

## JĘZYK ANGIELSKI KL. 7



**TEMAT:** Let's talk about staying safe . Jak chronić siebie i innych przed zarazkami.

Hello students! How are you feeling ? I hope you're OK

Dzisiaj o tym, co jest teraz najważniejsze - jak chronić się przed wirusem i zarazkami i jak minimalizować rozprzestrzenianie się i rozsiewanie wirusów.

Nawet, gdy już wrócimy do szkoły i życie będzie wracało do normalności, będziemy musieli pamiętać o tym , by zachowywać się odpowiedzialnie dla bezpieczeństwa naszego, naszej rodziny, przyjaciół , a także innych ludzi.



- Przeczytaj i przetłumacz poniższy tekst. Potrafisz udzielić rady?
- have to – musieć (przymus zewnętrzny), can't – nie móc, nie być w stanie  
should – powinieś musn't – nie wolno, zakaz why don't you ?

You can't go to school at the moment!

Staying safe and keeping yourself healthy during the outbreak of COVID-19 will help protect yourself and others.

There are a couple of easy ways to help minimise the spread of COVID-19,

**one of the most important is the personal hygiene**

- **Glossary:** *outbreak* – wybuch, *to spread* – rozsiewać, *to limit* – ograniczyć, *thoroughly* – dokładnie, *bent elbow* – zgięty łokieć, *avoid* -unikać, *wear a face mask* – nosić maseczkę na twarzy, *coughing or sneezing* – kasłanie lub kichanie *germs* – zarazki *one time* -jednorazowe *disposable*- jednorazowe *gloves* – rękawiczki *contaminated*- skażony

### Hygiene

Practising good personal hygiene helps to limit the spread of germs and minimises the risk to yourself and others.

- Regularly and thoroughly cleaning your hands with soap and water. This helps to kill viruses that may be on your hands.
- Covering your mouth and nose with a bent elbow or tissue when coughing or sneezing.
- Avoid touching your eyes, nose and mouth because your hands touch many different surfaces and can easily pick up viruses. If you touch your face and your hands are contaminated, the virus can enter your body, making you ill.

## **Social distancing**

Social distancing means having less contact between you and the people around you. It can be practised at home, at school, and while out in the community.

- Avoid contact with others if you are unwell by staying more than 2 metres away.
- If you need to leave your home you have to wear a face mask to stop yourself from potentially spreading the virus to someone else.
- If you need to go shopping you have to wear one time/disposable gloves

Listen and watch:

NBC News' Dr. John Torres breaks down what you need to know to stay safe as the COVID-19 coronavirus continues to spread around the world :

<https://www.youtube.com/watch?v=2syL3GX2c0I>

<https://www.youtube.com/watch?v=-kU8Xv2CYJM>

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Take care!

