

Dear Brothers and Sisters,

Due to the recent outbreak of coronavirus in Wuhan, China, and its spreading to the United States and around the world and as a tangible way to love one another, we would like to make the following appeal:

1. Please pray for the quick recovery of those individuals who are sick and ask for God's protection for the front-line medical staff. Pray that the condition can be retained and won't spread anymore.
2. We highly recommend that if you have family members recently visiting or returning from any affected area with recent coronavirus outbreaks, please have your whole family self-quarantine at home for two weeks (incubation period is six to fourteen days) before coming back to church.
3. Please use our facility's hand sanitizer to wipe hands. These are located by the entrance and in the restrooms. Make sure to take care of your own personal hygiene by washing hands with soap often. Please also avoid shaking hands.
4. Make sure that you get enough rest. Please avoid crowded places and nonessential travel.
5. It is still flu season and if you have any fever, sore throat, vomiting and diarrhea symptoms, please rest at home until you are fever/sickness-free for 24 hours without medication. Please see the link for CDC guidance as your reference about the coronavirus :

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

Please see the FISS and CDC links for flu information:

<http://schools.friscoisd.org/docs/default-source/high-schools-centennial/flu-guide-for-parents.pdf>

親愛的弟兄姊妹，

鑒於最近新型冠狀病毒疫情轉趨嚴重，並開始影響美國社區及世界各地，我們本於愛心，作出以下呼籲：

1. 請為疫區的病人禱告，也求神保守前線醫護人員。疫情能夠得到控制，不再漫延。
2. 我們強烈建議您，若家中最近有家人或留宿訪客從疫情爆發地區回來，請您們全家人先在家中自我隔離觀察兩周（潛伏期為 6 到 14 天）才回來教會。
3. 教會多處備有消毒洗手液，諸如大門入口處及洗手間，請多多使用。並請注意自己的個人衛生，時常用肥皂洗手。請避免互相握手。
4. 請注意休息，並避免到人多的地方。避免不必要的旅遊。
- 5 現在仍處於流感高峰期，若你有發燒、喉嚨痛、嘔吐或肚瀉的症狀，請在家裏休息，直到二十四小時內沒有使用藥物，並完全沒有病徵才可出門。

請參閱疾病防禦中心（CDC）對新型冠狀病毒的指南：

<https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread-chinese.html?from=timeline&isappinstalled=0>

請閱讀以下費斯可校區及 CDC 網址關於流感的消息：

https://www.cdc.gov/flu/pdf/protect/chi/covercough_school8-5x11-chinese.pdf