

爱尔兰学院新型冠状病毒感染的肺炎预防提示

Prevention of Pneumonia Caused by

Novel Coronavirus

新型冠状病毒感染的肺炎是一种新发疾病，公众应切实加强预防，爱尔兰学院根据中国疾控中心发布的公众预防提示整理。

The pneumonia caused by novel coronavirus is a newly-found disease from which the public should strengthen prevention. School of Ireland has compiled and translated this guide according to the Public Prevention Notes provided by the Chinese Center for Disease Control and Prevention.

一、尽量减少外出活动

I. Reduce outdoor activities as much as possible

1、避免去疾病正在流行的地区。

1.Avoid visiting areas where the disease is prevalent.

2、建议疫情防控期间减少走亲访友和聚餐，尽量在家休息。

2. It is recommended to make less visits to relatives and friends and dining together during the epidemic prevention and control, and stay at home as much as possible.

3、减少到人员密集的公共场所活动，尤其是空气流动性差的地方，例如商场、车站、机场等。

3. Try to avoid visits to crowded public areas, especially places of poor ventilation, such as shopping malls, bus/train stations, airports, , etc.

二、个人防护和手卫生

II. Personal Protection and Hand Hygiene

1、建议外出佩戴口罩。外出前往公共场所、就医和乘坐公共交通工具时，佩戴口罩
医用外科口罩或 N95 口罩。

1. It is recommended that a mask shall be worn when going out. A surgical or N95 mask shall be worn when visiting public areas, hospitals or taking public transportation.

2、保持手卫生。减少接触公共场所的公共物品和部位；从公共场所返回、咳嗽手捂之后、饭前便后，用洗手液或香皂流水洗手，或者使用含酒精成分的免洗洗手液；不确定手是否清洁时，避免用手接触口鼻眼；打喷嚏或咳嗽时，用衣肘遮住口鼻。

2.Keep your hands sanitized. Try to avoid touching public objects and parts in public areas. After returning from public areas, covering your cough, using the restroom, and before meals, please wash your hands with soap or liquid soap under running water, or use alcoholic hand sanitizer. Avoid touching your mouth, nose or eyes when you are unsure whether your hands are clean or not. Cover your mouth and nose with your elbow when sneeze or cough.

三、健康监测和就医

III. Health Monitoring and Seeking Medical Attention

1、主动做好个人与家庭成员的健康监测，自觉发热时要主动测量体温。

1. Monitor the health conditions of your family members and yourself.

Measure your temperatures when you feel like having a fever.

2、若出现可疑症状，应主动戴上口罩及时就近就医。若出现新型冠状病毒感染可疑症状（包括发热、咳嗽、咽痛、胸闷、呼吸困难、轻度纳差、乏力、精神稍差、恶心呕吐、腹泻、头痛、心慌、结膜炎、轻度四肢或腰背部肌肉酸痛等），应根据病情，及时到医疗机构就诊。并尽量避免乘坐地铁、公共汽车等交通工具，避免前往人群密集的场所。就诊时应主动告诉医生自己的相关疾病流行地区的旅行居住史，以及发病后接触过什么人，配合医生开展相关调查。

2. Wear a mask and seek medical attention at nearby hospitals in case of suspicious symptoms. Go to medical institution in a timely manner in case of the suspicious symptoms relating to the pneumonia caused by novel coronavirus are found. Such symptoms include fever, cough, pharyngalgia, chest distress, dyspnea, mildly poor appetite, feebleness, mild lethargy, nausea, diarrhea, headache, palpitation, conjunctivitis, mildly sore limb or back muscles, etc. Try to avoid taking metro, bus and other public transportation and visiting crowded areas. Tell the doctor your travel and residence history in epidemic areas, and who you met after you got the disease. Cooperate with your doctor on the relevant queries.

四、保持良好卫生和健康习惯

IV. Keep Good Hygiene and Health Habits

1、居室勤开窗，经常通风。

1. Frequently open the windows of your house for better ventilation.

2、家庭成员不共用毛巾，保持家居、餐具清洁，勤晒衣被。

2. Do not share towels with your family members. Keep your home and tableware clean. Sun-cure your clothes and quilts often.

3、不随地吐痰，口鼻分泌物用纸巾包好，弃置于有盖垃圾箱内。

3. Do not spit. Wrap your oral and nasal secretion with tissue and throw it in a covered dust bin.

4、注意营养，适度运动。

4. Balance your nutrition and exercise moderately.

5、不要接触、购买和食用野生动物（即野味）；尽量避免前往售卖活体动物的市场。

5. Do not touch, buy or eat wild animals (gamey). Try to avoid visiting markets that sell live animals.

6、家庭备置体温计、医用外科口罩或 N95 口罩、家用消毒用品等物资。

6. Prepare thermometer, surgical or N95 masks, domestic disinfectant and other supplies at home.