



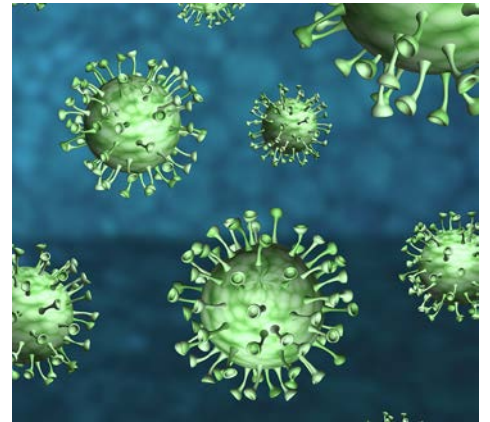
新冠病毒 COVID-19: 保护自己及他人

实用的提示

新冠病毒 COVID-19 是如何传播的？

医生认为，它主要是在人与人之间密切接触时传播的。当感染者咳嗽、打喷嚏，甚至只是说话时，病毒就会通过空气传播。

有些感染新冠病毒的人没有任何症状。这些人可以在不知情的情况下传播病毒。



遵循讲义中的提示，帮助防止新冠病毒的传播。

有新冠病毒的疫苗吗？

2020 年 12 月 11 日，美国食品和药物管理局为预防新冠病毒的疫苗颁发了第一份“紧急使用授权（EUA）”。请您与医生商讨何时可以接种疫苗。

我该如何来保护自己和他人？

保持安全的最好方法是避免接触病毒。以下是关于如何保护自己和他人的提示。

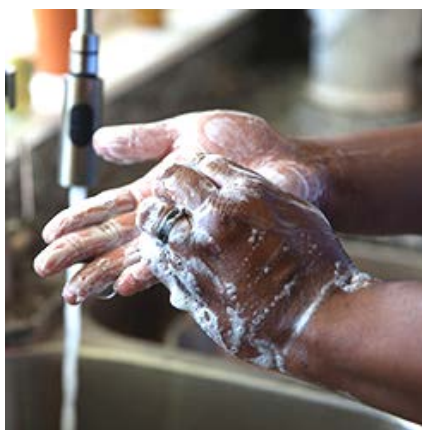
戴口罩

当在其他人身边时，请戴上布面罩。确保它完全覆盖了口鼻部位。

保持距离

"社交距离"可以帮助阻止新冠病毒的传播。如您有病毒，保持身体距离可以帮助阻止疾病的传播。如果您很健康的，它可以帮助您避免生病。

- 尽量与其他人保持 6 英尺的距离。这大约是 2 条手臂的长度。



经常用肥皂和水洗手至少 20 秒钟。

- 暂时避免拥抱和握手。
- 尽可能地避免大的人群。如您需要和其他人一起排队，尽量与他们保持 6 英尺的距离。

卫生方面

- 尽可能地经常用肥皂和水洗手至少 20 秒钟。
- 如可以的话，请随身携带消毒洗手液。它应该至少含有 60% 的酒精。
- 咳嗽或打喷嚏时要捂住口鼻。如没有纸巾，可以对着肘部内侧咳嗽或打喷嚏。
- 尽量不要接触任何物件，如扶手、洗手间柜台、电梯按钮、共享数字屏幕和座椅。如您接触这些表面，请用肥皂和水洗手 20 秒，或使用消毒液。
- 乘坐公交车时：
 - 如果可能请与他人保持 6 英尺的距离。
 - 在您离开车站或站点后，使用您的消毒洗手液。
 - 尽快用肥皂和水洗手至少 20 秒钟。

我该怎么办

- 如您有新冠病毒的症状，如咳嗽、发烧或呼吸困难，请立即联系您的医疗服务提供者。
- 如您没有医疗服务提供者，请在上午 8 点至晚上 7 点之间拨打金县新冠病毒电话专线（King County Novel Coronavirus : 206.477.3977。上班时间：上午 8 点至晚间 7 点）。
- 如您或您照顾的人有医疗紧急情况，请拨打 911。
- 如需心理健康服务和支持，请拨打金县 24 小时危机热线（King County 24-Hour Crisis Line）1.866.427.4747。

您有疑问吗？

我们很重视您的提问。如您有任何疑问或顾虑时，请致电您的医生或医疗提供者。

金县新冠病毒电话专线：
206.477.3977（上午 8 点至晚间 7 点）

本讲义是根据西雅图/金县公共卫生局及疾病预防控制中心（CDC）的指南而撰写。这并不意味着 CDC、ATSDR、HHS 或美国政府对华大医疗中心（UWMC）的服务或其相关企业有直接的背书。

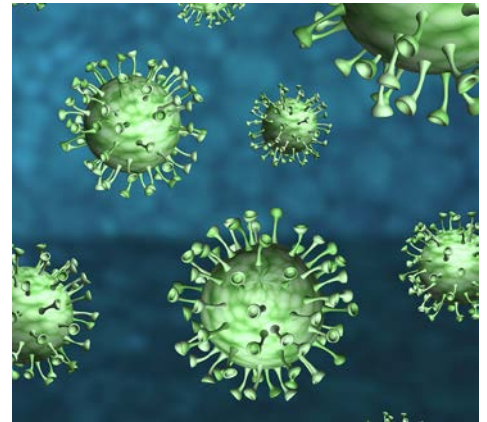
COVID-19: Protecting Yourself and Others

Helpful tips

How does the COVID-19 virus spread?

Doctors believe that it spreads mainly when people are in close contact with each other. The virus moves through the air when an infected person coughs, sneezes, or even just talks.

Some people who have COVID-19 do not have any symptoms. These people can spread the virus without knowing it.



Follow the tips in this handout to help keep COVID-19 from spreading.

Is there a vaccine for COVID-19?

On December 11, 2020, the U.S. Food and Drug Administration issued the first emergency use authorization (EUA) for a vaccine to prevent COVID-19. Please talk with your doctor about when you can get the vaccine.

What can I do to protect myself and others?

The best way to stay safe is to avoid being exposed to the virus. Here are tips on how to protect yourself and others.

Wear a Mask

Wear a cloth face covering when you are around other people. Make sure it fully covers your mouth and nose.

Keep Your Distance

“Social distancing” can help keep COVID-19 from spreading. If you have the virus, it can help stop the spread of disease. If you are healthy, it can help keep you from getting sick.

- Stay about 6 feet away from other people as much as you can. This is about the length of 2 arms.



Wash your hands often with soap and water, for at least 20 seconds.

- Avoid hugging and handshakes for now.
- Avoid big crowds when you can. If you need to stand in line with other people, try to stay 6 feet away from them.

Hygiene

- Wash your hands with soap and water for at least 20 seconds as often as you can.
- Carry a hand sanitizer with you, if you can. It should contain at least 60% alcohol.
- Cover your mouth and nose when you cough or sneeze. If you do not have a tissue, cough or sneeze into the inside of your elbow.
- Try not to touch surfaces such as handrails, restroom counters, elevator buttons, shared digital screens, and benches. If you touch these surfaces, wash your hands for 20 seconds with soap and water or use a sanitizer.
- When using public transit:
 - Stay 6 feet away from others, if you can.
 - After you leave the station or stop, use your hand sanitizer.
 - As soon as you can, wash your hands with soap and water for at least 20 seconds.

What to Do

- If you have symptoms of COVID-19 such as cough, fever, or trouble breathing, contact your healthcare provider right away.
- If you do not have a provider, call the King County Novel Coronavirus (COVID-19) Call Center between 8 a.m. and 7 p.m. at 206.477.3977.
- If you or someone you are caring for is having a medical emergency, call 911.
- For mental health services and support, call the King County 24-Hour Crisis Line at 1.866.427.4747.

The guidelines in this handout are adapted from Public Health Seattle- King County and CDC guidelines. This does not imply endorsement of UWMC services or enterprise by CDC, ATSDR, HHS or the U.S. government. This material is available on the agency website for no charge.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

King County Novel Coronavirus Call Center: Call 206.477.3977 (8 a.m. to 7 p.m.)