



Sniffles

Author: Sunando C

Illustrator: Sunando Chakraborty

Level 2

ENGLISH

Nuh sia\k

Divya dôi geh nuh sia\k [ia\lah bu druh je# nsrôih hăn tâm rlong play chung! Divya pâl play chung n'hanh ba\l pa\ng.



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Nuh sia \ k

Mbu \ t nkra: Sunando C

Chrâng [oi rup: Sunando Chakraborty

Nôm rblang: H 'Thủy

Hdruôm hră mblang mào klei đru mông UNICEF Wiêt Nam leh ăn

Knông brua\ khua ho\k Mtô mjua\ t Wiêt Nam



Krut krit! Krut krit!
Vơ vơ!
Divya dôi geh nau nuh sia\k



Divya m u d i  h l p nar  r!
Bu druh je# mra p l play chung!
 r j ng t m rlong rgum chung da\ch du\t play chung l r n'ga\r ya m !





Krut krit! Krut krit!

- Hên le\dơi jêh!

- Hên ho\dơi pit jêh kup dơi chung!



Krut krit! Krut krit!

- Tap ti rằm rơn, Rum tam!

Krut krit! Krut krit!

- Nau tâm rlong du\ť ueh ngăn ngên, Gurmeet!



Krut krit! Krut krit!

- may paal blau ngăn... Mohit! Krut krit! Krut krit!

- Pooja, he ho\dơi jêh!



Krut krit! Krut krit!
- Răm mbah ma le\rngôch bunuyh!



Nsôr [hu



Krut krit! Krut krit!

Divya mra m   d  i p  l play đ  ng   h ko   t  t lah le  nga  ch tay.

Bu druh je# kah g  t ma m  t ja  ng pa  ng.



Du pơh bah kơi...

- Gấp mâu hôm ôh nuh sia\k đơ\ng! Divya du\t n'hâm rơn rằm mập tay phung ba\l!



Krut krit! Krut krit!
Vơ vơ! Moh nau geh kọt ne\
Nâm bu Rustam dôi tât nuh lơh.
Krut krit! Krut krit!
Jeeh ri Gurmeet tâm ban le\.



Krut krit! Krut krit!
...jêh ri nđâp Mohit đơ\ng!
Krut krit! Krut krit!
...jêeh ri Pooja geh tâm ban đơ\ng

OH NO!

EVERYONE

has the sniffles! Sniffle, sniffle.



Vơ mâu! Le\bunuyh geh nau ji nuh sia\k le\rngôch jêh! Krut krit! Krut krit!



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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