



Please fully unfold the folded part while wearing our mask. Completely wrap our mouth, nose and jaw, and then compress the nose clip to make the mask fully fit our face.



(5) 口罩应定期更换，不可戴反，更不能两面轮流佩戴。

Our masks should be replaced regularly, and do not wear in reverse, not to mention on both sides in turn.

### 1.5.3 摘脱口罩及废弃口罩处理

Remove and dispose your face mask

(1) 轻轻地把口罩从脸上摘下，不要振动到口



罩上的液体或固体污染物。

Remove the mask from face gently to avoid contacting liquid and solid contaminants on the mask.

一只手拿住口罩系带,另一只手避免接触污染面。

Hold the mask strap with one hand and keep the other hand away from the contaminated surface.

(3) 将污染面朝里折叠口罩。

Fold the contaminated surface inward.

(4) 用系带将口罩系紧,之后可放入塑料袋并将袋口系紧。

Tighten face mask straps, and then place the mask in a plastic bag and fasten the bag tightly.

(5) 把处理好的口罩丢入垃圾回收箱。

Throw the discarded face mask into a bin.

(6) 立即清洗双手。确诊病人、疑似病人或医护人员用过的口罩在丢弃之前要消毒。

Wash our hands immediately. Masks used by suspected patients or health practitioners should be disinfected before disposal.



## 1.6 防疫问题释疑

### FAQ about COVID-19

1.6.1 问：什么是冠状病毒和新型冠状病毒？

Q: What are coronaviruses and the SARS-CoV-2?

答：冠状病毒是自然界广泛存在的一大类病毒，已知会引起疾病，患者表现从普通感冒到重症肺部感染等诸多不同。新型冠状病毒是一种先前尚未在人类中发现的冠状病毒。

A: Coronaviruses are a large family of viruses that exist widely in nature, and they are known to cause diseases. Patients may suffer differently from the common cold to severe lung infection. The SARS-CoV-2 is a brand new one that has not been previously



found in humans.

1.6.2 问：目前有针对新型冠状病毒的疫苗吗？

Q: Is there a vaccine against SARS-CoV-2 at the present?

答：没有。新发疾病需要很长时间才能研发出接种的疫苗，而新疫苗投入使用也需要较长时间。

A: Not yet. It will take a long time to research and develop a vaccine against a new disease, and it also needs a long time to produce this vaccine.

1.6.3 问：有针对新型冠状病毒的特效治疗方法吗？

Q: Is there any specific treatment for SARS-CoV-2?

答：对于由新型冠状病毒引起的疾病，目前没有特效的治疗方法。但是，许多症状都可以治疗，因此可以根据患者的临床状况进行治疗。此外，对感染者的支持性治疗也有积极效果。

A: There is no specific treatment for diseases caused by SARS-CoV-2. However, many symptoms can be treated, so they can be treated according to the clinical condition of the patient. In addition, some supportive treatments for the infected people are also very effective.



1.6.4 问：我要怎么做才能保护好自己？

Q: What should I do to protect myself ?

答：建议保持基本的手和呼吸道卫生，以及安全的饮食习惯，尽可能避免与表现出呼吸道疾病症状（例如咳嗽或打喷嚏等）的人密切接触。

A: It is recommended to practise basic personal hygiene and the safe eating habits. Avoid close contact with people who show respiratory symptoms such as coughing or sneezing.

1.6.5 问：人和人接触的安全距离是多少？

Q: What is the safe distance between people?

答：近距离接触时容易通过飞沫传播感染，1.5 m 到 2m 左右是比较安全的，当然距离越远越安全。

A: It is more likely to be infected through droplets during close contact, and the recommended safe distance is about 1.5 to 2 meters, which is believed that the farther the distance the safer it is.

1.6.6 问：有人可以在未发病时传播病毒吗？

Q: Can someone spread the virus without showing symptoms?



答：通常认为人们在症状最重（病得最厉害）的时候传染性最强。也有报道称：可能有一些人的传播出在有症状之前，已有报道称新型冠状病毒会发生这种情况。

A: It is generally believed that people are most contagious when their symptoms are strongest (the disease is the most severe). Reports also claimed that there may be transmission of some people before they have symptoms.

1.6.7 问：怎样判断是不是发热？

Q: How to judge whether I get a fever?

答：正常人体温一般为  $36 \sim 37^{\circ}\text{C}$ ，成年人清晨安静状态下的腋窝体温  $36 \sim 37^{\circ}\text{C}$ 。按体温状况，发热分为：低热  $37.3 \sim 38^{\circ}\text{C}$ 、中热  $38.1 \sim 39^{\circ}\text{C}$ 、高热  $39.1 \sim 41^{\circ}\text{C}$  和超高热  $41^{\circ}\text{C}$  以上。

A: The normal body temperature of human beings is generally  $36\text{--}37^{\circ}\text{C}$ . The axillary temperature of adults in a quiet state in the morning is  $36\text{--}37^{\circ}\text{C}$ . According to different body temperatures, there are four categories, including low fever ( $37.3\text{--}38^{\circ}\text{C}$ ), moderate fever ( $38.1\text{--}39^{\circ}\text{C}$ ), high fever ( $39.1\text{--}41^{\circ}\text{C}$ ), and super high fever (above  $41^{\circ}\text{C}$ ).



1.6.8 问：新型冠状病毒感染的肺炎临床表现有哪些？

Q: What are the clinical manifestations of the COVID-19 patients?

答：患者主要临床表现为发热、胸闷、干咳、乏力，呼吸道症状以干咳为主，并逐渐出现呼吸困难，严重者表现为急性呼吸窘迫综合征、脓毒症休克、难以纠正的代谢酸中毒和出凝血功能障碍。部分患者起病症状轻微，可无发热。多数患者为中轻症、愈后良好，少数患者病情危重，甚至死亡。

A: Main clinical manifestations of the COVID-19 patient are fever, chest tightness, dry cough or fatigue. The respiratory symptoms are mainly dry cough and gradually develop into dyspnea. The severe ones have acute respiratory distress syndrome, septic shock, metabolic acidosis and hard-to-correct coagulation dysfunction. Some patients have mild onset symptoms and may have no fever. Most of patients' symptoms are mild to moderate ones and have a good prognosis. But a few may suffer from critical illnesses or even death.

1.6.9 问：目前没有出现任何不适，但是接触过疑似感染者，怎么办？



Q: At present, there is no discomfort, but I had contacted with suspected cases of the COVID-19. What should I do?

答：建议居家隔离观察，观察时间为接触可疑感染者后 14 天，主要监测体温变化状况，以及观察有无胸闷、干咳、乏力等症状。

A: It is recommended to self-quarantine at home for 14 days after contacting suspected cases of COVID-19, mainly monitoring the body temperature changes and symptoms such as chest tightness, dry cough or fatigue.

1.6.10 问：近日没有出现明显发热，但出现全身酸胀或腹痛腹泻，是新型冠状病毒感染的表现吗？或者对新型冠状病毒存在易感性？

Q: I have no fever in recent days, but suffer from abdominal pain, diarrhea or soreness all over my body. Are these symptoms of the SARS-CoV-2 infection? Or am I susceptible to the SARS-CoV-2?

答：目前首发感染症状以胃肠道不适的较少，但是若出现严重的腹痛腹泻，应到医院就诊，同时注意保持营养及水、电解质的摄入平衡，此类情况下会出现机体免疫力下降，更容易受到病毒感染。





A: At present, the first symptom of infection is less likely to be gastrointestinal discomfort, but if there is serious abdominal pain and diarrhea, you should go to hospital for treatment and maintain balanced diet, appropriate water and electrolyte intake. In this case, the body immunity may decline, and you are more likely to be infected by virus.

1.6.11 问：我若出现发热、胸闷、干咳和乏力等症狀怎么办？

Q: What should I do if I have symptoms such as fever, chest tightness, dry cough or fatigue?

答：最好步行（佩戴口罩，勿搭乘箱式电梯，不要采用公共交通）至最近的医疗机构进行血常规、C反应蛋白和胸部CT等检测，尤其是发热且伴有胸闷不适的患者，应保持高度警惕，尽早就医。

A: You'd better walk (Please wear a face mask. Don't take an elevator nor use public transportation) to the nearest medical institution for blood test, CRP and chest CT tests. Patients with fever and chest distress should stay vigilant and go to hospital as soon as possible.



1.6.12 问：如果出现早期临床表现，是不是意味着被感染了？什么情况下需要就医？

Q: If I have early clinical manifestations, does it mean that I am infected? When should I see the doctor?

答：如果出现发热(腋下体温 $\geq 37.3^{\circ}\text{C}$ )、乏力、咳嗽、气促等急性呼吸道感染症状，或发病前14天内曾接触过发热伴呼吸道症状的患者，或出现小范围聚集性发病，应当到当地指定医疗机构进行排查、诊治，医生会根据发病前的活动情况、实验室检测结果等信息综合判断。因此，一旦出现疑似新型冠状病毒感染的症状，请勿恐慌，做好自身防护并及时就医。

A: If you have symptoms of acute respiratory infection such as fever (axillary temperature  $\geq 37.3^{\circ}\text{C}$ ), fatigue, cough or shortness of breath, or have fever with respiratory symptoms within 14 days before you get ill, or clustered onset occurs, you should go to local designated medical institutions for screening, diagnosis and treatment. Doctors will make a comprehensive diagnosis based on the information such as your premorbid activity and laboratory test results. Therefore, once there are any suspected symptoms of coronavirus infection, do not



panic and make necessary protection and see the doctor as soon as possible.

1.6.13 问：去医院就医需要注意什么？

Q: What should I do when I go to hospital?

答：就医时应如实详细讲述患病情况和就医过程，尤其是应告知医生近期的旅行和居住史、肺炎患者或疑似患者的接触史等。特别应注意的是，诊疗过程中应全程佩戴医用外科口罩或医用 KN95 口罩或医用 N95 口罩，以保护他人。

A: When you go to see the doctor, you should tell him or her how you get ill and what treatment you have done in detail. In particular, you should inform him or her your recent travel or living history, the contact history with pneumonia patients or suspected patients and so on. Special attention should be paid that you should wear a medical surgical mask or medical KN95 or N95 mask during the whole process of diagnosis and treatment, to protect others.

1.6.14 问：个人如何预防新冠肺炎？

Q: How can individuals prevent themselves against the COVID-19?



答：(1) 保持手部卫生。咳嗽、饭前便后、接触或处理排泄物后，要用流水洗手，或者使用含酒精成分的免洗洗手液。

A: Keep hands clean. Wash hands with running water or alcoholic hand sanitizer before a meal and after coughing, going to the bathroom, touching or handling excreta.

(2) 保持室内空气流通。避免到封闭、空气不流通的公共场所和人多集中的地方，必要时佩戴口罩。

Keep our living spaces ventilated properly. Avoid going to enclosed, poor ventilated public or crowded places. Wear masks if necessary.

(3) 咳嗽、打喷嚏时使用纸巾或用手肘遮掩口鼻，防止飞沫传播。

When coughing or sneezing, use a tissue or bend our elbow to cover our mouth and nose to prevent the spread of droplets.

(4) 就诊或陪护时，要正确佩戴医用外科口罩或医用 N95 或医用 KN95 口罩。

If you need to go to see a doctor or accompany your family or friends to the hospital, please wear



a medical surgical mask or N95 or KN95 mask correctly.

1.6.15 问：新型冠状病毒感染的症状与非典型肺炎、流感、普通感冒有什么区别？

Q: What is the differences of infection symptoms among COVID-19, SARS, influenza and common cold?

答：新型冠状病毒感染以发热、乏力、干咳为主要表现，并会出现肺炎。但值得关注的是，早期患者可能不发热，仅有畏寒和呼吸道感染症状，但CT显示有肺炎现象。新型冠状病毒感染引起的重症病例症状与非典型肺炎类似。流感的临床表现为高热、咳嗽、咽痛及肌肉疼痛等，有时也可引起肺炎，但不常见。普通感冒的症状为鼻塞、流鼻涕等，多数患者症状较轻，一般不引起肺炎症状。

A: For COVID-19, the primary manifestations are fever, dry cough, or fatigue with the diagnosis of pneumonia. However, it should be noticed that early patients may not have fever only chills and respiratory infection, but CT scan will indicate symptoms of pneumonia. Severe manifestations infection cases have similar symptoms to SARS. The clinical presentations



of influenza are high fever, cough, sore throat or muscle pain. Sometimes it can also cause pneumonia, but it is not common. The symptoms of common cold are nasal congestion, running nose, etc. Most patients have mild symptoms and generally do not cause pneumonia.

1.6.16 问：如果发现有船员发热，我应该怎么做？

Q: What should I do if a crew member is found having a fever?

答：应立即对该船员采取隔离措施，并向代理和交管中心报告，等待相关工作人员和医务人员上船检查核实该船员是否感染新型冠状病毒，切不可心存侥幸。

A: The crew member must be isolated immediately. At the same time, you should report to the agent and VTS, and wait for the relevant staff and medical professionals who will board vessel and check whether the crew is infected with the virus. No one can take any chances.