

Interim Guidance for Preventing 2019 Novel Coronavirus (2019-nCoV) from Spreading to Others in Homes and Communities

预防 2019 年新型冠状病毒 (2019-nCoV) 传播给家庭和社区中其他人的暂行指南

<https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html>

This interim guidance is based on what is currently known about 2019 novel coronavirus (2019-nCoV) and transmission of other viral respiratory infections. Chinese Center for Disease Control and Prevention (China CDC) will update this interim guidance as needed and as additional information becomes available.

本暂行指南基于目前已知的有关 2019 年新型冠状病毒 (2019-nCoV) 和其他病毒的呼吸道感染传播情况。中国疾病预防控制中心 (中国 CDC) 将根据需要并在获得更多信息时, 更新此暂行指南。

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. Rarely, animal coronaviruses can evolve and infect people and then spread between people such as has been seen

with [MERS](#) and [SARS](#). The potential for human-to-human transmission of 2019-nCoV is unknown. The following interim guidance may help prevent this virus from spreading among people in homes and in communities.

冠状病毒是一大类病毒，其中一些会导致人类患病，而另一些会在动物（包括骆驼、猫和蝙蝠）之间传播。在罕见情况下，动物冠状病毒能进化并感染人类，然后在人群中传播，例如在[中东呼吸综合症 \(MERS\)](#) 和[严重急性呼吸道症候群 \(SARS\)](#) 中所见到的情况。2019-nCoV 的人传人可能性尚不明确。以下暂行指南可能有助于预防这种病毒在家庭和社区的人群中传播。

This interim guidance is for:

此暂行指南适用于以下情况：

- 1. [people confirmed to have 2019-nCoV infection](#), who do not need to be hospitalized and who can receive care at home
- 1. [患者已确诊患有 2019-nCoV 感染](#)，但无需住院治疗，并且可以在家中接受治疗。

- 2.people being evaluated by a healthcare provider for 2019-nCoV infection, who do not need to be hospitalized and who can receive care at home
- 2.患者正在接受由医务人员进行的 2019-nCoV 感染评估，其无需住院治疗并且能在家中接受治疗。
- 3.caregivers and household members of a person confirmed to have, or being evaluated for, 2019-nCoV infection
- 3.已确诊患有 2019-nCoV 感染或正在接受 2019-nCoV 感染评估的患者的照护者和家庭成员。
- 4.other people who have had close contact with a person confirmed to have, or being evaluated for, 2019-nCoV infection
- 4.与已确诊患有 2019-nCoV 感染或正在接受 2019-nCoV 感染评估的患者有密切接触的其他人。
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Prevention Steps for People Confirmed to Have, or Being Evaluated for 2019-nCoV Infection Who Receive Care at Home

已确诊患有 2019-nCoV 感染或正在接受 2019-nCoV 感染评估的患者在家中接受治疗的预防措施.

Your doctors and public health staff will evaluate whether you can be cared for at home. If it is determined that you can be isolated at home, you will be monitored by staff from your local health department. You should follow the prevention steps below until a healthcare provider or local health department says you can return to your normal activities.

您的医生和公共卫生工作人员将评估您是否可以在家中进行治疗。如果确定您可以在家中隔离，您将由社区卫生部门的工作人员监测。您应该遵循以下预防措施，直到医务人员或社区卫生部门告知您可以恢复正常活动。

Stay home except to get medical care

除了进行诊疗护理之外，请留在家里。

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.

除了进行诊疗护理之外，您应该限制出门活动。不要上班、上学或前往公共场所，也不要使用公共交通工具或出租车。

Separate yourself from other people in your home

将您自己与您家中的其他人隔离

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.

您应尽可能与家中的其他人待在不同的房间里。此外，您应使用单独的洗手间（如有）。

Call ahead before visiting your doctor

前往就诊之前，请先打电话联系您的医生

Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

在您预约就诊之前，请致电医务人员并告诉他们您患有 2019-nCoV 感染或疑似 2019-nCoV 感染。这将有助于医务人员的诊所采取措施，以免其他人受到感染。

Wear a facemask

戴口罩

You must wear a facemask when you are in the same room with other people, when you visit a healthcare provider and the public areas..If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

当您与其他人在同一房间时，您到医务人员处就诊以及在公共场所时，您应该戴上口罩。如果您不能佩戴口罩，那与您同住的人在与您处于同一个房间时，应戴口罩。

Cover your coughs and sneezes

遮挡咳嗽和喷嚏

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.

当您咳嗽或打喷嚏时，应用纸巾遮挡口和鼻，或在咳嗽或打喷嚏时用您的袖子遮挡。将用过的纸巾扔到有塑料袋的垃圾桶中，然后立即用肥皂和水洗手至少 20 秒。

Wash your hands

洗手

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

经常用肥皂和水彻底清洗您的双手至少 20 秒。如果没有肥皂和水，并且您的手没有明显变脏，则可以使用含酒精的手部消毒液。避免用未清洗的手触碰您的眼睛、鼻子和嘴巴。

Avoid sharing household items

避免共用家居用品

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home.

After using these items, you should wash them thoroughly with soap and water.

您不应与家里的其他人共用碗碟、饮水杯、杯子、餐具、毛巾、床上用品或其他物品。使用这些物品后，应用肥皂和水对其进行彻底清洗。

Monitor your symptoms

监测您的症状

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected. Ask your healthcare provider to call the local health department.

如果您的病情恶化（例如呼吸困难），请立即就医。在您就诊之前，请致电医务人员并告诉他们您患有 2019-nCoV 感染或疑似 2019-nCoV 感染。这将有助于医务人员的诊所采取措施，以免其他人受到感染。要求您的医务人员致电当地卫生防疫部门。

Prevention Steps for Caregivers and Household Members

照护者和家庭成员的预防措施

If you live with, or provide care at home for, a person confirmed to have, or being evaluated for, 2019-nCoV infection, you should:

如果您与已确诊患有 2019-nCoV 感染的患者或疑似 2019-nCoV 感染的患者同住或在家里为其提供照护，则应：

- Make sure that you understand and can help the person follow the healthcare provider’s instructions for medication and care. You should help the person with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- 确保您了解并可帮助患者遵循医务人员的药物和治疗指示。您应该帮助患者获得居家基本需求，并在购买杂货、处方药和其他个人需求方面提供支持。
- Have only people in the home who are essential for providing care for the person.
- 家里只需留下为患者提供必需的照护的人。
 - Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the person as much as possible. Use a separate bathroom, if available.

- 其他家庭成员应留在其他的住所或居住地。如果无法做到这一点，则他们应该留在另一个房间，或者尽可能与患者隔离。如果可以，应使用单独的洗手间。
- Restrict visitors who do not have an essential need to be in the home.
- 限制没有必要的客人到家里来。
- Keep elderly people and those who have compromised immune systems or chronic health conditions away from the person. This includes people with chronic heart, lung or kidney conditions, and diabetes.
- 避免老年人和免疫系统受损或有慢性健康疾病的人员接近患者。这些人员包括患慢性心脏病、肺病或肾脏疾病、及糖尿病的患者。
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- 确保家里的共用空间通风良好，例如使用空调或在天气允许的情况下，打开窗户。

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 经常用肥皂和水彻底清洗您的双手至少 20 秒。如果没有肥皂和水，并且您的手没有明显变脏，则可以使用含酒精的手部消毒液。避免用未清洗的手触碰您的眼睛、鼻子和嘴巴。
- Wear a disposable facemask, gown, and gloves when you touch or have contact with the person's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.
- 触摸或接触患者的血液、体液和/或分泌物（如汗液、唾液、痰液、鼻粘液、呕吐物、尿液或腹泻物）时，请戴一次性口罩、防护服和手套。
 - Throw out disposable facemasks, gowns, and gloves after using them. Do not reuse.
 - 在使用后，丢弃一次性口罩、防护服和手套。请勿重复使用。

- Wash your hands immediately after removing your facemask, gown, and gloves.
 - 脱下口罩、防护服和手套后应立即洗手。
- Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is confirmed to have, or being evaluated for, 2019-nCoV infection. After the person uses these items, you should wash them thoroughly (see below “Wash laundry thoroughly”).
- 避免共用家居用品。您不应与已确诊患有 2019-nCoV 感染或疑似 2019-nCoV 感染的患者共用碗碟、饮水杯、杯子、餐具、毛巾、床上用品或其他物品。在患者使用这些物品后，应对其进行彻底清洗（请参阅下文“彻底清洗衣物”）。
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

- 每天清洁所有“高频接触”的物体表面，如柜台、桌面、门把手、洗手间固定装置、厕所、手机、键盘、平板电脑和床旁桌子。另外，清洁可能带血、体液和/或分泌物或排泄物的任何表面。
 - Read label of cleaning products and follow recommendations provided on product labels. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product.
 - 阅读清洁产品的标签，并遵循产品标签上提供的建议。标签中包含了安全有效使用清洁产品的说明，包括您在使用产品时应采取的预防措施，例如佩戴手套或围裙，以及确保在使用产品期间通气良好。
 - Use a diluted bleach solution or a household disinfectant . To make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add $\frac{1}{4}$ cup of bleach to 1 gallon (16 cups) of water.

- 使用稀释的漂白液或家用消毒剂。在家中配制漂白液时,应将 1 汤匙漂白剂加入到 1 夸脱(4 杯)水中。如需更多漂白液,可将 ¼ 杯漂白剂加入到 1 加仑 (16 杯) 水中。
- Wash laundry thoroughly.
- 彻底清洗衣物。
 - Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
 - 立即取下并洗涤带血液、体液和/或分泌物或排泄物的衣物或床上用品。
 - Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves.
 - 处理污染物品时,应佩戴一次性手套。脱下手套后应立即洗手。
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry

with the warmest temperatures recommended on the clothing label.

- 阅读并遵循洗衣或衣物标签和清洁剂标签上的指示。一般情况下，采用衣物标签上推荐的最高温度来洗涤和干燥衣物。
- Place all used disposable gloves, gowns, facemasks, and other contaminated items in a lined container before disposing them with other household waste. Wash your hands immediately after handling these items.
- 将所有使用过的一次性手套、防护服、口罩和其他污染物品放入带有塑料袋的容器中，然后再将其放入其他居家垃圾中。处理这些物品后应立即洗手。
- Monitor the person's symptoms. If they are getting sicker, call his or her medical provider and tell them that the person has, or is being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected. Ask the healthcare provider to call the local health department.
- 监测患者的症状。如果患者的病情更加严重，请致电他们的医务人员并告诉他们患者患有 2019-nCoV 感染或

疑似 2019-nCoV 感染。这将有助于医务人员的诊所采取措施，以免其他人受到感染。要求医务人员致电当地卫生防疫部门。

- Caregivers and household members who do not follow precautions when in close contact with a person who is confirmed to have, or being evaluated for, 2019-nCoV infection, are considered “close contacts” and should monitor their health. Follow the prevention steps for [close contacts](#) below.
- 照护者和家庭成员在密切接触已确诊患有 2019-nCoV 感染或疑似 2019-nCoV 感染的患者时，如未遵守预防措施，则被视为“密切接触者”，应监测其健康状况。遵循下文中针对[密切接触者](#)的预防措施。
- Discuss any additional questions with your local health department.
- 与您所在当地卫生部门讨论任何其他问题。

Prevention Steps for Close Contacts

密切接触者的预防措施

If you have had close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection, you should:

如果您与已确诊患有 2019-nCoV 感染或疑似 2019-nCoV 感染的患者有密切接触，您应：

- Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person. Watch for these signs and symptoms:
 - 从您第一次与患者密切接触之日开始监测您的健康状况，并在您最后一次与患者密切接触后继续监测您的健康状况 14 天。观察以下这些体征和症状：
 - Fever. Take your temperature twice a day.
 - 发烧。每天两次测量您的体温。
 - Coughing.
 - 咳嗽。
 - Shortness of breath or difficulty breathing.
 - 呼吸短促或呼吸困难。

- Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
 - 其他需要注意的早期症状包括畏寒、身体疼痛、咽喉痛、头痛、腹泻、恶心/呕吐和流鼻涕。
- If you develop fever or any of these symptoms, call your healthcare provider right away.
- 如果您出现发热或任何这些症状，请立即致电您的医务人员。
- **Before** going to your medical appointment, be sure to tell your healthcare provider about your close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection. This will helpcc take steps to keep other people from getting infected. Ask your healthcare provider to call the local health department.
- 在您就诊之前，请务必告诉您的医务人员您与已确诊患有 2019-nCoV 感染或疑似 2019-nCoV 感染的患者有密切接触。这将有助于医务人员的诊所采取措施，以免其他人受到感染。要求您的医务人员致电当地卫生防疫部门。

- If you do not have any symptoms, you can continue with your daily activities with your facemask , such as going to work, school, or other public areas.
- 如果您没有任何症状,您可以戴上口罩继续进行日常活动,如上班、上学或前往其他公共场所。

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