



PUMCH PREVENTION AND CONTROL MANUAL OF
COVID-19

PUMCH 新型冠状病毒感染大众防护问答



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中国协和医科大学出版社

图书在版编目 (C I P) 数据

北京协和医院新型冠状病毒感染大众防护问答 / 北京协和医院编. -- 北京 : 中国协和医科大学出版社, 2020.2

ISBN 978-7-5679-1504-6

I. ①北… II. ①北… III. ①日冕形病毒—病毒病—肺炎—预防(卫生)—问题解答 IV. ①R563.101-44

中国版本图书馆 CIP 数据核字(2020)第 020612 号

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一、认识 2019 新型冠状病毒

Chapter 1: A Glimpse of 2019 Novel Coronavirus (2019-nCoV/COVID-19)

1.“王冠”似的冠状病毒

1.“Crown-Like” virus – Coronavirus

冠状病毒是一个大型病毒家族,因该病毒形态在电镜下观察类似王冠”而得名。它们属于有包膜病毒,直径约为小米粒的二百万分之一,外面包膜上存在的凸起使整个病毒看上去像分布在球形上的“王冠”,内部是正链单股 RNA 病毒。

冠状病毒可以感染多种哺乳动物(比如人、猪等)及禽类(鸡、鸟等)。其复制能力强,又因为是单股 RNA,结构不稳定,复制过程中容易产生变异。冠状病毒引起的人类疾病主要是呼吸系统感染,因为病毒繁殖对温度的喜好,冬季和早春是该病毒疾病的流行季节。

Coronavirus is a large group of viruses named for their crown-like structure under electron microscopy. They are enveloped viruses, with a diameter of about two millionths of a grain. On the outer membrane, there are spikes distributed like a crown; and inside there is a single strand of positive-stranded RNA.

Coronavirus can infect a variety of mammals (e.g. humans, pigs, etc.) and poultry (e.g. chickens, birds, etc.). It has a strong replication ability and mutates easily since its single-stranded RNA genome lacks structural stability.

Coronavirus mainly causes respiratory infections in human. Winter and early spring are the epidemic seasons due to the temperature preference of viral reproduction.

2.SARS 的“弟弟”——2019 新型冠状病毒

2. “Brother” of SARS-CoV – 2019 Novel Coronavirus

2019 新型冠状病毒 (2019 novel coronavirus, 2019-nCoV)是目前已知的第 7 种可以感染人的冠状病毒,其余几种中有两种是大家相对熟悉的,一种是 2003 年的严重急性呼吸综合征 (SARS); 还有一种是 2012 年的中东呼吸综合征 (MERS)。

国际病毒分类委员会 (International Committee on Taxonomy of Virus, ICTV)宣布,新型冠状病毒 (2019-nCoV)的正式分类名为严重急性呼吸综合征冠状病毒 2 (severe acute respiratory syndrome coronavirus 2, SARS-CoV-2),而世界卫生组织 (WHO)同日宣布,由这一病毒导致的疾病的正式名称为 COVID-19。

与“哥哥”SARS 比较,2019 新型冠状病毒传染性强、病死率低。

2019 Novel Coronavirus (2019-nCoV) is the seventh known coronavirus that can infect humans. Two of the other six coronaviruses are relatively familiar to the public—the one causing severe acute respiratory syndrome (SARS) in 2003, and the one causing Middle East respiratory syndrome (MERS) in 2012.

The International Committee on Taxonomy of Virus (ICTV) announced that the official classification name of the Novel Coronavirus (2019-nCoV) is severe acute respiratory syndrome Coronavirus 2, shortened to SARS-CoV-2. On the same day, World Health Organization (WHO) announced that the official name for the disease caused by this virus is COVID-19.

Compared with "brother" SARS-CoV, 2019-nCoV is more contagious but less lethal.

3.兄弟俩都喜欢——人体肺组织

3. Brother virus' favorite – Human lung tissue

2019 新型冠状病毒与 SARS 一样，人群普遍易感，也都喜欢与人体肺组织 ACE2 受体结合，导致“肺炎”。

重症病例一般在感染一周后出现呼吸困难，严重者可快速进展为急性呼吸窘迫综合征——我们常说的“白肺”，甚至脓毒症休克、难以纠正的代谢性酸中毒和出凝血功能障碍及多器官功能衰竭。值得注意的是重型、危重型患者在发病过程中不一定高烧，可以是中低热，甚至无明显发热。

大多数感染后潜伏期一般为 3~7 天，不超过 14 天，极个别可达 24 天。最开始大多是发热、干咳、乏力的表现。少数患者可有鼻塞、流涕、咽痛、肌痛、腹泻等症状，部分患者仅表现为低热、轻微乏力等，没有肺炎表现，多在 1 周后恢复。

People are generally susceptible to the 2019-nCoV, which binds to ACE2 receptors in human lung tissue just like SARS-CoV, leading to "pneumonia".

Dyspnea usually occurs one week after infection in severe cases. In more severe ones it can quickly progress to acute respiratory distress syndrome – so-called "white lung", and even septic shock, refractory metabolic acidosis, coagulation dysfunction and multiple organ failure. It is notable that high fever might not be present in severe and critically severe cases but low to moderate fever or even no obvious fever during the onset of the disease.

The incubation period is generally 3 to 7 days and no more than 14 days, but in rare cases up to 24 days. Fever, dry cough, and fatigue are the most common presentations at first. A few patients may have symptoms such as nasal congestion, runny nose, sore throat, myalgia, and diarrhea. Some patients who only present with low fever and mild fatigue without pneumonia manifestations usually recover after 1 week.

4.2019 新型冠状病毒和 SARS 有哪些区别？

4. How is 2019-nCoV different from SARS-CoV?

提及“哥哥”SARS，大多数人仍闻之色变，这次新型冠状病毒疾病（coronavirus disease, COVID-19）开始时也有人说是 SARS 卷土重来，造成很多人的恐慌。

自 2002 年末至 2003 年 8 月，我国内地累计报告 SARS 临床诊断病例 5327 例，治愈出院 4959 例，死亡 349 例，病死率 6.55%。而“弟弟”——新型冠状病毒肺炎，截至 3 月 14 日，全国 31 个省（直辖市、自治区）累计报告确诊病例 80962 例（明显高于 SARS），累计死亡病例 3162 例，中国病死率为 3.9%（明显低于 SARS）。

Most people are still dreaded by SARS, and panicked at the beginning of COVID-19 epidemic when some claimed that SARS might have come back.

From the end of 2002 to August 2003, a total of 5,327 clinically diagnosed SARS cases were reported in mainland China. 4,959 cases were cured and discharged, and 349 cases died, with a case fatality rate of 6.55%.

As of March 14, 2020, 31 provinces, municipalities as well as autonomous regions have reported a total of 80962 confirmed cases of COVID-19 (significantly higher compared to SARS) and 3162 cumulative deaths, with a case fatality rate of 3.9% in China (significantly lower compared to SARS). Based on the World Health Organization (WHO), Italy, as the second runner up has a total of 17660 confirmed cases, Iran, as a third has a total of 11364 confirmed cases. USA has a total of 1678 confirmed cases. For more information, please refer to the WHO official website: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

5.2019 新型冠状病毒肺炎可以治愈吗？

5. Is COVID-19 curable?

从目前收治的病例情况来看，大多数患者预后良好，儿童病例症状相对较轻，有少数患者病情危重。死亡病例多见于老年人和有慢性基础疾病者。

同大多数病毒感染一样，新冠肺炎也是自限性疾病，即依靠机体的免疫力杀灭病毒，尚未发现患者痊愈后病毒在体内长期存活。但也不能掉以轻心，支持疗法很重要。即便不幸被传染了，只要及时报告，积极配合治疗，大多数患者都能最终痊愈。

According to current cases, most patients have good prognosis and children have relatively mild symptoms, but there are also some patients with critical illness. Deaths are more common among the elderly and those with chronic disease.

Just like most viral infections, COVID-19 is a self-limiting disease, conquered by the body's own immunity. Evidence has not yet been found for long-term survival of this virus in human body post-recovery. However, supportive therapy is still important and should not be taken lightly. As long as the disease is reported in time, most of the patients will eventually recover after active treatment.

6.2019 新型冠状病毒是怎么传播的？

6. How is 2019-nCoV transmitted?

同“哥哥”SARS 一样，经呼吸道飞沫和接触传播是主要的传播途径，也就是病毒携带者咳嗽、打喷嚏或者说话时会产生带有病毒的飞沫，漂浮在空气中会经呼吸道传播，飘落在其他地方就会通过接触传播。

The main route of transmission is similar to SARS-CoV, via respiratory droplets produced by carriers when they cough, sneeze or talk. The droplets floating in the air might be inhaled into the lungs of people nearby, and those falling elsewhere will spread from contact.

7. 如何看待新型冠状病毒感染“可能”通过气溶胶方式传播？

7. “Possible” aerosol transmission of 2019-nCoV – How to perceive it?

气溶胶学术上讲是指由固体或液体小质点分散并悬浮在气体介质中形成的胶体分散体系，就像我们平时见到的烟、雾等都是气溶胶的表现形式。目前新型冠状病毒最主要的传播途径是飞沫传播和接触传播，传播距离一般不到 2 米，没有证据证明其会在空气中长期悬浮。因此，按照现在佩戴口罩、勤洗手的要求，做好已有的防范措施，并不需要产生恐慌情绪。仅在封闭的环境中、长时间暴露于高浓度气溶胶情况下存在气溶胶传播的可能（例如，医务人员近距离取患者的鼻咽拭子、吸痰操作、气管插管等）。

Academically aerosol refers to a colloidal dispersion system formed by suspension of fine solid or liquid particles in gas. The smoke and fog that we usually see are all forms of aerosol. The main route of transmission of 2019-nCoV at present is droplet transmission and contact transmission, with a general transmission distance of less than 2 meters. There is no evidence that the droplets will suspend in the air for a long time. Therefore, as long as the current requirements of precautions, i.e., wearing masks and washing hands frequently, are fulfilled, there is no need to panic. Only in closed environments and prolonged exposure to high concentrations of aerosols (e.g. medical staff performing nasopharyngeal swabbing, sputum suctioning, tracheal intubation, etc.) should there be a possibility of aerosol transmission.

8. 如何看待粪口传播？从 SARS 看 SARS-CoV-2 的防护

8. Fecal-oral transmission – A lesson from SARS

目前研究发现新型冠状病毒肺炎患者粪便中可检测到活病毒的存在，虽然这并非简单意味着会导致粪口传播，但意味着需要警惕和防护粪鼻传播。SARS 期间香港曾经出现淘大花园的疫情暴发，香港特别行政区政府卫生署分析导致传染播散的途径很可能是：确诊患者腹泻，进入污水系统里带病毒的小液滴被倒吸导致垂直排列的住房单元感染。所以，粪便有可能成为传染源导致粪鼻传播。借助 SARS 期间的防控经验，我们应勤洗手，如厕后盖上马桶盖再冲水；可每一两日往卫生间和厨房地面的下水道地漏里倒水，保证 U 形聚水器里始终有水而起到隔气功能。在公共场所，避免使用空气流通不好、臭味明显的厕所，而且戴好

口罩，及时洗手。

Current research has found that live virus can be detected in the stool of COVID-19 patients. Although fecal-oral transmission should not be simply concluded, it surely raises our alert against fecal-nose transmission. During SARS epidemic, there was an outbreak in Amoy Gardens in Hong Kong. According to the analysis of the Hong Kong Department of Health, the possible spreading route of the infection was that diarrhea feces of SARS patients containing small droplets with virus entered the sewage system, and the droplets were sucked back into vertically arranged housing units, resulting in household infection. Therefore, feces may indeed become a source of infection and cause fecal-nasal transmission. Based on our experience during SARS epidemic, we should wash our hands frequently, and flush the toilet after closing the lid. We can pour water into the drain of toilets and kitchens every one or two days to ensure that there is always some water in the U-shaped water trap as a gas barrier. Also, we need to avoid using toilets with poor air circulation and obvious odor in public places, wear masks all the the time and wash our hands in time.

9.2019 新型冠状病毒可以在物体表面存活多久？

9. How long can 2019-nCoV survive on the surface of an object?

目前关于新型冠状病毒的研究尚未发表，但德国专家通过 medline 数据库中检索相关文献，总结了 SARS-CoV 在物体表面的存活时间。总体来讲，在不同类型的物体表面，SARS-CoV 保持传染性的时间从 2 小时~9 天。在金属、木头、纸、塑料等介质上并无太大差异，病毒存活时间主要与病毒滴度呈正相关。

Relevant research has not yet been published on 2019-CoV at present. But experts from German have managed to summarize from literature in the MEDLINE database that survival time of SARS-CoV range from 2 hours to 9 days on the surfaces of different objects. Survival time is positively correlated with viral titers, and there is no significant difference between materials such as metal, wood, paper, plastic, etc.

二、个人、居家防护

Chapter 2 : Personal and Family Health Protection

1.“十五字口诀”避免感染 2019 新型冠状病毒

1. “15 words” on how to prevent 2019-nCoV infection

十五字口诀：**戴口罩、勤洗手、捂口鼻、少聚集、多锻炼**。开窗通风，好习惯；均衡营养，身体棒！

15 words to remember: Wear masks, wash hands often, cover mouth and nose, avoid unnecessary gathering, stay physically active.

It is also recommended to regularly open windows for ventilation and keep a balanced diet.

2.市场上有这么多种类型的口罩，应选择哪一种？

2. How to choose the appropriate face mask?

口罩是个人健康防护的“第一道防线”，因此佩戴符合防疫标准的口罩十分重要，但也不需要过度防护。市场上口罩种类很多，有一次性医用口罩、医用外科口罩、KN95/N95 及以上级别颗粒防护口罩及医用防护口罩等。

乘地铁、坐公交或者去超市时佩戴一次性医用口罩就可以达到防护效果；居家观察或者家中有需要观察的人员时，可以选择医用外科口罩。要说明的是，身体健康的普通人没有必要把 N95 口罩作为防护标配。口罩不能与他人共用。

另外，棉布口罩、海绵口罩等非医用口罩防护效果较弱，但也能在一定程度上阻挡咳嗽、打喷嚏和说话产生的飞沫，优于不戴口罩。

A face mask is the “first barrier” of personal health protection. It is very important to wear face masks that comply with standard of epidemic control, but over-protection is unnecessary. Various types of face masks are available in market, including disposable medical masks, surgical masks, KN95/N95 or better particulate respirator, and medical protective face masks.

Disposable medical mask is feasible for individual use when taking public transportation or shopping in the supermarket. Surgical mask may be considered when under home care isolation or when family member(s) is under home care isolation. Please note that for healthy individuals it is unnecessary and not recommend to use N95 respirators for regular protection. A face mask should never be shared with other people.

Besides, non-medical masks (e.g. cotton mask, sponge mask, etc.) are less efficient for individual protection. But they are nonetheless better than not wearing a mask since

they can also, to some degree, filter droplets produced by coughing, sneezing, and talking.

3. 何时必须使用医用防护口罩（GB19083-2010）？

3. Under what circumstances is medical protective face mask (GB19083-2010) a must?

个人防护通常不需要。发热门诊、有疑似或确诊新型冠状病毒肺炎患者的区域，以及进行采集呼吸道标本、气管插管、气管切开、无创通气、吸痰等可产生气溶胶操作时。

Medical protective face mask is unnecessary for regular individual protection. Medical protective face mask should be worn inside fever clinic or areas with patients being suspected/confirmed with 2019-nCoV infection, and when performing aerosol-generating procedures such as respiratory secretion sampling, tracheal intubation, tracheotomy, noninvasive ventilation, and sputum suction.

4. 雾霾期间囤积的 KN95/N95 及以上级别颗粒防护口罩可以使用么？

4. Can I use the KN95/N95 or better particulate respirator previously stored for smog-protection?

日常防护中可以使用。此类口罩分为无呼吸阀和有呼吸阀，**如就诊于发热门诊时，【禁忌】使用有呼吸阀的 KN95/N95 及以上级别颗粒防护口罩。**

Anti-smog respirators can be used for daily protection. **Note that these respirators may or may not be equipped with a respiratory valve. DO NOT wear a KN95/N95 or any particulate respirator WITH respiratory valve when visiting a fever clinic.**

5. 怎样正确戴口罩？

5. How to properly wear a mask?

佩戴口罩时，需要先正确区分口罩的内外、上下。医用外科口罩是深色面向外，有鼻夹金属条的一侧向上。戴口罩前应先洗手，捏着口罩边缘从包装袋内取出，尽量不要碰触口罩内侧面；然后，捏住两端的松紧带挂在耳朵上；用双手压紧鼻梁两侧的金属条，使口罩上端紧贴鼻梁；最后向下拉伸口罩，使口罩不留有褶皱，覆盖住口鼻和下巴。

Wash your hands before wearing the mask. Orient the external side and the top side first. The colored side of a surgical mask should be facing OUTWARD, with the metal strip as the TOP side. Take the mask out by the edge and avoid touching its inner side. Place the elastic loops around your ears. Pinch the metal strip or stiff edge of the mask

so it molds to the shape of your nose. Pull down the mask's bottom so it covers your nose, mouth and your chin.

6. 口罩戴多久需要更换？

6. How often should I replace a face mask?

未接触过疑似或确诊患者且外观完好、无异味或脏污的口罩，回家后可放置于居室通风干燥处，以备下次使用。健康人群佩戴过的口罩，没有新型冠状病毒传播的风险，一般不需要按照4小时更换的标准，但在口罩变形、弄湿或弄脏以及有异味时要及时更换。

Intact face masks without foul odor or contamination, AND without exposure to suspected or confirmed 2019-nCoV patients, can be placed in a dry, well-ventilated area at home before second-time use. For healthy individuals without the risk of 2019-nCoV transmission, it is not necessary to replace the masks once in every 4 hours according to standard guidelines for medical purpose. But please DO replace the face mask when it is deformed, wet, visibly soiled, or with foul odor.

7. 如何处理戴过的口罩？

7. How to properly dispose of used masks?

没有感染风险的人群戴过的口罩按照生活垃圾分类的要求处置。鼓励放在垃圾袋里，扎紧袋口后再投入垃圾桶。**口罩里面【禁忌】喷洒酒精消毒。**

Disposal of masks used by individuals without the risk of 2019-nCoV transmission should comply with principles of garbage classification. It is encouraged to seal used masks in plastic bags before tossing into the garbage bin. **DO NOT apply ethanol to face masks for disinfection.**

8. 特殊人群如何佩戴口罩？

8. Mask-wearing for specific populations.

- 孕妇佩戴口罩，应结合自身条件选择。
- 老年人及有心肺疾病和呼吸道基础疾病的患者佩戴后如有不适感，应寻求医生的专业指导。
- 儿童脸型小，应选择儿童防护口罩，在佩戴过程中家长应随时关注。年龄极小的婴幼儿不宜戴口罩，避免发生窒息。
- 以上人群尽量不去人多密集的公共场所，在家注意开窗通风和居室清洁消毒。

- Pregnant women should choose appropriate face mask according to specific conditions.
- Should the senior or individual complicated with cardiopulmonary and/or respiratory conditions report discomfort after wearing a mask, and seek for professional consultation with doctors immediately.
- Children may have smaller faces. Child-use face masks are recommended and should be used with caution and under adult supervision. To avoid incidents of suffocation, face masks should not be applied to infants.
- For the aforementioned individuals, avoid agglomerations and frequency of visiting crowded spaces. Keep the habitation clean and well-ventilated. Regular disinfection is also recommended.

9.如何防治戴口罩带来的皮肤损伤?

9. How to deal with face mask-relate skin lesion?

首先要选择规格合适的口罩，避免使用伪劣产品，儿童要选择合适尺寸，佩戴时可以脸上耳后涂点润肤露；其次是佩戴一段时间后可变换口罩位置或者摘下来让皮肤减少受压，发现红肿和破损应该让皮肤充分休息和得到相应治疗；最后可以在受压部位涂抹润肤露、敷上敷料来减少皮肤受损。

For starter, choose face masks with qualification and appropriate size, especially for children. Adjust positions or remove the mask after a period of time. In case of redness and lesion, skin with compromised integrity should be refrained from irritation and should be properly treated. Lotion and/or dressings can be applied to the pressure-bearing spots.

10.洗手的正确方法是什么?

10. How to properly wash hands?

正确洗手是预防呼吸道感染的有效措施之一。用洗手液、肥皂，流动水按照七步洗手法正确洗手，即“内、外、夹、弓、大、立、腕”，每一步揉搓时间均应大于 15 秒，**请在洗手时候唱两遍生日快乐歌。**

Hand-washing is one of the best ways to prevent respiratory infections. Wash hands with soap and clean, running water. Comply with the following steps when washing your hands. It is recommended to spend no less than 15 seconds for each step. **You can also hum the “Happy Birthday” song from beginning to end twice if you need a timer.**

- 内：掌心对掌心，手指并拢，相互揉搓。
- 外：手心对手背沿指缝相互揉搓，双手交换进行。
- 夹：掌心相对，双手交叉沿指缝相互揉搓。
- 弓：弯曲各手指关节，将关节在另一手掌心揉搓，双手交换进行。

- 大：大拇指在对侧手掌中揉搓，双手交换进行。
- 立：将五个手指尖并拢放在对侧掌心揉搓，双手交换进行。
- 腕：清洗和揉搓手腕及手臂，双手交换进行。

- Palm: rub your palms together;
- Back: rub the back of each hand with the palm of the other, special attention should be payed to the inter-space of fingers;
- Interlock: rub palm-to-palm while interlocking your fingers;
- Knuckle: form a fist with one hand and rub each knuckle inside the palm of the other hand;
- Thumb: rub each thumb with the other hand;
- Tip: rub the tips of fingers of one hand inside the palm of the other;
- Wrist: rub each of your wrists.

11. 勤洗手，要做到多勤？

11. How often should I wash my hand?

随时保持手卫生是传染病防控最重要、最有效的措施之一。从公共场所返回、咳嗽打喷嚏之后、饭前、便后、戴口罩前和摘口罩后等都要用洗手液或香皂和流动水洗手，或者使用免洗手消毒凝胶洁净双手（使用免洗消毒剂的前提是没有可见污物）。不确定手是否清洁时，避免用手接触眼、鼻、口等处。

Maintaining hand hygiene is one of the most important and efficient measure for epidemic control. Wash hands with soap and clean, running water after returning from public places, after blowing your nose, coughing, or sneezing, before eating food, after using the toilet, before and after wearing a mask. You can also use alcohol-based hand sanitizer if your hands are not visibly soiled. Avoid touching your eyes, nose and mouth if you're unsure of the cleanliness of your hands.

12. 如何购买或配置有效的免洗手消毒凝胶？

12. How to choose or formulate hand sanitizer?

一般情况下，酒精是消毒凝胶的有效成分，浓度达到 60%~80%即可。市面上的产品一般可达到要求，购买前仔细阅读产品说明。

【自制免洗手凝胶小窍门】无法购买时，可自制：100ml 浓度 75%酒精+5ml 甘油混匀，分装成瓶即可。

【注意】购买的免洗手消毒凝胶可能含有致敏成分。

Normally ethanol (alcohol) is the active ingredient in hand sanitizer. Concentration of 60-80 % (v/v) ethanol is acceptable. Hand sanitizer can be readily purchased. Please read the instruction carefully before purchase.

Tips on self-made hand sanitizer: Mix 100ml of 75% ethanol (v/v) with 5ml of glycerol, and store in sealed bottles.

Attention: Commercialized hand sanitizers can be allergic to some individuals.

13. 出门需要戴一次性乳胶手套吗？

13. Do I need to wear disposable latex gloves outdoor?

出门上街戴医用的一次性乳胶手套是没有必要的，注意勤洗手就可以。

It is unnecessary to wear disposable latex gloves outside. Maintain a good hand hygiene is sufficient.

14. 手机需要清洁消毒吗？

14. Do I need to clean and disinfect my cell phone?

有研究表明，手机表面可携带致病微生物。建议每天使用消毒纸巾擦拭至少一次。

Some research suggests pathological microbes can reside on the surface of cell phones. It is recommended to wipe your phone with disinfection wet tissue at least once a day.

15. 家中需要消毒么？

15. Do I need to disinfect my house?

一般情况下，家中做到清洁就可以，通常不需要消毒。

Generally, keeping your house clean rather than disinfected is sufficient.

16. 我有点“小洁癖”，不消毒不放心，咋办？

16. What if I am still feeling a little insecure without disinfecting my house?

高频接触的物体表面，如门把手、桌椅、手机、电脑键盘等，必要时进行消毒处理，可用 250mg/L~500mg/L 含氯消毒液或 75%酒精擦拭消毒；对耐热的物品，如餐具、茶具或某些儿童玩具等可煮沸 15 分钟，或蒸汽蒸 5 分钟，或用 250mg/L~500mg/L 的含氯消毒剂浸泡 30 分钟后用清水漂洗干净；地面可用 250mg/L~500mg/L 含氯消毒液拖地或擦拭消毒，作用 30 分钟。洗手池、便池等每天清洗，定期消毒。【注意】消毒剂应妥善存放，避免儿童触碰。

Surface objects exposed to frequent physical contact (e.g. door knobs, tables, chairs, cell phones, keyboards) can be disinfected using 250-500mg/L chlorine-containing

disinfectant or 75% ethanol. Heat-resisting objects (e.g. tableware, tea sets, or some toys) can be boiled for 15 minutes, or steamed for 5 minutes, or bathed in 250-500mg/L chlorine-containing disinfectant for 30 minutes then washed with clean water. Any 250-500mg/L chlorine-containing disinfectant can also be used for floor disinfection. Water sinks and toilets should be cleaned every day and disinfected on a regular basis.

【ATTN】 Disinfectants should be kept away from children.

17. 常用 84 消毒液怎么稀释？

17. How to dilute commercialize disinfectant liquid?

消毒液的使用要遵循国家使用标准。例如，1 升水加 1 瓶盖 5% 的 84 消毒液可配成有效氯含量 500mg/L 的消毒液。**【注意】84 消毒液具有刺激性气味，具有一定的腐蚀性和挥发性，一般不用于皮肤表面消毒，使用时要注意戴手套和口罩。**

The use of a disinfectant agent should follow its official instructions. For example, add a capful of 5% “Disinfectant Liquid 84” to 1L water produces a solution with 500mg/L effective chlorine concentration. **【ATTN】 “Disinfectant Liquid 84” is a corrosive, volatile, and irritant solution. Avoid direct skin contact, and wear gloves and masks during usage.**

18. 酒精是浓度越高越好吗，可以使用白酒么？

18. Is the concentration of alcohol the higher the better?

75%酒精消毒效果较好，不建议使用更高浓度的酒精；如果无法获取 75% 酒精，可考虑使用高度白酒代替。**【注意】酒精遇明火、高热能引起爆炸燃烧，不适宜大面积使用，比如擦车、擦地、喷洒衣物等。**

The optimal concentration of alcohol is 75%. A higher concentration is not recommended. Liquor can be used as a substitute if 75% alcohol is not at hand. **【ATTN】 Alcohol in contact with flame or heat can spark fire and explosion. It should not be used in large amounts, such as wiping a car or the floor or spraying clothes.**

19. 日常洗衣（包括毛绒玩具）需要加消毒液吗？

19. Is disinfectant liquid required to clean your daily clothes (and stuffed toys)?

- 一般情况下，使用普通洗衣皂、洗衣液和清水洗净即可，充分晾干。
- 如衣物有可疑污染，应先消毒后清洁，消毒液的用量和用法应参照产品使用说明，消毒后需用清水冲洗干净。注意：不要将洗衣粉和消毒液混在一起同时浸泡。
- 有条件的也可以选择洗衣机的 60~90°C 高温洗涤功能进行清洗。

- In general, rinse clothes with laundry soap or detergent and dry fully is sufficient.
- If contamination is suspected, the clothes should be disinfected before being washed. Follow disinfectant product instructions and rinse afterwards. ATTN: Do not mix the laundry detergent with the disinfectant liquid together.
- If possible, choose 60~90°C for laundry.

20. 居家需要进行空气消毒吗？

20. Is air disinfection necessary at home?

一般情况下不需要进行空气消毒。保持居室整洁，勤开窗通风就可以。每天至少开窗通风两次，每次 30 分钟。

In general, there is no need to disinfect the air at home. You may keep the room clean and well-ventilated. Make sure you open the window to ventilate the room at least twice a day for 30 minutes each.

21. 如何清洁消毒马桶？

21. How to clean and disinfect the toilet?

①使用洁厕剂每周清洁 2 次，每次浸泡 15 分钟；②使用洁厕剂清洁面板及马桶周边等细菌隐藏部位。

也可使用 1 升水加 4 瓶盖 5% 的 84 消毒液可配成有效氯含量 2000mg/L 的消毒液，用于擦拭马桶,使用时做好防护。

①Use the toilet cleaner twice a week and soak for 15 minutes each time.; ②Use a toilet cleaner to clean the surfaces and areas around the toilet where bacteria are hidden.

Alternatively, add four capfuls of 5% “Disinfectant Liquid 84” to 1L of water to make a solution of 2000mg/L effective chloride concentration. Wipe the toilet with appropriate precautionary measures.

22. 不同消毒剂灭活冠状病毒的效果如何？

22. How effective is the inactivation of coronavirus with different disinfectants?

病毒在物体表面的病毒载量尚未可知，但是可以通过消毒来减少病毒载量，尤其是经常接触的物体表面。0.1%的次氯酸钠（84 消毒液的主要成分，相当于 1000mg/L 有效氯含量）或 62%~71%乙醇可在 1 分钟内显著降低冠状病毒的活性。上述研究结果均来自 HCoV-229E，可供参考。

Although the viral titer of the virus on objects is unknown, but it can be reduced by disinfection, particularly surfaces that are frequently touched. 0.1% sodium hypochlorite (the main component of the Disinfectant Liquid 84, equal to 1000mg/L effective chloride concentration) or 62~71% ethanol can diminish the activity of coronavirus to a very large extent. The above-mentioned facts correspond to the results in HCoV-229E to which you may turn for reference.

23. 接收外卖和快递会被传染新型冠状病毒吗？

23. Will COVID-19 be transmitted through package or food delivery?

一般不会。只要双方做好防护，外卖快递可以接收。快递外包装尽量不要带回室内，拆完快递后要及时洗手。

Usually no. You may receive your package or food with appropriate preventive measures taken by both parties. Avoid taking the wrapper indoor. Wash your hands afterwards.

24. 宠物会感染新型冠状病毒吗？

24. Can pets be infected with COVID-19?

目前尚无证据表明猫、狗等宠物可以感染和传播新型冠状病毒。但是，应对宠物加强管理，避免接触到新型冠状病毒感染者。同时，对其他哺乳动物也加以防备。

There is currently no evidence of COVID-19 infecting or transmitting through pets like cats and dogs. However, precautions should be taken to avoid pets getting in contact with COVID-19 patients. It also applies to other mammals.

25. “七个”容易忽视的居家防疫问题及对策。

25. “Seven” preventive measures that may have been overlooked.

①回家后，要及时更换家居服、家居鞋；②门口地垫需要清洁消毒；③开窗通风；④就餐时使用公筷；⑤饮水机内的水应煮沸后再饮用；⑥抹布晾干；⑦冲厕所时盖马桶盖。

①Get changed when you return home; ②Clean and disinfect the floor mat at the door; ③Open the windows to ventilate; ④Use the serving chopsticks while dining; ⑤Boil water before drinking from the dispenser; ⑥Dry the rags; ⑦Put the toilet lid down when flushing.

26. “宅”在家里，怎样提高个人免疫力？

26. How to improve your immune system at home?

- 一是保证充足睡眠。睡眠是提升免疫力最好的方法，每天一定要做到7~8小时的睡眠，避免熬夜。
 - 二是保持良好情绪状态，情绪低落、紧张、焦虑，对于免疫力都是有损害的。
 - 三是平衡膳食，均衡营养，要坚持安全的饮食习惯，食用肉类和蛋类要煮熟、煮透。另外，避免醉酒。具体饮食策略，推荐阅读科学营养提升抵抗力篇。
-
- First of all, adequate sleep is crucial. It is the best way to improve your immunity. Make sure you get 7~8 hours of sleep per day and avoid staying up late.
 - Second of all, keep a positive mind. Your immune system will be compromised when you are feeling depressed, nervous or anxious.
 - Thirdly, indulge in balanced meals. Stick to a safe and healthy eating habit. Make sure to cook the meat and eggs thoroughly. Avoid binge drinking. You may refer to the section on “Scientific Nutrition to Boost Immunity” for detailed diet suggestions.

27.“宅”在家里，适合做哪些居家运动？

27. What kind of indoor exercise is suggested?

居家期间每天应该保持一定的运动量，可以根据个人情况选择原地大幅度摆臂慢跑、太极拳、八段锦、瑜伽等适度的运动方式。

Daily exercise is recommended while staying indoor. There are various options to choose from based on individual preferences, including slow jog motion with arm swing, Taiji, Baduanjin, yoga, and others.

28.“宅”在家里，如何分辨哪些信息是谣言？

28. How to recognize a rumor?

谣言实质上是一种“舆论病毒”。要抱着理性的态度去面对，不信谣、不传谣。要怀着辩证的态度来分析，不能因为转发的人多了就认为是真的，可以通过关注官方的信息来辨别；也不要再在社交媒体发布消极信息，要时刻提醒自己，平静情绪、心态积极、主动约束管理自我。

Rumors are in essence ‘viral’. Keep a rational mind without believing or spreading them. Handle them with a dialectic perspective. A frequently forwarded message may not be true and you can turn to the official websites before making a judgment. Avoid venting pessimism on social media. Keep a calm and positive mindset.

29.返岗前居家观察期间（14天）需要注意什么？

29. What should we pay attention to during the 14-day medical observation before returning to work?

- 独居一室，要随时关闭房间的门，勤通风。有条件时，配备单独卫生间，或者和家人分开居住。
- 餐具、毛巾等物品单独使用，所用物品例如碗筷等要进行消毒，可以清洗干净后煮沸 30 分钟，也可以用 500mg/L 含氯消毒液浸泡 30 分钟后清水冲洗。
- 每天用 500mg/L 含氯消毒液或 75%酒精擦拭床头、门把手等；衣物、被褥可使用 500mg/L 的含氯消毒液浸泡 30 分钟后再进行清洗，有条件的也可以选择洗衣机的 60~90°C 高温洗涤功能进行清洗；贵重衣物需谨慎。
- 尽量避免与家人面对面交流，如果必须交流，应佩戴口罩，距离保持在 1 米以上。
- 注意监测体温，如果出现高热、干咳、胸闷及呼吸困难等症状，要及时到定点医院进行就诊。
- Stay isolated in one room, close the door promptly and keep the room well ventilated. Use a separate bathroom or live separately from your family.
- Do not share eating utensils, towels and other intimate possessions. Sterilize bowls and chopsticks. Boil for 30 minutes after washing the items clean, or soak the items with 500mg/L chlorine-containing disinfectant liquid for 30 minutes before rinsing with water.
- Wipe the headboard and the doorknobs with 500mg/L chlorine-containing disinfectant liquid or 75% alcohol. Soak your clothes and bedclothes in the 500mg/L chlorine-containing disinfectant liquid for 30 minutes before laundry. If possible, set the laundry machine to 60-90°C. Be careful when you wash any valuable items.
- Avoid face-to-face communication with your family. If you have to, please put on a mask and keep a distance over 1 meter.
- Check your temperature. If you come down with any of the symptoms such as fever, dry cough, chest tightness or dyspnea, please seek medical help at a designated hospital without delay.

30. 打喷嚏、咳嗽时该怎么做？

30. What do you do when you want to sneeze or cough?

打喷嚏、咳嗽时用纸巾捂住口鼻，分泌物用纸巾包好，丢弃到有盖垃圾箱内；如一时来不及取纸巾或纸巾不在身边，可以用袖子内侧遮住口鼻；咳嗽或

打喷嚏后立即用肥皂和流动水洗手，或使用免洗手消毒凝胶洗净双手。随意打喷嚏、随地吐痰，打喷嚏时习惯性用双手来掩住口鼻都是不正确的做法。

Cover your nose and mouth with a tissue when sneezing or coughing. Throw the used tissue inside a covered trash bin. If you don't have a tissue right at hand, sneeze into the inner part of your sleeve. Wash your hands with soap under running water or use hand sanitizer right afterwards. Sneezing, spitting, or covering one's nose or mouth with hands while sneezing are inappropriate.

31. 一张表简单判断新型冠状病毒肺炎、流感、普通感冒？

	新型冠状病毒感染	流感	普通感冒
致病微生物	新型冠状病毒	流感病毒	鼻病毒、腺病毒、副流感病毒等
传播途径	飞沫传播	飞沫传播	飞沫传播
	接触传播	接触传播	接触传播
潜伏期	1~14天, 多为3~7天	一般1~7天, 多为2~4天	1~3天不等
初始症状	(+/-) 发热	(+) 发热 通常高热 (39~40°C)	(+) 鼻塞
	(+) 干咳	(+) 乏力	(+) 流涕
	(+) 乏力	(+) 头痛、全身酸痛	(+) 咽喉痛
	(+) 呼吸急促/困难	(+) 鼻塞	(+) 咳嗽
	(+) 影像学肺炎表现	(+) 流涕	(-) 呼吸急促/困难
	(+) 鼻塞	(+) 咽喉痛	(-) 影像学肺炎表现
	(+) 流涕	(+) 干咳	
	(+) 咽喉痛	(+) 呼吸急促/困难 (重症)	
	(+) 腹泻	(+) 影像学肺炎表现 (重症)	
	*无症状感染者有传染性		
	三者起病症状有类似之处, 建议尽早就诊		

31. A quick differential of COVID-19, flu and the common cold:

	COVID-19 infection	flu	common cold
pathogen	COVID-19 coronavirus	Influenza virus	Rhinovirus, adenovirus, parainfluenza virus, etc.
Mode of	droplets	droplets	droplets

transmission	contact	contact	contact
Incubation period	1~14 days, mostly 3~7 days	1~7 days, mostly 2~4 days	1~3 days
Presenting symptoms	(+/-) Fever	(+) Fever Usually high-grade fever (39~40°C)	(+) Nasal congestion
	(+) Dry cough	(+) Fatigue	(+) Running nose
	(+) Fatigue	(+) Headache and muscle sore	(+) Sore throat
	(+) Rapid breathing/dyspnea	(+) Nasal congestion	(+) Cough
	(+) Imaging manifestation of pneumonia	(+) Running nose	(+) Rapid breathing/dyspnea
	(+) Nasal congestion	(+) Sore throat	(+) Imaging manifestation of pneumonia
	(+) Running nose	(+) Dry cough	
	(+) Sore throat	(+) Rapid breathing/dyspnea (severe)	
	(+) Diarrhea	(+) Imaging manifestation of pneumonia (severe)	
	*Asymptomatic carriers could be contagious		
The symptoms of the three diseases are similar, it is recommended to seek medical help as soon as possible.			

32.我是密切接触者么？

32. Am I a close contact personnel?

与病例发病后有如下接触情形之一，但【未采取有效】防护者：

- 与病例共同居住、学习、工作，或其他有密切接触的人员，如与病例近距离工作，或共用同一教室，或与病例在同一所房屋中生活。
- 诊疗、护理、探视病例的医护人员、家属或其他与病例有类似近距离接触的人员，如直接治疗及护理病例、到病例所在的密闭环境中探视病人或停留，病例同病室的其他患者及其陪护人员。
- 与病例乘坐同一交通工具并有近距离接触人员，包括在交通工具上照料护理过病人的人员；该病人的同行人员（家人、同事、朋友等）。

- 经调查评估后发现有可能近距离接触病人的其他人员。
- 如果采取有效防护，即便接触过患者并不属于密切接触者。

You will be considered as a close contact if you have NOT taken effective precautions under one of the following circumstances:

- People who live, study, work or have any other form of close contact with confirmed cases: this includes working in a close distance, sharing the same classroom, or living in the same apartment with confirmed cases.
- Medical workers involved in clinical treatment and care of confirmed cases, or family members who visit or take care of confirmed cases, or other personnel who have close contact with confirmed cases: this includes direct practice of care for patients, visit or stay in an occlusive environment with patients, or other patients and companions who share the same room with confirmed cases.
- People who take the same vehicle and have close contact with confirmed cases: this includes care-giving personnel and accompany people (family members, colleges or friends etc.) of confirmed cases.
- Other people who are considered to have close contact with confirmed cases after investigation.
- If effective precautions are practiced, a person is NOT considered as a close contact albeit the history of contact.

33.小区内出现确诊病例，我是密切接触者么？

33. There is a confirmed case in my residential community, am I a close contact?

密切接触者是指与病毒携带者在不加有效防护的前提下有分享生活空间，有过共同生活或工作的人。如果采取了有效防护，经调查评估后排除了近距离接触病人的普通大众，即便小区内出现确诊病例，也不属于密切接触者。

A close contact is considered when a person shares the same room, life or work with a virus carrier without effective protective measures. After adequate investigation

and evaluation to exclude the history of close contact, a person is not considered as a close contact when effective precautions have been practiced, even if there is a confirmed case in the same residential community.

34. 医务人员下班后，会把新冠病毒带出医院么？

34. Will the medical workers carry the coronavirus out of hospital after work?

医务工作者是经过规范培训和反复实践的专业人员，不是病毒的携带者和传播者。密切接触者是指与病毒携带者在不加有效防护的前提下有分享生活空间，有过共同生活或工作的人。医护人员即使是在隔离病房直接接触疑似或确诊患者的一线人员，都会经过科学的防护才进入病房开展工作。他们要经过正确的消毒防护措施和院感防控手段，不属于密切接触者。并且医务人员离开病房和医院都经过严格的消毒防护措施，不会携带病毒，不是病毒携带者，也不是传染源。

Medical workers are professionals who have received standard training and repeated practice. They are not virus carriers or transmitters. A close contact is a person who live, work or share the same room with virus carriers without effective protection. Even though the medical workers in the front line might have direct contact with suspected or confirmed cases, they are all under medical protection before entering the ward for clinical practice. They have to go through the proper disinfection and containment measures, therefore, they are not close contacts. In addition, stringent disinfection and protection measures are taken as the medical workers leave the ward and the hospital, making sure that they are not carriers or transmitters.

35. 判定为密切接触者，居家隔离医学观察人员该如何防控？

35. What prevention and protection measures should I take once I am a close contact and am under home quarantine for medical observation?

莫惊慌，与家人或室友分享自己的感受，同时做好以下细节：

- 选择家庭中通风较好的房间隔离，多开窗通风；保持房门随时关闭，在打开与其他家庭成员或室友相通的房门时先开窗通风。
- 在隔离房间活动可以不戴口罩，离开隔离房间时先戴外科口罩。佩戴新外科口罩前后和处理用后的口罩后，应当及时洗手。
- 必须离开隔离房间时，先戴好外科口罩，洗手或手消毒后再出门。不随意离开隔离房间。
- 尽可能减少与其他家庭成员接触，必须接触时保持1米以上距离，尽量处于下风向。
- 生活用品与其他家庭成员或室友分开，避免交叉污染。
- 避免使用中央空调。
- 保持充足的休息时间和充足的营养。最好限制在隔离房间进食、饮水。尽量不要共用卫生间，必须共用时须分时段，用后通风并用酒精等消毒剂消毒身体接触的物体表面。
- 讲究咳嗽礼仪，咳嗽时用纸巾遮盖口鼻，不随地吐痰，用后纸巾及口罩丢入专门的带盖垃圾桶内。
- 用过的物品及时清洁消毒
- 按居家隔离医学观察通知，每日上午下午测量体温，自觉发热时随时测量并记录。出现发热、咳嗽、气促等急性呼吸道症状时，及时联系隔离点观察人员。

Do not panic. Share your feelings with your family or roommates. Meanwhile, pay attention to the following details:

- Chose a room with good ventilation as your quarantine room. Open the windows often for ventilation. Keep your door closed at all times. Before you open a door connected to your family members' or roommates' room, make sure you open your own window for ventilation first.
- Mask is not necessary while you are alone in your quarantine room. But you should put on a surgical mask before you leave the room. Make sure to wash your hands in time before and after putting on a surgical mask, as well as after disposing a used mask.

- When you have to leave the quarantine room, put on a surgical mask first, have your hands washed or sterilized before you leave. Do not leave the quarantine room at will.
- Try to minimize your contact with family members. When the contact is unavoidable, keep a minimum distance of one meter and try to stay at a downwind direction if possible.
- Keep your daily necessities separate from your family's to avoid cross contamination.
- Avoid using central air-conditioning system.
- Well-rested and keep a balanced meal. Try to eat and drink in the quarantine room only. Avoid using the same washroom with your family if possible. If you have to share the same washroom, use it at different times. Ventilate the washroom after use and apply ethanol or other sanitizers to all the surfaces that your body may have touched.
- Pay attention to cough etiquette. Cover your nose and mouth with a tissue when coughing. Do not spit on the ground. Dispose used tissues and masks into specified waste container with lid.
- Clean and sterilize your used objects in time.
- Comply to the home quarantine and medical observation instructions. Measure your body temperature routinely twice a day in the morning and the afternoon. Measure and record the fever at any time. When you have acute respiratory symptoms such as fever, cough or shortness of breath, immediately contact the medical personnel.

36. 我的家人或室友是密切接触者，我该如何防控？

36. My family member/roommate is a close contact. What prevention and protection measures should I take?

相信彼此，共渡难关，但要注意细节！

- 佩戴外科口罩。
- 保持房间通风。
- 尽量不进入隔离观察房间。
- 与居家隔离医学观察人员交流或提供物品时，应当距离至少 1 米。
- 注意手卫生，接触来自隔离房间物品时原则上先消毒再清洗。
- 不与被观察者共用餐饮器具及其他物品。

Mutual trust will help you get through the hard times. Nonetheless note the following details:

- Wear a surgical mask.
- Keep the residence well ventilated.
- Avoid entering the quarantine room.
- Keep a minimum distance of one meter when necessary contact is needed.
- Pay attention to hand hygiene. Disinfect the objects from the quarantine room followed by a thorough rinse.
- Do not share utensils or other objects with the person under medical observation.

37. 如何处理密切接触者产生的垃圾？

37. How to dispose the garbage produced by a close contact?

密切接触者产生的垃圾，如纸巾、口罩等，使用专用垃圾袋。清理前，由密切接触者本人使用 1000mg/L（是通常家庭消毒时浓度的 2 倍）的含氯消毒液浸透，扎紧垃圾袋口，作用 30 分钟后由家人丢入有害垃圾箱中。处理时，均应戴手套与口罩，处理后应洗手。

Garbage generated by a close contact, including used tissues and masks should be disposed into a specified garbage bag. Before disposal, the garbage bag should be soaked in 1000mg/L chlorine-containing disinfectant (twice the concentration of normal household disinfectant) and sealed tightly by the close contact. After 30 minutes

of soaking, the garbage bag should be thrown into a special garbage bin for hazardous waste by a family member. Gloves and masks should be worn at all times, and properly wash hands after disposal.

38. 如何处理密切接触者的呕吐物、排泄物和分泌物？

38. How to dispose the vomit, feces and secretions of a close contact?

少量污染物可用一次性吸水材料（如厨房纸巾等）沾取 5000mg/L～10000mg/L 含氯消毒剂（是通常家庭消毒时浓度的 10～20 倍），小心移除。大量污染物，应使用吸水能力更强的干毛巾（一次性使用）完全覆盖后用 5000mg/L～10000mg/L 含氯消毒剂（是通常家庭消毒浓度的 10～20 倍）浇在吸水材料上消毒，作用 30 分钟以上，小心清除干净，再用常用的 500mg/L～1000mg/L 的含氯消毒剂擦拭被污染表面及其周围 2 米。处理污染物应戴手套和口罩，处理完毕后应沐浴、更换衣服。衣服应使用含氯消毒剂处理或洗衣机 60～90℃ 高温进行洗涤。

Small amount of contaminant can be carefully removed by disposable water absorbent material (e.g. kitchen towel) after dipped with 5000-10000mg/L chlorine-containing disinfectant (10-20 times the concentration of normal household disinfectant). Large amount of contaminant should be first covered by a dry towel with stronger water absorbance (single use only). Then pour 5000-10000mg/L chlorine-containing disinfectant onto the water absorbent material. Wait for 30 minutes and remove the contaminant and the towel carefully. Wipe the contaminated surface and the surrounding area (2 meters in radius) with the 500-1000mg/L chlorine-containing disinfectant. Gloves and masks are required during disposal. Shower and change a set of clothes after disposal. Laundry should be cleaned with chlorine-containing disinfectant or heat sterilized under 60-90°C in the washing machine.

39. 居家 14 天，一张表告诉你分级防护

不要过分紧张，仅须按照要求分级别做好防护。见下表。

	居家隔离医学观察	居家隔离医学观察人员的家庭成员或室友	返岗前居家观察
人群	密切接触者	与密切接触者同住一套公寓	普通外地返岗前人员
房间选择	选择家庭中通风较好的房间隔离，多开窗通风；保持房门随时关闭，在打开与其他家庭成员或室友相通的房门时先开窗通风。	保持房间通风	独居一室，要随时关闭房间的门，勤通风
中央空调	不使用	不使用	可以使用
进出隔离房间	尽量不离开（最好在隔离房间进食、饮水）	尽量不进入	减少进出
卫生间	单独卫生间	单独卫生间	尽量独用
共用卫生间	分时段，用后通风并用酒精等消毒剂消毒身体接触的物体表面	无	无
戴口罩	在隔离房间活动可以不戴口罩，离开隔离房间时必须戴外科口罩。	佩戴外科口罩	与家人面对面交流时应佩戴口罩
手卫生	同普通防护（注意增加处理口罩前/后）	同普通防护	同普通防护

交流保持距离	>1 米	>1 米	>1 米
生活用品	分开	分开	分开
餐具/衣物消毒	必须消毒	接触来自隔离房间物品时先消毒再清洗	可以消毒
垃圾处理	必须消毒	必须消毒	可以消毒
测量体温	按居家隔离医学观察通知，每日上午下午测量体温，自觉发热时随时测量并记录	按需	按单位/社区要求
出现发热、咳嗽、气促等急性呼吸道症状时，及时联系隔离点观察人员/及时就医			

39. Different grades of protection for 14 days of self-quarantine at home.

There is no need to panic, just follow the protection rules listed below:

	Home quarantine for medical observation	Family members/roommates of a quarantined person under medical observation	Home observation before returning to work
Type of people	Close contact	People who live in the same apartment with a close contact	General workers from other provinces before returning to work

Choice of Room	Choose a room with good ventilation as the quarantine room. Open the windows often for ventilation. Keep your door closed at all times. Before you open a door connected to the public area, make sure you open your own window for ventilation first.	Keep the room ventilated	Stay in one room always Close the door at all times, ventilate the room often.
Central Air Conditioning system	Should not be used	Should not be used	Can be used
Range of activity	Try not to leave the room (eat and drink in the quarantine room only)	Try not to enter the quarantine room	Minimize your frequency of going out
Washroom	Separate washroom recommended. If you have to share the same washroom, use it at different times. Ventilate the washroom after use and apply ethanol or other disinfectants to all the surfaces that your body may have touched.	Separate washroom recommended	Try to use washroom separately
Masks	Mask is not necessary when you are alone inside the quarantine room. You should put on a surgical mask before you leave the room.	Surgical masks	Masks are required when talking to family members directly.

Hand hygiene	Same as ordinary protection (Note to hand wash before and after disposal of the used mask)	Same as ordinary protection	Same as ordinary protection
Communication distance	>1m	>1m	>1m
Daily necessities	Keep separated	Keep separated	Keep separated
Tableware/laundry disinfection	Must be disinfected	Disinfect objects from the quarantine room followed by a thorough cleanse.	Can be disinfected
Garbage disposal	Must be disinfected	Must be disinfected	Can be disinfected
Body temperature	Comply to the home quarantine and medical observation instructions. Measure your body temperature routinely twice a day in the morning and the afternoon. Measure and record your body temperature when fever arises.	As needed	As required by the community/workplace
	When acute respiratory symptoms such as fever, cough or shortness of breath arise, contact the medical observer or a doctor immediately.		

三、办公室防护	Chapter 3: Protection Strategies for Office Workers
1.办公室简易“能量恢复法”，积蓄能量、打赢战“疫”	1. Easy refreshing activities for office workers—practical health boosters
办公室内工作难免颈肩不适、腰背酸痛，北京协和医院骨科送您“能量恢复方法”，简单易行、积蓄能量、打赢战“疫”	Office workers usually suffer from discomforts in their neck, shoulders, waist, and back. Here are some easy refreshing activities from the Department of Orthopedics of Peking Union Medical College Hospital, and we wish these activities would help boost your health during this period.
1.颈部运动	1. Neck exercises
<ul style="list-style-type: none"> ● 颈部前屈后伸运动: 上身挺直，先将颈部向前屈，下颌尽量贴近身体。再将颈部向后伸，枕部尽量贴近身体，还原。推荐 50 次以上，或酌情增减。 	<p>Flexion-extension of the neck: Sit up straight, bend your neck forward till your chin touches your chest first; then stretch your neck backward as far as you can; then relax your neck to the upright position to have a rest. Repeat the aforementioned movements for over 50 times, and specific counts are up to one’s own preference.</p>
<ul style="list-style-type: none"> ● 颈部抗阻运动: 双手交叉至枕后向前用力，头颈向后对抗用力。推荐 50 次以上，或酌情增减。 	<p>Resistant training of the neck: Hold the back of your head with both of your hands pushing forward, while pushing backward with your head against your hands. Maintain this position for a few seconds and then have a rest. Repeat the aforementioned movements for over 50 times, and the specific counts are up to one’s own preference.</p>
<ul style="list-style-type: none"> ● 颈部侧屈及旋转运动: 腰背挺直，一手放在斜方肌的起点，头向对侧屈可继续进行旋前及旋后动作。推荐 30 次以上，或酌情增减。插入视频。 	<p>Lateral flexion and rotation of the neck: Sit up straight and place one hand at the starting point of the trapezius while tilting your head to the opposite side followed by a forward and backward motion. Repeat the aforementioned movements for over 30 times, and the specific counts are up to one’s own preference.</p>
2.肩部运动	2. Shoulder exercises

<ul style="list-style-type: none"> ● 耸肩: 坚持约 5 秒, 可继续进行扩胸运动, 肩胛内收, 并缓缓放松。推荐 50 次以上, 或酌情增减。 	<p>Shrugging: Keep your shoulders at shrugging position for 5 seconds. Then retract your shoulder blades and relax gradually. Repeat the aforementioned movements for over 50 times, and the specific counts are up to one's own preference.</p>
<ul style="list-style-type: none"> ● 开肩: 双臂向外扩展至身体两侧, 使肩关节外展外旋。推荐 50 次以上, 或酌情增减。 	<p>Shoulder abduction: Spread your arms laterally to both sides and rotate the arms backwards until the shoulder joints are fully abducted. Repeat the aforementioned movements for over 50 times, and the specific counts are up to one's own preference.</p>
<ul style="list-style-type: none"> ● 飞鸟: 双臂侧举至 120°, 缓缓放下。推荐 50 次以上, 或酌情增减。插入视频。 	<p>Birds pose: Raise your arms sideways until 120°, then lower them slowly. Repeat the aforementioned movements for over 50 times, and the specific counts are up to one's own preference.</p>

<h3>3.腰部运动</h3>	<h3>3. Waist exercises</h3>
<ul style="list-style-type: none"> ● 前屈拉伸运动: 双足与肩同宽, 膝伸直, 呼气时双手去触碰足尖或足踝, 坚持约 10 秒后, 缓慢直立。每组 3~4 次, 或酌情增减。 	<p>Anterior stretch: Straddle and extend your knees, bend down from your waist to touch your toes or ankles with your hands when exhaling. Hold the position for 10 seconds then stand up slowly. Repeat the aforementioned movements for 3~4 times, and the specific counts are up to one's own preference.</p>
<ul style="list-style-type: none"> ● 腰部后伸运动: 双腿一前一后分开站立, 双腿自然屈膝保持平衡。双臂上举, 腰部同时向后尽可能伸展。每组 10 个, 或酌情增减。 	<p>Posterior extension: Take the bow-and-arrow stance with knees slightly bent for better balance. Raise your arms overhead and extend your waist backward as far as you can, then restore your waist to upright position. Repeat the aforementioned movements for 10 times, and the specific counts are up to one's own preference.</p>
<ul style="list-style-type: none"> ● 侧角式扭转: 双腿分开适当距离, 在同一平面内, 腰部最大程度侧屈用手触碰同侧足踝, 对侧上臂向上伸展, 眼睛看向上方。左右各 10 次, 或酌情增减。 	<p>Lateral flexion: Straddle to get prepared. Flex your waist laterally to touch your ankle with your hand on the same side, and raise your arm on the other while staring upwards. Keep your balance and slowly restore yourself to the upright position. Repeat the aforementioned movements for 10 times on both sides, and the specific counts are up to one's own preference.</p>

<p>2.上班途中如何防护?</p>	<p>2. How to protect yourself when commuting?</p>
<ul style="list-style-type: none"> ● 佩戴口罩。乘坐公共交通工具时，全程佩戴口罩，可选择戴手套。 	<p>You should always wear face mask when riding public transportation. Gloves are optional.</p>
<ul style="list-style-type: none"> ● 保持距离。乘坐公共交通工具时，尽量保持人与人之间的距离。 	<p>You should strive to keep a distance from each other when riding public transportation.</p>
<p>3.与人交谈如何防护?</p>	<p>3. How to protect yourself when talking to others?</p>
<p>佩戴口罩，保持1米以外的距离。</p>	<p>You should wear face mask and keep a distance no less than 1 meter apart.</p>
<p>4.室内工作如何防护?</p>	<p>4. How to protect yourself when working inside the office?</p>
<p>进入办公楼前自觉接受体温监测，体温正常才可入楼工作，勤洗手，避免带病工作。</p>	<p>Measure and record your body temperature prior to entering the office building. Febrile people should work from home. Remember to wash your hands constantly.</p>
<p>5.乘坐电梯如何防护?</p>	<p>5. How to protect yourself when riding an elevator?</p>
<p>电梯内交叉感染的风险较大。按键时可以用面巾纸或消毒纸巾隔开，不直接碰触。如果不小心碰触，做好手卫生即可。</p>	<p>The risk of infection is relatively high inside elevators. Avoid direct contact and use tissues or disinfecting wipes when select floors. If you touch the buttons or the walls of the elevator with your bare hands, remember to wash or use hand sanitizers afterwards.</p>
<p>注：用钥匙、笔尖等“锐器”操控电梯按钮时，避免扎伤自己和他人。</p>	<p>Note: Avoid injuring yourself and others when pressing the buttons with relatively sharp objects such as keys or pens.</p>
<p>6.办公区域如何防护?</p>	<p>6. How to protect yourself inside the office buildings?</p>
<p>①工作人员要自行健康监测，不要带病工作；②主动擦拭和消毒办公用品；③保持办公场所内空气流通，加强开窗通风换气；④保持环境卫生清洁，及时清理垃圾；⑤遵守各单位相关规定。</p>	<p>① Office workers should monitor their own health status and ask for a sick leave when necessary. ② Disinfect office supplies and furniture regularly. ③ Open the windows constantly for ventilation. ④ Keep the environment clean and tidy, and empty the trash in time. ⑤ Comply with relevant office regulations at all times.</p>

<p>7. 办公室内如何通风?</p>	<p>7. How to ventilate the office?</p>
<p>场所内应当加强通风换气，保持室内空气流通。首选自然通风，尽可能打开门窗通风换气，每天至少2次，每次通风时间30分钟以上，可选择阳光充足的时段进行，保持房间内空气清新。使用机械通风时，做好定期维护。房间应每日至少进行1次湿式清扫，去除污垢灰尘。清水或清洗剂擦拭桌面、扶手、门把手、电话、电脑键盘、打印机等手易摸易触的物品。如需消毒，参考居家消毒方法。</p>	<p>The office should be properly ventilated, and the natural wind is preferred over mechanical ventilation. Open doors and windows at least twice a day for 30 minutes each when the sun is out. During the absence of natural wind, mechanical ventilation must be cleaned regularly to prevent potential pollution. Wipe down the office space with wet cloths daily to remove dirt and dust. The frequently touched surfaces such as tables, handrails, doorknobs, telephones, keyboards, and printers should be wiped with water or cleaner. If disinfection is required, please refer to the protocol of household disinfection.</p>
<p>8. 办公用品如何消毒?</p>	<p>8. How to disinfect the office space?</p>
<p>应当保持环境整洁卫生，每天定期消毒。对高频接触的物体表面（如电梯间按钮、扶手、门把手等），可用含有效氯250mg/L~500mg/L的含氯消毒剂进行喷洒或擦拭，也可采用消毒湿巾进行擦拭。而对于一般物体表面，根据消毒剂的使用剂量与使用方法进行，如75%的酒精清洁。</p>	<p>Keep the office space clean and tidy and disinfect it daily as well. The frequently touched surfaces (e.g. buttons of elevators, handrails, doorknobs, etc.) should be sprayed or wiped with 250~500 mg/L chlorine-containing disinfectants, or cleaned with disinfecting wipes. 75% (v/v) ethanol solution and other disinfectants can be used to clean up the surface of objects that are less frequently touched.</p>
<p>9. 参加会议/公务来往如何防护?</p>	<p>9. How to protect yourself during business meetings?</p>
<p>尽可能采用远程会议的形式。进入会议室前洗手。开会时所有人员需戴口罩。减少会议时长，如果时间过长，注意开窗通风。开会人员间隔1米以上。会议结束后洗手消毒。</p>	<p>We recommend teleconferences during this period. In necessary face-to-face meetings, participants should be seated at least 1 meter apart, wash their hands before entering the meeting room, and wear face masks during the whole conference. The duration of the meeting should be reasonably shortened. If the duration is too long, make sure the meeting room is properly ventilated. All participants should wash their hands after the meeting and disinfect their personal belongings if necessary.</p>

<p>10.食堂进餐如何防护?</p>	<p>10. How to protect yourself while dining inside the cafeteria?</p>
<p>建议分餐制，分时段就餐或配送到办公室就餐，避免人员聚集。排队打饭时戴口罩，吃饭时再脱口罩。尽量避免面对面就餐。避免就餐说话。避免扎堆就餐。营养搭配，合理饮食。</p>	<p>Preventative measures should be taken during lunch time, including individual serving, dining in different periods, and dining in offices instead of canteens. Wear face masks when queuing for food and only take them off before eating. When you are eating, avoid sitting face to face, and chatting. Additionally, it is essential to eat regularly and have a balanced meal.</p>
<p>11.下班途中如何防护?</p>	<p>11. How to protect yourself on your way home?</p>
<p>佩戴口罩，到家后摘掉口罩并洗手。个人随身物品使用消毒湿巾或75%的酒精清洁。</p>	<p>Remove your face mask cautiously to prevent its outer surface from contaminating your face, and wash your hands afterwards. Clean your personal belongings with disinfecting wipes or 75% (v/v) ethanol solution.</p>
<p>12.外套如何放置?</p>	<p>12. Where to place the outerwear in the office?</p>
<p>办公人员外套可统一放置于远离办公区域通风良好并有阳光的地方。脱挂外套后应及时洗手。</p>	<p>Keep the outerwear in a well ventilated and shined area at a distance from the working area. Remember to wash your hands after taking off your coats.</p>
<p>13.上班路上被测量的5次体温都不一样，准么?</p>	<p>13. The body temperatures taken with different thermometers at different body parts usually differ from each other. Are they all reliable?</p>
<p>在理解这个问题之前，必须认识到：人体各个部位的温度是不一样的，我们通常说的体温是指“核心体温”——心脏血温，是“金标准”。事实上，直接获得“核心体温”的方法通常是侵入式测量，比如肺动脉导管、经食道测温等。精确非侵入式直接测量组织深部的温度计，是通过“零”热通量原理，经颅骨对脑组织直接测量，但价格昂贵并不适合广泛筛查。</p>	<p>Different parts of the human body present with different temperatures. Body temperature, commonly known as the core body temperature is measured via invasive methods such as pulmonary artery catheter and esophageal stethoscope. The temperature of blood in the heart is the golden standard. The only available noninvasive thermometer is the zero-heat-flux cutaneous thermometer, which can measure the accurate temperature of brain tissue deep beneath the skull. However, this kind of thermometer is too expensive for</p>

	screening purpose.
<p>现在常用的非侵入式测量属于皮肤表面温度，常用部位为前额、腋窝，这将低于核心体温 0.5~2°C，而且受环境温度影响很大（比如，冬季皮肤裸露部位温度较低），除非通过适当校正，才能合理反映核心温度。</p>	<p>The common noninvasive thermometer measures the temperature of skin surfaces, including foreheads and armpits. The temperature of these parts of skin are 0.5~2°C lower than the core body temperature and are strongly correlated with environmental temperature (e.g. the temperature of exposed skin is lower than that of covered skin in winter). As a result, readings of these noninvasive thermometers cannot reflect the core body temperature unless adjusted accordingly.</p>

四、返岗人员注意事项

Chapter 4: Notes for people returning to work

1. 返程途中应如何进行防护？

1. How to protect yourself during the return journey?

返程途中需全程佩戴口罩，可选择佩戴手套。有条件时，随身携带免洗手消毒凝胶。吃东西前、大小便后、触摸脏物后，要洗手。

如乘坐火车、飞机等，尽可能隔位、分散就坐；如乘坐长途汽车，有条件时应开窗通风，隔两个小时到休息区休息。如自驾，建议错峰返程，并提前 10 分钟对车进行通风，**【避免】酒精擦拭车辆、喷洒座椅。**

Please wear a mask during the return journey at all times. Gloves can also be considered. Please carry a disposable hand sanitizing gel with you if possible. Wash your hands before eating, after using the restrooms, and after touching dirty objects. When traveling via train or airplane, please sit in every other seat if possible. When traveling with coach, please open windows (if allowed) and visit service areas every two hours. When driving your own car, it is recommended to avoid rush hours and to ventilate the car 10 minutes before starting the car. **【Avoid】 Wipe the car or spray the interior with alcohol.**

2. 个人防护物品能带上飞机吗？

2. Can personal protective equipment be brought on the plane?

不同防护用品政策不同，如医用口罩、N95 口罩、护目镜、普通防护服等不会造成安全隐患的物品，携带乘机是没有限制的；水银体温计是不能随身携带的，只能办理托运，且必须将水银体温计放置在保护盒里。可携带电子体温计，但需注意是否含有锂电池，锂电池额定能量不超过 100Wh 或锂含量不超过 2g，在做好防止短路措施的前提下，可携带乘机；消毒剂种类众多，需区别对待，建议提前与航空公司确定。

发热旅客**不建议**乘坐公共交通工具出行。

Policies vary between different protective equipment. There is no restriction for equipment harboring little security risks, such as medical masks, N95 masks, goggles, general protective clothing, etc. Mercury thermometers cannot be brought on board, and you can only put them inside a protection box as a check-in baggage. Electronic thermometers can be brought on board with adequate precautions against short-circuit

and acceptable batteries (rated energy no more than 100Wh or lithium content no more than 2g if the thermometer contains a lithium battery). Considering the variety of disinfectants, it is recommended to confirm the specific policy with the airline company in advance.

Passengers with fever **are not recommended** to use public transportation.

3.上下班，乘坐或使用什么交通工具比较安全？

3. Which transportation is safer for commuters?

有条件时，建议步行、骑车、自驾车上下班。如必须乘坐公共交通，需全程佩戴口罩，注意手卫生。步行上下班时，注意和陌生人保持距离。

When possible, it is recommended to walk, ride bicycles, or drive private cars during your commute. If you have to take public transportation, please wear a mask at all times, and pay attention to hand hygiene. Keep a certain distance from strangers when walking.

4.乘坐出租车、网约车，要注意什么？

4. What should I do when taking a taxi or using online car-hailing?

建议乘坐前让司机先打开车门通下风，随身携带消毒纸巾，提前将车门把手、乘坐的位置及其他手可能触碰到的位置进行消毒。全程佩戴口罩，减少不必要的交流，如打喷嚏，用纸巾遮住口鼻，或采用肘臂遮挡等；在温度、行驶速度等条件允许的情况下，尽量关闭车内空调，开窗通风。

It is recommended to ask the driver to open the door prior to the ride, and to use antiseptic wipes to disinfect the door handles, seats and other places that may be touched by hands. Please wear a mask at all times and reduce unnecessary communication. If you need to sneeze, please cover your nose and mouth with tissue paper or bent elbows. If conditions (temperature, driving speed, etc.) allow, please turn off the air conditioner and open the window for ventilation.

5.从疫情严重地区归来，何时可以返岗？

5. When can I return to work after coming back from severely affected areas?

采取居家或集中隔离 14 天，每日早晚自行监测体温。如返岗所在单位、社区或小区等有体温监测要求，需配合相关人员出示相关材料，及时报送体温。如有发热和 / 或呼吸道症状，尽快到当地定点医院发热门诊就医，必要时进行新型冠状病毒核酸检测筛查，并根据医生建议进行下一步治疗。**【禁忌】隐瞒流行病学史。**推荐阅读“个人、居家防护篇”。

Self-/centralized quarantine for 14 days and monitor body temperature twice a day. If there is a mandatory temperature monitoring system from work or community, please provide required materials to relevant personnel and report the recorded temperature in a timely manner. If you have fever and/or respiratory symptoms, please visit the fever clinic of designated local hospital, receive nucleic acid test of the 2019-nCoV when necessary, and follow the required treatment plan provided by doctors. **【Prohibit】Conceal personal epidemiology history.** Recommended reading material: "Personal and Home Protection".

6.非疫情严重地区归来，但属于密切接触者，何时可以返岗？

6. When can close contacts return to work after coming back from non-severely affected areas?

情况同“从疫情严重地区归来”管理。

Please take the same measures as those returned from severely affected areas.

7. 非疫情严重地区归来，且非密切接触者，何时可以返岗？

7. When can non-close contacts return to work after coming back from non-severely affected areas?

根据当地及所在单位关于返岗的具体规定执行。建议每日早晚进行体温监测，并持续 7~14 天。如有发热和 / 或呼吸道症状，建议尽快到当地定点医院发热门诊排查，必要时进行新型冠状病毒核酸检测筛查，并根据医生建议进行下一步治疗。不要隐瞒流行病学史。推荐阅读个人、居家防护篇。

Please abide by the specific regulations of local government and your working organization on returning to work. It is recommended to monitor body temperature every morning and evening for 7 to 14 days. If you have fever and/or respiratory

symptoms, it is recommended to visit the fever clinic of designated local hospital, receive nucleic acid test of the 2019-nCoV when necessary, and follow the required treatment plan provided by doctors. Don't conceal epidemiology history. Recommended reading material: Personal and Home Protection.

五、国际旅行须知

Chapter 5: International Travel Notes

1. 出行前，是否需要提前了解目的地国入境检疫措施？

1. Do I need to know the entry quarantine measures of the destination country before traveling?

是的。选择出境游前，中国公民应详细了解并遵守目的地国有关入境规定，关注中华人民共和国文化和旅游部官方网站-首页-政务服务-出行提示 (<https://www.mct.gov.cn>)，建议购买旅行意外险。

Yes, Chinese citizens should understand and comply with the entry requirements of the destination country before choosing an outbound tour. Please pay attention to the Travel Tips on the Homepage of the official website of the Ministry of Culture and Tourism of the People's Republic of China (<https://www.mct.gov.cn>). It is recommended to purchase a travel accident insurance.

2. 入境前，是否需要来自中国的旅客临时测量体温？

2. Is it required to measure body temperature of every visitors from China before entering another country?

很有可能。为了您和他人的健康，请积极配合目的地国家采取的相关措施。如需协助，请及时与中国驻当地使领馆联系，或拨打外交部全球领事保护与服务应急热线（24 小时）寻求帮助：+86-10-12308，或+86-10-59913991。避免：口服退热药后擅自隐瞒发热、疫区、密切接触史等。这是对个人与他人健康的高度不负责任，并有可能触犯当地法律。

Probably yes. For the health of you and others, please cooperate actively with the regulatory measures taken by the destination country. If assistance is needed, please contact the local Chinese Embassy or Consulate in time or call the Global Emergency Hotline for Consular Protection and Services set up by the Ministry of Foreign Affairs for help: +86-10-12308, or +86-10-59913991. Avoid concealing information such as fever by taking oral antipyretic drugs, travel history to epidemic areas, close contact history, and etc. These actions are highly irresponsible for the health of you and others and may violate local laws.

3.国际旅行期间卫生安全:做到 5 个“请”

3. Health tips during international travels: 5 “Please”

①请随时关注：中华人民共和国文化和旅游部官方网站-首页-政务服务-出行提示 (<https://www.mct.gov.cn>)，关注“领事直通车”微信公众号及下载“外交部12308”App，必要时向目的地使领馆报备个人信息；②请牢记电话：驻目的地总领馆领事保护与协助电话，或外交部全球领事保护与服务应急热线：+86-10-12308/+86-10-59913991；③请结伴出行：一旦需要就医应有同行人员，开通手机国际漫游或办理当地号码；④请选择：环境安全、设施齐全的酒店住宿；⑤请了解目的地疫情：例如印东地区登革热等蚊虫传播疾病高发，注意防蚊并注意饮食安全。

① Please pay attention to the Travel Tips on the Homepage of the official website of the Ministry of Culture and Tourism of the People's Republic of China (<https://www.mct.gov.cn>). Follow the Wechat Official Account of "Consulate Express." Download the App of "Foreign Ministry 12308". Report your personal information to the Chinese Embassy and Consulate of your destination when needed. ② Please keep safe of the protection and assistance hotline of the Consular General of your destination or +86-10-12308/+86-10-59913991, the Global Emergency Hotline for Consular Protection and Services set up by the Ministry of Foreign Affairs. ③ Please travel in groups, in case of emergency. Activate Data Roaming or apply for a local phone number. ④ Please choose hotels with safe surroundings and regulated facilities. ⑤ Please stay informed of the epidemic diseases at your destination. For instance, the prevalence of mosquito-borne diseases such as dengue fever is high in East India, thus please pay attention to mosquito prevention and diet safety when traveling to East India.

4.国际旅行期间卫生安全:牢记 3 个“勿”

4. Health tips during international travel: 3 "Don't"

①勿饮用或食用无卫生保证的水和食品，避免感染细菌性痢疾；②勿轻信陌生人，不要轻易饮用陌生人提供的食品饮料；③勿接触毒品大麻。

① Don't drink water or eat food with poor sanitary conditions to avoid bacterial dysentery; ② Don't trust strangers and stay alert to foods and drinks provided by strangers; ③ Don't take drugs and cannabis.

5.目的地国家可否携带药品，如何选择？

5. Can I take medicines to destination country?

①出行前，因目的地国家医疗条件差别很大、流行病种各不相同，根据目的地及同行航班旅客的实际情况选择携带药品；②出行前，携带药品应了解有关国家的海关规定，在允许的范围内选择所携带药品的品种和数量；③因治疗自身疾病必须携带某些药品时，应请医生开具处方，并备齐药品的外文说明书和购药发票。

① Since the medical resources and the epidemic diseases vary widely among different countries, it's recommended to choose medicines according to the actual situations of the destination area before travel. ② Learn about the policy of local customs before travel and select the type and amount of medication right within the acceptable range. ③ When certain medicines must be carried for your illness, remember to bring your prescription forms, drug instructions in local language, and the purchase invoice.

6.国际旅行期间出现发热怎么办？

6. What should I do if fever arises during international travel?

①有症状的旅行者必须佩戴口罩（如果数量有限，应首先给有症状的旅行者佩戴）、做好手卫生；②首先考虑目的国家及同行航班旅客的流行病种，可经验性口服药物，24小时内症状不能有效控制应及时就医；③若出现新型冠状病毒感染的可疑症状应尽早就医（旅行期间很难鉴别是否有接触史），当打喷嚏、咳嗽时，要用纸巾遮住口鼻；④前往医院前，尽可能事先网络或电话了解拟就诊医疗机构情况，做好预约和准备；⑤路上，有症状的旅行者应全程佩戴口罩，尽量避免乘坐公共交通工具，路上打开车窗；⑥就诊时，主动告诉医生自己的相关疾病流行地区的旅行居住史、是否接触过动物以及发病后接触过的人，配合开展相关调查。

① Symptomatic travelers must wear masks (when face mask supplies are limited, reserve the existing stocks for symptomatic patients). Pay attention to hand hygiene. ② Take the epidemic diseases of the destination country into consideration, travelers can take preventative medications. Seek medical assistance promptly if symptoms are not controlled within 24 hours. ③ Patients with suspicious symptoms of COVID-19 infection should seek medical treatment as soon as possible (it's difficult to identify exposure history during travel). Cover your mouth and nose with a tissue when sneezing or coughing. ④ Gather the information of the visiting medical institution before heading to the hospital, make an appointment via the Internet or telephone call. ⑤

Symptomatic travelers should wear face masks at all times when traveling to the hospital. Avoid public transportation and open windows during the trip. ⑥ At the time of consultation, inform the doctor of your travel history or any history with animal contact, and people who you have been in contact with after contracting the disease. Please cooperate with all examinations.

7.新型冠状病毒肺炎诊疗常用医疗术语有哪些？

7. What are the medical terminology commonly used in the diagnosis and treatment of Novel Coronavirus Pneumonia?

新型冠状病毒和疾病： COVID-19, also known as 2019-nCov

新型冠状病毒肺炎： Novel Coronavirus Pneumonia (NCP)

严重急性呼吸综合征冠状病毒 2： Severe Acute Respiratory Syndrome Coronavirus 2, SARS-CoV-2

面罩： protective screen

口罩： mask

护目镜： goggles

发热门诊： fever clinic

出现症状： symptom onset / develop symptoms / present symptoms

气短： shortness of breath

乏力： fatigue

干咳： dry cough

鼻塞： nasal congestion

打喷嚏： sneeze

流涕： running nose

咽痛： sore throat

胸闷： chest distress

呼吸困难： difficulty in breathing/short of breath

肚子痛、腹部疼痛、胃痛： abdominal pain/stomachache/stomach cramp

拉肚子： diarrhea/loose stool

水样腹泻： watery stool

胀气、腹胀： bloating/gas

恶心： nausea

呕吐： vomiting/throw up

基础性疾病： underlying medical conditions

核酸检测： Nucleic Acid Testing (NAT)

白细胞减少： low white blood cell count

双肺浸润： bilateral lung infiltrates

低氧血症： hypoxemia

进行医学观察： be placed under medical observation

隔离治疗： receive treatment in isolation

居家隔离：self-quarantine at home

集中隔离：centralized quarantine

8. 国际旅行期间医学用语交流不畅时，有哪些补充手段？

8. What supplementary methods can be used when medical terms are not communicated well during international travel?

① 保证手机能够畅通使用，电池、流量、开通国际漫游；②使用手机翻译软件：网易有道词典、腾讯翻译君、谷歌翻译、欧路词典等。

① Ensure that the mobile phone is accessible with sufficient power, data and international roaming. ② Use mobile translation software: NetEase Youdao Dictionary, Tencent Translator, Google Translate, Eudic Dictionary, etc.

9. 国际旅行期间如何佩戴口罩？

9. How to wear a mask during international travel?

①有症状的旅行者必须戴口罩；②口罩在旅游区很容易卖光，而居民区的药店（例如：美国的CVS、Walgreens等）、大型超市的pharmacy区域、医院入口处Information Desk有可能能拿到口罩。

【口罩短缺的应急方法】：太阳帽、骑行巾、围巾等先遮挡口鼻部；活性炭口罩、防花粉海绵口罩，虽然防病毒功能不大但至少可防飞沫，好过什么都不带；口罩内加一片纸巾、口罩外加围巾等，提高口罩反复使用率。

① Symptomatic travelers must wear masks; ② Masks are easy to sell out in tourist areas. Instead, you may find a mask in pharmacies in residential areas (such as CVS and Walgreens in the United States), pharmaceutical areas in large supermarkets, and Information Desks at hospital entrances.

【How to cope with mask shortage】 : Cover your mouth and nose with sun hats, towels and scarves first. Carbon masks and sponge masks are not effective in preventing viruses, however, these masks may still prevent droplets. Add a tissue inside the mask or cover the mask with a scarf might increase its lasting time.

10.酒店住宿如何自我防护与隔离？

10. How to protect and quarantine yourself inside a hotel?

同日常居家防护与隔离，但有特别之处：① 有症状的旅行者必须戴口罩；②准备二包纸巾，一干一湿，门把手、电梯按钮等公共区域，一律隔着干纸巾操作；③回到酒店，先用湿纸巾擦手，用洗手液或香皂流水洗手，或免洗手消毒凝胶涂抹双手；④有同行者，必要时升级到套房或分房；⑤尽量不去人多的地方，吃自助餐或者订餐送到房间，按份吃饭。

It is almost the same as quarantine at home, but there are special tips. ① Symptomatic travelers must wear masks. ② Prepare two packs of paper towels. A pack of dry tissue and another wet tissue. The dry tissue is intended for wrapping door handles and elevator buttons in public areas. ③ Use the wet wipes to wipe your hands upon returning, wash your hands with hand soap and running water, or apply hand sanitizer onto both hands. ④ Upgrade to a suite or reside in separate rooms if traveling with a partner. ⑤ Stay away from the crowd. Eat buffet or have meals delivered to your room.

11.国外旅行乘坐交通工具应注意哪些卫生安全问题？

11. What health and safety issues should I pay attention to when traveling abroad via public transport?

①尽量避免乘坐公共交通工具，如果要乘坐火车、飞机等，要尽可能隔位而坐，或者分散而坐，乘车期间可打开车窗；②妥善保留公共交通票据信息，以备查询；③准备二包纸巾，一干一湿，公共区域一律隔着干纸巾操作；④尽量准备免洗手消毒凝胶，随时涂抹双手；⑤有症状的旅行者必须戴口罩。

① Try to avoid taking public transportation. If you have to take trains, airplanes, etc., sit apart or separately if possible, and open the windows during the ride. ② Keep safe the tickets in case of a later check. ③ Prepare two packs of paper towels. A pack of dry tissue and another wet tissue. The dry one is intended for any contact in public areas. ④ Prepare a hand sanitizer gel and disinfect your hands often. ⑤ Symptomatic travelers must wear face masks.

12.我可否乘坐返程航班？

12. Can I take an inbound flight?

及时登录航空公司网站，了解最新变化，此时选择国内航空公司更有优势。听从航空公司指导意见，配合开展相关调查。

避免侥幸心理。 ①口服退热药后擅自隐瞒发热、疫区、密切接触史等是对个人与他人健康的高度不负责任，并有可能触犯法律；②通常航空公司在执行过程中从严管理。

Log in to the official website of airlines in time to learn about the latest changes. Domestic airlines might be more advantageous at this time. Follow the guidance of airlines and cooperate with relevant investigations.

Leave nothing to chance. ① Concealing information such as fever, travel history to epidemic areas, close contact history, and etc. is irresponsible to the health of you and others and might violate the law. ② Airline companies will conduct strict management during the implementation.

13.护照签发地、签证签注地出现疫情严重地区的拼音，如何处理机票和酒店？

13. How to deal with my airplane tickets and hotels if my passport or visa place of issue display the epidemic areas?

①查阅目的地国或途经国的中国驻外使领馆网站或电话咨询最新政策要求；②及时登录航空公司网站，了解最新变化，此时选择国内航空公司更有优势；③不可抱有侥幸心理，通常在执行过程中从严管理，尤其是证件上出现疫情严重地区的拼音；④一旦出现拒绝住宿、拒绝登机问题，及时查阅“外交部 12308” App，联系中国驻外使领馆，寻求进一步指导和帮助。

① Check the website of the Chinese Embassy or Consulate in the destination country or transit country, or call for the latest policy and requirements. ② Log in to the official websites of airlines in time to learn about the latest changes. Domestic airlines might be more advantageous at this time. ③ Leave nothing to chance. Management would be implemented in a strict way, especially when the pinyin of epidemic areas appears on your identifications. ④ If you cannot find accommodations or are being denied to board, consult the App of "Foreign Ministry 12308" and contact the Chinese Embassy or Consulate to seek further guidance and assistance.

14.国际旅行期间因就医需调整行程，如何确保签证不超期？

14. When adjusting itinerary due to medical care demand during international travel, how to ensure that the visa does not expire?

① 出行前，签证留出足够的冗余时间，不要卡太紧；②出发前，全面、客观评估自己当时的健康情况，是否适合旅行，决策要果断；③出发后，如果出现发热等需要就医情况，果断取消后续行程同时向中国驻外使领馆报告；④有签证超期风险，申请延长签证须找目的地国家出入境管理部门，而中国驻外使领馆只能为护照过期提供护照延期服务。

① Allow yourself ample of time before your visa expires. Don't cut it too close. ② Make a comprehensive and objective assessment of your current health conditions before departure to decisively figure out whether it's suitable to travel. ③ If you have a fever or any other symptoms, cancel your subsequent itinerary and report to the Chinese Embassy or Consulate. ④ If there is a risk of visa expiry, find the immigration management department of your destination country to apply for a visa extension. Chinese embassies and consulates can only provide service of passport extensions.

六、非疑似病人医院就诊

Chapter 6: Unsuspected patients of COVID-19 visiting hospital

1. 疫情防控期间，还能不能去医院门诊就诊？

1. Can we visit a clinic during the COVID-19 outbreak?

疫情防控期间，医院属于人群密集的公共场所，相对交叉感染风险高。

- 对于需要立即就医的急诊或危重症患者，仍可门诊或急诊尽快就诊。
- 对于慢性疾病稳定期的患者，则尽可能减少去医院就诊。为了分流人群，减少人口密度，政府也做出了适当延长慢性病患者每次开药药量，鼓励远程咨询或会诊。大家可留意医疗机构官方网站或 App 上的相关信息，考虑有条件情况下先电话或远程咨询再就医，从而减少不必要的就医。

During the epidemic of COVID-19, the risk of cross infection is high in crowded public places such as hospitals.

- Urgent or critical patients who need immediate medical care still need to visit the clinic or emergency room without delay.
- Patients with stable chronic illness must avoid visiting hospitals. In order to reduce population density, the amount of medication allowed to be prescribed to a patient with chronic illness each time has been moderately increased. The government is also encouraging long distance consultation. Patients can turn to the official website or App of a hospital for detailed information. Consider calling medical professions or seeking long distance consultation before visiting hospitals, in order to avoid unnecessary visit.

2. 疫情防控期间，如何充分利用线上咨询、线下门诊？

2. How to properly utilize online consultation and offline clinics during the COVID-19 outbreak?

不少地区和医院都开通了网上发热咨询。如果感觉到轻微不适，无法确定是否该去医院就诊，可以先查询网上发热门诊，进行咨询后再决定是否就诊。这样既可以将宝贵的医疗资源留给真正需要的患者，也可以避免就诊带来的风险。以北京协和医院为例，自 2020 年 2 月 10 日起，北京协和医院免费“线上发热咨询”服务正式开通。患者可下载北京协和医院官方 App，注册建档后，在首页即可看到“线上咨询”模块，方便快捷。

Many places and hospitals have started online fever consultation. If you are

experiencing mild discomfort and unsure of whether or not you should visit a hospital, you can turn to an online fever clinic and make your decision afterwards. This not only spares the precious medical resources for patients with actual needs, but also avoids infection risks. Take Peking Union Medical College Hospital (PUMCH) as an example. Since Feb10, 2020, PUMCH has opened up free official online fever consultation service. Patients can download the official App of PUMCH. After registering and creating a patient file, the online consultation section will appear on the front page. The whole process is simple and convenient.

3.去了医院是不是就成为了新型冠状病毒的密切接触者？

3. Am I a person of close contact of COVID-19 after visiting a hospital?

不是。所谓密切接触者一般是指与疑似或确诊患者有过近距离接触（如共同居住，近距离接触），但又未做任何防护措施的（如戴口罩等）。因为目前发热患者有明确专用通道，疑似或确诊患者会有专门的隔离区域，因此现在去医院看病接触到新型冠状病毒感染者的机会并不会显著高于其他相对人群密集的公共场所。所以非疑似患者到医院就诊，尽量注意标识，避开发热门诊或者隔离区域。仅仅去过医院看病并不会成为密切接触者。

No. Close contact is defined as being in excessively close with a suspected or confirmed COVID-19 patient, such as living together or direct contact, without wearing any protections. Currently, patients with fever are directed to specific channels and suspected or confirmed patients are isolated in specific areas. Therefore, the risk of encountering a COVID-19 patient in a hospital is not higher than that in other relatively crowded public places. Therefore, if unsuspected patients of COVID-19 need to visit a hospital, they should pay attention to the signs and avoid fever clinic or isolated areas. Visiting a hospital is not considered a close contact of COVID-19.

4.疫情防控期间，是不是有发热或者呼吸道症状，去了医院就会被隔离起来？

4. Will I be isolated merely because of visiting a hospital for fever or respiratory symptoms, during the COVID-19 outbreak?

不是。医院会有标准而科学的筛查流程，一般发热患者需要先经过发热门诊的筛查，一旦排除新型冠状病毒感染后，就进入到和平时一样的就诊流程。只有疑似或者确诊患者才需要进行隔离观察。

No. There is a standard and scientific process for screening patients in hospitals. A normal patient with fever will first receive examination in fever clinic. Once being ruled

out of COVID-19 infection, the medical process will be the same as usual. Only suspected and confirmed patients need to be isolated.

5.如果自己不是疑似新型冠状病毒的患者，去医院就诊，要戴什么口罩进行防护？

5. Which kind of face mask should I wear to a hospital if I am not suspected of COVID-19?

一般门诊就诊或病房住院戴医用外科口罩即可，不需要戴双层口罩，也不必戴 N95 口罩，但要注意正确佩戴。如果去发热门诊或者所住病区出现了疑似或者确诊病人,建议佩戴 N95 口罩进行防护。

A surgical mask is sufficient for visiting a clinic or being hospitalized. Wearing double layers of face masks or N95 face masks is not necessary. One should wear a face mask correctly. If visiting a fever clinic or having a suspected or confirmed case in the inpatient ward, N95 face mask is recommended.

6.听说粪便里面可以检测到新型冠状病毒，是不是不能用医院的厕所了？

6. Since the Novel Coronavirus has been detected in feces, can we still use the toilet in the hospital?

确实有报道发现在新型冠状病毒感染患者的粪便中检测到了新型冠状病毒，这提示粪便中可以排出病毒，但这不等同于有明确的粪口传播方式。根据现有证据，呼吸道飞沫传播和接触传播还是新型冠状病毒的主要传播方式，因此无论在任何地方，只要遵循戴口罩，勤洗手的重要防治原则，就不需要过度担心，医院内的厕所也同样可以放心使用。

It has been reported that the Novel Coronavirus has been detected in feces of COVID-19 patients. This suggests that the virus can be excreted through the intestines, but it does not necessarily indicate a fecal-oral transmission. According to current evidence, respiratory droplet transmission and contact transmission are still the major route of transmission. Therefore, as long as you are wearing masks and washing hands frequently, there is no need to worry. The toilet in the hospital can be used safely.

7.家中有患者需要做血液透析，两三天就要跑一次医院，怎么办？

7. What if a patient needs dialysis and needs to visit a hospital every 2 or 3 days?

目前血液净化中心已经做好比较充足的环境消毒措施，以及对发热患者的筛查和监控，从而可有效降低交叉感染的风险。从自己和他人安全角度，来院

透析前需要每位患者密切监测个人体温，有可疑接触史或暴露史不要隐瞒，全程戴好口罩，可选用医用外科口罩。陪同家属等候时尽量减少与他人的近距离接触，最好相互间保持1米以上距离，同时理解透析中心对存在可疑情况的患者或家属的限制措施及排查安排。

In order to effectively reduce the risk of cross infection, the Blood Purification Center has disinfection precautions and measures to screen and monitor patients with fever. For the safety of oneself and others, every patient should closely measure their body temperature before visiting the Blood Purification Center. Suspected contact history or exposure history should not be concealed. Patients and accompanying family members should wear face masks, preferably surgical masks. Family members should minimize close contact with others while waiting, preferably keep a distance of up to 1 meter with each other, and comply with the containment measures for patients and accompanying family members with suspicious situations.

8.每周或每月定期到医院接受治疗的患者，怎么办？

8. What if a patient needs to visit a hospital for weekly or monthly medical care?

对于强需求的治疗安排，比如患有恶性肿瘤需要定期静脉输液化疗治疗的患者，需要监测好个人或陪同家人的体温，清楚告知经治医生有无近期发热病史、有无疫区进入史或者可疑的接触暴露史。在评估风险后，接受医院安排及时入院完成化疗治疗，入院期间配合病房安排做好个人防护。

对于相对弱需求的患者，比如病情稳定，定期应用生物制剂的自身免疫病患者（如强直性脊柱炎、类风湿关节炎、溃疡性结肠炎）可考虑在经治医师指导下，短时期改用口服治疗方案，或者适当延长给药间隔，必要时再回医院接受治疗。

For medical arrangements with strict requirement, such as a cancer patient who needs regular intravenous chemotherapy, they are obliged to monitor the body temperature of themselves and their accompanying family members, to clearly inform the doctor of recent fever history, visiting history and suspicious contact exposure history. After being evaluated, follow the hospital protocols for hospital admission. While being hospitalized, protect yourself and comply with the rules of the inpatient ward.

For patients who are relatively weaker, such as patients with autoimmune disease (such as Ankylosing Spondylitis, rheumatoid arthritis, ulcerative colitis), they may consider temporarily switching to an oral administrative therapy or extending the dosage interval under the guidance of medical professionals. Visit the hospital when necessary.

9.疫情防控期间，医院会采取哪些措施确保放疗病人的安全治疗？

9. During the COVID-19 outbreak, what measures will the hospital adopt to ensure the safety of patients who need radiotherapy?

放疗患者及陪同家属须做到：

- 配合医院询问并登记每个来访者基本情况。
- 配合医院完成每日监测所有人员体温，一旦体温高于 37.3°C，即刻转入发热门诊就诊，暂不进行放疗。
- 所有人员必须全程佩戴口罩，同时医院提供手消毒凝胶方便医患及时手消毒。实行分时段预约治疗，严格控制治疗和定位患者的数量，减少候诊患者密度，减少院内交叉感染机会。
- 外地患者及家属，应抵达目的地后就地隔离两周后再开始治疗。

同时，医院所有工作人员均在上岗前，测量体温并做好记录，不带病上岗。工作期间必须佩戴口罩、帽子、手套，并根据临床实际情况酌情使用其他防护措施。每次操作后，使用快速手消毒凝胶进行手消毒，一旦接触患者体液和排泄物，立即进行洗手和消毒。候诊及机房内每日保持最大通风量进行通风，使用 0.2% 的健之素（各医院略有不同）进行地面，候诊座椅消毒，每 4 小时一次，每日至少 5~6 次。机房内物品接触患者治疗后使用 75% 的酒精消毒。按照医院相关规定进行医疗垃圾的处理。

Radiotherapy patients and accompanying family members should:

- Comply with the hospital rule for every visitor.
- Comply with the hospital rule and monitor the body temperature twice daily. Postpone radiotherapy and transfer to a fever clinic when you present with a temperature higher than 37.3°C.
- Everyone must wear a face mask at all times and sanitize their hands frequently with hand sanitizing gel provided by the hospital. Arrange treatments at different periods by appointment, in order to control and monitor the number of patients being treated at the same time, thus reduce the the risks of in-hospital cross transmission.
- Patients and accompanying family members traveling from other cities must be isolated 2 weeks prior to hospital visit.

In the meantime, hospital staff must measure and record their temperature before entering the hospital. Everyone must wear face mask, cap and gloves during work and other protective measures according to clinical situation. Wash and sanitize hands immediately after contacting body fluid and feces of a patient. Ventilate the waiting room and ward twice daily. Disinfect the floor and waiting chairs with 0.2% sodium hypochlorite disinfection tablet (may vary slightly in different hospitals) every 4 hours and at least 5 to 6 times a day. All items in a ward must be disinfected by 75% alcohol after contacting a patient. Medical wastes must be discarded according to correlating hospital regulations.

10.疫情防控期间，什么是急诊“红黄绿”分区管理？（北京协和医院患者适用）

10. What is the "red, yellow and green" emergency management during the epidemic? (Applicable to patients of Peking Union Medical College Hospital)

为了更快捷高效地对患者进行病情评估和分级处置，最大限度地降低传播风险、保护患者和医护人员，北京协和医院将急诊分为了“红、黄、绿”三个区域。“红区”是医院的第一道关卡，用来诊治传播风险最大、处置级别最高的患者，管控最为严格；具体指发热门诊。“黄区”患者传播风险次之，但也存在风险，也需严格防控；具体指分诊台、诊室、输液室等急诊流水区域以及抢救室。“绿区”是相对安全的区域，包括急诊病房、留观室和生活休息区；该区域的患者已完成评估筛查，传播风险较低。

【注意】患者就诊时一定要按照指定区域就诊，保护自己、保护家人！

In order to efficiently perform disease evaluation, triage treatment, and to protect both patients and medical staff, Peking Union Medical College Hospital has divided the emergency department into three areas, i.e. the Red, Yellow, and Green Zones. The "Red Zone", such as the fever clinic, is the most strictly controlled area, serves as the first checkpoint for patients with the highest risk of transmission and the highest level of treatment. The "Yellow zone", including the triage station, the consultation rooms, the infusion rooms, and the rescue rooms, have less transmission risk but require strict control measures. The "Green Zone" refers to relatively safe areas with low risks of transmission, including the emergency wards, the observation rooms, as well as the social areas.

[Please Note] Patients should go to the designated areas during hospital visits. This is to protect your and your family!

12.疫情流行前约好的手术怎么办？

12. How to deal with scheduled surgeries before the epidemic?

建议根据自身病情决定是否需要按原计划进行手术，对于病情稳定、发展缓慢的择期手术可延后。

Make the decision based on your own health condition. Postpone elective surgeries with stable condition and slow progression is recommended.

13.疫情流行前约好的胃肠镜检查怎么办？

13. How to deal with scheduled gastrointestinal endoscopy before the epidemic?

如果是体检性质的检查、病情平稳期的复查、内镜下的择期治疗建议延后。但如有明显消化道症状，如出现消化道出血、急性化脓性胆管炎、胆源性胰腺炎等紧急情况则需要及时处理。

Endoscopy examination as a follow-up or elective examination is recommended to postpone. However, emergencies such as gastrointestinal bleeding, acute suppurative cholangitis, biliary pancreatitis should be treated in time.

14.双黄连口服液、莲花清瘟等到底有没有预防效果？

14. Is there any preventive effect of Shuanghuanglian Oral Liquid and Lianhua Qingwen?

截至2020年2月，虽然有实验室数据提示某些中药可能对病情控制有帮助，但这并不意味着该药物可应用于临床。目前没有证据级别比较高的、可信的证据证实任何中成药有预防或治疗作用。双黄连中成药的药品适应证为疏风解表、清热解毒；莲花清瘟的主药相似，同样为金银花和连翘。这些药物应用请在正规中医医师指导下进行，我们暂不推荐大家自行至医院或药房购买作为预防或者治疗使用。

Laboratory data has indicated that some traditional Chinese medicine may be helpful for disease control by February 2020, but it does not mean that these medications can be used in clinics. There is no high-level, reliable evidence for preventive or therapeutic effect of any Chinese medicine at present. The indication of Shuanghuanglian Oral Liquid is to expel the wind, to induce perspiration, and to remove toxic-heat. Lianhua Qingwen has similar major components (honeysuckle and forsythia) as Shuanghuanglian Oral Liquid. Please use these medications under the guidance of a qualified traditional Chinese medicine practitioner. Currently, we do not recommend the public to buy these medications at hospitals or pharmacies for prevention or treatment.

15.目前有没有针对新型冠状病毒的疫苗？

15. Is there any vaccine against the Novel Coronavirus?

新型冠状病毒感染目前尚**没有**可用疫苗用以预防。

Currently, there is **no** available vaccine to prevent the Novel Coronavirus.

16.去年年底接种了流感疫苗，对预防新型冠状病毒是否有效？

16. Would influenza vaccine inoculated late last year be effective against the Novel Coronaviruses?

接种流感疫苗后对新型冠状病毒**没有**预防效果。

Influenza vaccines have **no** preventive effect against the Novel Coronavirus.

17.就诊期间或者住院前如果医务人员要求我去发热门诊排查，该怎么办？

17. What should I do if a medical staff asks me to screen for 2019-nCoV at a fever clinic during the medical consultation or before hospitalization?

目前医院对于需要去发热门诊排查有明确的指征，对于2周内出现急性或不明原因发热、与急性发热病人有密切接触（尤其是有家庭聚集发热的情况）、有疫情严重地区旅行史等患者，会要求他们去发热门诊排除新型冠状病毒感染可能。严格遵守这一措施，是在疫情防治期间对自己的一种保护，也是对身边家人安全负责任的行为。

Currently, there are clear indications for screening at fever clinic. For patients with acute or unexplained fever within 2 weeks, close contact with acute-fever patients (especially in the case of family aggregated fever), or travelling history to severely affected areas, they are required to screen for the possibility of 2019-nCoV infection at a fever clinic. Strictly comply with this measure is a self-protection, and also a responsible act for your family.

18.疫情防控期间住院是否可以家属探视？

18. Is family visit allowed during the epidemic?

疫情防控期间，医院对于家属探视的规定会根据疫情控制需求而进行调整，必要时可能禁止家属探视，这一要求也是为了保护所有入院人员。

During the epidemic, hospitals will adjust the regulations on family visits according to the needs of epidemic control. Family visits may be prohibited when necessary. This requirement is to protect everyone in the hospital.

七、疑似病人医院就诊

Chapter 7: Suspected cases

1. 什么是新型冠状病毒感染的疑似病例？

1. Who could be a suspected patient?

具有以下流行病学史中的任何 1 条，且临床表现中的任意 2 条，可考虑为疑似病例（但疑似病例需要医生确认，而非患者自我诊断）。

- 流行病学史：①发病前 14 天内有疫情严重地区的旅行史或居住史；②发病前 14 天内曾接触过来自疫情严重地区的发热或有呼吸道症状的患者；③与新型冠状病毒感染者有接触史；④聚集性发病（共同工作或生活的人，有数例出现类似的症状）。
- 临床表现：发热和/或呼吸道症状；②具有病毒性肺炎影像学特征；③发病早期白细胞总数正常或降低，或淋巴细胞计数减少。

【湖北省以外疑似病例】符合流行病学史任何 1 条，且符合临床表现中任意 2 条；无明确流行病学史的，符合临床表现中的 3 条。

【湖北省疑似病例】有流行病学史中的任何一条或无流行病学史，且符合临床表现中的①和③。

Those who meet any one of the epidemiology criteria, and present two of the following clinical presentations, may be considered as suspected cases (A suspected case need to recognized by a physician instead of the patient).

- Epidemiological features: ① History of traveling to or living in the severely endemic areas 14 days before onset; ② History of contact with patients from severely endemic areas with symptoms like fever or respiratory tract infection 14 days before onset; ③ History of contact with COVID-19 patients; ④ Aggregation (similar symptoms with people who live or work together).
- Clinical presentations: ① Fever and/or respiratory symptoms; ② Features of viral pneumonia on imaging; ③ Normal or low WBC count after onset, or low lymphocyte count.

[Suspected cases outside of Hubei province] possession of any ONE of the epidemiological features and any two of the clinical presentations; if there is no clear epidemiological features, it conforms to 3 clinical manifestations.

[Suspected cases in Hubei province] present with any one or none of the epidemiological features, but possession of clinical presentations ① and ③.

2.患者什么情况下应该去就医？

2. Under what circumstances should a patient seek medical attention?

如果患者近期去过疫情严重的地区，或者接触过来自疫情严重地区的发热或有呼吸道症状的患者，或者接触过新型冠状病毒感染患者，而且出现新型冠状病毒感染的可疑症状，应该及时去医院就诊；其主要症状包括发热（多以低热起病）、乏力、干咳、呼吸困难，尤其是出现呼吸困难时，应立即就医。此外，新型冠状病毒感染的其他症状还包括鼻塞、流涕、咽痛和腹泻等。

If the patient has recently been to severely endemic areas, or had contact with patients who have fever or respiratory symptoms or came from severely endemic areas, or had contact with patients with COVID-19, and at the same time presents with suspicious symptoms of COVID-19, he or she should visit a hospital in time. Major symptoms include fever (usually begin with low fever), fatigue, dry cough, and apnea. If the patient presents with apnea, he or she should seek medical attention immediately. Furthermore, other symptoms include nasal congestion, nasal discharge, sore throat, diarrhea, and etc.

3.就医前应该做哪些准备？

3. What preparations should be made before seeing a doctor?

就医前，应做好自我防护，戴口罩，**避免使用带呼吸阀的口罩**；了解拟就诊的医院是否有发热门诊。可通过国务院客户端查询发热门诊和定点医院，二维码见下图。

You should wear a mask (**avoid masks with breathing valve**) before seeking medical attention. You should also be informed whether or not there is a fever clinic in the hospital you are going to visit. You could inquire about the fever clinic and designated hospitals on the website of the State Council. Scan the QR code as follows.



4. 是否有发热或鼻塞流涕等不适就马上到发热门诊进行筛查？

4. Should we acquire screening in the fever clinic as soon as we have minor symptoms like fever and nasal discharge?

如果没有上面说的流行病学史，单纯出现打喷嚏、流鼻涕、咽痛等上呼吸道症状，而乏力、发热、咳嗽等症状都不太明显；出现这些症状时，亦不能排除普通感冒，年轻患者、无基础病，可暂居家观察。

冬季也是流感的高发季节，流感多以高热（39~40℃）、头痛、肌痛和全身不适起病，可有畏寒、寒战，多伴全身肌肉关节酸痛、乏力、食欲减退等全身症状。此类患者，需要到发热门诊进行相应筛查。

如果发热症状加重或呼吸困难加重，则尽早就医；年长患者或有基础病者，建议尽快就医。

If you don't have the epidemiological features as mentioned above and you only have upper respiratory symptoms like sneezing, nasal discharge and sore throat without prominent fatigue, fever or cough, common flu is still a suspected diagnosis. If you are young and you don't have any pre-existing illness, you can monitor at home.

Influenza is also very prevalent during winter season. Patients diagnosed with influenza often present with high fever (39~40°C), headache, muscle pain, and generalized malaise, and sometimes with chills and shivering. Usually accompanied by systemic symptoms like pain in multiple muscles and joints, fatigue, low appetite, and etc. These patients must also receive screening tests in fever clinics.

Seek medical care immediately when there is an exacerbation of fever or apnea. For seniors or those with pre-existing illnesses, it is advisable to seek medical help as soon as possible.

5. 应该去哪儿就医？

5. Where should I seek medical attention?

发热门诊。部分医院开通了网上发热门诊，症状较轻时可优先选择；如果必须去医院就医，可就近前往有发热门诊的医疗救治定点医院。

Fever clinics. Some hospitals have fever clinics online for patients with minor symptoms. If you need to go to the hospital, make sure to visit the designated hospitals with fever clinics nearby.

6.如何去就医？

6. How can I get access to medical care?

尽量选择乘坐私家车就医；或乘坐出租车、网约车；以上情况不允许时，可选择公共交通工具；**避免使用带呼吸阀的口罩。**

Travel to hospital via a private vehicle if available. Or take a taxi via online car-hailing services. If none of these are available, use a public transportation while wearing a mask. **Avoid using masks with breathing valves.**

7.就医途中应该怎么防护？

7. How should I protect myself during transit?

就医途中患者和家属应全程佩戴口罩；打喷嚏或咳嗽时用手肘或纸巾捂住口鼻；条件允许时，使用免洗手消毒凝胶随时保持手卫生。

The patient and family member must wear masks at all times. cover your mouth and nose with your elbow or a napkin when you sneeze/cough. Disinfect your hands with hand sanitizer gel to keep a good hygiene.

8.就诊时应该注意什么？

8. What should I pay attention to when I am inside the clinic?

根据医院流程就诊；主动向医生提供自己的流行病学史（旅行、接触疫区人员、乘坐交通工具等）；在指定区域内就诊，避免在医院内随意走动，尽量不接触医院的环境和物体表面；如果接触门把手、护士站台面、卫生间设施等应及时洗手。

Follow the hospital protocol and provide the physicians with your epidemiological history (traveling, contact with people from endemic area, public transportation, and etc.). Wait in the designated area and avoid walking around and contacting the hospital surroundings. If you have to touch the doorknob, the surface of the nurses' workstation or the facilities in the toilet, you must wash your hands immediately afterwards.

9.新型冠状病毒肺炎如何确诊？

9. How to definitively diagnose COVID-19?

疑似病例，具备以下病原学证据之一者：①呼吸道标本或血液标本实时荧光 RT-PCR 检测新型冠状病毒核酸阳性；②呼吸道标本或血液标本病毒基因测序，与已知的新型冠状病毒高度同源。也就是说，如果患者体内检出了新型冠状病毒或病毒 DNA 即可确诊。

For suspected cases, if any of the following criteria is met: ① A positive fluorescent RT-PCR test for SARS-CoV-2 nucleic acid from a respiratory or blood sample; ② the viral genetic sequencing from a respiratory or blood sample is highly homologous to the SARS-CoV-2 virus. That is to say, if the DNA of SARS-CoV-2 is detected in the patient, a definitive diagnosis can be made.

10.就诊时，医生会对患者进行哪些检查？

10. What tests will the doctor perform on the patient during the visit?

初次就诊时，医生首先会询问患者的流行病学史，然后会根据患者症状进行肺部影像学检查、血常规检查等。根据流行病学史、影像学或血常规结果，若判定患者为疑似病例，医生会将患者留院观察。医生一般会留取痰液或咽拭子标本进行筛查；对于留院观察的患者，可能会采集下呼吸道标本（气道提取物、支气管灌洗液、肺泡灌洗液）或血液。

During the first visit, the physician will ask for the epidemiological history, and according to the symptoms, order pulmonary imaging test, complete blood count (CBC). If the patient is suspected based on the epidemiological history and the test results from imaging and CBC, the patient will be hospitalized for further observation. The physician will extract the sputum or throat swab for screening. For hospitalized patients, samples from lower respiratory tract (aspirates from the airway, bronchial lavage, or alveolar lavage) or blood will be extracted.

11.就诊后，筛查结果为阴性该怎么做？

11. What happens when the test results are negative?

就诊时，医生会根据患者症状、流行病学史进行综合判断，对患者进行流感或新型冠状病毒感染的筛查。如果新型冠状病毒筛查阴性且无明确的流行病学史，则新型冠状病毒感染可能性较小。可根据医生建议对症处理，如流感筛查阳性，则根据流感诊疗进行；如为普通感冒，建议居家休息。

The physician will make a comprehensive decision for conducting any screening tests after considering the symptoms, and epidemiological history. If the screening

result is negative and there is no epidemiological history, then the possibility of contracting the COVID-19 is low. Treatment could be based on the physician's suggestions. If it is positive for influenza, then the physician will treat it as an influenza. If it is common cold, then the physician will most likely discharge you.

12.如果确诊阳性，患者家人该做什么？

12. What should the family member do if the patient is tested positive?

①密切接触者应居家隔离 14 天；②作息规律，健康饮食；③勤洗手，尤其是饭前便后；④打喷嚏或咳嗽时应用手肘或纸巾捂住口鼻；⑤如有发热或其他症状，及时就医。

① Those in close contact with the patient should conduct home quarantine for 14 days; ② Keep a regular schedule and a balanced diet; ③ Wash hands frequently, especially before meal and after using the bathroom; ④ Cover the mouth and nose with elbow or napkins when sneezing or coughing; ⑤ Seek medical attention when there is fever or other symptoms arise.

13.有针对新型冠状病毒肺炎的特效药吗？

13. Is there any specific medication for treating COVID-19?

目前没有针对新型冠状病毒感染的特效药，主要是对症和支持治疗。

There is no specific medication. Symptomatic treatment and supportive care are major means of management.

14.我要转到 ICU 了，那里是不是很恐怖？

14. I am going to be referred to ICU. Is it terrifying there?

重症监护病房（ICU）是针对每位重症和急危重症患者的主要救治场所，在 ICU 集合了更为高级的器官功能及生命支持的技术，例如呼吸机有创通气、血液净化、体外循环膜氧合等。

刚开始，为了帮助患者更好地适应上述支持技术，会在专业医师的指导下给予镇静、镇痛药物，处于“麻醉”状态，患者一般感受不到“痛苦”。

当逐步开始尝试脱离上述支持治疗前，才逐渐将病人从“麻醉”状态下“复苏”过来，恢复自主意识。此时，新冠患者仍在 ICU 处于封闭隔离管理状态，难免会产生焦虑和恐惧，医护人员会给予相应的药物和心理疏导。但这表明病情变好，尝试脱离上述高级支持治疗，一定要配合医护努力进行功能锻炼。

Intensive care unit (ICU) is a facility for patients with critical illness or emergent critical conditions. More advanced organ and life supporting procedures are performed in ICU, such as invasive ventilation, blood purification and extracorporeal membrane oxygenation (ECMO).

In order to help the patient better cooperate with the supporting equipment, sedation and analgesia will be administered under the instructions of medical professionals. Patients are generally “anesthetized” and usually feel no “pain.”

When gradually remove the supporting equipment from the patients, they will be “resuscitate” from the “anesthetized” status, and consciousness begins to recover. At this time, the patient is still in closed-off quarantine, which could inevitably bring about anxiety and fear. Medical professionals will administer medications and psychological support. All of these procedures indicate that the patient is recovering, It is crucial to follow the protocols and cooperate with doctors in ICU.

15.医生说需要气管插管，会不会很痛苦？

15. Does tracheal intubation hurt?

在进行气管插管之前，医护人员会耐心地向您解释可能的操作和需要的配合，会使用【镇静催眠】等药物使患者进入足够舒适、无意识状态再进行插管。插管时，会有足够的医务人员参与并通过可视化的设备以保证插管的安全性和有效性。所以气管插管并不恐怖，也不痛苦。

Medical professionals will explain the procedures and how to cooperate with them before tracheal intubation. Sedative/hypnotic medications will be administered to alleviate discomfort and patients will become unconscious before intubation. There will be medical professionals performing the procedure, and visualized equipment is used to ensure the safety and efficacy of the process. Thus tracheal intubation is neither terrifying nor painful.

16.新型冠状病毒肺炎患者的出院标准是什么？

16. What are the discharge criteria for COVID-19 patients?

体温恢复正常 3 天以上、呼吸道症状明显好转，肺部影像学显示炎症明显吸收，连续两次呼吸道病原核酸检测阴性(采样时间间隔至少 1 天)，可解除隔离出院或根据病情转至相应科室治疗其他疾病。

Body temperature returns back to normal for more than 3 days, respiratory symptoms are improved, pulmonary imaging shows significant absorption of inflammation, and respiratory pathogen nucleic acid detection is negative for two consecutive occasions (with an interval of at least 1 day), then the patient can be discharged or transferred to other wards for supportive treatments.

17.患者治愈后，会再次感染新型冠状病毒吗？

17. Could a patient contract the virus again after clinical cure?

治愈患者的体内会产生针对新型冠状病毒的抗体，这些抗体会在体内存留一段时间，如果病毒不发生变异，短期内患者一般不会再次感染。

A cured patient will develop antibodies against COVID-19, which will stay in the system for some time. If there is no viral variation, the patient will not be at risk for short-term re-infection.

18.治愈出院的患者应该注意什么？

18. Tips for cured patients.

①遵医嘱，根据出院时医生和护士的要求继续用药等；②疫情期间尽量居家休息；③如需外出，应佩戴口罩；④勤洗手，保持手卫生。

① Follow the physicians' instructions and use medications as prescribed; ② Stay indoor until the end of the pandemic; ③ Wear mask if you need to leave your house; ④ Wash your hands frequently, and keep them sanitized.

19.新型冠状病毒感染的病死率是多少？

19. What is the case fatality rate of COVID-19?

病死率是指死亡人数/发病人数。根据目前公布的数据，全国新型冠状病毒感染的病死率为2%~3%。随着疫情防控的进展，病死率可能会动态变化。作为普通人群不必对病死率过分恐慌，只要做好防护，疫情期间少外出，不去人群聚集的地方，一般不会被感染。

Case fatality rate equals number of deaths divided by number of cases. The nationwide case fatality rate is about 3%. The case fatality rate may fluctuate due to the advancement in disease prevention and control. There is no need to panic as long as we are all equipped with proper protection, and avoid unnecessary outdoor activities and crowding.

八、孕产妇及婴幼儿注意事项

Chapter 8: Precautions for pregnant women and infants

1. 疫情防控期间，孕产妇居家做哪些自我监测呢？

1. How should pregnant women monitor their physical health during this pandemic?

- 每天测量体重、体温，每天早中晚各 1 小时数胎动，晚孕期可以每周测量一次宫高和腹围，有合并症的孕妇监测记录血压、血糖等指标。
- 还要进行健康生活方式管理，记录饮食、运动、日晒、睡眠、心情，也可准备尿常规试纸、胎膜早破检测试纸，胎心监护仪等，必要时与产检医院和医生沟通，结合病史资料和症状，及时帮助判断解释结果。
- 而预产期临近的孕妈妈，还要注意自己是否现腹痛、见红、破水这些临产征兆，需要做好准备去医院急诊。
- Measure daily body weight and temperature; count fetal movements for an hour every morning, noon and evening; measure the uterus height and abdomen circumference every week; pregnant women with complications must also monitor blood pressure, blood sugar, and etc.
- Indulge in healthy lifestyle. Record your daily diet, exercises, sunshine exposure, sleep conditions and moods. You can also prepare test papers for urine routine test, premature rupture of membrane test, and fetus guarding instrument at home. Based on the results of these self-testing kits, you will be able to consult with your doctor in a timely manner.
- Women who are close to the expected date of delivery must pay attention to labor signs, such as abdominal pain, vaginal bleeding and rupture of membranes. Be ready to visit the nearest emergency clinic.

2. 疫情防控期间，孕产妇如何调整心理、情绪？

2. How should pregnant women handle emotional changes during the pandemic?

首先要从心理调整方面的策略包括：接纳现状，减少暴露，限制阅读疫情信息时间不超过半小时/天。锚定当下，稳定自我，学会尊重和感恩，保证良好睡眠，并感受怀孕生活的点滴美好，调节自我的生活状态和心态。感受爱与被爱，积极与家人沟通，有利于照顾他人并营造安全的依恋关系。同时还要注意分娩恐惧、产后抑郁的预防与应对，利用居家隔离的时间好好学习分娩、育儿、母乳喂养的知识可以减少恐惧和抑郁的压力。

Several strategies can help with controlling emotions, such as, accept the reality, less exposure, and restrain the time spent reading current news to half an hour each day. Focus on daily routines, stay respectful and grateful, sleep well, and appreciate the

beauty of being pregnant, these will help you adjust your mentality. Besides, the feeling of loving someone, being loved, and positive communications with family members will build a considerable supportive relationship. Meanwhile, try to prevent and cope with delivery fear and postpartum depression. Utilize this time to learn more on delivery, nursing infants and breast-feeding in order to lighten the burden of fear and depression.

3.疫情防控期间，宅在家里的孕产妇如何安排生活起居？

3. How should pregnant women arrange their daily routines at home during this pandemic?

要做到规律作息，上午 8:00、11:30、下午 17:00，给早中晚餐各半小时；10:00、14:00、20:00 适当加餐；吃完正餐和加餐后各留 5~10 分钟跟胎儿沟通；一天可以留 8 小时睡觉、4 小时工作、2 小时学习，学习产检、分娩、母乳喂养、新生儿养育、产后康复等知识、早中晚各 1 小时数胎动、做胎教，半小时开窗通风晒晒太阳、半小时中等强度的运动、半小时冥想放松、半小时关注疫情信息，其他时间请放松幸福地和家人在一起，享受时光。

Create and stick to a daily schedule. Have meals at 8:00 a.m., 11:30 a.m., and 17:00 p.m. for half an hour. You may have additional meals at 10:00 a.m., 14:00 a.m. and 20:00 p.m.. After each meal, you should spend 5 to 10 minutes communicating with your fetus. Sleep eight hours a day, work four hours a day, and spend two hours learning about prenatal tests, delivery, breast-feeding, infant nursing and postpartum recovery. Count fetal movements three times a day for an hour and conduct fetal education. You can also open your windows for ventilation while enjoy the sunshine, do medium-intense exercises, and meditate for 30 minutes each. Please relax and enjoy this time with your family.

4.疫情防控期间，有合并症的孕妇如何进行管理？

4. How should pregnant women with complications manage themselves during this pandemic?

有合并症的孕妇应系统地学习疾病相关科普知识，保证知识来源的专业性和系统性；了解自己的病情，疾病监测方法和达标指标、需要警惕的临床表现以及日常生活管理要点；可以通过经审查合格资质的医生或健康管理师进行的健康管理交互平台，根据孕妇的一般情况、生活方式记录、合并症、孕期症状等提供适合患者的管理方案，帮助孕妇养成良好的生活习惯和疾病管理，以控制合并症，降低不良分娩结局。

Pregnant women with complications need to systemically learn relevant knowledge, and make sure to use professional and well-structured learning resources. Be aware of your health condition, use pertinent monitoring methods and standards, pay attention to clinical signs and daily routines. You can get help from qualified doctors or online

platforms operated by health-care workers. Based on your general condition, lifestyle records, complications and gestational symptoms, they will provide you with a management plan to help you build a healthy lifestyle in an effort to control the complications and reduce adverse delivery outcomes.

5.对于马上要分娩的母亲，该怎么保护好自己？

5. How should pregnant women who are about to give birth protect themselves ?

学习产检和分娩知识，了解常见疾病的临床表现，知道临产的表现和就医的指征，提前了解产检医院的入院、分娩和出院流程。做到不恐慌焦虑，有备而战。待产包里先装好口罩、洗手液、手消毒剂，通过这些有意义的实际行动给自己带来安全感。

Moms-to-be need to learn the knowledge of labor inspection and delivery, to understand the clinical manifestations of common diseases, be aware of labor signs and arrange an emergency delivery protocol. You need to know the general procedures of checking into and out of a hospital, and delivering a baby. Do not panic or become anxious, just be readily prepared. You need to prepare masks, hand soaps, hand sanitizers in your 'ready-to-go bag'. These meaningful preparations will bring a sense of security.

6.孕产妇由于特殊生理状况，免疫系统承受自身和外在双重压力，如何提升免疫力？

6. How should pregnant women enhance their immunity?

开心，积极乐观的心态会改善内分泌状态，增强免疫力。合理利用音乐、艺术、正念、冥想、催眠技巧、舞蹈等稳定情绪、放松身心；好好吃饭，均衡膳食，补充优质蛋白；好好休息，睡觉、放松是身心的自我疗愈，每天也要找点事情做；多运动，运动会分泌内啡肽，让人开心，会消耗能量，对免疫力的增强都有好处；另外，疫情防控期间居家隔离缺乏日晒，加上环境的消毒措施，建议额外补充维生素 D、益生菌等膳食补充剂。

Maintain a happy and positive mindset can improve endocrine state and enhance immunity. Music, art, mindfulness, meditation, hypnosis are all great ways to relax and stabilize the mind. Consume healthy diets with high quality proteins. Maintain sufficient rest because sleeping is a self-healing process. Exercise accordingly since the release of endorphin will strengthen your immunity. In addition, we recommend pregnant women to ingest extra vitamin D and probiotics to make up for the lack of sunshine and chemical sterilization.

7.疫情防控期间，产检能否推迟？

7. Can prenatal tests be postponed during this pandemic?

要根据孕周、产检项目、已知的合并症等综合判断。

通常，涉及产前筛查的项目[孕 11~14 周的“NT 超声检查”、孕 20~24 周的“中孕排畸超声”、唐氏血清学（筛查方法不同，故各医院时间不统一等）]建议按期进行。中孕 24~28 周的糖耐量检测建议、晚孕 29~32 周评估胎儿生长情况的超声，可以适当微调。晚孕期通常 1~2 周产检 1 次，如果有条件在家监测血压和胎心，且能良好关注胎动，可与产检大夫讨论能否增大产检间隔。

如果是合并有高危因素的孕产妇，建议听从产科大夫的产检安排，积极监测，主动管理。

This depends on the individual gestation week, prenatal tests requirements and existing complications. In general, we recommend you to receive the prenatal screening tests as scheduled. These tests include the ‘NT ultrasonic examination’ at week 11th to 14th, the quad screen at week 20th to 24th, and the Down syndrome serology screening (this test does not have a fixed time because different hospitals use different screening methods). OGTT test at week 20th to 24th and the routine ultrasound at week 29th to 32nd could be put off. During the third trimester, we suggest pregnant women to have prenatal test every one to two weeks. If you can measure your blood pressure and fetal heartbeat at home, and can track fetal movements, you may consult with your doctor about extending the test interval.

For pregnant women with high risk complications, follow the existing arrangements set up with your obstetrician, and actively monitor yourself.

8.疫情防控期间，孕产妇什么情况下要去看急诊？

8. Under what circumstances should pregnant women go to the emergency clinic during the epidemic?

- 如出现阴道流血、流液、宫缩，或腹痛、胎动异常、头痛、视物模糊，或自行监测发现血压增高、胎心异常等产科情况，应到产科急诊就诊。
- 如出现发热，建议至发热门诊就诊（该医院最好有产科），排查发热原因后，再分流至相应专科诊治。
- 如出现其他急症，如外伤等，请就诊相应专科急诊，并在就诊时配合测量体温、询问流行病学史。
- Emergency signs are: vaginal bleeding, fluid draining, uterus contraction, abdominal pain, abnormal fetal movement, headache, visual disturbances, elevated blood pressure, abnormal fetal heartbeat, and etc.
- You should visit a fever clinic (preferably a clinic with obstetrics) when fever arises. You should be triaged to a pertinent specialty after proper screening.
- Other emergencies such as trauma should be treated in designated specialty

emergency clinic, after proper screening.

9. 疫情防控期间，我还能实施分娩镇痛么？

9. Can I still implement labor analgesia during this pandemic?

可以实施分娩镇痛。但为了避免孕产妇和新生儿的交叉感染，医生会详细询问病史、实验室检查，必要时进行核酸筛查和肺部 CT 检查。医院也针对普通孕产妇、疑似/确诊孕产妇，分设独立病房、独立产房、独立分娩镇痛人员以避免交叉感染。

提醒各位准妈妈：**【避免】**隐瞒病史、流行病学史。疫情防控期间，减少或避免家属探视或陪护（包括祖父母、月嫂等），做好个人防护（口罩）、手卫生等。

You can. However, in an effort to avoid cross-contamination between moms and newborns, doctors will order laboratory tests, nucleic acid tests and chest CT scans when necessary. Hospitals will have isolated wards, delivery rooms and different anesthesiologists in order to avoid cross-contamination.

A reminder to all soon-to-be mothers: AVOID hiding your symptoms and epidemiological histories. Reduce all visiting hours and companions by grandparents and nannies during this pandemic. Implement personal protection such as face masks, hand hygiene, and etc.

10. 疫情防控期间，分娩镇痛后出现发热怎么办？

10. What will happen if I present with fever after childbirth analgesia during this period?

“硬膜外镇痛”是最常用的分娩镇痛方式，早在 1989 年，就有学者发现硬膜外镇痛与产时母体体温逐步上升有关，部分母体随着产程的进展体温每小时升高 0.07~0.1℃。越来越多的证据表明，表现为发热的孕产妇存在孕妇感染，未积极治疗的感染可能损害胎儿。因此，一定要配合医生查明并积极治疗。**【避免】**隐瞒病史、流行病学史。

Epidural anesthesia is the most commonly used method to induce painless labor. Since 1989, scholars have reported associations between epidural anesthesia and increased body temperature during labor. Some pregnant women present increased body temperature at an increment of 0.07-0.1℃ per every labor hour. More and more evidence have shown that fever indicates potential infections, which, when left untreated, can be detrimental to infants. Therefore, make sure to cooperate with doctors and identify the causes of fever. **DO NOT** hide your symptoms or epidemiological histories.

11.如果孕产妇出现发热，咳嗽等症状，怎么办？

11. What happens when pregnant women develop both fever and cough?

在目前情况下，自我排查是不现实的，但要保持冷静。建议孕妈妈考虑自己是否有流行病学史：即是否到过流行疫区，接触过确诊或疑似病例？若无流行病学史，基本上考虑为普通感冒或其他普通感染。另外多数感染是轻症会自愈的，所以仅有轻微上感症状不建议马上到医院。在家可以监测体温，把所出现的症状，如是否出现呕吐、腹痛、腹泻、肌肉酸痛等做好记录，并通过互联网、电话等形式咨询你的产科医生和医院的发热门诊，不要自行用药，用药前需获得医生的允许。如果孕妈妈的症状比较温和，未出现其他症状，可考虑在家中处理，避免前往医院出现交叉感染。我们可以给自己一两天的观察期，如果症状加重，出现高热、咳嗽、气短，无论是季节性流感或考虑新冠病毒感染，都可能发生肺炎等严重并发症，建议尽快到医院诊治。但即使不是新型冠状病毒感染，也有流感等传染性疾病可能，所以要采取居家隔离措施，避免传给家人。

Under current circumstances, self-screening is impossible. Expectant mother needs to reflect on her own epidemiological history: traveled to epidemic areas or been in contact with diagnosed/suspected patients. If there is no epidemiological history, it is basically considered a common cold or other common infection. Many other infections are self-limited. Therefore, an immediate access to the hospital is not recommended if you only have mild upper respiratory tract symptoms. You should monitor your temperature at home, record your symptoms such as vomiting, stomachache, diarrhea or muscle soreness, and consult with your obstetrician and the fever clinics via the internet or telephone. Please avoid medicating yourself without the permission of doctors. If the symptoms are mild with no other manifestations, the expectant mothers can monitor at home, to prevent hospital cross-contamination. Observe for 1-2 days, during which time if symptoms worsen with fever, coughing or shortness of breath, you should seek immediate medical help. Any seasonal flu or COVID-19 infection can lead to severe complications. You should still be isolated at home even if you are tested negative for COVID-19, because influenza can also be transmitted to your family members.

11.孕妇感染新型冠状病毒有哪些表现？

11. What are the manifestations of pregnant women infected with COVID-19?

数据来自 2020 年 1 月 20 日至 2020 年 1 月 31 日的 9 名孕妇，并实施了剖宫产术。9 位患者中，有 7 位患者剖宫产前有发热但无一例是高热 (>39°C)，另外 2 位患者，产后出现发热 (37.8~39.3°C)。同时，伴有其他上呼吸道感染症状，4 名患者咳嗽，3 名患者肌痛，2 名患者咽喉痛，2 名患者自感身体不适。实验室检查显示：7 名患者的白细胞计数正常，5 名出现淋巴细胞减少，6 名患者的 C 反应蛋白水平升高。9 名患者均进行了胸部 CT 检查，其中 8 名患者出现 CT 典型表现。这 9 例患者均未进展至重症肺炎。

A study of 9 pregnant women who underwent Caesarean section from January 20th, 2020 to January 31st, 2020 reports that 7 patients have developed fever before the surgery but none was higher than 39°C. The other 2 patients have developed fever after the surgery (37.8~39.3°C). Meanwhile they have demonstrated other upper respiratory tract infection symptoms: 4 patients coughed, 3 have muscle aches, 2 have sore throats and 2 felt discomfort. The laboratory tests showed that 7 patients have normal WBC counts, 5 have lymphopenia, and 6 have elevated C-reactive protein. Chest CT was performed in all of the patients, among which 8 have showed typical CT appearances. None of the 9 patients progressed into severe pneumonia.

12. 孕妇感染新型冠状病毒会直接传播给新生儿么？

12. Will the viruses transmitted to newborns if the pregnant women are infected with COVID-19?

证据不足。从感染孕妇中收集的羊水、脐带血、新生儿咽拭子、母乳等样本中均未检测到 SARS-CoV-2 的存在。

The current evidence is insufficient. However, there has been zero viral detection in the amniotic fluid, umbilical cord blood, breast milk of the infected mothers, nor nasopharyngeal swab of the newborns.

13. 如果不幸感染新型冠状病毒，是否要终止妊娠？

13. Should you terminate the pregnancy if you are infected with COVID-19?

目前尚不能证明存在母婴垂直传播感染，大家不要过于焦虑恐慌。新型冠状病毒感染不一定需要终止妊娠。对于疑似或确诊孕妈妈需要结合临床表现、核酸检测、CT 检查等进行综合评估病情。轻症患者对症支持治疗，但如果是重症患者、出现呼吸功能衰竭、休克症状，则需要进行多科会诊，收入重症监护病房。治疗过程中需要充分权衡利弊，对病情、孕周和胎儿情况进行综合考虑，必要时可能需要终止妊娠。

There is no evidence in proving that COVID-19 can be transmitted vertically from mother to infant. COVID-19 infection dose not necessarily warrant termination of pregnancy. Holistic evaluation through clinical manifestations, nucleic acid tests and CT tests must be examined. Patients with mild symptoms will be offered with supportive treatments, while cases with severe respiratory failure will be discussed among multidisciplinary teams and be admitted to the intensive care unit (ICU). The condition of the mothers, gestation time, and the status of the fetus will determine whether or not it is essential to terminate the pregnancy.

14.疫情防控期间幼儿养育方面注意什么呢？

14. What should be minded in raising children during this time?

- 培养幼儿的卫生习惯。
- 对于幼儿，想办法让宝宝接受戴口罩，养成洗手的习惯，让宝宝能够自主如厕，也不害怕洗头洗澡；让宝宝主动参与家庭清洁，学会自我照料。
- 给宝宝熟悉的、感兴趣的，在其能力范围内的清洁工作，使用的清洁工具也是孩子尺寸的，所在的区域也一定确保安全；最后采用亲子游戏的方式可以激发幼儿兴趣，增强主动性。
- Train the children to keep a good habit of sanitation.
- Implanted the habit of wearing masks and washing hands. Train the toddlers to use the toilets on their own, and to enjoy shower. Let the toddlers actively participate in the household cleaning and learn to care for themselves.
- Give the children the cleaning tasks that they are familiar with, interested in and are within their capabilities. The cleaning tools must be of their heights and the areas assigned to them must be safe. Finally, you can use parent-child interactive games to ignite their interest and initiative.

15.疫情防控期间如何促进儿童身心健康？

15. How to maintain the physical and psychological health of children during this time?

家长先要保持情绪稳定，避免过度焦虑。帮助儿童正确认知疫情，做好模范榜样，共同学习面对变化，让儿童在自主性及组织性游戏中得到肯定、赞美及认同。

Parents should first maintain emotional stability and avoid excessive anxiety. Educate your children with the correct knowledge regarding this pandemic. Be a good role model and learn to face changes in life together. Recognize and praise your children in organized games.

16.疫情防控期间，宝宝发热等常见病如何就诊？

16. How can we manage common diseases like infant fever during this time?

- 新型冠状病毒肺炎疫情期间，对于没有疫区进入史、没有确诊或疑似患者接触史的儿童，出现发热最常见的原因是普通感冒和流感，而不是新型冠状病毒肺炎。所以如果出现家中儿童发热的情况首先不要惊慌，也不要讳疾忌医。
- 对于低热和精神反应良好的儿童，家长可以在家中监测体温，多饮水，多休息，适当服用退热药物，监测病情变化。
- 对于年龄较小，特别是小于1岁的婴儿，持续高热，精神状态不佳或伴有明

显头痛、全身不适症状的儿童，建议最好能在做好个人防护基础上，做好发热门诊的排查工作，无论是流感还是新型冠状病毒都需要医生合理的处理。

- 排除新冠肺炎后，除年龄小于3个月、精神萎靡、生命体征不稳定的患儿外，多数都可以回家对症治疗和观察，不需要留院输液。过长的留院时间会增加交叉感染的风险。
- 没有明确细菌感染依据，【**不建议**】大家盲目应用抗生素。
- The most common cause of fever in children without entering the epidemic areas or contacting diagnosed/suspected patients is the common cold and influenza rather than COVID-19 during this time. Do not panic if your child develops a fever, also do not avoid medical screening in fear of the virus.
- Monitor children with low fever and favorable responses at home, drink more water, have enough rests and take the appropriate antipyretic drugs under active observation.
- Babies less than 1 year old, who have consistent high fever, poor mental status, obvious headache and whole-body discomfort, need to be screened at a fever clinic under full personal protection. The child requires proper medical treatments regardless of it being an influenza or COVID-19.
- When excluded for COVID-19 infection, many children can be discharged under supportive care and observation without overnight infusion in the hospital, except those who are less than 3 months old, poor in mental status, and have unstable vital signs. Prolonged hospital stay can increase the rate of cross-contamination.
- Antibiotics are **not recommended** without firm evidence of bacteria infection.

17. 宝宝不听话，如何安全、准确的测量体温？

17. How to safely measure babies' temperature if they do not cooperate?

目前市面上的温度计常用的有：水银温度计和电子体温计。

- 水银温度计：对于婴幼儿来说，虽然准确但测量时间偏长，一旦断裂、破损风险较大。【**提醒**】各位家长在使用水银温度计时，一定要看好婴幼儿。
- 电子体温计：相对安全，但准确度往往受到质疑，需要适当校正（皮肤温-核心温差），才能合理反应核心温度。
- 可穿戴体温计：安全，舒适度好，但选购时应注意是否经过校正。

The common thermometer on the market is mercury thermometer and electronic thermometer.

- Mercury thermometer: accurate but takes too long to measure and once its broken, it may lead to more harms. **Reminder** Parents must monitor your children closely when using mercury thermometer.
- Electronic thermometer: relatively safe but usually questioned on its accuracy, and requires appropriate justification (temperature variation from

the skin to the core) to better represent the core temperature.

- Wearable thermometer: safe and comfortable, make sure the readings are adjusted.

18.疫情防控期间，宝宝接种疫苗怎么办？

18. How to vaccinate children during this time?

疫苗接种应咨询当地卫生防疫部门，应单独预约、分散接种，延迟接种后可及时补种。对于连续接种的疫苗，短时间、暂时的中断接种并不会影响效果，应尽早补种。但是对于具有时效性疫苗，例如狂犬病疫苗，应在咬伤后 24 小时内立即接种。

接种前应确定预约时间，主动告知宝宝及家人近期旅行史、接触史及健康状况。家长佩戴口罩做好自身防护后带宝宝按预约时间到预约地点进行接种。接种前应测量体温，并再次确认宝宝健康状况。应尽可能避免过多陪同人员。

Consult with the local Health and Epidemic Prevention Department and appoint for vaccination. A compensated vaccination can be conducted with any delay. Temporary suspension will not influence the effects of vaccination, but children must be vaccinated as soon as possible. But some vaccinations are short-term, for instance, Rabies shot must be implanted within 24 hours of injury.

Schedule for vaccination ahead of time, and report the traveling, contact history and health status of your babies and family. Take your babies to the appointed place at the appointed time for vaccination while being well protected with masks. The temperature must be measured and the health status of the child must be checked prior to vaccination. Excessive companions should be avoided when possible.

19.1岁以内宝宝感染新型冠状病毒有哪些表现？

19. What are the manifestations of the infected babies within 1 year old?

1岁以内婴儿感染新型冠状病毒可表现为发热，呼吸道症状如咳嗽流涕、喷嚏等，消化道症状如厌奶、呕吐、腹泻，也可以无明显临床症状而仅为筛查阳性。感染新型冠状病毒的婴儿家庭中，均至少有1名家人感染了相同疾病。多数患儿不需要机械通气治疗或重症监护，也未见严重并发症报道。

Babies within 1 year old can present fever, respiratory tract symptoms like coughing, sneezing with runny nose, gastrointestinal tract symptoms like refusing milk, vomiting and diarrhea, or asymptomatic with positive screening test results. All of the infants infected with COVID-19 had at least one family member infected with the same disease. Most of the children did not require mechanical ventilation or intensive care, and no serious complications were reported.

九、相关法律问题产妇及婴幼儿注意事项

Chapter 9: Associated Legal Issues

1. 面对 2019 新型冠状病毒肺炎疫情，需要了解哪些法律法规及政府规章制度？

1. What laws and regulations do we need to know regarding this COVID-19 pandemic?

- ◆ 《中华人民共和国传染病防治法》（2013 年修订）
- ◆ 《中华人民共和国刑法》（2017 年修订）
- ◆ 《中华人民共和国劳动法》（2018 年修订）
- ◆ 《中华人民共和国国境卫生检疫法》（2018 年修订）
- ◆ 《中华人民共和国突发事件应对法》（2007 年施行）
- ◆ 国家医疗保障局办公室、财政部办公厅、国家卫生健康委办公厅《关于做好新型冠状病毒感染的肺炎疫情医疗保障工作的补充通知》（国医保电〔2020〕6 号）
- ◆ 人力资源社会保障部办公厅《关于妥善处理新型冠状病毒感染的肺炎疫情防控期间劳动关系问题的通知》（人社厅明电〔2020〕5 号）
- ◆ 国家卫生健康委《新型冠状病毒感染的肺炎防控方案》（第三版）（国卫办疾控函〔2020〕80 号）
- ◆ 劳动部《企业职工患病或非因工负伤医疗期规定》（劳部发〔1994〕479 号）
- ◆ 最高人民法院、最高人民检察院《关于办理妨害预防、控制突发传染病疫情等灾害的刑事案件具体应用法律若干问题的解释》（法释〔2003〕8 号）
- ◆ 《突发公共卫生事件应急条例》（2011 年修订）
- ◆ 《国家突发公共卫生事件应急预案》（2006 年施行）
- ◆ 《新型冠状病毒肺炎病例密切接触者管理方案》（第四版）

- ◆ Law of the People's Republic of China on the Prevention and Treatment of Infectious Diseases (revised in 2013)
- ◆ Criminal Law of the People's Republic of China (revised in 2017)
- ◆ Labor Law of the People's Republic of China (revised in 2018)
- ◆ Frontier Health and Quarantine Law of the People's Republic of China (revised in 2018)
- ◆ Law of the People's Republic of China on Emergency Response (implemented in 2007)
- ◆ Supplementary Circular of the General Office of the National Healthcare Security Administration, the Ministry of Finance and the National Health Commission on Fulfilling the Work of Healthcare Security during the Spread of Pneumonia caused by Novel Coronavirus (NHAS telegraph [2020] No 6)
- ◆ Circular of the General Office of the Ministry of Human Resources and Social Security on Appropriate Handling of the Labor Relations during the Prevention and Control of the Spread of Pneumonia Caused by Novel Coronavirus (MHRSS

telegraph [2020] No 5)

- ◆ Plan of the National Healthcare Security Administration on the Prevention and Control of Pneumonia Caused by Novel Coronavirus (3rd version) (NHSA disease control letter [2020] No 80)
- ◆ Rule of the Ministry of Labor on Employee's Medical Treatment Period Because of Illness or Non-work Injuries (the Ministry of Labor [1994] No 479)
- ◆ Explanation of the Supreme People's Court and the Supreme People's Procurator of the People's Republic of China on Several Specific Applied Legal Problems about Handling Criminal Cases of Obstructing the Prevention and Control of Sudden Infectious Diseases and Other Disasters (a judicial explanation [2003] No 8)
- ◆ Contingency Rules of Paroxysmal Public Health Events (revised in 2011)
- ◆ National Contingency Plans of Paroxysmal Public Health Events (implemented in 2006)
- ◆ The Management Plan of Persons in Close Contact with Novel Coronavirus Pneumonia Patients (4th version)

2. 2019 新型冠状病毒肺炎按照《传染病防治法》是怎么分类的？

2. How is COVID-19 classified according to “Prevention and Treatment of Infectious Diseases”?

根据国家卫生健康委员会 2020 年第 1 号公告，**将新型冠状病毒肺炎纳入《传染病防治法》规定的乙类传染病，并采取甲类传染病的预防、控制措施。**

According to the National Health Commission of the PRC No 1 announcement in 2020, **COVID-19 is classified as a B class infectious disease, and is prevented and controlled as an A class infectious disease.**

3. 什么是突发公共卫生事件一级响应？

3. What is the first level response to a paroxysmal public health event?

《国家突发公共卫生事件应急预案》根据突发公共卫生事件性质、危害程度、涉及范围，突发公共卫生事件划分为特别重大（I级）、重大（II级）、较大（III级）和一般（IV级）四级。

一级响应是指发生特别重大突发公共卫生事件，省指挥部根据国务院的决策部署和统一指挥，组织协调本行政区域内应急处置工作。具体措施可参考《突发公共卫生事件应急条例》《国家突发公共卫生事件应急预案》相关内容。

National Contingency Plans of Paroxysmal Public Health Events divides paroxysmal public health events into 4 grades including magnitude (I), serious (II), relatively serious (III) and ordinary (IV), according to the nature, degree and scope of the events.

First level response means that when confronting severe paroxysmal public health events, the emergency handling work within the administrative region is organized by provincial headquarters under the decisions, deployment and unified command of the State Council. Please refer to relevant contents in *Contingency Rules of Paroxysmal Public Health Events* and *National Contingency Plans of Paroxysmal Public Health Events* for specific measures.

4.2019 新型冠状病毒肺炎事件，按照公共卫生事件几级响应？

4. What level of response should be taken for COVID-19 outbreak accordingly?

为应对 2019 新型冠状病毒肺炎疫情，我国香港特别行政区、澳门特别行政区、台湾地区以外，全国共有 31 个省（自治区、直辖市）启动重大突发公共卫生事件一级响应。

To curb the spread of pneumonia caused by COVID-19, except for Hong Kong and Macao Special Administrative Region, and Taiwan, 31 provinces (including autonomous regions and province-level municipalities) have initiated first level response for paroxysmal public health event.

5.公民在突发公共卫生事件时应尽的法律义务是什么？

5. What legal obligations should citizens fulfill during the paroxysmal public health event outbreak?

根据《中华人民共和国突发事件应对法》第五十七条，突发事件发生地的公民应当服从人民政府、居民委员会、村民委员会或者所属单位的指挥和安排，配合人民政府采取的应急处置措施，积极参加应急救援工作，协助维护社会秩序。

根据《突发公共卫生事件应急条例》第四十四条，在突发事件中需要接受隔离治疗、医学观察措施的病人、疑似病人和传染病病人密切接触者，在卫生行政主管部门或者有关机构采取医学措施时应当予以配合；**拒绝配合的，由公安机关依法协助强制执行。**

According to the 57th article of *Law of the PRC on Emergency Response*, citizens living in the place of emergency should follow the command and arrangement of the People's Government, residents committees, village committees or subordinate units, coordinate with the emergency measures taken by People's Government, participate positively into rescue work and help maintain the social order.

According to the 44th article of *Contingency Rules of Paroxysmal Public Health Events*, confirmed cases, suspected cases and persons in close contact that need treatment in isolation and medical observation in the paroxysmal public health event should cooperate with health administrations or other related institutions. **For those who refuse to cooperate, medical measures will be enforced under the legal**

assistance by public security organs.

6. 什么是医学观察？什么是强制隔离？

6. What is medical observation and forced quarantine?

根据《新型冠状病毒肺炎病例密切接触者管理方案》（第四版）规定，密切接触者应采取集中隔离医学观察，不具备条件的地区可采取居家隔离医学观察，并加强对居家观察对象的管理。医学观察期限为自最后一次与病例、无症状感染者发生无有效防护的接触后 14 天。指定医疗卫生机构人员每天早、晚对密切接触者各进行一次体温测量，并询问其健康状况填写密切接触者医学观察记录表。**对于拒绝执行隔离观察者，根据《传染病防治法》第三十九条，拒绝隔离治疗或者隔离期未满擅自脱离隔离治疗的，可以由公安机关协助医疗机构采取强制隔离治疗措施。**

According to *the Management Plan of Persons in close contact with Novel Coronavirus Pneumonia Patients* (4th version), persons in close contact must receive centralized quarantine and medical observation. Where conditions do not permit, people could quarantine themselves at home and the government must enhance management on them. The medical observation period lasts for 14 days since the last contact under ineffective protection with confirmed cases or asymptomatic carriers. A medical and health institution worker must be assigned to measure their body temperature once in the morning and once in the evening, ask their health situation and fill the records.

According to the 39th article of *Law of the PRC on the Prevention and Treatment of Infectious Diseases*, those who refuse quarantine and observation or those who take unauthorized withdraw from treatment in isolation before the endpoint of medical observation period, public security could assist medical institutions to coercive isolation measures.

7. 在汽车、飞机、火车、轮船等公共交通工具上发现疑似病人是如何处理的？

7. What are the measures after finding suspected cases on public transportation such as buses, airplanes, trains and ships?

根据《突发公共卫生事件应急条例》第三十八条，交通工具上发现根据国务院卫生行政主管部门的规定需要采取应急控制措施的传染病病人、疑似传染病病人，其负责人应当以最快的方式通知前方停靠点，并向交通工具的营运单位报告。交通工具的前方停靠点和营运单位应当立即向交通工具营运单位行政主管部门和县级以上地方人民政府卫生行政主管部门报告。卫生行政主管部门接到报告后，应当立即组织有关人员采取相应的医学处置措施。

According to the 38th article of *Contingency Rules of Paroxysmal Public Health Events*, if confirmed or suspected cases of infectious diseases, for which emergency

control measures must be taken under the rules of the Administrative Department of Health of the State Council, the person in charge must inform the next station as quickly as possible and report to the operation unit. The next station and the operation unit must instantly report to its administrative department and the administrative department of health of the local government at the county level and above. The administrative department of health will organize professional personnel to take corresponding medical measures immediately upon receiving the report.

8、疑似病人的个人信息是否受到保护？疑似病人应尽的法律义务？

8. Is the personal information of suspected patients protected? What are the legal obligations of suspected patients?

是的。在疫情救助过程中，应重视患者隐私权的保护，不能随意公布病人名字、住址等相关信息。根据《侵权责任法》规定医疗机构及其医务人员应当对患者的隐私保密。泄露患者隐私或者未经患者同意公开其病历资料，造成患者损害的，应当承担侵权责任。《传染病防治法》第十二条：疾病预防控制机构、医疗机构不得泄露涉及个人隐私的有关信息、资料；第六十九条：故意泄露传染病病人、病原携带者、疑似传染病病人、密切接触者涉及个人隐私的有关信息、资料，构成犯罪的，依法追究刑事责任。疑似病人应如实提供病情、病史，配合治疗、隔离、转院等的义务，如隐瞒病情、病史，拒不配合治疗、隔离、转院等工作，导致疾病传播、流行，给他人人身、财产造成损害的，根据《传染病防治法》第十二条、第七十七条，将依法承担民事责任。此外，疑似病人拒绝隔离或治疗的，造成疾病传播，情节严重，危害公共安全的，根据《刑法》第一百一十五条规定，可能触犯过失以危险方法危害公共安全罪。

Yes. In the course of epidemic relief, the protection of patients' right of privacy will be taken seriously. Thus, the patient's name, address and other related information shall not be released at will. According to *Tort Liability Law*, medical institution and its medical staff shall keep secret for the patient's privacy. Those who leak patients' privacy or expose their medical records without consent that causes damage to the patients, shall bear tort liability. Article 12 of *Infectious Disease Prevention Act* stipulates that disease prevention and control institutions and medical institutions shall not divulge any confidential information or materials; article 69: anyone who intentionally divulges the confidential information or material of infectious disease patients, pathogen carriers, suspected infectious disease patients, or people who were in close contact with patients shall be investigated for criminal responsibility according to law, if the case constitutes a crime. Suspected patients must truthfully provide the information of their condition and medical history, be compliant with treatment, isolation, transfer and other obligations, if one fails to obey the obligations stated above, which leads to the spread and prevalence of disease and causes personal and property damage to others, shall bear civil liability according to articles 12 and 77 of *Infectious Disease Prevention Act*. In addition, if a suspected patient refuses to be isolated or treated, thereby causing the spread of the disease, leading to serious circumstances and

endangering public security, the negligent crime of endangering public security by dangerous means may be committed in accordance with article 115 of the *Criminal Law*.

9、疑似病人的治疗费用是如何规定的？

9. How is the treatment expense for suspected patients regulated?

根据国家医疗保障局办公室、财政部办公厅、国家卫生健康委办公厅《关于做好新型冠状病毒感染的肺炎疫情医疗保障工作的补充通知》，疫情流行期间，对于卫生健康部门新型冠状病毒肺炎诊疗方案确定的疑似患者医疗费用，在基本医保、大病保险、医疗救助等按规定支付后，个人负担部分由就医地制定财政补助政策并安排资金，实施综合保障，中央财政视情给予适当补助。

According to *Supplementary Notice Regarding Accomplishing Medical Care of Pneumonia Epidemic Caused by New Coronavirus Infection* published by the office of the National Health Insurance Administration, the general office of the Ministry of Finance, general office of the National Health Commission, during the outbreak, concerning the medical expense of suspected patients diagnosed by scheme of diagnosis and treatment of NCP released by the Health Department, after the basic health insurance, serious disease insurance, medical assistance, and etc. paid according to regulations, the individual responsible portion will be funded by the government of treating area which formulates financial aid policy and allocate funds, thus implementing comprehensive coverage. Moreover, the central finance will provide appropriate subsidies depending on the situation.

10、确诊病人治愈、疑似病人排除后，是否可以继续工作？

10. Can patients continue to work after being cured and excluded from COVID-19?

可以继续工作。根据《传染病防治法》第十六条，任何单位和个人不得歧视传染病病人、病原携带者和疑似传染病病人。传染病病人、病原携带者和疑似传染病病人，在治愈前或者在排除传染病嫌疑前，不得从事法律、行政法规和国务院卫生行政部门规定禁止从事的易使该传染病扩散的工作。由于新型冠状病毒肺炎具有高度的传染性，因此新型冠状病毒肺炎病人及疑似病人在治愈或排除以前，应当接受隔离治疗或观察，不得从事任何工作。

They can. According to article 16 of *Infectious Disease Prevention Act*, no unit or individual may discriminate against infectious disease patients, pathogen carriers or suspected patients of infectious disease. Before they are cured or before their suspicion of infectious diseases is eliminated, infectious disease patients, pathogen carriers and suspected patients of infectious disease shall not engage in any work prohibited by laws, administrative regulations or the provisions of the administrative department of public health under the state council, which is likely to cause the spread of such infectious

diseases. COVID-19 is highly contagious, patients and suspected patients must be treated in isolation or kept under observation before treatment or exclusion, and shall not engage in any work.

11、疑似病人在隔离期间，对劳动合同、工资是如何规定的？

11. During the segregation of suspected patients, how is their labor contract and salary regulated?

根据《关于妥善处理新型冠状病毒肺炎疫情防控期间劳动关系问题的通知》，对新型冠状病毒肺炎患者、疑似病人、密切接触者，在其隔离治疗期间或医学观察期间以及因政府实施隔离措施或采取其他紧急措施导致不能提供正常劳动的企业职工，企业应当支付职工在此期间的工作报酬，并不得依据劳动合同法第四十条、四十一条与职工解除劳动合同。在此期间，劳动合同到期的，分别顺延至职工医疗期期满、医学观察期期满、隔离期期满或者政府采取的紧急措施结束。

According to the *Notice on Proper Handling Labor Relations During the Prevention and Control of Novel Coronavirus Pneumonia Epidemic*, as diagnosed patients, suspected patients and close contacts, if these enterprise employees are unable to provide normal labor during their isolation treatment or medical observation and during the implementation of quarantine measures or other emergency measures by the government, the firm shall pay the workers their salary during this period, and may not terminate the labor contract with the workers in accordance with articles 40 and 41 of the Labor Contract Law. During this period, the expiration of the labor contract shall be postponed to the expiration of the medical treatment period, the expiration of the medical observation period, the expiration of the isolation period or the end of the emergency measures taken by the government.

12、疑似病人拒绝接受检疫、强制隔离或治疗的，是否要承担刑事责任？

12. If a suspected patient refuses quarantine, compulsory isolation or treatment, shall he or she bear criminal responsibility?

是的。《关于办理妨害预防、控制突发传染病疫情等灾害的刑事案件具体应用法律若干问题的解释》规定，患有突发传染病或者疑似突发传染病而拒绝接受检疫、强制隔离或者治疗，过失造成传染病传播，情节严重，危害公共安全的，依照刑法第一百一十四条、第一百一十五条，按照过失以危险方法危害公共安全罪定罪追究刑事责任，情节较轻的，处三年以下有期徒刑或者拘役，情节严重可判十年以上有期徒刑、无期徒刑或者死刑。

Yes. According to the *Explanation of Several Issues Concerning the Specific Application of Law in Handling Criminal Cases Hindering the Prevention and Control of Such Disasters as the Outbreak of Infectious Diseases*, those who have or are suspected of having an infectious disease, refuse to accept quarantine inspection,

compulsory isolation or treatment, and negligently cause the spread of the infectious disease, which is in serious circumstances and endangers public security, their criminal responsibility shall be investigated for the negligent crime of endangering public security by dangerous means according to articles 114 and 115 of the Criminal Law. If the circumstances are relatively minor, he or she shall be sentenced to fixed-term imprisonment of no more than three years or criminal detention; if the circumstances are serious, he or she shall be sentenced to fixed-term imprisonment of no less than 10 years, life imprisonment or death.

13、医疗机构是否有权对确诊病人、疑似病人不幸死亡后的尸体进行医学解剖？

13. Do medical institutions have the right to perform medical autopsies on the bodies of confirmed and suspected patients after their tragic deaths?

必要时。根据《传染病防治法》第四十六条，为了查找传染病病因，医疗机构在必要时可以按照国务院卫生行政部门的规定，对传染病病人尸体或者疑似传染病病人尸体进行解剖查验，并应当告知死者家属。

When necessary, they do. According to article 46 of *Infectious Disease Prevention Act*, in order to find the cause of infectious diseases, a medical institution may conduct autopsy and examination on the corpse of a patient or a suspected patient of an infectious disease in accordance with the provisions of the administrative department of public health under the State Council when necessary, and shall inform the family of the deceased.

14、疑似病人在出境、入境时是否需要接受检验和检疫？

14. Do suspected patients need to be inspected and quarantined when they exit or enter the country?

是的。《国境卫生检疫法》规定入境、出境的人员、交通工具、运输设备以及可能传播检疫传染病的行李、货物、邮包等物品，都应当接受检疫，经国境卫生检疫机关许可，方准入境或者出境。

Yes. According to *Frontier Health and Quarantine Law*, entry and exit personnel, means of transportation, transportation equipment and items such as luggage, goods and postal parcels that may spread infectious diseases shall be subject to quarantine inspection, and are allowed to enter or exit the country only with the permission of the Frontier Health and Quarantine Office.

十、科学营养提升抵抗力

Chapter 10: Scientific Nutrition Enhances Resistance

1. “宅家”吃饭营养搭配有哪些讲究？

1. What is a balanced meal?

除了保证营养平衡外，还要坚持锻炼，做到科学营养。

- 能量要充足，谷薯类食物要保证，每天应摄入 250~400g，包括大米、面粉类、杂粮如玉米、荞麦和薯类等。
- 富含优质蛋白质类食物应充足，包括瘦肉类、鱼、虾、蛋等，每日保证 150~200g，奶类（优选酸奶制品）、大豆类食物要多选，坚持每天一个鸡蛋，奶及奶制品 300g，这样比平时多吃 20g 优质蛋白质，保证您的“抵抗力”。
- 多吃新鲜蔬菜和水果，蔬菜每天不少于 5 种，最好 500g 以上。其中一半为深色蔬果类。水果保证 200~350g。新鲜蔬果以及坚果等植物作物中富含 B 族维生素、维生素 C、维生素 E 等，具有较强的抗氧化、调节免疫作用。
- 油脂来源丰富，适量增加必需脂肪酸摄入。烹调用富含 n-9 单不饱和脂肪酸的植物油和硬果类多油性食品，如花生，核桃，开心果等。总脂肪供能比达到膳食总能量 25%~30%。
- 保证充足饮水量，每天 1500~2000ml，多次少量、有效饮水；可以饮温开水或淡茶水。饭前饭后菜汤、鱼汤、鸡汤等也是不错选择。

Except for guaranteeing the balance of nutrition, exercising is required for the sake of scientific nutrition.

- The energy ought to be sufficient, intake 250-400g of cereals, including rice, flour, coarse cereals (such as maize, buckwheat, yam, etc.) and so forth.
- The food containing high-quality protein, including lean meat, fish, shrimp, eggs and so on. Guarantee 150-200g daily. Select dairy products (yogurt is preferred) and soybean. Ingest an egg and 300g of dairy products daily. In this case, eating 20g more high-quality protein can guarantee your immunity.
- Eat plenty of fresh vegetables and fruit. The vegetables are no less than five types as well as 500g daily, including half of dark ones. The fruit ought to be eaten 200-350g. The fresh vegetables, nuts and other plant crops are rich in B vitamins, vitamin C, vitamin E, and etc., characterizing stronger antioxidants and immunity regulation.
- The grease ought to be sufficient, increase the intake of essential fatty acid moderately. The cooking should adopt vegetable oils and nut oily food filled with n-9 monounsaturated fatty acid, such as peanut, walnut, pistachio and so forth. The total fat energy supply ratio accounts for 25%-30% in the total dietary energy.
- Guarantee plenty of water intake, that is, 1,500-2,000 ml per day, characterizing multiple times in a small quantity. Warm water and light tea are preferred. Moreover, vegetable soup, fish soup, and chicken soup before/after meals are also good choices.

2.哪些措施帮您提高“免疫力”？

2.What measures can help to enhance immunity?

预防病毒侵袭，除了吃饱饭之外，还要注重生活细节：

- 避“邪”：尽可能减少损害免疫力的行为。不要接触、购买和食用野生动物；注意厨房食物处理生熟分开，动物食物要烧熟、煮透；家庭用餐实行分餐制或使用公勺公筷。禁烟酒，避免辛辣刺激食物。
- 优选大豆及制品、蘑菇类食物、枸杞、黄芪等含有黄酮、甜菜碱等抗氧化物质的食物，瘦牛、羊肉中含有丰富的蛋白质、左旋肉碱，都有助于增强抵抗力。
- 多补新鲜的蔬菜、水果，除了丰富的膳食纤维帮助肠道更健康，免疫功能更强大以外，其富含的维生素 C、B 族维生素也是抗氧化的源泉。
- 每天睡眠时间不低于 7 小时。保持适量运动，尽量不参加集体活动，适当增加日照时间。主动运动时间不少于 30 分钟，是增加吸收代谢和体能的好办法。

In addition to getting enough to eat, details ought to be paid attention to, in order to take precautions against the invasion of virus:

- Keep away from abnormal things: avoid behaviors that may damage your immunity. Do not touch, purchase and eat wild animals; Separate raw and cooked food, cook raw meats thoroughly; implement individual serving or use serving spoons and chopsticks; forbid cigarettes and wine, and avoid spicy food.
- Give preference to soybean products, mushroom, medlar, astragalus and other food that are rich in flavones, lycine and other antioxidant substances. Lean beef and mutton are rich in protein and L-carnitine, contributing to increase immunity.
- Replenish more fresh vegetables and fruit, because not only their abundant dietary fibers can make the intestine healthier and immunity stronger but the are rich in vitamin C and B which are the source of antioxidants.
- Sleep no less than 7 hours per night. Keep moderate exercises, try not to participate in group activities, and lengthen sunshine duration moderately. Actively exercise for more than 30 minutes per day is a good way to enhance metabolism and stamina.

3.人参、鹿茸、燕窝能否补齐“抵抗力”？

3.Can ginseng, velvet antler and edible bird's nest increase immunity?

很多朋友开始寻求传统“药食同源”来帮助，首先找到最补的，首当其冲的就是人参、鹿茸、燕窝。实际上这些食材并非人人适用，而且短期内对“抵抗力”无法产生立竿见影的作用，吃的不合适还会吃出问题。不过，对于食欲较差、原本体质虚弱的进食不足者来说，如果不能通过食物摄入足够营养，也可通过部分强化食品、保健食品以及特殊医学用途配方食品补充营养的不足。①这其中包含有蛋白质粉（包括乳清蛋白、乳铁蛋白、大豆蛋白等蛋白质产品）；②其次是维生素一族，包含 B 族维生素和维生素 A、维生素 C、维生素 D 等微量营养素都有

抗氧化的能力；③第三是益生菌制剂和益生元，已经有很多临床证据表明其在预防病毒感染中发挥有益作用；④还有就是深海鱼油，每日补充富含 EPA 的深海鱼油有助于调节免疫功能，增强抵抗力。

A number of friends seek traditional herbal medicine and food for help, starting with ginseng, velvet antler and edible bird's nest. As a matter of fact, these ingredients are not suitable for everyone nor do they have an immediate effect on immunity in the short term. Eating the wrong foods can cause health problems. For people with poor appetite and deficient intake of nutrition through food, the nutrition can be supplemented by means of some fortified food, healthy food and formula food for special medical use: 1. Protein powder (including whey protein, lactoferrin, soy protein and other protein food); 2. Vitamins, including B vitamins, vitamin A, vitamin C, vitamin D and other micro-nutrient with antioxidants; 3. Probiotics, which are clinically proven to play a profitable role in preventing viral infections; 4. Deep sea fish oil, and replenishing deep sea fish oil filled with EPA daily regulate immunity.

4.如何指导重症型患者的营养治疗？

4.How to implement nutritional treatments on severe patients?

对于不幸罹患重症型患者常伴有食欲下降，进食不足，为此提出以下营养治疗原则：

- 流质食物更利于吞咽和消化。
- 少量多餐，每日 6~7 次的流质食物，以蛋、豆腐、奶制品、果汁、蔬菜汁、米粉等食材为主。每日增加至少 20g 蛋白质，或者补充乳清蛋白质粉。
- 如未能达到营养需求，可借助肠内营养制剂（特殊医学用途配方食品）来补充不足。
- 对于危重症型患者无法正常经口进食，可放置鼻胃管或鼻空肠管，应用重力滴注或肠内营养输注泵泵入营养液。对于严重胃肠道功能障碍的患者，需采用肠外营养以保持基本营养需求。在早期阶段推荐允许性低热卡方案，达到营养摄入量的 60%~80%，病情减轻后再逐步补充能量及营养素达到全量。
- 病情逐渐缓解的过程中，可摄入半流质状态、易于咀嚼和消化的食物。少量多餐，每日 5~6 餐，补充足量优质蛋白质。随病情好转逐步向普通饮食过渡。

Patients suffering from severe syndromes are often accompanied by the loss of appetite and deficient eating. The following nutritional treatment principles are suggested:

- Liquid diet is easier to swallow and digest.
- Eat frequent small meals, 6-7 times of liquid diets daily. Give priority to eggs, tofu, dairy products, fruit juice, vegetable juice, rice vermicelli and other ingredients. Increase at least 20g of protein daily, or supplement whey protein powder.
- If the nutritional requirements are not met, enteral nutritional preparations (formula food for medical use) can be used to supplement the deficiency.

- For the critically ill patients who are unable to eat orally, place a nasogastric tube or nasal jejunal feeding tube to supply or pump enteral nutrients. For patients with severe gastrointestinal dysfunction, adopt parenteral nutrition to maintain basic nutritional needs. At an early stage, the permissive low-calorie scheme is recommended to achieve 60%-80% of nutritional intake, and after remission, replenish energy and nutrient up to the full dose gradually.
- In the process of recovery, the semi-fluid, easy-to-chew and easy-to-digest food can be ingested. Eat frequent smaller meals (5-6 times daily) and replenish adequate high-quality protein. Transition into normal diets gradually as the condition improves.

5. 妇幼人群在特殊时期的饮食应该注意哪些方面？

5. What aspects of a diet should women and children pay attention to in this special time?

妇幼人群是特定人群更是脆弱群体，婴幼儿免疫系统处于相对不成熟状态，孕、产妇由于免疫系统承受自身和外在双重压力而成为新型冠状病毒感染的易感人群。营养是身体免疫功能的物质基础，良好营养能有效保障机体免疫功能发挥作用，尤其是对于生长发育状态的免疫系统尤为重要。

- 食物多样，实现平衡：每天应包括谷薯类、蔬菜水果类、畜禽鱼蛋奶类、大豆坚果类等食物摄入 12 种以上食物，每周 25 种以上。优先新鲜绿叶蔬菜、水果，其次是新鲜鱼虾肉类、新鲜乳品。
- 选好食材，备好料。
 - 优先考虑冷冻的瘦猪肉、牛肉或羊肉等红肉，以及冷冻的虾仁、海鱼等。不建议过多烟熏、腊制类鱼、肉制品。少用油炸的鱼、肉制品；储存鲜蛋供两周内使用；优先选择耐储存的根茎类蔬菜如洋葱、绿色萝卜、胡萝卜、莴笋；乳类以孕产妇奶粉和婴幼儿配方奶粉都是营养素强化食品，在营养上比鲜奶更有优势。
- 确保食材品质和安全。
 - 食品安全不能放松。一定要查看生产日期和保质期，对于一些容易腐烂变质的食物，如蔬菜、水果等，在不能完全丢弃的情况下，要认真仔细分拣、剔除或切除。水分含量高的食材，要做好冷藏或冷冻保存。
- 注意日常生活中的饮食卫生。
 - 加强食物加工烹制过程卫生意识很重要，餐具、容器、砧板、刀具、用具一定生熟用途分开，处理生熟食物之间要洗手，减少凉拌、生拌食物，餐具要彻底清洗和消毒。
- 营养补充剂。
 - 在条件受限不能获得多样化膳食达到平衡膳食状态时，可以选择营养补充剂加以弥补。为维持机体健康状况和对病毒一定的抵抗能力。可以选择单一或复合营养素补充剂或配方奶粉给予补充。

Women and children are considered as the vulnerable and special groups. Infant immunity is relatively immature, and pregnant women are susceptible to viral infection

due to internal and external stresses. Nutrition is the basis of immunity, and good nutrition guarantees better immunity, especially for developmental stage.

- Formulate a balanced diet: guarantee the intake of more than 12 and 25 types of food every day and every week, respectively. Cereals, vegetables, fruit, livestock meat, fish, eggs, dairy products, soybean, nuts and so forth. Fresh leafy vegetables and fruits are preferred, followed by fresh seafood, meat and dairy products.
- Select ingredients and prepare the meals well.
Refrigerant lean pork, beef or mutton and other red meat, shrimp and sea fishes are preferred. Do not consume too much smoked and preserved fish and meat products. Eat less fried fish and meat products; store fresh eggs for two weeks; give priority to easy-to-store root vegetables, such as onion, green radish, carrot and asparagus lettuce; dairy products such as pregnant women milk powder and infant formula milk powder are more favourable than fresh milk in terms of nutrition.
- Guarantee the quality and safety of ingredients.
Food safety is crucial. Be sure to check production date and expiration date. Sort out foods that are susceptible to deterioration, such as vegetables, fruits and etc. The food with high moisture content ought to be refrigerated for better storage.
- Pay attention to dietetic hygiene.
It is important to strengthen the hygiene awareness of processing and cooking. Be sure to separate the raw and the cooked among tableware, container, cutting board, knives and kitchenware. Wash hands amid processing raw and cooked foods. Reduce mixing cold and raw food. Tableware ought to be cleaned and sterilized thoroughly.
- Nutritional supplements
Nutritional supplements can be used to compensate for limited access to a balanced diet. In order to maintain the health status of the body and a certain resistance to the virus, select single or compound nutritional supplement or formula milk powder as supplements.

6.老年慢性疾病患者应该吃什么？

6. What should elderly patients with chronic illness eat?

疫情流行期间，老年人尤其是已经患有糖尿病、高血压、高血脂的三高人群，更应引起重视。首先强调一点，原本所有的针对慢性疾病的饮食习惯，依然要坚持，不应为道听途说的“偏方”而扰动。比如，听说盐能杀毒就大口吃咸菜，听说酒精消毒，就顿顿喝“高度”，这些都是不可取的。更应该做到：

- 餐餐注意，吃动平衡，按时服药。居家期间活动量少，能量消耗少，为预防超重肥胖，可适当减少能量摄入。每餐做到按时服药。若有条件仍能每天坚持 30 分钟以上的中等强度规律运动，可适当增加饮食总能量的摄入。每天监测体重作为指标，防止吃多发胖。
- 关注谷薯类主食的调整，做到粗细搭配，包括粳米、以及各种粗杂粮、薯类、杂豆类等。根据年龄、性别、身高、体重以及活动强度进行个体化量化选择

吃多少。全天摄入量在 150~300g (生重) 之间。

- 注重加强蛋白质营养，蛋白质的来源应包括动物蛋白和植物蛋白。很多老年人难以咀嚼肉类，可以选择更容易进食的奶类制品、鸡蛋、鱼虾，以及豆制品，如豆腐、豆腐皮、豆腐丝等。成年人每日鱼虾水产类摄入量在 100g，大豆 25~35g、奶类 300ml。
- 学会选择蔬菜和水果，每日选择摄入 300~500g 蔬菜，200~350g 水果。可以中餐或晚餐包括 3 两绿色叶菜、2 两其他颜色其他种类的蔬菜以及 1 两新鲜的或水发的菌菇类，如蘑菇、香菇、金针菇、海带、紫菜、黑木耳等，烹饪方法宜清淡，少油少盐。

During the period of COVID-19 pandemic, the elderly, especially those suffering from diabetes, hypertension, and hyperlipidemia, should be more alert. First of all, it should be emphasized that all of the original diet habits that aims to control chronic diseases shall be adhered to, rather than be disturbed by so-called folk prescription. Bad examples such as devouring pickled vegetables due to the hearsay of “salt kills virus”; drinking liquors each meal due to the hearsay of “alcohol sterilizes.” All such behaviors are undesirable; what we shall accomplish is as follows:

- Pay close attention to each meal; be temperate with “take-in” and “work-out”; take medication on time. Home stay limits our activities, causing a lower level of energy expenditure. Therefore, energy intake can be appropriately reduced to prevent overweight and obesity. Take medication on time at each meal. For those having a permitted condition to take regular exercise of more than 30 minutes per day at moderate intensity, they may appropriately increase the total energy intake. Daily weight track would work as a great indicator to prevent obesity.
- Attention shall be paid on the adjustment of grains and tubers staple foods, where a balance of coarse grain and fine grain shall be achieved, including polished round-grained rice, as well as various coarse grains, tubers, miscellaneous beans, and etc. Food intake shall be rationed in quantity according to age, gender, height, weight, and activity intensity. The daily intake portion shall be between 150g to 300g (raw weight).
- Protein nutrition shall be highlighted and enhanced, the source of which shall contain animal protein and plant protein. In many cases, the elderly encounter difficulties in chewing meat, which can be replaced with dairy products, eggs, fish and shrimps, bean curd, bean curd skin, bean curd shreds, or other bean products. A daily fish, shrimp, and aquatic products intake of adults shall be 100g, daily soybean intake of 25-35g, and daily milk intake of 300ml.
- Learn to select vegetables and fruits, with a daily intake of 300g to 500g of vegetables and 200g to 350g of fruits. For example, we may arrange 150g of green leafy vegetables for lunch or dinner, in combination with 100g of other kinds of vegetables in other colors, plus 50g of fresh or dried mushrooms, kelp, laver, black fungus, or etc. Cook with less salt and less oil.

十一、心理情绪应对

Chapter 11: Coping with emotions and feelings.

1.如何看待疫情下的情绪反应？

1.How to view the emotional reactions during an pandemic?

人在遇到超出平常应对能力的应激状况下，可能会出现各种情绪反应，这些情绪帮助我们了解自己的内在需求，并调节我们去应对。每种情绪在不同的情境下都可能对个体或有益或有害。也就是说，多数情绪反应是正常的、可以理解的，可以随着自我的调节处理；而持续的、过度的情绪若引起显著不良后果，则应该得到重视和寻求帮助。

When experiencing stress that exceeds usual coping ability, one may have a variety of emotional reactions. These feelings help us understand our inner needs and take control. Each emotion may be beneficial or harmful to the individual in different situations. In other words, most emotional reactions are normal, understandable, and self-adjustable; while persistent and excessive emotions worth attention and aids if they have significant adverse impacts.

2.每天不断刷手机看网络，越看越焦虑，该怎么办？

2. What if we feel increasingly anxious when browsing the web?

不建议随时刷手机，建议定期关注官方机构发布的通知、新闻、信息、知识、指示。

避免接收太多渠道、杂乱、重复的信息；

避免自我强化危急感；

避免自我暗示过度不安全感；

避免整日被恐慌和抓狂情绪淹没。

It is recommended to follow regular news, information, knowledge and instructions released by official agencies, while web surfing at all times is not encouraged.

Avoid receiving repeated rambling information from too many sources.

Avoid reinforcing a sense of crisis by ourselves.

Avoid excessive insecurity originated from auto-suggestion.

Avoid being overwhelmed by panic and frustration.

3.疫情期间工作生活秩序打乱了，如何应对？

3. What should we do when our work and daily lives are disturbed by the pandemic?

尊重你的生物钟，坚持在任何情况下，只要有条件即保持常态化生活规律，包括昼夜的作息、合理的饮食和营养结构、充足的睡眠、适量的运动锻炼等。充

实又有规律的生活可以给人安全感。

Respect your internal clock. Try to adhere to your usual lifestyle at all costs, including circadian rhythm, reasonable structure of diet and nutrition, adequate sleep, moderate exercise and so on. A fulfilling and stable life can give people a sense of security.

4. 疫情来了，娱乐场所关闭，人多的地方不敢去，该怎么放松？

4. How to relax during this pandemic when entertainment facilities are closed?

工作、学习、家务和其他日常任务之余，可着意训练转移注意力和放松。可进行个人平日喜欢的、带来愉悦和放松感的、可以专心致志从事的室内休闲、娱乐活动，但应减少不良应对行为，例如烟酒、赌博等。

Besides work, study, housework and other daily tasks, try to relax and distract your attention. Focus on your favorite, pleasant, relaxing, indoor leisure and entertainment. Cut down harmful behaviors, such as smoking, drinking, gambling, and etc.

5. 面对疫情和生活变化，如何面对负面情绪？

5. How to get along with negative emotions in the face of pandemic and life changes?

学习接纳自己的情绪，包括不批判、不责怪自我焦虑、害怕、恐惧、后悔等情绪，也试着识别自己在以上情绪支配下有思考过于局限、言语过于唠叨、要求过于苛刻、抱怨过于强烈等言行举止现象，更要想象和尝试着如何忍耐这些情绪，减少这些负性认知和行为。

Learn to accept your emotions and do not criticize or blame yourself for anxiety, fear, panic, regret, and etc. Try to recognize the behaviors when you are dominated by the above sensations, such as limited thinking, undue nagging, rigorous demands, and intense complaints. Furthermore, imagine and try to endure these emotions to reduce the negative cognition and behaviors.

6. 隔离期间，内心缺乏正能量，可以怎么办？

6. What if we run out of positive energy under the lock down?

自我鼓励和肯定，主动回忆和尽可能运用一切既往成功的应对了危机和困难的自己和/或家人、朋友的经验，让自己坚定信心。

Encourage and positively affirm yourself. There may be successful experiences of your family, friends and yourself in dealing with crisis and difficulties. You should actively recall and use them as much as possible to hold your confidence.

7.不能像平时一样见朋友和社交，如何把握人际交往？

7. How can we handle interpersonal communication when we can't meet friends and socialize as we usually do?

跟亲朋、好友、信任的同事建立日常的通讯联系，相互寻求和/或提供交流、安慰、支持和彼此的关心。同时注意不要把自己在压力状况下出现的负面情绪过度转移给他们，即避免向家人、朋友、同事等发泄强烈情绪，以免造成不良人际关系循环。

Set up daily contraction with relatives, friends and trusted colleagues to communicate with each other, comfort each other, support each other and care for each other. Also, pay attention and do not transfer too many negative emotions among each other in the state of stress. That is, avoid venting negative feelings toward family members, friends and colleagues, to avoid causing cycles of terrible interpersonal relations.

8.遇到疫情有恐惧心理，如何看待？

8. How to deal with fear during the pandemic?

做好内心恐惧与保持希望的平衡，了解适度的恐惧能让自己做好充分必要的防护，变坏事为好事；同时坚信自己和身边所有人一起，可以经受住当前的磨难和挑战，相信疫情在不久的将来终会过去。

Balance fear and hope inside, understand that moderate fear can give you necessary and sufficient protection as a blessing in disguise. At the same time, firmly believe that all of us can withstand the current hardships and challenges. Have faith that the pandemic will come to an end in the near future.

9.怎样了解自己的情绪？

9. How to understand your emotions?

试试静下来，想象用内心之眼看对面镜中的自己有什么样的情绪，可以试试用笔记录下来，例如：平静、喜悦、焦躁、不安、委屈、孤独、恐惧、担忧、难过、低落、思念；再试试用笔记录下来这些情绪可能对应的想法，例如：平静（我觉得病毒离我很远），喜悦（我觉得和家人在一起很好），焦躁（无事可做，不能出门），不安（如此下去，入不敷出）。

You can try to calm down. Look at yourself in the mirror and imagine what kind of emotions you are experiencing internally. Try to write them down, for example, calm, joy, anxiety, uneasiness, grievance, loneliness, fear, worry, sadness, depression and yearning. Then you can record the possible corresponding thoughts behind these emotions, such as calm (the virus is far away from me), joy (it's good to be with my family), anxiety (there's nothing to do and I can't go out), uneasiness (I can't cover expenses if things continue) ...

10.我如何判断情绪反应可能出问题了？

10. How to tell if there is something wrong with my emotional reactions?

做好六个方面的自我监测：

- ①是否已经过分无根据地担心自己被感染、担心家人安全与存亡，是否反复出现闯入脑海中的回忆、画面或联想；
- ②是否已经完全沉溺于一种或几种负面情绪：恐惧、愤怒、紧张、不安、生气、怨怼、低落、抑郁、无助、自责、消极、悲观、厌世等；
- ③是否上述现象已经严重影响自己的生活、饮食、起居、家务、体力、脑力、精力等常态，甚至出现严重失眠、持续疲劳、茶饭不思等情况，而且自我进行的心理防护和调整无法使其缓解；
- ④是否出现明显的注意力不能集中、做事不能专注、反应和思考减慢、难以做出日常决策、坐立不安或坐卧不宁、简单事项也容易出差错的情况；
- ⑤是否出现各种躯体不适或症状，且即使已知不是严重或既往医学疾病所致，症状仍然持续或此起彼伏，并为此心理负担巨大，对症状有过度的灾难性想象和推断，难以被自己和可信任的他人说服；
- ⑥是否以上某一项或全部情况持续存在，自我努力科学调节但无效，影响自身身心状态、人际关系状态和/或工作状态，有痛苦自我感受和体验。

Self-monitoring in six aspects:

- ① You worry extremely about being infected and the safety or survival of your family for no reason. These memories, pictures or imaginations may appear repeatedly in your mind.
- ② You have fallen deeply into one or several negative emotions, such as fear, anger, tension, uneasiness, indignation, resentment, depression, helplessness, self-accusation, passivity, pessimism, and cynicism.
- ③ The feelings mentioned above seriously affect your daily routine, diet, living, physical or mental health and vigor. You are suffering from serious insomnia, persistent fatigue, lack of appetite for food and drinks that can't be adjusted or relieved by self-psychological protection.
- ④ Loss the ability to concentrate and focus, slow to react and think, incapable of making daily decisions, feeling restlessness, and make mistakes in simple tasks.
- ⑤ A variety of physical discomfort or symptoms appear. They are persistent or fluctuate, even if they are not caused by serious or previous diseases. You have great psychological burden and the symptoms have excessive catastrophic imagination and inference, which is hard to be consoled by yourself and trusted people.
- ⑥ One or all of the above conditions persist after ineffective self-effort. They affect your physical and mental state, interpersonal relationship and working state, and make you feel painful.