话题：人与自我《健康与生活》Using language课后练习

**How to keep yourself safe from new virus?**

After a new-type coronavirus was detected in viral pneumonia cases in Central China's Wuhan city a month ago, more cases have been reported in recent days. \_\_\_\_\_1\_\_\_\_\_:

**1. Wear masks outdoors**

●Wearing a mask is one of the most effective ways to protect you from getting infected.

●Make sure to wear it properly by tightening up the nose clip and pulling the bottom of it over your chin.

●\_\_\_\_\_2\_\_\_\_\_, a mask is also needed to prevent you from spreading germs to others.

**2. Cover your coughs and sneeze with tissue**

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve, but avoid covering with your hands directly.

3. \_\_\_\_\_3\_\_\_\_\_

Wash your hands with soap and running water thoroughly for at least 15 seconds.

● Before eating and after using the toilet

● After returning home

● After touching trash or garbage

● After contacting with animals or handling animal wastes

**4. Strengthen your immune system and exercise regularly**

● Exercise regularly is one of the most important ways to help you stay away from catching any infections.

● Make sure that shared spaces have good air flow and avoid going to crowded places such as hospitals, railway stations and airports. \_\_\_\_\_4\_\_\_\_\_.

● Seek prompt medical attention if you have symptoms of fever and respiratory infection.

● Avoid close contact with people who have flu or cold-like symptoms.

●\_\_\_\_\_5\_\_\_\_\_. Avoid contact with wild animals or farmed livestock without any protection.

A. If your hands are not visibly dirty

B. Eat thoroughly cooked meat and eggs

C. Wash your hands frequently and properly

D. Protect yourself and others from getting sick

E. Wear a mask if transport or movement is necessary

F. If you’re not feeling well or have symptoms of fever

G. To prevent catching the infection, here’s what you can do