新冠肺炎简介
What is COVID-19

1.1 关于新冠肺炎
About COVID-19

　　新冠肺炎：一种由新型冠状病毒引起的呼吸系统疾病，现在全球有多个国家发现确诊病例。该病毒被命名为"SARS-CoV-2"，其引起的疾病被命名为"新型冠状病毒肺炎"（简称为"新冠肺炎"，英文缩写为 COVID-19）。2020 年 1 月 30 日，世界卫生组织 (WHO) 宣布疫情构成国际关注的突发公共卫生事件（PHEIC），3 月 11 日，WHO 评估认为，新冠肺炎已具有"大流行病"特征。

　　COVID-19 (Coronavirus Disease-2019), an outbreak of respiratory illness, has now been detected in many countries. The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19"). On January 30th, 2020, the World Health Organization (WHO) declared that the outbreak of the COVID-19 constitutes a Public

Health Emergency of International Concern (PHEIC), on March 11th, the WHO assessed that COVID-19 already had the characteristics of a "pandemic".

3 月 16 日，中华人民共和国国务院联防联控机制召开新闻发布会，介绍依法防控境外疫情输入有关情况。随着 WHO 将新冠肺炎疫情全球的风险级别调高，中国目前亦面临有效防范境外疫情输入的挑战。交通运输部、海关总署、移民管理局及其他部门都将防范海外疫情输入风险作为当前最重要的工作，并出台一系列相关措施。

On March 16, Joint Prevention and Control Mechanism of the State Council of China held a press conference to introduce the prevention and control of overseas epidemic disease in accordance with the law. With the WHO raising the global risk level for the COVID-19 outbreak, China is also facing the challenge of preventing new cases imported from overseas effectively. The Ministry of Transport, the General Administration of Customs, the National Immigration Administration and other ministerial departments have made prevention of epidemic diseases imported from overseas the priority task at present, and have issued a

series of relevant measures.

　　一是实施分级管理。按照国家有关部门对重点区域的判断，对船舶实施有区别的监管措施；二是开展远程非现场执法。开展对入境船舶的信息摸排，及时将我国的疫情防控政策通报给到港的船舶，同时对船舶、船员证书的状态进行远程核查，确保证书文书有效；三是加强联防联控。为海关和国家卫生健康委员会部门登船检疫、检测提供便利。同时，协调国际海事组织（IMO）、国际劳工组织（ILO）等相关的国际组织出台接受中国籍国际航行船舶展期、延期办理相关证照的政策，避免不必要的船岸人员接触。

First, classified management will be employed according to the judgment of the relevant departments of the state on key areas, and different supervision measures shall be applied to different vessels; Second, remote off-spot law enforcement will be carried out. Maritime Safety Administration (MSA) will carry out information search of incoming ships, and timely inform the incoming ships of China's epidemic prevention and control policies. Meanwhile, MSA will conduct remote verification on the status of ships and crew certificates

to ensure the validity of certificates; Third, MSA will strengthen joint prevention and joint control, providing convenience for customs and health departments to board the ship for quarantine and inspection. At the same time, MSA will coordinate with the International Maritime Organization (IMO), the International Labour Organization (ILO) and other relevant international organizations to issue the policy of accepting the renewal and extension of relevant certificates and the licenses for Chinese ships of international navigation, so as to avoid unnecessary contact between the ship and the shore personnel.

1.2 新冠病毒主要传播途径和预防措施
Main transmission routes and preventive measures of COVID–19

1.2.1 主要传播途径
Main transmission routes

根据《新型冠状病毒肺炎诊疗方案（试行第七版）》：

According to ***COVID-19 Diagnosis and Treatment Plan (Provisional 7th Edition)***：

（1）经呼吸道飞沫传播。患者咳嗽、打喷嚏或说话产生的呼吸道飞沫接触敏感的黏膜表面，如眼睛、鼻子或嘴时，便会发生飞沫传播。

Respiratory droplets transmission. Droplet transmission occurs when respiratory droplets generated via coughing, sneezing or talking contact susceptible mucosal surfaces, such as eyes, nose or mouth.

（2）密切接触传播。手接触有病毒飞沫沉积的物品后，再接触口腔、鼻腔、眼睛或其他黏膜组织，导致感染。

Close contact transmission. Droplets are deposited on the surface of objects. Hands can be contaminated after touching these subjects. People will be infected if they touch their mouths, noses, eyes or other mucous membranes with their contaminated hands.

（3）气溶胶传播（可能）。在相对封闭的环境中长时间暴露于高浓度气溶胶情况下，存在病毒经气溶胶传播的可能。

Aerosol transmission (possible). The virus might

spread by high-density aerosol when exposed in a relatively closed environment for a long time.

1.2.2 预防措施
Preventive measures

（1）减少或避免人际接触。

Reduce or avoid person-to-person contact.

（2）使用含酒精成分的免洗洗手液或肥皂和清水勤洗手。

Clean our hands frequently with alcohol-based sanitizer or soap and water.

（3）与咳嗽或打喷嚏的人保持安全距离。

Keep a safe distance from someone who is coughing or sneezing.

（4）佩戴必要的防护用品，如口罩、护目镜、手套等。

Wear necessary protective equipment such as face masks, goggles and gloves.

（5）保持适当通风。

Maintain proper ventilation.

（6）避免触摸口、鼻和眼等。

Avoid touching our eyes, nose, and mouth.

（7）对话时保持适当距离；如打喷嚏、咳嗽等时，要用纸巾等遮挡，事后仔细清洗手、口和鼻等。

Keep a proper distance during the conversation. Cover our mouth and nose with a tissue when coughing or sneezing, and be sure to wash our hands, mouth and nose carefully afterwards.

（8）对物品和器材进行必要的消毒，使用含酒精的消毒剂时应远离火源。

Undertake necessary sterilization for items and equipment. Keep away from fire when using alcohol-based disinfectants.

（9）如有发热、咳嗽等可疑症状，应立即隔离，并通知相关人员。

If someone have any suspicious symptoms such as fever and cough, please isolate him immediately, and then notify relevant authorities.

（10）适度锻炼，增强体质；注意休息，提高自身免疫力。

Keep doing exercises to enhance our physical status. Rest well, and try to improve our immunity.

1.3 关于新冠肺炎的重要知识点
Key points that we need to know about COVID–19

1.3.1 潜伏期
Incubation period

基于目前的流行病学调查，无症状潜伏期一般为 3 ~ 7 天，最长为 14 天。

Based on the current epidemiological investigation, the asymptomatic incubation period is generally 3-7 days, and the longest is 14 days.

1.3.2 正确洗手可减少接触传播风险
Washing hands properly can reduce the risk of contact transmission

手触摸的物品被含病毒的飞沫污染，病毒可能会经手侵入口腔、鼻腔、眼睛等的黏膜，进而增加感染风险。对物品、环境进行消毒和正确洗手都是避免传播的主要措施。

The virus may enter the mucous membranes

of mouth, nose or eyes by hand touching items contaminated by droplets, increasing the risk of infection. Main measures to avoid transmission are to disinfect items and the surroundings and wash our hands properly.

1.3.3 主要临床表现为发热、乏力和干咳
Main clinical symptoms are fever, fatigue and dry cough

少数患者伴有鼻塞、流涕、腹泻等症状。重型病例多在一周后出现呼吸困难，严重者快速发展为急性呼吸窘迫综合征、脓毒症休克、难以纠正的代谢性酸中毒和凝血功能障碍。

A few numbers of patients show symptoms such as nasal obstruction, runny nose or diarrhea. In severe cases, dyspnea usually occurs after one week. It progresses rapidly to ARDS (Acute Respiratory Distress Syndrome), septic shock, difficult-to-tackle metabolic acidosis or coagulation dysfunction.

1.3.4 少数患者没有发热症状
A few patients have no fever

值得注意的是重型、危重型患者病程中可为中低热，甚至无明显发热。危重患者虽然没有发热，但有明显的活动后呼吸急促，心慌胸闷等症状。少数患者仅表现为低热、轻微乏力等，无肺炎表现，多在一周后恢复。

It is worth noticing that severe and critical patients can have moderate to low fever in the course of disease, or even no obvious fever. But they often show other symptoms including dyspnea, palpitation or tightness in the chest. A few patients with a low fever or mild fatigue but no symptoms of pneumonia will mostly recover in one week.

1.3.5 在空气中传播距离非常有限
The distance of transmission in the air is very limited

新冠病毒在空气中传播距离非常有限，无风状态下大概 1 ~ 2 m。在干燥环境下，新冠病毒存活时间大概是 48 h。在空气中 2 h 以后，它的活性就明显地下降。

SARS-CoV-2 can be spread by air for a limited distance from 1 to 2 meters without floating in the air. It can survive about 48 hours in a dry environment.
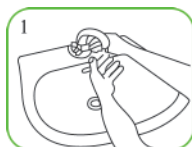
After being in the air for 2 hours, its activity decreases remarkably.

1.4 保持手部清洁
Hand hygiene

　　洗手应 20 s 以上，确保洗到整个手部，如拇指、手指尖和指缝。洗手后用纸巾关水龙头。

　　We should wash your hands for at least 20 seconds. Make sure we have clean all parts such as our thumbs, tips of fingers and space between fingers. Use a tissue to turn off the faucet after washing our hands.

1.Wet hands with water.
淋湿双手
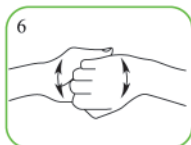
2.Apply soap to cover all of your hands surfaces.
双手涂抹适量皂液

3.Rub hands palm to palm.
掌心对掌心搓擦

4.Rub right palm over the top of the left hand with interlaced fingers and vice versa.
掌心放在手背上，由指背向手指方向相互搓擦

5.Rub palm to palm with fingers interlaced.
掌心相对，交错搓擦手指缝

6.Rub backs of fingers to opposing palms with fingers interlocked.
两手互握，旋转搓擦

7.Continue with rotational rubbing of left thumb clasped in right palm and vice versa.
拇指在掌中旋转搓擦

8.Continue rotational rubbing, backward and forward with clasped fingers of right hand in left palm and vice versa.
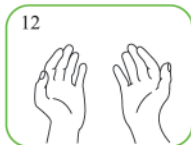指尖在掌心旋转搓擦

9.Rinse hands with water.
用流水冲洗干净双手

10.Dry hands thoroughly with a single use towel.
用一次性手巾擦干手

11.Use the towel to turn off the faucet.
隔着纸巾关掉水龙头

12.Now youe hands are clean and safe.
这样，手就干净安全了

1.5 佩戴口罩
Wearing face masks

1.5.1 正确选择口罩
Choose the right face mask

　　能有效预防新冠肺炎的口罩类型有：一次性医用口罩、医用外科口罩（包括挂耳式和系带式，常见标准 YY0469—2010 或 YY0469—2011，印在口罩的独立外包装上）、医用防护口罩（如医用 GB19083—2020、KN95、 医 用 N95-3M1860/1870+、FFP2-UVEX）等。

Face masks that can effectively prevent the COVID-19 include disposal medical masks, medical surgical masks (ear loop and adjustable strap, frequently used standard YY0469-2010 or YY0469-2011 is printed on the package) and medical preventive masks (such as GB19083-2020, KN95, MedicalN95-3M1860/1870+, FFP2-UVEX).

1.5.2 正确佩戴口罩
Wear your face mask properly

　　（1）日常出行建议使用医用外科口罩，如果要

接触发热、咳嗽的患者建议选用医用 KN95 或 N95 口罩。

It is recommended to use medical surgical masks for daily travel, and KN95/N95 masks for contacting patients with fever or cough.

（2）佩戴口罩前应洗手，在佩戴口罩过程中避免手接触到口罩内侧面，减少口罩被污染的可能。

Wash our hands before wearing a mask, and avoid touching the inner side of the mask during wearing to reduce the possibility of contamination.

（3）注意一次性医用外科口罩有里外之分，浅色面有吸湿功能，应贴着嘴和鼻，深色面朝外，金属条（鼻夹）一端是口罩上方。

Please note that disposable surgical masks have inner and outer side respectively. The light-colored side has moisture absorption function and should be close to our mouth and nose; the dark-colored side should be outward, and the metal strip (nose clip) is at the upper part of the mask.

（4）佩戴时要将口罩折面完全展开，将嘴、鼻、下颌完全包住，然后压紧鼻夹，使其与面部完全贴合。