**Washing Your Hands Helps Stop Spreading Coronavirus**

**专家：勤洗手 防新冠病毒传播**

Fear of the coronavirus has restricted air travel and people are questioning the safety of traveling on ships for pleasure. But one expert says people could protect themselves and others by doing one simple thing: washing their hands.

对新型冠状病毒的恐惧已导致航空旅行被限制，而且人们也开始质疑乘船游玩的安全性。但一位专家表示，人们可以通过一件简单的事情来保护自己和他人——洗手。

Travelers have canceled trips to Asia and some people are avoiding Chinese food in countries that do not have an outbreak of the new coronavirus.

游客们取消了前往亚洲的行程，在没有爆发新冠状病毒的国家有些人正在回避中餐。

Doctors have warned that an infectious disease can travel faster than in the past.

医生们警告称，现今传染病传播的速度比过去要快。

One example is SARS, or severe acute respiratory syndrome. It is caused by another coronavirus. SARS first appeared in China in 2002 and spread to more than 20 countries, mostly through air travel, before easing in 2003.

其中一个例子就是非典（SARS），或者叫严重急性呼吸系统综合症——由另一种冠状病毒引起的疾病。非典2002年首次在中国出现，在2003年疫情得到缓解前主要通过航空旅行传播到了20多个国家。

Christos Nicolaides is a physicist at the Massachusetts Institute of Technology. He works with computer models that simulate the spread of disease. He spoke to VOA by Skype.

克里斯托·尼克莱德斯是麻省理工学院的物理学家。他利用计算机模型来模拟疾病的传播。他通过网络通话软件Skype对美国之音说:

"The air transportation network is the main pathway for a global disease spread,” Nicolaides said.

“航空运输网络是全球疾病传播的主要途径，”尼克莱德斯说。

To understand this, think of all the things you and others touch at an airport. The check-in area, seats, the controls on water containers, tabletops. In an airplane, you touch the seat, food tables, armrests and the door to the toilet.

你可以这样来理解，想一下你和其他人在机场接触过的所有事物。登机区，座位，水箱的控制装置，桌面。在飞机上，你要触摸座位、餐桌、扶手和厕所门。

When people cough or sneeze, very small drops of mucus fly through the air. They land on surfaces that other people touch.

当人们咳嗽或打喷嚏时，会向空气中散发非常小的粘液。它们降落在其他人能够接触到的物体的表面上。

Nicolaides led a study that found that if you want "to slow an epidemic, focus on hand-washing."

尼克莱德斯领导的一项研究发现，如果你想要“减缓一种流行病的传播，就应该重视洗手”。

Nicolaides said researchers tried to find the rate of hand-washing around the world.

尼克莱德斯说，研究人员试图研究出全世界各地人们洗手的频率。

Earlier studies showed that 70 percent of people wash their hands after using a toilet, but only about seven percent do it correctly.

此前的研究显示，70%的人上完厕所后会洗手，但只有7%的人会正确地洗手。

What is correct handwashing?

正确的洗手方法是什么?

You should wash your hands with soap and water for at least 15 seconds, Nicolaides explained. He said his researchers studied this, and “we found out that if you visit an airport any time in the world, you will realize that only one of five people have clean hands.”

你应该用肥皂和水冲洗双手至少15秒，尼克莱德斯解释道。他表示自己的研究人员曾针对此做过研究，“我们发现，任何时候你在全球访问任何一个机场，就会发现五个人中只有一个人的手是干净的。”

Nicolaides then studied what he calls “super-spreader” airports.

尼克莱德斯随后研究了他称之为“超级传播地”的机场。

A super-spreader airport is an airport that combines two qualities. The first one is that it has a lot of traffic. A lot of people. And the other one is that it is connected to many other airports with many other international flights, Nicolaides said.

尼克莱德斯表示，超级传播机场是指拥有这两个特点的机场。首先，它交通繁忙且客流量大。另一点是它与其他来自很多机场的很多国际航班相连。

These airports are ten of the busiest in the world. They include the John F. Kennedy airport in New York, Los Angeles International, London Heathrow, Hong Kong International, and Beijing Capital, among others.

以下机场均属于世界上最繁忙的十大机场。其中包括纽约肯尼迪机场、洛杉矶国际机场、伦敦希思罗机场、香港国际机场和北京首都机场。

Nicolaides said that if 60 percent of travelers had clean hands, the possibility of slowing a global disease would rise by 69 percent. But even if just 30 percent of travelers had clean hands, the spread of disease could drop by 24 percent. Nicolaides said educating the public is most important.

尼克莱德斯表示，如果有60%的旅行者双手是洁净的，那么减缓全球疾病传播的可能性将提高69%。即使只有30%的旅行者双手是洁净的，疾病的传播率也会下降24%。他说，教育公众是极为重要的。

I’m Anne Ball.

安妮·鲍尔报道。

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I’m Anne Ball.