**South Korea Tries ‘Social Distancing’ to Prevent Coronavirus Spread**

**韩国：保持“安全距离”防止冠状病毒传播**

An expression recently introduced by officials in Seoul closely describes life for many in South Korea these days: “Let’s Take a Break from Social Life.”

最近首尔官方提出了一个倡议，很贴切地描述了当下许多韩国人的生活状态：“让我们从社交生活中解脱出来休息一下吧。”

The government is working to limit face-to-face interaction to help prevent the spread of the new coronavirus.

政府正在努力限制面对面的社交互动，以防止新冠状病毒的传播。

The outbreak in South Korea has mostly been contained to the area near the southeastern city of Daegu. But, officials across the country are not taking any chances. They have suggested “social distancing” measures to help keep people away from each other

韩国的疫情主要集中在东南部城市大邱附近。但是，全国各地的官员都不愿冒任何风险。他们提出了采取社会“安全距离”的措施来引导人们彼此保持距离。

Nearly every part of social life in South Korea has been affected. Schools and universities are closed. Many companies are asking their employees to work from home. Christian religious centers are holding their services over YouTube. And South Korea’s soccer league has delayed the start of the season.

几乎韩国所有的社交生活都受到了影响。学校和大学纷纷停课。许多公司要求员工在家办公。基督教活动中心在油管（YouTube）上提供服务。韩国足球联赛推迟了新赛季的开幕时间。

In Seoul, the capital city and home to half the country’s population, life goes on as usual -- only much more quietly. With many people staying home, Seoul’s infamously crowded streets now flow much faster. Although people still use public transportation, many buses and trains are much less crowded. Noisy protests, which are common in Seoul, are now almost non-existent.

韩国首都首尔是韩国近半数人口的居住地，他们的生活一如既往，只是安静了许多。因为大家都待在家里，首尔因拥挤而闻名的街道现在都不再拥堵了。虽然人们仍然乘坐公共交通工具，但许多公交车和火车已经不那么拥挤了。以前首尔很常见的吵吵嚷嚷的抗议，现在几乎看不到了。

Isolated, anxious

孤立与焦虑

As the outbreak in the country continues, many South Koreans are not only trying to prevent the disease, but also fight off boredom.

随着疫情在韩国持续蔓延，许多韩国人不仅在努力预防新冠疾病，还努力摆脱无聊的生活。

“There is no more social life,” said Rosa Lee, who lives in Seoul. “I'm working at home right now...not meeting anybody.”

生活在首尔的罗莎·李说:“社交生活已经不复存在。我现在在家工作……见不到任何人。”

Park Sun-kyung was forced to work from home after someone in her office building in central Seoul was confirmed to have the new coronavirus. “It’s not very convenient - I need to be online all day,” she said. “I’m an outgoing person...It is really frustrating to stay home and not meet with people.”

朴善京因单位所在的首尔市中心的办公楼里有人被证实感染了这种新型冠状病毒，被迫在家工作。“感觉不是很方便——我需要整天上网，”她说。 “我是一个喜欢出去玩的人……待在家里不跟别人见面真的很令我感到沮丧。”

Social distancing

保持社会安全距离

All around the city, a marketing campaign urges people to take part in a two-week social distancing effort to halt the spread of the virus.

一场敦促整个城市参与为期两周的保持社交安全距离的营销战略试图努力阻力病毒的传播。

“Hold on! Let’s Take a Break From Social Life,” one sign at a bus stop reads.

一个公交车站牌上写道: “坚持住!让我们从社交生活中解脱出来休息一下吧。”

Recommended steps include:

推荐的措施包括:

“Refrain from going outdoors and avoid physical contact with others.”

“不要出门，避免与他人进行身体接触。”

“Keep in touch with people by using social media measures instead of meeting them personally.”

“通过社交媒体与他人保持联系，避免当面接触。”

“Keep your personal hygiene by washing your hands and wearing a mask at all times.”

“勤洗手，一直佩戴口罩，保持个人卫生。”

Such policies are not officially required, unlike in China, which forcibly locked down tens of millions of people to contain the spread.

与中国不同的是，韩国这些政策并不是官方要求的。中国为了遏制疫情蔓延，强制封锁了数千万人。

Mental health impact

对心理健康的影响

However, being separated this way could affect people emotionally and physically, public health experts warn.

然而公共卫生专家警告称，以这种方式隔离可能会影响人们的心理和生理健康。

Jung Doo-young is with the UNIST Healthcare Center in Ulsan, about 300 kilometers from Seoul. Jung said, “If people are not active while staying inside, the body’s natural rhythms could become disrupted.”

郑斗英就职于距离首尔约300公里的韩国蔚山国家科学技术研究所的医疗中心。他说:“如果人们在室内不活动，身体的自然节奏就会被打乱。”

The effects could be worse for people with existing mental health issues, such as anxiety or depression, said Kim Yoon-seok of Seoul’s Margeun mental health treatment center.

首尔玛尔根精神健康治疗中心的金允锡表示，对于存在焦虑或抑郁等心理健康问题的人来说，这种影响可能会更严重。

To help deal with possible problems, Seoul has set up a COVID-19 support group. COVID-19 describes the disease resulting from the virus. The group offers advice and information for dealing with coronavirus-related stress.

为了帮忙解决可能出现的问题，首尔成立了一个COVID-19支援小组。COVID-19是指由病毒引起的疾病。该组织为人们提供建议和指导信息，帮助人们应对来自冠状病毒相关的压力。

I’m Ashley Thompson.

阿什利·汤普森报道。

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