



¡Achís!..... ¡Achís! ¡Tiene resfriado!

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Level 2



Sniff... sniff

¡UH oh!
Divya tiene un
resfriado.



Divya no puede tener
un resfriado hoy! Ella
tiene que JUGAR!

¡Es la final de la
famosa Copa de
Fútbol!





Sniff.... sniff.

¡Han GANADO!

¡HAN GANADO LA FAMOSA COPA DE FÚTBOL!



Sniff..... sniff.

"¡Chócala esos cinco,
Rustam!"

Sniff..... sniff.

"¡Bien hecho,
Gurmeet!"



Sniff..... sniff.

"¡Muy bien, Mohit!"

Sniff..... sniff.

"¡Tú lo hiciste, Pooja!"



Sniff..... sniff.

"¡Enhorabuena, todo el mundo!"



AA-ACHÍSSS!





Sniff..... sniff.

No más fútbol para Divya hasta que se mejore.

Ella extraña a todos sus amigos.



Después una
semana...

No más resfriados!

¡Divya no puede
esperar a ver a todos
sus amigos!



Sniff..... sniff.

¡UH oh! ¿Qué es esto?
Parece que Rustam
tiene un resfriado
ahora...

Sniff..... sniff.

Y Gurmeet...



Sniff..... sniff.

Y Mohit...

Sniff..... sniff.

...¡Y Pooja también!

¡OH NO!

¡TODOS tienen resfriado!

Sniff..... sniff.





El resfriado es causado por partículas diminutas llamadas virus. Pueden flotar en el aire que respiramos y sentarnos sobre las cosas que tocamos. Cuando estos virus entran en su nariz y la garganta, le dan dolor de garganta, o un dolor de cabeza, o una nariz congestionada - ¡O incluso los tres al mismo tiempo!

Un resfriado puede propagarse muy rápidamente de usted a sus amigos. Si usted toca a sus amigos cuando tiene un resfriado, o estornude o tosa cerca de ellos, también se enfermará. ¿Sabía usted que una sola tos o estornudo puede propagar los virus de su nariz y garganta hasta 12 pies por el aire? ¡Que terrible!



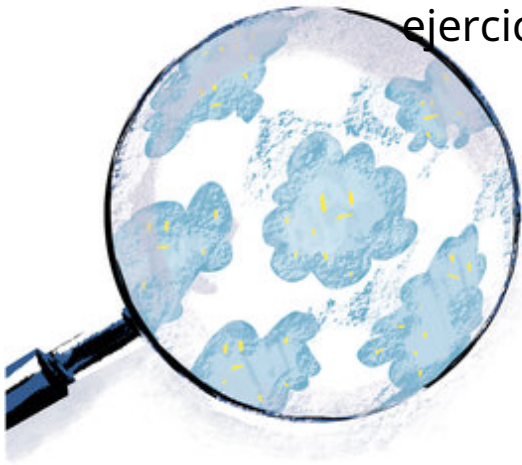
Así es como se puede **evitar resfriarse**:

Manténgase lejos de cualquiera que tenga un resfriado.

Si se reúne o se da la mano a alguien que tiene un resfriado, lávese bien las manos. De lo contrario, el virus viajará de las manos a la nariz.

No comparta vasos, utensilios o ropa con alguien que tiene un resfriado.

¡Coma muchas verduras y frutas, beba mucha agua, haga ejercicios, manténgase caliente y saludable!



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¡Achís!..... ¡Achís! ¡Tiene resfriado!

(Spanish)

Es el día de la famosa Copa de fútbol y pobre Divya tiene un resfriado. ¿Será capaz de jugar? Lee este cuento para encontrar qué pasa a Divya. También recuerda los puntos para evitar los resfriados.

This is a Level 2 book for children who recognize familiar words and can read new words with help.



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