



Schnupfen

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Level 2



Schnief, schnief.

Ohje!
Divya hat einen
Schnupfen.



Divya darf heute keinen Schnupfen haben! Sie muss doch SPIELEN!

Es ist das Finale des großen Fußballturniers!





Schnief, schnief.

Sie haben GEWONNEN!

SIE HABEN DAS GROSSE TURNIER
GEWONNEN!



Schnief, schnief.

"Schlag ein, Rustam!"

Schnief, schnief.

"Gutes Spiel,
Gurmeet!"



Schnief, schnief.

"Gut gemacht, Mohit!"

Schnief, schnief.

"Du hast es geschafft,
Pooja!"



Schnief, schnief.

"Glückwunsch, alle zusammen!"



HAA-HAAAAATSCHIII!



Schnief, schnief.

Kein Fußballspielen
mehr, bis Divya wieder
gesund wird.

Sie vermisst all ihre
Freunde.



Eine Woche später...

Kein Schnupfen mehr!

Divya kann es kaum erwarten, ihre Freunde zu sehen!



Schnief, schnief.

Ohje! Was ist los?
Jetzt hat Rustam einen
Schnupfen...

Schnief, schnief.

Und Gurmeet...



Schnief, schnief.

... Und Mohit....

Schnief, schnief.

... Und Pooja auch!

OH NEIN!

ALLE haben einen Schnupfen!

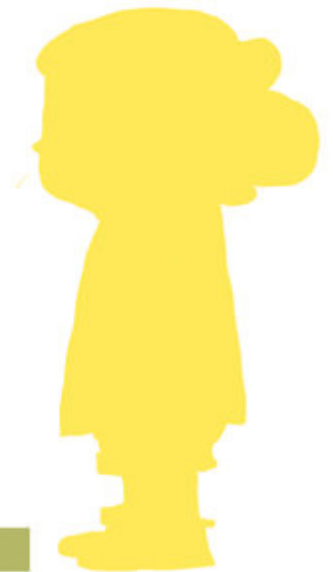
Schnief, schnief.





Erkältungen werden von winzigen Partikeln verursacht, die wir Viren nennen. Sie können in der Luft fliegen, die wir atmen, und auf Dingen sitzen, die wir angreifen. Wenn diese Viren in deine Nase und deinen Hals kommen, dann bekommst du Halsschmerzen oder Kopfschmerzen oder eine verstopfte Nase -- oder alle drei zusammen!

Eine Erkältung kann sich sehr schnell ausbreiten. Wenn du deine Freunde anfässt, wenn du eine Erkältung hast und in der Nähe deiner Freunde niest oder hustest, werden sie auch krank. Wusstest du, dass einmal Husten oder Niesen die Viren 4 Meter durch die Luft schießen kann? Wie schrecklich!



So kannst du eine Erkältung **verhindern**:

Bleib weit weg von anderen, die eine schlimme Erkältung haben.

Wenn du jemanden triffst oder jemandem die Hand gibst, der eine Erkältung hat, wasch dir die Hände. Ansonsten können die Viren von deinen Händen in deine Nase wandern.

Teil dein Glas, dein Besteck oder deine Kleidung nicht mit jemandem, der eine Erkältung hat.

Iss ganz viel Obst und Gemüse, trink viel Wasser, mach Sport, halte dich warm und bleib gesund!



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Schnupfen

(German)

Heute ist der Tag des großen Fußballturniers und die arme Divya hat einen Schnupfen! Ob sie trotzdem spielen kann? Lies diese Geschichte und finde heraus, was mit Divya passiert und wie man einen Schnupfen am besten vermeidet.

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



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