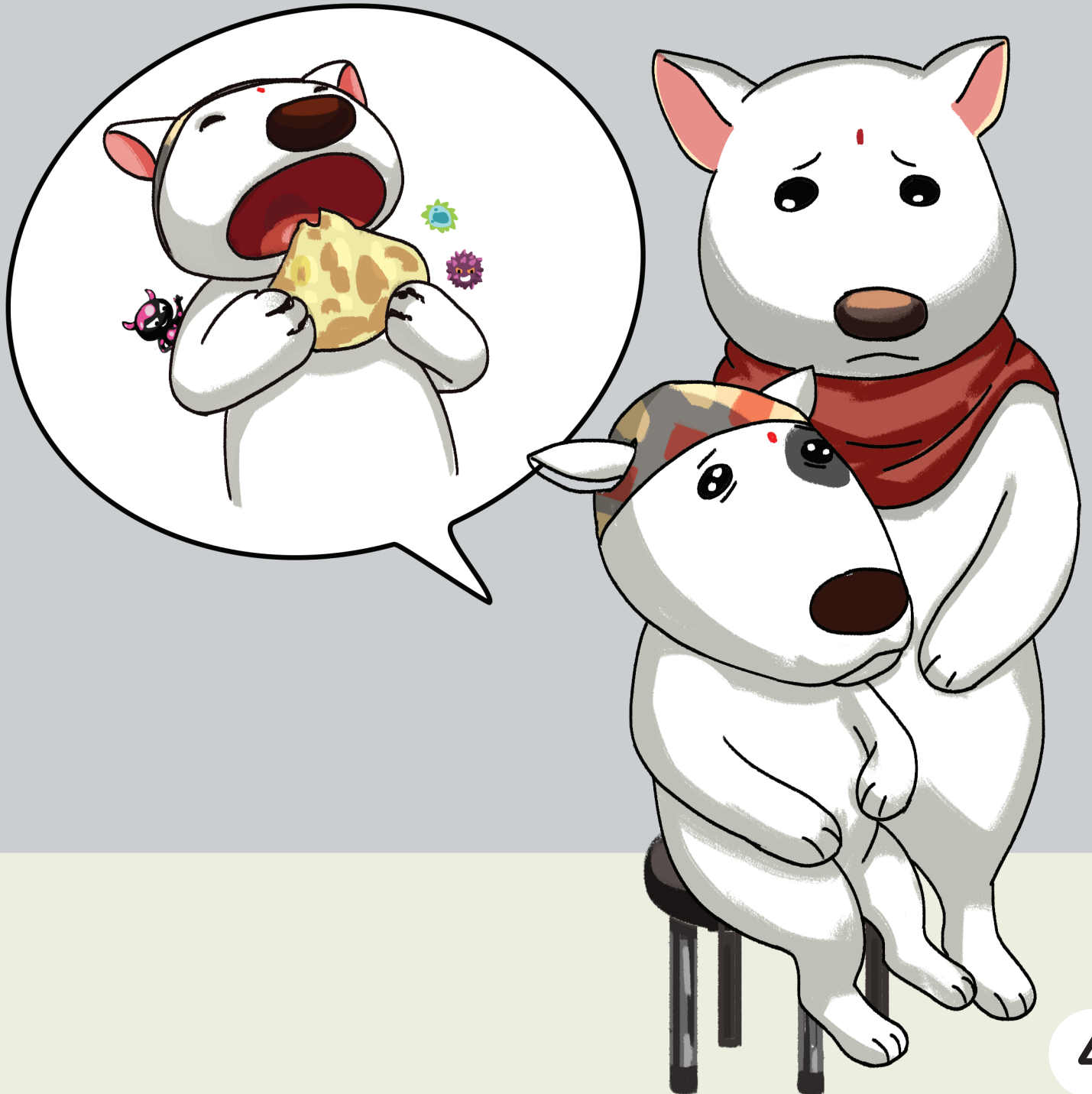
The doctor asks, 'Did you wash your hands before dinner?'

古力說：「我……忘記了。」

Gurung replies, 'I ... I forgot.'

醫生說：「吃東西前，記得要洗手！」

The doctor reminds him, 'Remember to wash your hands before you eat!'





# 加入梘液 洗手20秒



洗手要用梘液  
搓手二十秒，  
再用水沖洗乾淨，  
保持雙手清潔。







醫生說：「你看！你的指甲邊有污垢，咬手指時就會把細菌吃進肚子裏。你要用指甲鉗剪指甲。不要咬手指！」

'Look! There's dirt around your nails,' the doctor adds. 'When you bite your nails, you'll get sick because there're germs on your hands. Trim your nails with a nail clipper and never bite them again!'









接着到叮叮看醫生。

Then, it's Dipti's turn to see the doctor.

叮叮說：「醫生，我感到皮膚很痕癢。」

'Doctor, I have itchy skin,' says Dipti.

媽媽說：「她不喜歡洗頭和洗澡！」

'She doesn't like to wash her hair or take a shower!' Dipti's mother adds.

醫生說：「你要每天洗頭和洗澡，保持身體清潔。」

The doctor explains, 'To keep your body healthy and clean, you should wash your hair and take a bath every day.'

接着到妙妙看醫生。

Mina is next.

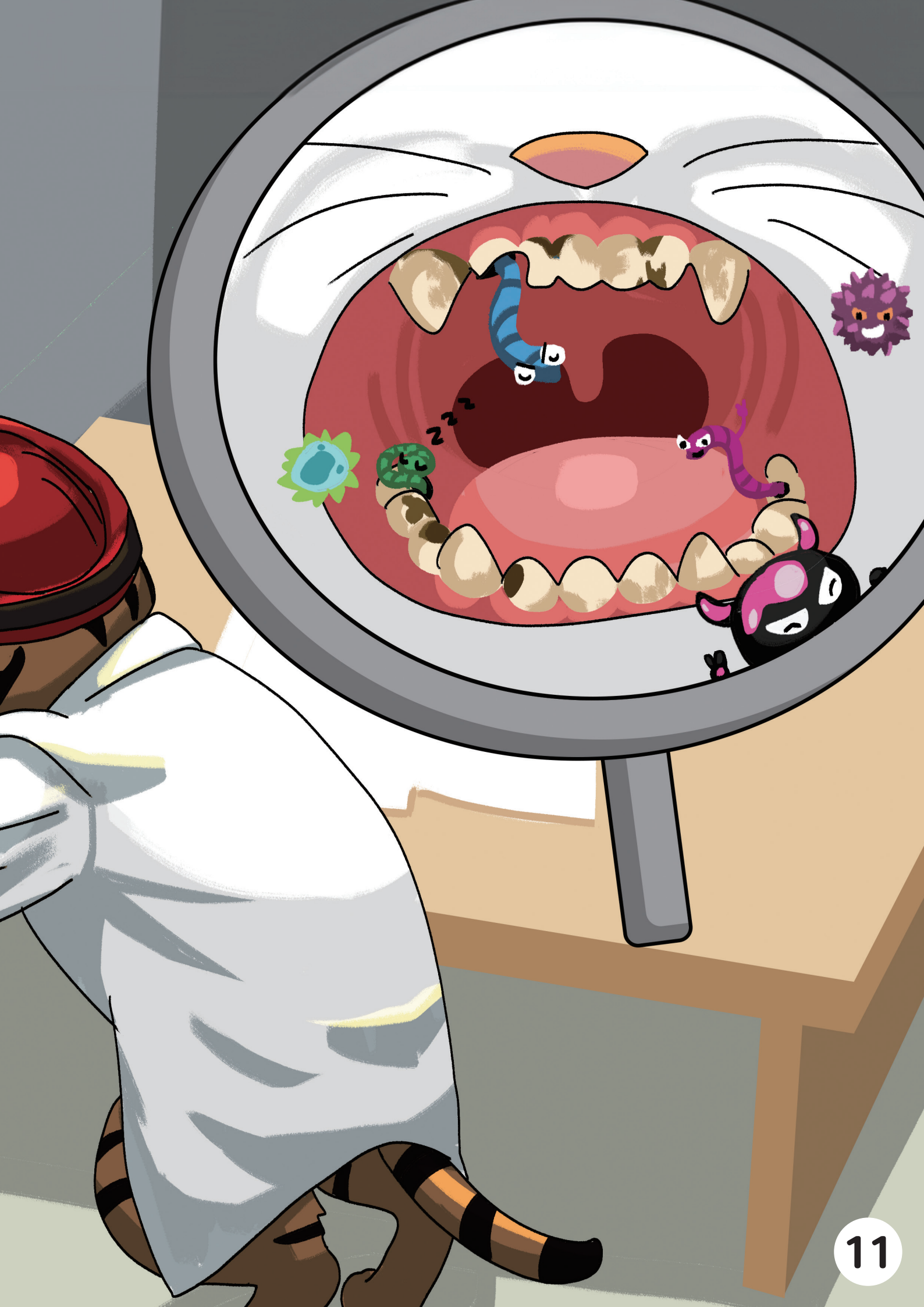
妙妙說：「醫生，我的臉很痛，還腫了起來。」

'Doctor, my face is very sore and swollen,' she says.

醫生說：「你的臉沒有受傷，但口裏有很多蛀牙！你要早晚刷牙，保持牙齒清潔，快去找牙醫吧！」

'Your face is okay, but you have many rotten teeth in your mouth. You need to brush your teeth every morning and night to keep them clean and healthy,' says the doctor, 'Go and see the dentist!'







突然，有一團黑色的東西來到診所，大家都十分害怕，嚇得立即走開。

Suddenly, a black mass gets into the clinic. Everyone is very scared and runs away.

妙妙說：「這……這是甚麼？」

Mina asks, 'What ... what is this?'

黑色細菌大王說：「嘻嘻！你們終於發現我了！」

The Black Germ Monster says, 'Haha! You finally caught me!'



小狗護士說：「我們一起來消滅細菌吧！」

'Let's get rid of the germs,' says Puppy the nurse.



所有小朋友都明白到清潔很重要。

All the kids now understand that it is important to keep themselves clean.



古力說：「我要洗手。我要用視液洗手。」

Gurung says, 'I need to wash my hands with soap.'



阿林說：「我要剪指甲。我要用指甲鉗剪指甲。」

'I need to trim my nails with a nail clipper,' says Lavik Singh.



叮叮說：「我要洗澡。我要用水洗澡。」

Dipti says, 'I need to shower with water.'



妙妙說：「我要刷牙。我要用牙刷刷牙。」

'I need to brush my teeth with a toothbrush,' says Mina.

過了一天，古力、叮叮和妙妙都康復了。

On the next day, Gurung, Dipti, and Mina all feel well.

阿林說：「大家都要注意清潔，保持身體健康！」

'We need to keep ourselves clean and healthy,' says Lavik Singh.



小朋友，如果你遇上這些情況，你會怎樣做呢？

What about you? What would you do if it were you?







清潔

clean



洗手

wash hands

水

水

water



洗澡

take a bath



流鼻涕

have a runny nose



視液

liquid soap



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