**WHO’s Advice to Protect Yourself from Coronavirus**

**世界卫生组织教您预防冠状病毒**

The World Health Organization, or WHO, has the following advice to protect yourself from being infected with the coronavirus or other flu-like diseases.

世界卫生组织，简称世卫组织，针对预防感染冠状病毒（类似流感的疾病）给出以下建议：

Wash your hands frequently

勤洗手

Clean your hands often and carefully with an alcohol-based hand cleaner or wash them with soap and water. Washing your hands kills viruses that may be on your hands.

经常用含酒精的洗手液洗手，或者用肥皂和水洗手。洗手可以杀死手上的病毒。

Maintain social distancing

保持一米的距离

Stay at least one meter away from anyone who is coughing or sneezing. When someone coughs or sneezes, they release small drops of liquid from their nose or mouth which may contain the virus. If you are too close, you can breathe in the liquid, including the COVID-19 virus if the person coughing has the disease.

与咳嗽或打喷嚏的人保持至少一米的距离。当有人咳嗽或打喷嚏时，他们会从鼻子或嘴里释放出可能含有病毒的颗粒粘液。如果你离那个人太近，那么可能就会吸入这种液体，而如果咳嗽的人患有这种疾病，那么你就会将其中含有的COVID-19病毒吸入体内。

Avoid touching eyes, nose and mouth

避免用手接触眼口鼻

Your hands touch many surfaces where viruses can survive up to nine days. Once contaminated, hands can carry the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

你的手会接触很多物体的表面，而病毒可以在这些物体表面存活9天。一旦被感染，双手就会把病毒带到你的眼睛、鼻子或嘴巴，进而病毒会进入你的身体，导致感染疾病。

Practice respiratory hygiene

练习呼吸保健法

Make sure that you, and the people around you, cover your mouth and nose with your elbow or facial tissue when you cough or sneeze. Then throw away the used tissue immediately.

当你或者周围的人咳嗽或打喷嚏时，确保此人用手肘或面巾纸捂住口鼻，然后立即扔掉用过的纸巾。

If you have fever, cough and difficulty breathing, seek medical care early

如有发烧、咳嗽及呼吸困难，应及早就医。

Stay home if you feel unwell, even with mild signs of infection such as headache and slight runny nose, until you recover.

如果感觉不舒服，即使只是有轻微的感染症状，如头痛和轻微流鼻涕，也要待在家里，直到康复。

If you have a fever, cough and difficulty breathing, seek medical attention, and follow the directions of your local health official. Calling ahead will permit the health official to quickly direct you to the right health facility. This will also help to prevent possible spread of the new coronavirus and other viruses.

如果有发烧、咳嗽和呼吸困难，寻求医疗帮助，并听从当地卫生部门的指示。提前给卫生部门打电话有利于他们迅速将你引导至拥有治疗设施的地方，同时也将有助于防止新冠状病毒和其他病毒传播。

I'm Jill Robbins.

吉尔·罗宾斯报道。

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