



# Snif ! Snif !

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Level 2



*Snif! Snif!*

Oh, non, Divya a un  
rhume!



Pas question pour elle  
d'avoir un rhume  
aujourd'hui!

Elle doit JOUER AU  
FOOT.  
C'est la finale de la  
Famous Football Cup









*Snif! Snif!*

Victoire!

L'équipe de Divya a remporté la coupe!



*Snif! Snif!*

Bien joué, Rustam!

*Snif! Snif!*

Bravo, Gurmeet!



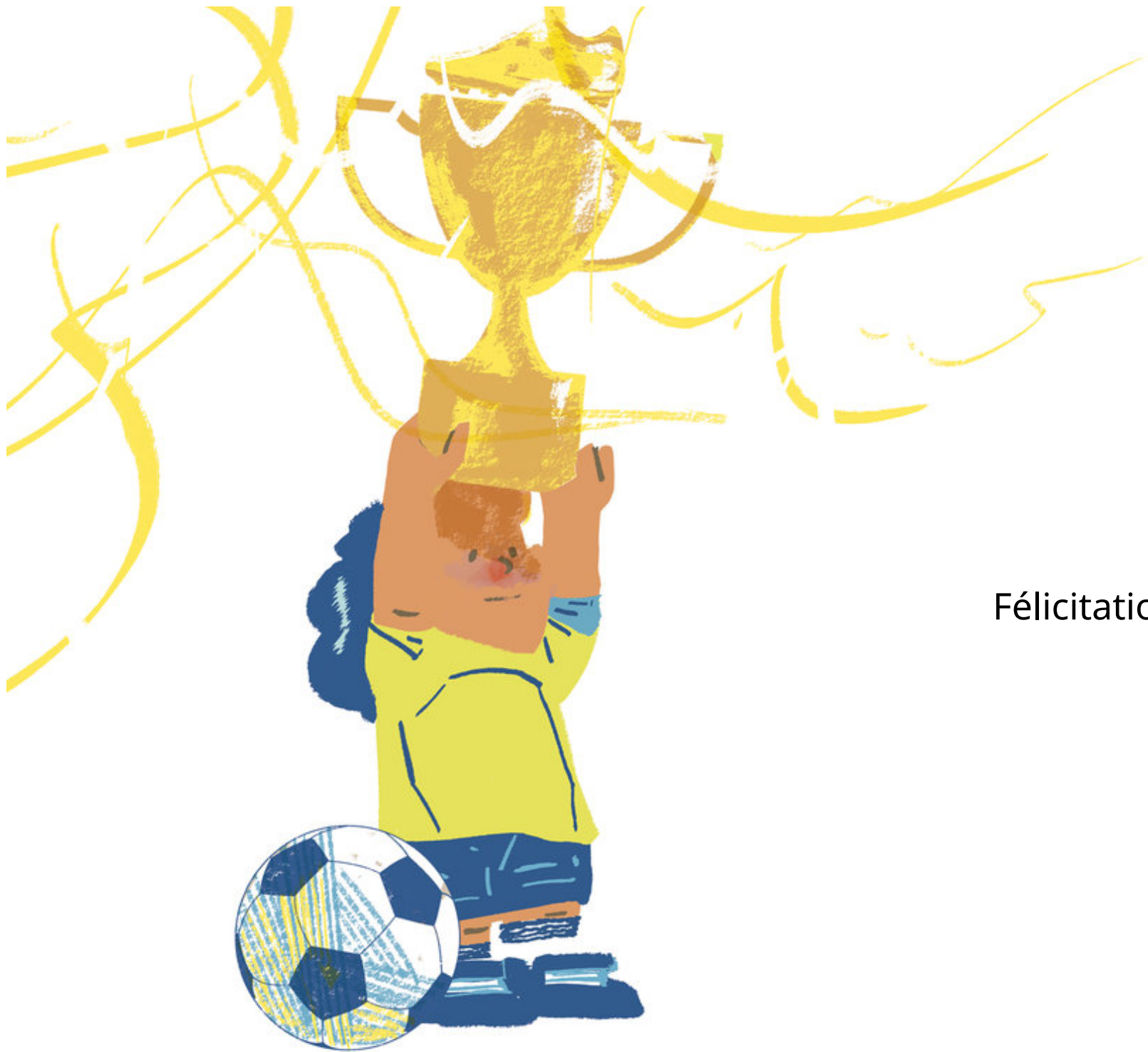
*Snif! Snif!*

Tu as assuré, Mohit!

*Snif! Snif!*

Trop fort, Pooja!





Snif! Snif!

Félicitations à tous!





**AAATCHOUUUUM!**



*Snif! Snif!*

Fini le football tant que Divya n'est pas guérie.

Tous ses amis lui manquent.



Une semaine plus  
tard...

Le rhume est passé.

Divya a hâte de voir  
ses amis!





Snif! Snif!

Oh, que se passe-t-il?

On dirait que c'est au tour de Rustam d'avoir le rhume.

Snif! Snif!

Et Gurmeet...



*Snif! Snif!*

Et Mohit...

*Snif! Snif!*

Et Pooja aussi!

**OH, NON!**

**TOUTE L'ÉQUIPE** a attrapé le rhume!

*Snif! Snif!*







Les rhumes sont causés par des particules microscopiques appelées virus. Ceux-ci peuvent être en suspension dans l'air que nous respirons ou se trouver sur les objets que nous touchons. Lorsque ces virus pénètrent dans le nez et la gorge, ils provoquent un mal de gorge, un mal de tête ou une congestion nasale - parfois, les trois en même temps!

Si tu as un rhume, tu peux le transmettre très vite à tes amis, en les touchant, en éternuant ou en toussant près d'eux. Lorsque tu tousses ou éternues, tu peux projeter les virus contenus dans ton nez ou ta gorge à une distance d'environ quatre mètres. Quelle horreur!



## Comment éviter d'attraper un rhume

- évite les contacts avec les personnes enrhumées;
- lave-toi bien les mains après avoir rencontré une personne enrhumée ou lui avoir serré la main, car tes mains peuvent transporter le virus jusque dans ton nez;
- n'utilise pas le même verre, les mêmes ustensiles ou vêtements qu'une personne enrhumée;
- mange beaucoup de fruits et de légumes, bois beaucoup d'eau, fais de l'exercice, reste au chaud et prends soin de toi!





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# Snif ! Snif !

(French)

C'est le jour de la finale de la Coupe de football et la pauvre Divya a un rhume. Sera-t-elle capable de jouer ? Découvre-le dans cette histoire et découvre également comment éviter un rhume.

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



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