



嗽、打喷嚏时务必使用纸巾或肘部捂住口鼻,勤洗手。保持良好的饮食习惯,在家就餐,肉类和蛋类要彻底烧熟煮透。避免接触任何野生动物和禽类动物。

**I. Please take adequate protection measures.** Open your windows regularly to ensure good ventilation. Do not go to confined spaces and avoid large crowds. Wear a face mask properly when going out. Keep good hygiene practices. Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Wash your hands frequently and thoroughly. Maintain healthy dining habits. Eat at home and cook meat and eggs thoroughly. Avoid contact with wild animals or livestock.

二、关注权威信息。请关注宁夏回族自治区卫健委官方网站 ([wsjkw.nx.gov.cn](http://wsjkw.nx.gov.cn))、“宁夏回族自治区卫生健康委员会”微信公众号和“宁夏 12320 卫生热线”微博,获取宁夏新型冠状病毒感染的肺炎疫情官方权威信息,了解宁夏各地救治定点医院信息和联系方式、有关疫情防控措施及重要通知通告等,也可致电宁夏卫生热线(0951)12320,了解相关信息。

**II. Please follow official release.** Visit the website of Ningxia Health Commission ([wsjkw.nx.gov.cn](http://wsjkw.nx.gov.cn)), follow the Wechat account of Ningxia Health Commission (宁夏回族自治区卫生健康委员会) and the weibo account of Ningxia 12320 health hotline (宁夏 12320 卫生热线) or call Ningxia health

hotline 0951-12320 to keep track of the latest official release on the coronavirus outbreak in Ningxia. You will also find them helpful in getting the contact information of designated hospitals and medical institutions in Ningxia, prevention and control measures, important notices, etc.

三、参与群防群控。近期如果您到访过疫情高发地区，接触或间接接触过疫情高发地区的来宁人员，请第一时间向当地疾控机构或指定部门报告，居家隔离并密切关注自己身体状况，如若出现发热、咳嗽、胸闷、乏力等症状，第一时间佩戴医用防护口罩到自治区各地定点医疗机构就诊。如有社区工作人员或医务人员询问您的情况，请您积极配合他们的工作。如接到疾控部门要求您居家医学观察的通知，不要恐慌，不要随便外出，定期接受随访。

**III. Please join hands to curb the epidemic.** If you have visited areas with the novel coronavirus outbreak or had direct or indirect contact with people who came to Ningxia from those areas lately, please report to Ningxia's disease control departments or other designated departments immediately and stay at home. In case of symptoms such as fever, cough, chest tightness and fatigue, wear a surgical mask and go to designated hospitals immediately. Please cooperate with community workers or medical staff when they inquire you about your condition. If you are asked to stay at home for medical observation by the disease control department, please do not panic and do not

go outside, instead, prepare for regular visits by medical staff.

四、定点医疗机构。当您需要时，可选择到以下四家医院就诊：宁夏医科大学总医院（银川市兴庆区胜利南街 804 号，咨询电话：0951-6474371）、自治区人民医院（银川市金凤区正源北街 301 号，咨询电话：0951-5920292）、自治区第四人民医院（银川市西夏区北京西路 725 号，咨询电话：0951-2028442）和银川市第一人民医院（银川市兴庆区利群南街 2 号，咨询电话：0951-6997013）

**IV. Designated hospitals.** Please go to the following hospitals if you are in need.

**General Hospital of Ningxia Medical University**

Addr.: No. 804, Shengli South Street, Xingqing District, Yinchuan

Tel.: 0951-6474371

**People's Hospital of Ningxia Hui Autonomous Region**

Addr.: No. 301, Zhengyuan North Street, Jinfeng District, Yinchuan

Tel.: 0951-5920292

**The Fourth People's Hospital of Ningxia Hui Autonomous Region**

Addr.: No. 725, Beijing West Road, Xixia District, Yinchuan

Tel.: 0951-2028442

**The First People's Hospital of Yinchuan City**

Addr.: No. 2, Liqun South Street, Xingqing District, Yinchuan

Tel.: 0951-6997013

面对疫情，只要坚定信心、同舟共济、科学防治、精准施策，我们就一定能够打赢这场防疫之战。有了您的理解和支持，我们将更加有信心早日战胜疫情，祝您在宁平安健康！

We are convinced that we will win the battle against the contagion as long as we stay calm and confident, make concerted efforts and take sound and targeted measures for prevention and control. Your kind understanding and support will be appreciated. Wish you a good health and pleasant stay in Ningxia.

宁夏回族自治区人民政府外事办公室

Foreign Affairs Office of

The People's Government of

Ningxia Hui Autonomous Region

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