

# HUMAN VIRUSES AND EPIDEMICS DISASTER RESPONSE TEMPLATE

## **Background 背景:**

Infectious diseases, also referred to as communicable diseases, contagious diseases or transmissible diseases which, are caused by viruses may lead to outbreaks and epidemics that can cause overcrowded hospitals, a high number of deaths, illnesses, and a break in the everyday services we are accustomed to. Viruses are spread through physical contact, contaminated food, body fluids, objects, airborne inhalation, or through vector organisms such as mosquitoes. Infectious diseases that are especially infective are sometimes called contagious and can be easily transmitted by contact with an ill person or their secretions. Viruses can be spread throughout a small region (epidemic) or it can be a wide-spread outbreak (pandemic).

传染病，也被称为传染性疾病，是由病毒引起的传染病，可导致疾病暴发和流行，导致医院人满为患，死亡人数和疾病增加，并且妨碍我们的日常生活。病毒通过身体接触，被污染的食物，体液，空气，或通过病媒生物（如蚊子）传播。有时也被称为是传染病，尤其是感染传染性，可以很容易地通过接触生病的人或他们的分泌物传播。病毒可波及整个小地区（疫情）或广泛的暴发（大流行）。

## **Prevent the Spread of Infectious Diseases: 防止传染病蔓延:**

- ☐ Wash your hands frequently with soap and water or use an alcohol-based (60-95%) hand sanitizer.
- ☐ 经常用肥皂和水洗手，或使用含酒精的（60-95%）洗手液。
- ☐ Cover coughs and sneezes with tissues.
- ☐ 咳嗽和打喷嚏时用纸巾覆盖。
- ☐ Stay away from others as much as possible if they are sick.
- ☐ 远离病人。
- ☐ Stay home from work and school if you are sick.
- ☐ 如果您生病了，请在家休息，远离公共场所（工作和学校）。

## **Preparing for Long Term Impact of Infectious Diseases: 为传染病的长期影响做准备**



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- ☐ Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines and vitamins.
- ☐ 随身携带任何非处方药和其他卫生用品，包括止痛药，胃药，咳嗽和感冒药以及维生素。
- ☐ Transportation services may be disrupted or unavailable. Plan to take fewer trips and store essential supplies.
- ☐ 运输服务可能会中断或无法使用。因此，请计划减少旅行并储存必备用品。
- ☐ Store a two weeks supply of non-perishable food and fresh water for emergencies.
- ☐ 存放两个星期的非易腐食品和淡水，以防不测。
- ☐ Discuss telecommuting possibilities with your employer.
- ☐ 与您的雇主讨论通勤的可能性。
- ☐ Plan for possible loss of income if you are unable to work or the company you work for temporarily closes.
- ☐ 如果您无法工作或您工作的公司暂时关闭，计划可能损失的收入。
- ☐ Be prepared for schools to close in order to limit the spread of the disease and to help prevent others from becoming sick.
- ☐ 学校有可能会关门，以限制该疾病的传播并帮助防止他人患病。
- ☐ Plan home learning activities and exercises that your children can do at home. Have learning materials, such as books, school supplies and educational computer activities and movies on hand.
- ☐ 计划您的孩子可以在家里可做的家庭学习活动和练习。备好学习材料，如书籍，学习用品和电脑教育活动和影碟。
- ☐ Stay tuned to the radio or television for updates and recommendations.
- ☐ 敬请期待更新和建议（收音机或电视）。



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