

新冠肺炎防控指南漫画

(汉英双语)

A CARTOON GUIDE TO COVID-19
PREVENTION AND CONTROL

(Chinese-English Edition)



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冠状病毒不好看,偷偷摸摸来捣蛋

Novel coronavirus, an ugly intruder furtively making trouble.

引发此次疫情的是一种首次被发现的新型冠状病毒。

Novel coronavirus is newly discovered that causes this pandemic.



不遮不挡打喷嚏，传播病毒惹人厌

Sneezing carelessly without any covers will transmit the virus and disgust others.

感染者在呼吸、说话、咳嗽、打喷嚏时，会排出大量携带病毒的飞沫，给周围的人带来感染风险。

When breathing, talking, coughing and sneezing, the infected spray a lot of virus-loaded droplet, likely to contract nearby others.



发热干咳身乏力，佩戴口罩去医院

Fever, dry cough and fatigue you catch, wearing a face mask is a must when seeing a doctor.

如果出现新冠肺炎症状，应及时就医。外出就医时要佩戴口罩，尽量避免搭乘公共交通工具。

In case of any COVID-19 symptom, consult a doctor immediately. Be sure to wear a face mask when leaving home for a doctor and avoid taking any public transport.



三至七天潜伏期，最长两周症状显

Incubation period is long. Symptoms come in 3-7 days, at most 2 weeks.

新型冠状病毒在潜伏期内也存在传染性，因此，接触到传染源、有感染可能的人，即使没有出现症状，也应该监测十四天。

Novel coronavirus is infectious in incubation period. Anyone having contracted any source of infection or susceptible population should be quarantined for 14 days even without any symptom.



封闭房间空气浊，开窗通风身体健

Air is stale in closed rooms. Open windows often to stay healthy.

要做好居室的清洁工作，还要经常开窗通风，但是要注意室内外温差，预防感冒。

Keep rooms clean by opening windows for fresh air, but mind temperature difference indoors and outdoors to avoid catching cold.

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学会七步洗手法，洗完别忘了要擦干

Wash hands to follow the typical seven steps.
Remember to dry hands after wash.

采用七步洗手法，如图所示。

Adopt the seven-step hand washing technique as illustrated.



1. 洗手掌



2. 洗手背



3. 洗指缝



4. 洗指背



5. 洗拇指



6. 洗指尖



7. 洗手腕

1. Rub palms.
2. Rub back to palm rotationally with fingers interlaced.
3. Rub palm to palm rotationally with fingers interlaced.
4. Rub palm to back rotationally with fingers bent.
5. Rub thumbs rotationally.
6. Rub fingertips rotationally.
7. Rub wrists and arms rotationally.

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纸巾手肘遮口鼻，喷嚏莫把病毒散

Always cover mouth and nose when sneezing with tissue or flexed elbow, and never spread any virus.

用完的纸巾立即丢弃到带盖的垃圾箱内，回家后立即对外套进行消毒处理。

Throw used tissue paper immediately in a capped trash can, and sterilize your outer wear immediately as soon as you get home.



防护口罩准备好，出门佩戴护平安

Wear a protective mask to stay safe out.

正确、科学地佩戴口罩，可以有效降低新型冠状病毒感染风险。

Wear a face mask properly as instructed, to effectively minimize the risk of contracting novel coronavirus.



家有儿童少外出，居家生活更安全

Make fewer family trips out with kids. Stay home to stay safe and healthy.

有儿童、老年人和病人的家庭，宜减少外出。

Make fewer trips out for a family with kids, the elderly and the sick.



异地归来先观察，自我监测十四天

Apply a 14-day self-quarantine to anyone from elsewhere.

监测期间要做好室内通风、消毒工作，被观察者要佩戴口罩，不要直接接触家人。

Ventilate and sterilize rooms during home quarantine, and the quarantined should wear a face mask to keep social distancing from families.



莫信谣言莫传谣，心态乐观展笑颜

Believe in a rumor or spread so? No, No, No. Never
we do. Be smiling and optimistic always.

谣言会让人产生负面情绪，找点乐观积极的节目乐呵乐呵，健健康康地度过每一天。

Rumors produce negative moods. Find positive and optimistic programs to entertain yourself. Enjoy your daily life, healthily and happily.



均衡营养不挑食，经常锻炼好睡眠

Foods are good. For nutrition reason, never pick and choose. Good exercise, good sleep, and good health.

一日三餐有规律，五谷杂粮都要吃，水果蔬菜不能少，肉、蛋、奶也要跟上；每天还要适当运动，可以选择健身操、太极拳等适合室内的运动。

Take three meals a day regularly. Eat every day diversely, cereals and grains, vegetables and fruits, meats, eggs and milk. Take moderate physical exercise indoors every day, body-building exercise, Tai Chi and the like.

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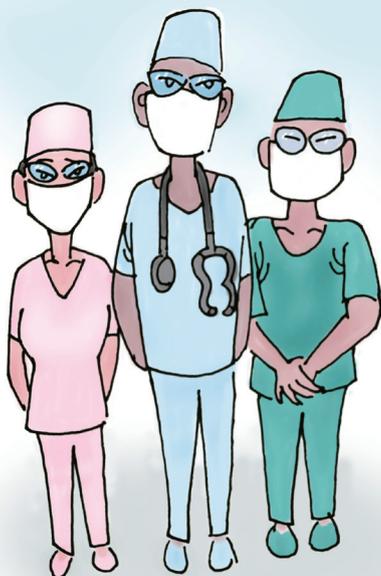


身体不适别心忧，远程问诊解疑难

Don't worry if you don't feel well. Remote diagnosis
can be made available.

如果居家期间出现身体不适，可以先通过电话、互联网
等方式联系医院进行诊断。

If you don't feel well at home, contact a hospital via telephone
or online for diagnosis.



全民一心聚合力，最终定能胜疫情

With one heart and mind we unite, win the battle
against the pandemic we must.

虽然新冠肺炎疫情危急，但只要我们万众一心，一定能
迎来美好生活。

Urgent as COVID-19 pandemic is, a bright future will certainly
arrive, with one heart and mind we unite.



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