

汕 头 市 外 事 局

致在汕外籍人士的一封公开信

针对新型冠状病毒感染的肺炎疫情，广东省于1月23日启动了突发公共卫生事件一级应急响应，汕头市政府高度重视，统一部署，各项疫情防控工作有序展开。在此，我们向在汕的各位外籍人士提出如下倡议：

一、关注权威信息。建议外籍人士关注“健康汕头”微信公众号和市卫生健康局官网（<https://www.shantou.gov.cn/wjj>），或我市疫情防控指挥部信息发布会发布信息。

二、加强自我防护。保持良好的卫生习惯，注意手卫生，勤洗手。咳嗽、打喷嚏时务必使用纸巾或肘部捂住口鼻，不随地吐痰，废弃口罩按规定规范投放。适当开窗通风，注意保持室内环境卫生。避免接触任何野生动物或禽类动物，肉类和蛋类请彻底煮熟后食用。

三、尽量减少外出。尽量避免前往人员密集的场所，尽量减少聚会聚餐等集体活动。若必须前往，请正确佩戴口罩，首选医用外科口罩。若出现发热、咳嗽、胸闷、乏力等症状，须佩戴口罩到我市定点医疗机构就诊。

四、参与联防联控。如果您近期曾到访过疫情高发地区，或接触过疫情高发地区的来汕人员，要密切关注自身的身体状况，尽量居家休息，减少外出，并应当及时向当地疾病预防控制机构或指定部门报告。如果有政府、社区工作人员、医务人员询问您的情况，请您积极配合他们的工作。

汕头市外事局
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（联系人：朱芸芸，手机：13829501455，邮箱：jdkstwq@126.com）

A Letter to All Foreign Friends in Shantou

To the outbreak of pneumonia caused by the novel coronavirus (2019-nCoV), Guangdong Province has activated level I public health emergency response since 23rd January. Attaching paramount importance to the situation, Shantou Municipal Government has made unified deployment of resources and is conducting prevention and control work in a scientific and orderly way. Hereby we recommend following practices to all foreign friends in Shantou:

I. Follow official information release. Follow official wechat account “jianshangshantou” and the official website of Shantou Municipal Health Bureau (<https://www.shantou.gov.cn/wjj>), or pay attention to the news release meeting convened by Shantou Coronavirus Prevention and Control Headquarter.

II. Strengthen prevention and self-protection. Keep good hygiene by washing hands often with soap or alcohol-based sanitizer. Cover cough or sneeze with a tissue or with flexed elbow. No spitting. Dump used masks according to regulations. Keep proper ventilation and rooms clean. Avoid close contact with any wild animals or birds. Eggs and meat must be thoroughly cooked before consumption.

III. Minimize outdoor activities. Avoid crowded places, parties and group activities. Correctly wear a mask(best surgical mask) if you have to go and attend one. If you have mild to severe respiratory symptoms of fever, cough, breathing difficulty or fatigue, please go to a designated hospital with a mask on.

IV. Join in mass prevention and control efforts. If you have visited the infected area, or contacted with people who are from the epidemic area, please closely observe your health condition, stay at home and timely report to local Disease Control authorities or designated departments. Please cooperate with government or community personnel or medical staff if they inquire about your condition.

Shantou Foreign Affairs Bureau
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(Contact person: Estella Zhu, Cellphone: 13829501455, Email: jdkstwq@126.com)