

坎特伯雷華人基督教會 (<https://ccccuk.org/>)

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

二零二零年二月十六日

## 坎特伯雷華人基督教會

### 有關新型冠狀病毒(COVID-19)爆發期間聚會通知 (二)

英國政府建議如下：

1. 如果你在最近14天從中國武漢或湖北省來到英國，應立即：

留在家中，避免與其他人接觸。

致電111英國國民保健署（NHS），告知他們你最近曾到過中國武漢或湖北省。

即使沒有症狀，你也要遵照此建議。

2. 如果你在過去14天，從中國其他地區，泰國，日本，南韓，香港，台灣，新加坡，馬來西亞及澳門等地區回到英國，如果你有發燒或者咳嗽或者呼吸短促，請先自我隔離，致電111英國國民保健署（NHS）。

此外，教會建議：

1. 若你從中國，泰國，日本，南韓，香港，台灣，新加坡，馬來西亞和澳門來到或回到英國，即使沒有症狀，若可能的話，也請你抵達後14天留在家中自我隔離，14天內不要參加教會崇拜或活動。如果有任何症狀，即使輕微，也請立刻致電**111**英國國民保健署（NHS）及遵照他們所給的指引。

2. 如果你需要與最近去過上述9個受影響地區的人有密切接觸（例如：同住），你必須採取額外的預防措施。如非必要，14日內避免出入公共場所。

3. 請遵照先前發佈的個人衛生指引；經常用肥皂洗手及隨身攜帶紙巾，咳嗽時使用紙巾，並立即將用過的紙巾丟進垃圾桶。

4. 教會活動

星期日崇拜和其他例常聚會仍舊照常繼續，但會停止提供食物。

若英國政府對以上建議進行任何更改，我們會盡快通知，請留意教會網址的更新通知 (<https://ccccuk.org/>)

#### 感染有什麼症狀？

咳嗽

發熱

呼吸短促

#### 什麼是自我隔離？

留在家中

與其他人保持距離

避免共同使用家居用品

不應接待訪客

**“神是我們的避難所，是我們的力量，是我們在患難中隨時的幫助。”詩篇46篇1節**

本通知僅供參考，如果您想了解更多，請瀏覽以下網站

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

如有身體需要，請尋求醫生建議。

Canterbury Chinese Christian Church (<https://ccccuk.org/>)  
St. Andrew's Church, Watling Street, Canterbury, CT1 2UA, Kent, UK.

14th February 2020

**From the Church Board**

**2rd Important Announcement about outbreak of Coronavirus (COVID-19)**

**The Government advises:** (<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>)

1. If you have travelled from Wuhan or Hubei Province to UK in the last 14 days you should **immediately:**

- ☑ Stay at home and avoid contact with other people
- ☑ Call NHS 111 to inform them of your recent travel to Wuhan or Hubei.
- ☑ **To follow this advice even if you don't have symptoms**

2. If you have returned to the UK in the last 14 days from other parts of China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia and Macau and if you have symptoms of cough or fever or shortness of breath, please self-isolate yourself, call NHS 111.

**In addition to the above, the Church Board recommends:**

1. If you have travelled or returned to the UK from China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia and Macau, please self-isolate for 14 days, if possible, by staying at home even if you do not have symptoms. Please do not attend church services or activities for 14 days after your arrival. If there are any symptoms, even if minor, please call NHS 111 first and follow their instructions.

2. Those who have close contacts (e.g. living with someone who has recently been to affected areas listed above) should take extra precautions and avoid public places for 14 days unless necessary.

3. Please follow Personal Hygiene circulated previously; wash hands with soap & water frequently and carry tissues with you, use tissues when coughing and throw used tissues into waste bins.

4. Church Activities.

☑ Sunday Services and other fellowship meetings will continue but stop the food services. Should there be any changes following guidance from the government, we will inform you as soon as possible.

**What are the symptoms?**

Cough  
Fever  
Shortness of breath

**What is Self-isolation?**

Stay at home  
Separate yourself from other people  
Avoid sharing household items  
Do not have visitors in your home

***“God is our refuge and strength, an ever-present help in trouble” Psalm 46:1***

*This notice is for your information only, if you would like further information please go to the website <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> and seek medical advice if you are concerned.*