



Sniffles

Author: Sunando C

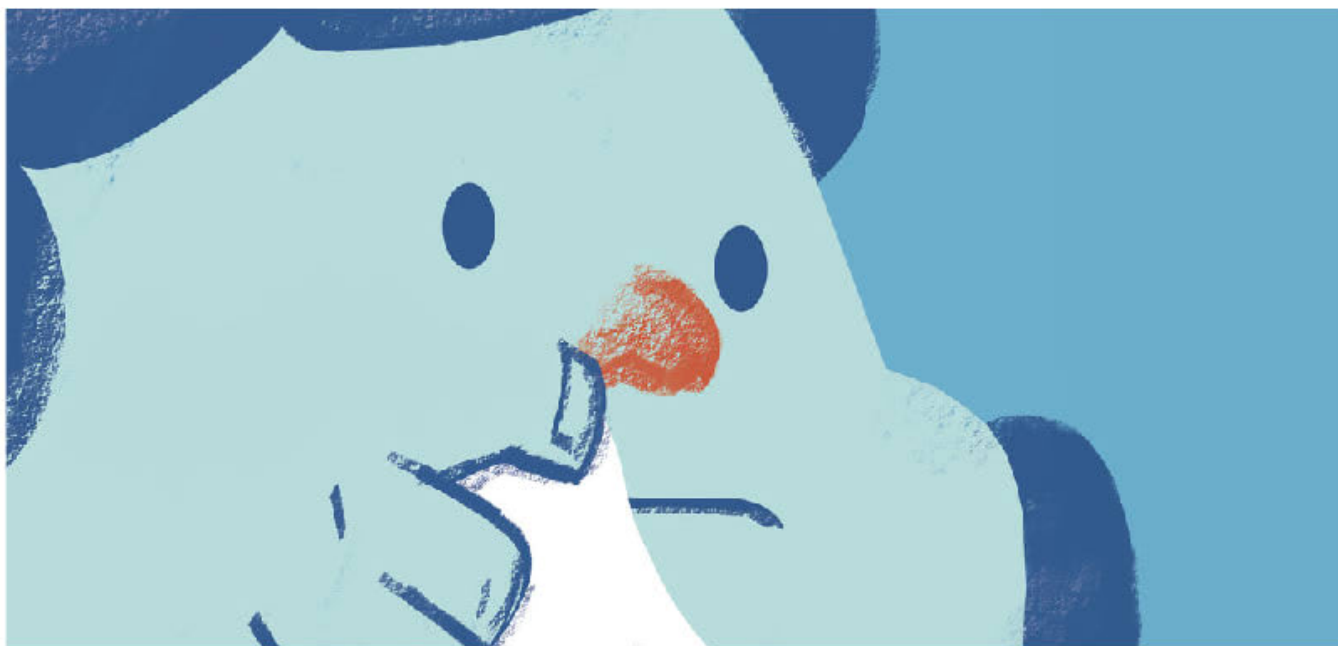
Illustrator: Sunando Chakraborty

Level 2

ENGLISH

Hodrak

Divya hlak hodrak samơ`u at gir pơplông]ưng bôh lông mơn! Divya]ưng bôh lông hrom [ing goyut lai h anun bi h bang [ing goyut pơkon at hodrak tui `u mơn.



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Hodrak

Pô pơ]eh: Sunando C

Pô]ah rup: Sunando Chakraborty

Pô pơblang: K'sor Yin - Siu H'Noan

Tơlơi pơbang dui pơgôp hrom yua mớng UNICEF Việt Nam hang kơong
kơnhào bruă pơtô pơjuất Việt Nam



Sut suit! Sut suit!
Ôi ôi!
Divya hlak hodrak.



Divya [u dui ruă hơi anai ôh!
Mo# anet kiăng c\ưng bôh lông!
Anai le\tolơi pơlông bruă]ưng bôh lông rơnu] tu] hing ang!





Sut suit! Sut suit!
- {ing ta dui laih!
- {ing ta dui pohniă mă kup toløi dui laih!



Sut suit! Sut suit!

- Pah tongan hok mớ-ak wo\, Rustam!

Sut suit! Sut suit!

- Tơlời pơplông Jung bôh lông tlôh nôh, Gurmeet!



Sut suit! Sut suit!
- Ih Jung rogoi biă mă!
Sut suit! Sut suit!
- Pooja, [ing ta dui laih!



Sut suit! Sut suit!
Hơ-ơ] hmui kơ bih bang!



Hất si!



Sut suit! Sut suit!

Divya [u dui]ung bôh lông dong tah truh kơ `u pral glăi.

Mo# anet hodor abih goyut goyâo `u.



Sa hơi kom tồdơi...

- Kào [u do# hơdrak dong ôh!

Divya hok mớ-ak bựp glăi [ing goyut!



Sut suit! Sut suit!
Ôi ôi! Bruă hoget truh anun?
Hrup hang Rustam hlak hơdrak.
Sut suit! Sut suit!
Laih anun Gurmeet tui anun mơn.



Sut suit! Sut suit!
...Laih anun wot Mohit dong.
Sut suit! Sut suit!
...Laih anun Pooja at hōdrak mōn!

Ô [u djo\ôh! Rim]ô mơnuih hơdrak sôh!
Sut suit! Sut suit!





Colds are caused by tiny particles called viruses. They can float around in the air that we breathe, and sit on things we touch. When these viruses get into your nose and throat, they give you a sore throat, or a headache, or a clogged nose -- or even all three at the same time! A cold can move very quickly from you to your friends. If you touch your friends when you have a cold, or sneeze or cough near them, they too will fall sick. Did you know that a single cough or sneeze can shoot your nose and throat viruses 12 feet through the air? How terrible!



This is how you can avoid catching a cold:

Stay far away from anyone who has a bad cold.

If you meet or shake hands with someone who has a cold, wash your hands well. Otherwise, the virus will travel from your hands to your nose.

Do not share drinking glasses, eating utensils or clothes with someone who has a cold.

Eat lots of vegetables and fruits, drink plenty of water, exercise, keep warm and stay healthy!



Sniffles

Divya has sniffles, but she has to play in the Football Cup. She plays with her friends, then all her friends get sniffles.

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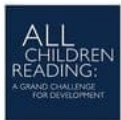
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