

CCM 中信 (與你)  
抗 疫 同行 #CCM is with YOU

How to Protect Yourself  
against COVID-19

新型冠狀病毒抗疫手冊



CANADA CCM CENTRE 加拿大中信中心

# SUPPORT HOTLINE 支援熱線



*No one has to go through this alone.*

疫情似乎拉開了我們的距離，但是你不孤單……

⊕ 愛和關懷使我們彼此連接

**VANCOUVER**  
溫哥華



MON-FRI 週一至週五 / 10:00AM-4:00PM

**778-587-9102** 粵 EN

**604-282-1355** 國

**CALGARY**  
卡加利



MON-FRI 週一至週五 / 10:00AM-4:00PM

**587-434-2930** 粵 國 EN

**EDMONTON**  
愛民頓



MON, TUE, THU 週一、二、四 / 10:00AM-4:00PM

**587-982-8111** 粵 EN

**MONTREAL**  
滿地可



TUE & THU 週二及週四 / 10:00AM-3:00PM

**438-226-4836** 粵 國

WED & FRI 週三及週五 / 10:00AM-3:00PM

**438-226-2115** 粵 國

**TORONTO**  
多倫多



MON-SAT 週一至週六 / 10:00AM-4:00PM

**416-291-8140** 粵 國

**647-346-7276** 粵 國

由註冊臨床心理輔導員或已受訓練的職員輪流接聽  
為您提供情緒舒緩及社會資源轉介服務

# HEALTHY PRACTICES

## 健康習慣小貼士



經常洗手 Wash your hands often



接受免疫接種 (包括流感) Get immunized including flu shot



發病時留在家中休息 Stay home when you are sick



常用消毒洗手液 Use hand sanitizers



打噴嚏時將口鼻遮蓋 Cover your mouth and nose when you cough or sneeze



減少無必要的旅行 Reduce unnecessary travel



避免到人多的地方 Avoid large crowds



資料參考 Reference:  
<https://sneezediseases.com/healthy-practices>  
 by Vancouver Coastal Health

# ■ Prepare for Novel Coronavirus 為新冠狀病毒 COVID-19 做好準備

Advices by World Health Organization on how to protect yourself and others

世衛組織就如何保護本人和他人提出以下建議

## Be **SAFE** from #coronavirus 注意防範冠狀病毒感染

If you are 60+ or if you have an underlying condition like:

如果您已 60 歲以上，或者有以下基礎性疾病：



**Cardiovascular diseases**  
心血管疾病



**Respiratory conditions**  
呼吸系統疾病



**Diabetes**  
糖尿病

By avoiding crowded areas or places where you might interact with people who are sick.

不要去擁擠的場所，也不要可能接觸病人的地方。

## Be **SMART** if you develop shortness of breath 如果您呼吸急促，明智反應



**Call your doctor**  
打電話給醫生



**Seek care immediately**  
立即就醫！

資料擇自 Reference:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

## Be **SMART** & be informed 了解情況，採取**明智行動**



Follow accurate public health advice from WHO & your local health authority  
遵循世衛組織以及當地衛生管理部門準確的公共衛生建議



Follow the latest news on coronavirus  
瞭解新冠狀病毒最新情況



Verify the source of your information  
始終查驗您的信息來源



Don't spread rumours  
不要散佈謠言

## Be **KIND** and supportive **待人友善，團結互助**



Check in regularly especially with those being isolated  
經常問候，尤其是被隔離的親人



Encourage them to keep doing what they enjoy  
鼓勵他們繼續做喜歡的事情



Share WHO information to manage anxieties  
分享世衛組織的信息，協助親人控制焦慮情緒



Provide calm and correct advice for your children  
向孩子提供冷靜和正確的建議

## Be **APPROPRIATE** in response

### 妥善應對



**Share the latest facts & avoid hyperbole**  
分享最新事實，不誇大其詞



**Show solidarity with affected people**  
支援受影響的人



**Tell the stories of people who have experienced the virus**  
講述親歷者的故事



**Show empathy with those affected**  
對受影響的人表示同情



**Learn about the disease to assess the risks**  
瞭解這疾病並評估風險



**Adopt practical measures to stay safe**  
採取切實可行的防範措施

## ■ Tips for Grocery Shopping 外出買菜小貼士

### How can I grocery shop safely in the time of COVID-19?

### 如何在疫情中安全購買日用品？

- When grocery shopping, keep at least 2-metres distance from others and avoid touching your eyes, mouth and nose.  
外出買菜時，與人保持最少兩米距離，避免觸摸面部、眼、鼻和口。
- If possible, sanitize the handles of shopping trolleys or baskets before shopping.  
盡可能先用消毒液清潔使用的購物車或購買籃扶手。
- Once home, wash your hands thoroughly and also after handling and storing your purchased products.  
回家後，先用肥皂和清水洗手，把買回來的食物和貨品處理妥當後，要再清潔雙手。
- There is currently no confirmed case of COVID-19 transmitted through food or food packaging.  
到現時為止，沒有任何信息或證據表明食物或食物包裝可能傳播冠狀病毒。



## How should I wash fruit and vegetables in the time of COVID-19? 如何在疫情中清洗蔬果？

- ◉ Wash them the same way you would in any other circumstance.  
照其他情況時一樣如常清洗。
- ◉ Before handling them, wash your hands with soap and water.  
在處理買回來的蔬果前，要先用肥皂和清水洗手。
- ◉ Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.  
然後才用清水把食物清洗，特別不經煮熟而進食的蔬果要尤其注意衛生。



## Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?

### 在公共場合戴膠手套能有效防止新冠病毒感染嗎？

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

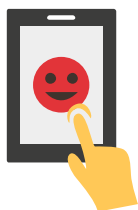
You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

不能。常洗手比戴膠手套更能防止感染COVID-19。

膠手套上可能會沾上COVID-19污染物。如果隨後觸摸臉部，污染物就會從手套轉移到臉上並且傳染給你。



## ■ How to Cope with Stress during Covid-19 Outbreak 在疫情期間，如何應對壓力



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

在危機中感到悲傷、緊張、困惑、害怕或憤怒很正常。和您信任的人交談會有幫助。應與親友保持聯系。



If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

如果您必須留在家裡，應保持健康的生活方式，例如維持適當的飲食、睡眠和鍛鍊，與一同在家的親人交流，並通過電子郵件和電話與其他家人和朋友聯系。



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

不要用吸煙、喝酒或吸毒平緩情緒。若感到不知所措，可諮詢衛生工作者或專業顧問。瞭解在必要時為滿足身心需要如何尋求幫助。



**Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency**

瞭解事實。收集可靠信息有助於您準確判斷個人風險，然後採取合理的預防措施。找到您可以信任的可靠信息來源，例如世衛組織網站或當地或國家公共衛生機構。



**Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.**

減少您和家人花在看或聽可能會使您感到沮喪的媒體報導上的時間，以此舒緩您的擔憂和焦慮。



**Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.**

採用您過去使用過的幫助您成功走出逆境的技能，並利用這些技能幫助您在這次疫情的艱難時刻控制自己的情緒。

## ■ Myth Buster 傳言拆解

### Can eating garlic help prevent infection with the new coronavirus? 吃大蒜能預防新型冠狀病毒感染嗎？

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

大蒜是一種健康食品，可能有一些抗菌特性。然而，從目前的疫情來看，沒有證據表明食用大蒜可以保護人們免受新型冠狀病毒的感染。



### Can spraying alcohol or chlorine all over your body kill the new coronavirus? 全身噴灑酒精或氯能殺死新型冠狀病毒嗎？

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

不能。全身噴灑酒精或氯不會殺死已經進入體內的病毒。噴灑此類物質可能對衣服或粘膜（即眼睛、口腔）有害。請注意，酒精和氯可能對消毒各種表面有用，但是使用時須遵循適當的建議。

## ■ Collaborating with Anxiety 與焦慮合作

I have been noticing an interesting phenomenon when I come home these days. No matter how the dinner dishes vary, one side dish is always there: the hottest topic of late—coronavirus disease 2019 (COVID-19). Come to think of it, since New Year, whenever one turns on TV or LINE or Facebook, one cannot get away from news of COVID-19. Terms like mask shortage, little Wuhan at sea, asymptomatic infected persons, community transmission... are constantly on our lips. Yet, these messages bring us not simply information but an atmosphere overflowing with tension, worries and fears. It seems that those worries, fears and unease in our hearts are spreading quicker than the outbreak.

In psychology, anxiety can be defined as “a complex emotional condition interwoven with feelings such as nervousness, unease, restlessness, worry, apprehension, fear. Physiological presentations may include palpitations, difficulty breathing, excessive sweating, etc.” Psychoanalyst Freud further classified anxiety into reality anxiety, neurotic anxiety and moral anxiety. Among them, reality anxiety refers to “the fear that a person senses in response to an external danger, and the degree of anxiety is in direct proportion to the extent of threat encountered.” This tells us two messages. First, in face of an outbreak of such an enormous scale way beyond our control, “anxiety” is actually a normal reaction for anyone. Second, if one can react appropriately, an optimal degree of anxiety can enhance our awareness to respond to the crisis better.

Therefore, when we notice our unease surfacing with the outbreak, we might as well try out the following steps to help ourselves. First, we can **accept our behaviour**: “it’s indeed important that I follow these messages on a daily basis.” Also, we can **try to understand our feelings**: “somehow I get very nervous after reading this news.” Next, we can **further attempt to reflect on our thinking behind those feelings**: “what am I worrying about?” Last, we can **analyze our thinking to see if we can do something preventative to alter the situation**, such as: “Is there anything that’s within my abilities to do in the midst of the worries?” As the analysis continues, we’ll realize there are indeed many things we can do. Instead of fixating on the anxieties, we’ll find the strength in our minds to cope with the trials.

*“Anxiety weighs down the heart, but a kind word cheers it up.”*

**Proverbs 12:25**

這幾天回家時，都會發現一個有趣的現象，不論家中晚餐的菜色如何的多變，絕對有一道少不了的配菜，那就是近期最熱門的新聞「新冠肺炎」。想想從過年至今，不只電視連LINE、Facebook一打開，八至九成都脫離不了新冠肺炎的消息。口罩荒、海上小武漢、無症狀感染者、社區感染…也成了大家嚷嚷上口的熱門關鍵字，然而在這些訊息下，往往帶出的已經單單不是簡單的資訊，還溢出了緊張、焦慮與害怕的氣氛。可見比疫情散播得更快的是人們心中的焦慮、害怕與不安。

在心理學中，焦慮可以被定義為「由緊張、不安、焦急、憂慮、擔心、恐懼等感受，交織而成的複雜情緒狀態，生理則會顯現出心跳加速、呼吸困難、出汗增多等現象。」精神分析大師Freud更將焦慮分為現實焦慮、神經質焦慮及道德焦慮，其中現實焦慮是指「人對外界的危險會感到恐懼，且焦慮程度會與人真實面對到的威脅程度成正比。」這告訴我們兩個訊息，首先是面對如此大而無法掌控的疫情，「焦慮」其實是每個人都會有的正常反應，其次，若能合宜的因應，適度的焦慮能讓我們在面對危機時更警醒、適應得更好。

因此，當我們發現自己因為疫情開始覺得不安時，不妨試著透過以下的步驟來幫助自己。首先可以**先接納自己的行為**「每天看這些訊息確實對我來說很重要」，並**試著瞭解自己的感受**「然而，我好像看著看著就會覺得很擔心」，接著可以**進一步從感受去思考自己的想法**「我擔心的是什麼呢？」，最後**從想法中釐清，是否有些點可以透過自己的行動帶來一些預防與改變**，像是「在這樣的擔心中有什麼是我可以做得？」這樣思考下來就會發現，自己其實能做得事情還有很多，心裡也就可以產生力量得以面對困難，而不會只是無助地停留在「焦慮」上了。

「人心憂慮，屈而不伸；一句良言，使心歡樂。」

聖經箴言12:25

## ■ The Lord Jesus said, "May peace be with you!" 主耶穌說：「願你們平安！」

Have you ever worried about getting infected with COVID-19 when some mild cold symptoms appear? Are you experiencing anxiety or even insomnia because of the outbreak or financial hardship?

God says He cares for us. Do you believe that?

Jesus asked, *"Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"*

(Luke 12:25-26 NIV) It is human for us to feel afraid, nervous, anxious; we can choose to stay in those emotions, or to set our eyes on God.

God promises that we can remain joyful even in afflictions! *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."* (Philippians 4:6-7 NIV)

God said, *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."* (Isaiah 41:10 NIV)

Realistically, we'll have to live with the outbreak for some time. In addition to accepting this reality for now, we can take the opportunity to reflect on life's meaning and priorities. The Creator God loves you. When you are willing to pray to Him, He will give you what you need; when you seek Him, He will let you find Him; knock and He will open the door to you. (Matthew 7:7)

If you wish to know more about this true and living God, please do not hesitate to contact us.

**你**會否因輕微的感冒症狀一度擔心自己感染了新冠病毒？你是否因疫情、經濟困擾而感到憂慮，甚至難以入眠？

神說：祂顧念我們。你相信嗎？

耶穌問：「你們那一個能用思慮使壽數多加一刻呢？這最小的事你尚且不能做，為甚麼還憂慮其餘的事呢？」（路加福音 12:25-26 和合本）我們在疫情中感到害怕、緊張、焦慮都是人之常情，我們可以選擇停留在這些情緒中，但也可以選擇定睛於神。

主應許我們可以在患難中仍能常常喜樂！「應當一無掛慮，只要凡事藉着禱告、祈求和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裡，保守你們的心懷意念。」（腓立比書 4:6-7 和合本）

神說，「你不要害怕，因為我與你同在；不要驚惶，因為我是你的神。我必堅固你，我必幫助你，我必用我公義的右手扶持你。」（以賽亞書 41:10 和合本）

從現實看來，我們需要與疫情共存一段時間。此時此刻，除了接受它，我們可以把握機會反思生命的意義和生活的優先次序。造物主愛你，當你願意向祂祈求，祂就給你所需要的；當你尋找祂，祂就會讓你尋見；叩門，就給你開門。（馬太福音 7:7）

若果你希望更多認識這位又真又活的神，歡迎與我們聯絡。



For more than 40 years, CCM Canada has been serving the community by providing holistic care and services for vulnerable individuals and families. CCM Canada has 6 services centres across Canada and served over 40,000 individuals every year.

In the midst of the pandemic, CCM continues to walk with the communities. We have launched a nationwide Emotional Support Hot Line Service covering five major cities and have moved some of our programs and services online. We continue to provide care and support to isolated seniors, families with special need kids, and people with chronic or critical illnesses over the phone and online.

40年來，加拿大中信持守着「非乃役人，乃役於人」的宗旨，實踐全人關懷，將希望帶到每一個有需要的角落。我們的服務主要集中在關懷及幫助社區裏有困難的個人和家庭。在全國六個城市設有中信中心，每年服務超過四萬人次。

抗疫期間，加拿大中信於五個主要城市推行中信抗疫同行計劃，推行支援熱線服務及透過不同媒體提供各種節目及訊息予社區，希望能夠幫助大家防疫及渡過難關。

## CCM CANADA 加拿大中信

4533 KINGSBOROUGH STREET, BURNABY, BC, V5H 4V3

TEL: (604) 877-8606 | FAX: (604) 877-8676 | EMAIL: [CCM@CCMCANADA.ORG](mailto:CCM@CCMCANADA.ORG)

## CCM CENTRE 中信中心

VANCOUVER 溫哥華	4533 Kingsborough Street, Burnaby, BC V5H 4V3 tel: 604-877-8606 fax: 604-877-8676 email: <a href="mailto:burnaby@ccmcanada.org">burnaby@ccmcanada.org</a>
RICHMOND 列治文	#2320-8260 Westminster Hwy., Richmond, BC V6X 3Y2 tel: 604-285-0552 fax: 604-285-0582 email: <a href="mailto:richmond@ccmcanada.org">richmond@ccmcanada.org</a>
CALGARY 卡加利	#209-108 3rd Ave. S.W., Calgary, AB T2P 0E7 tel: 403-233-8763 email: <a href="mailto:calgary@ccmcanada.org">calgary@ccmcanada.org</a>
EDMONTON 愛民頓	#102 6030 88th St., Edmonton, AB T6E 6G4 tel: 587-982-8111 email: <a href="mailto:edmonton@ccmcanada.org">edmonton@ccmcanada.org</a>
TORONTO 多倫多	#3107-4438 Sheppard Ave. E, Scarborough, ON M1S 5V9 tel: 416-291-3202 fax: 647-436-4768 email: <a href="mailto:toronto@ccmcanada.org">toronto@ccmcanada.org</a>
MONTREAL 滿地可	#102-870 Decarie Blvd., Saint-Laurent, QC H4L 3L9 tel: 514-878-3113 fax: 514-878-3113 email: <a href="mailto:montreal@ccmcanada.org">montreal@ccmcanada.org</a>