



# सुड़-सुड़-सुड़

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पठन स्तर २



सुड़-सुड़-सुड़!

अरे! दिव्या की तो नाक  
सुड़-सुड़ा रही है।



दिव्या को आज ज़ुकाम कैसे हो सकता है? उसे खेलना ही होगा!

आज मशहूर फुटबॉल कप का फाइनल है!





सुड़-सुड़-सुड़!

अरे! हम जीत गए!

हमने फुटबॉल टूर्नामेंट जीत लिया!



सुड़-सुड़-सुड़!

"रुस्तम, दे ताली!!"

सुड़-सुड़-सुड़!

"बढ़िया खेले, गुरमीत!"



सुड़-सुड़-सुड़!

"बहुत बढ़िया, मोहित!"

सुड़-सुड़-सुड़!

"कमाल कर दिया, पूजा!"



सुड़-सुड़-सुड़!

"बधाई दोस्तों!"





**आ-अ-अ-आ हूँ!**



सुड़-सुड़-सुड़!

तबीयत ठीक होने तक दिव्या  
फुटबॉल नहीं खेल पाएगी।

उसे अपने दोस्तों की याद आ  
रही है।



एक हफ़्ते बाद...

आखिर इस सुड़-सुड़ाहट से  
छुटकारा मिला!

दिव्या अपने सब दोस्तों से  
मिलने को उतावली है।



सुड़-सुड़-सुड़!

अरे-रे! ये क्या?  
अब रुस्तम को ज़ुकाम हो गया!

सुड़-सुड़-सुड़!

और गुरमीत को भी...



सुड़-सुड़-सुड़!

...और मोहित को

सुड़-सुड़-सुड़!

अरे, बेचारी पूजा को भी!

ओहो...

सबको ज़ुकाम हो गया!

सुड़-सुड़-सुड़!





जुकाम का कारण होते हैं कुछ छोटे-छोटे कण जिन्हें विषाणु या वायरस कहते हैं। वे हमारे इर्द-गिर्द की हवा में तैरते रहते हैं और चीज़ों पर रहते हैं। और जब ये वायरस हमारी नाक व गले में घुस जाते हैं तो इनसे गले में खराश हो जाती है या सिरदर्द हो जाता है या नाक बंद हो जाती है। कभी-कभी यह सब परेशानियाँ एक साथ ही हो जाती हैं।

जुकाम बहुत तेजी से फैलता है। जब आपको जुकाम हो तब दोस्तों को छूना नहीं, वरना उन्हें भी जुकाम हो जाएगा। क्या आप जानते हैं कि एक बार छींकने या खाँसने से आपके गले और नाक से ये वायरस हवा में पूरे बारह फीट दूर तक फैल जाते हैं। यह बहुत खतरनाक है!





**जुकाम से ऐसे बचा जा सकता है:**

जिन्हें सर्दी-जुकाम हो उससे दूर रहिये।

जिन्हें जुकाम है अगर उनसे हाथ मिलायें तो अपने हाथ अच्छी तरह से धो लें वरना वायरस उनके हाथ से आपके हाथ में, और आपके हाथ से आपकी नाक तक पहुँच जाएगा।

जिन्हें सर्दी हो उनके इस्तेमाल किए बर्तन, कपड़े, चादर, तौलिए इस्तेमाल मत कीजिये।

जमकर सब्जियाँ और फल खाइये, खूब सारा पानी पीजिये, कसरत कीजिये, और स्वस्थ रहिये!



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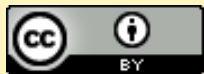
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(Hindi)

आज मशहूर फुटबॉल कप का फाइनल है और दिव्या को जुकाम हो गया है। क्या अब वह खेल पायेगी और कप कौन जीतेगा? आइये यह कहानी पढ़ें और जानें। साथ ही जुकाम से बचने के उपाय भी।

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



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