

坎特伯雷華人基督教會 ( <https://ccccuk.org/> )

St. Andrew's Church, Watling Street, Canterbury, CT1 2UA, Kent, UK.

坎特伯雷華人基督教會

有關新型冠狀病毒 (COVID-19) 流行期間聚會通知 (七)

**4 April 2022**

親愛的 CCCC 家人和朋友們，

Dear CCCC Families and Friends,

繼英國政府於 2022 年 2 月 21 日公佈英國的“與 COVID-19 一起生活的計劃”之後，教會現已更新了其對主日崇拜的建議，並轉載了政府最新的健康建議如下。請繼續遵守，以確保自己和他人的安全。謝謝。

Following the publication by the UK Government of its 'plan for living with COVID-19' for England on 21 February 2022, the Church has updated its advice for Sunday worships and reproduced the latest Government health advice as follows. Please continue to comply with it to keep yourself and others safe. Thank you.

呼吸道感染安全生活指南，包括新型冠狀病毒 (COVID-19)。

(發表於 2022 年 4 月 1 日)

<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

Guidance for living safely with respiratory infections, including coronavirus (COVID-19).

(Published on 1 April 2022)

當我們學習安全地與新型冠狀病毒 (COVID-19) 一起生活時，我們都可以採取一些行動來幫助降低感染 COVID-19 並將其傳染給他人的風險。這些行動亦將有助於減少其他呼吸道感染的傳播，例如很容易傳播並可能導致某些人患上嚴重疾病的流感。

As we learn to live safely with coronavirus (COVID-19), there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections, such as flu, which can spread easily and may cause serious illness in some people.

COVID-19 以及許多其他呼吸道感染，如流行性感冒 (流感)，很容易傳播並在某些人身上引起嚴重疾病。您可能感染了呼吸道病毒 (例如 COVID-19) 並且沒有任何症狀，但仍會將感染傳染給他人。

COVID-19, along with many other respiratory infections such as influenza (flu), can spread easily and cause serious illness in some people. You may be infected with a respiratory virus such as COVID-19 and not have any symptoms but still pass infection onto others.

當感染者與其他人接近或與其他人一同在封閉和/或通風不良的空間時，感染或傳播 COVID-19 的風險最大。當患有呼吸道病毒感染 (例如 COVID-19) 的人呼吸、說話、咳嗽或打噴嚏時，他們會釋放出含有導致感染的病毒的小顆粒。這些顆粒可以被吸入或接觸到眼睛、鼻子或嘴巴。顆粒還可以降落在表面上並通過觸摸在人與人之間傳播。

The risk of catching or passing on COVID-19 is greatest when someone who is infected is physically close to, or sharing an enclosed and/or poorly ventilated space with, other people. When someone with a respiratory viral infection such as COVID-19 breathes, speaks, coughs or sneezes, they release small particles that contain the virus which causes the infection. These particles can be breathed in or can come into contact with the eyes, nose, or mouth. The particles can also land on surfaces and be passed from person to person via touch.

您並不可能一定知道與您接觸的人是否會因呼吸道感染 (包括 COVID-19) 而導致有更高患重病的風險。他們可能是陌生人 (例如您在公共交通工具上坐在旁邊的人) 或您可能經常接觸的人 (例如朋友和同事, 你的教會大家庭)。

You will not always know whether someone you come into contact with is at higher risk of becoming seriously ill from respiratory infections, including COVID-19. They could be strangers (for example people you sit next to on public transport) or people you may have regular contact with (for example friends and work colleagues, your church family).

您可以在日常生活中做一些簡單的事情，這將有助於減少 COVID-19 和其他呼吸道感染的傳播並保護高危人群。您可以選擇做的事情是：

1. 接種疫苗。
2. 如果在室內與其他人會面，請讓新鮮空氣進來。
3. 保持良好的個人衛生習慣：
  - 洗手
  - 遮住咳嗽和打噴嚏
  - 經常清潔您的環境
4. 戴上面罩或口罩。

面罩和口罩可以幫助減少您將感染傳播給他人的機會，尤其是在擁擠和室內的環境中，並且可以保護您免受某些呼吸道病毒的感染。

There are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. Things you can choose to do are:

1. Get vaccinated.
2. Let fresh air in if meeting others indoors.
3. Practise good hygiene:
  - wash your hands
  - cover your coughs and sneezes
  - clean your surroundings frequently
4. Wear a face covering or a face mask.

Face coverings and face masks can help reduce the chance of you spreading infection to others, especially in crowded and enclosed spaces, and may protect you from becoming infected by some respiratory viruses.

如果您有呼吸道感染的症狀，例如 COVID-19，並且您有高溫或感覺不適，無法上班或進行正常活動，(政府)建議您盡量留在家中，避免接觸其他人。

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

如果您有呼吸道感染症狀 (包括 COVID-19) 而不適，你可以遵從政府的建議來保護他人。

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid>

There is guidance on steps you can take to protect other people if you are unwell with symptoms of a respiratory infection, including COVID-19.

為您的參考和方便，以下是 NHS (國家健康服務) 於 2022 年 4 月 1 日發布的最新 Covid-19 症狀列表。

### 成人冠狀病毒 (COVID-19) 症狀

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/>

成人新型冠狀病毒 (COVID-19) 的症狀可能包括：

1. 高溫或發抖 (發冷) - 您觸摸胸部或背部時感覺很熱 (您無需測量體溫)
2. 新的持續咳嗽 - 咳嗽超過一個小時，或 24 小時內咳嗽 3 段時間或更多次段
3. 嗅覺或味覺喪失或改變
4. 氣短 (呼吸困難)

5. 感到疲倦或疲憊
6. 身體酸痛
7. 頭痛
8. 喉嚨痛
9. 鼻塞或流鼻涕
10. 食慾不振
11. 腹瀉
12. 感覺不舒服或感到噁心

這些症狀與其他疾病的症狀非常相似，例如傷風和流感。

For your reference and convenience, the following is the latest list of symptoms of Covid-19 published by the NHS on 1 April 2022

#### **Coronavirus (COVID-19) symptoms in adults**

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/>

Symptoms of coronavirus (COVID-19) in adults can include:

1. a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
2. a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
3. a loss or change to your sense of smell or taste
4. shortness of breath
5. feeling tired or exhausted
6. an aching body
7. a headache
8. a sore throat
9. a blocked or runny nose
10. loss of appetite
11. diarrhoea
12. feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

你的教會有責任保護其教會家庭的安全和福利。讓我們用以下經文互相鼓勵和提醒。

Your church has a responsibility to protect the safety and welfare of its church family. Let us encourage and remind one another with the following Bible verses.

凡事都可行。但不都有益處。凡事都可行。但不都造就人。無論何人，不要求自己的益處，乃要求別人的益處。(林前 10:23-24)

各人不要單顧自己的事，也要顧別人的事。(腓 2:4)

<sup>23</sup> "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. <sup>24</sup> No one should seek their own good, but the good of others. (1 Corinthians 10:23-24)

<sup>4</sup> not looking to your own interests but each of you to the interests of the others. (Philippians 2:4)

願神繼續賜福和保護我們的教會。

May God continue to bless and protect our church.