

# Healthy Babies Healthy Futures Asian Programme Newsletter

## 华社服“健康宝宝，快乐家庭”信息简报

### Covid-19 information (Chinese)

#### 齐心协力，延缓病毒传播

团结一致，采取一些简单的措施我们可以共同对抗疫情，减缓病毒传播。每个人都不能置身事外。本信息单包含您所需要的关键信息，包括可以得到哪些帮助。

#### 什么是 COVID-19?

COVID-19 是一种会感染肺部和呼吸道的新型病毒。它是由一种冠状病毒引起的。您可以采取一些简单的措施保护自己和家人。

症状是什么?

- 发烧 (至少 38°C)
- 咳嗽
- 呼吸困难

出现这些症状并不意味着您一定感染了 COVID-19。这些症状跟其他一些更为普通的疾病相似，比如感冒和流感。

如果您有这些症状 去看家庭医生前，先打电话给他们。如果您没有家庭医生，请拨打免费健康热线 **0800 358 5453**

#### 勤洗手

洗手能破坏病毒的保护膜从而杀死它们。如果您的手不干净，请不要触碰眼睛、鼻子和嘴巴。

如何正确地洗手

- 第一步：用流水打湿手
- 第二步：整个手部涂抹足量的肥皂
- 第三步：揉搓整个手部（包括手背、指缝和指甲下）至少 20 秒
- 第四步：用流水彻底冲洗干净
- 第五步：用干净的毛巾、一次性毛（纸）巾或干手机擦（吹）干手。

什么时候应该洗手?

勤洗手，尤其是：

- 在摸鼻子、咳嗽或打喷嚏之后
- 去过公共场所之后，包括公共交通、市场和宗教场所
- 触碰家以外的物体表面之后
- 拿过钱之后
- 在照顾老弱病人之前、之中或之后
- 进餐前后

以下情形，一定要洗手

- 如厕后
- 进餐前后
- 处理完垃圾后
- 触摸了动物和宠物后
- 换尿布或帮儿童如厕后
- 当您的手看得出很脏时

朝手肘内侧咳嗽或打喷嚏

咳嗽或打喷嚏时用手肘遮挡可以阻挡飞沫，这样病毒无法附着到手部，可以避免您将病毒传染给别人，从而让他们也生病。

#### COVID-19 是如何传播的?

COVID-19 就像流感一样会人传人。科学证据证实了 COVID-19 通过飞沫传播。当被感染者咳嗽、打喷嚏或者说话时，都会喷出含有病毒的飞沫。这些飞沫很大，无法长时间在空气中停留，因此会很快地落在周围物体的表面上。

如果有人接触这些表面或物体后触碰自己的嘴巴、鼻子和眼睛，那么他们就可能被病毒感染。

这就是为什么保持卫生至关重要——经常洗手并彻底擦干，朝手肘内侧咳嗽或打喷嚏。

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#### Give us a call...

For Chinese & Japanese:  
**Fangfang Chen**



021-760121

wechat: fangfangnz

For Korean:



**Maya Park**

09-5709099

#### 心理健康

铺天盖地的有关 COVID-19 的媒体报道和公众讨论可能会影响到您。感到紧张和焦虑都很正常。

尽可能地花时间在让您感到安全和舒适的地方。联系您通常的支持人（如家人、朋友和同事）。保持有规律的作息，如按时吃饭、睡觉以及锻炼身体。告诉您自己您的感觉是正常反应，一切都会过去。

由于悲伤、焦虑、紧张或心理健康问题需要寻求支持，请拨打或发短信至 **1737**（“需要倾诉吗？”免费热线），每周 7 天每天 24 小时，这里有受过培训的咨询人员与您倾谈。

其他帮助与协助

如果您不确定可以向谁求助或者需要更多信息，请拨打免费的政府帮助热线 **0800 779 997**（早上 8 点到深夜 1 点，每周 7 天）。



如果您在 lockdown 的时期里，因为金钱的紧张而缺乏食物，请联系以下机构申请食物包裹：

- **Auckland City Mission Foodbank** - If you need a food parcel call ACM 09 303 9266 and speak to the Crisis Care team. You will then be given a time to collect from ACM distribution centre at 15 Auburn Street, off Boston road in Grafton. Everyone must take ID with them.
- **Salvation army food parcels** - Contact the Mt Wellington Salvation Army Community Ministry 09 379 7615 – or their local Salvation Army Community Ministry (ring 0800 53 00 00 to find your local ministry). You will be given a time to collect your food parcel.
- **Presbyterian Support Northern** - Call 09 309 2054 to arrange a pick up at 8 Madeira Lane, Grafton. Strictly no walk-ins and collections are strictly between 11-12am Mon-Fri.
- **St Vincent De Paul in Newton Branch** – Call 09 815 6122 or email – Auckland@stvincies.co.nz and they can deliver a food parcel.
- **Nga Whare Waatea Marae** - Open Mon-Fri, 10am-2pm. Head to the Marae at 31 Calthorp Close, Mangere with ID. Wait in car and staff will get to each person one at a time, asking relevant questions as needed.
- **Papakura Marae Foodbank** - Open Mon-Fri 10am-2.30pm, 09 297 2036. Please phone to request a food parcel, someone will ring you back to do a phone interview, then food will be delivered. Only deliveries to Papakura and Manurewa areas currently.
- **Orakei Foodbank** - Call 521 5712 and leave message on voicemail with details of how many in family etc. Parcels are only delivered on Tuesdays and Fridays to Orakei, Kohi and Mission Bay.
- **St Marks Church in Pakuranga** are still open but only focusing on those in Pakuranga . You can contact them directly via their contact page on their website or emailing stmarks@xtra.co.nz
- **Hills Church on Hillsborough Road** can be emailed at office@hillschurch.nz Please provide details on your needs and they will do their best to provide a food parcel. Hills Church has also offered to go shopping for those that cannot leave home due to self-isolation if needed.

HBHF Online Course ( 孕妇营养课和新手妈妈支持课 ) becomes available, for more information Please contact Fangfang 021-760121 or wechat fangfangnz.

### Our achievements:

223 people joined our free **TextMATCH** service with NIHI

129 mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

### Join our free TextMATCH programme

TextMATCH is a FREE text message programme providing information and support around nutrition and physical activity during pregnancy and the first 2 years of a child's life delivered based on gestational age or child's age. TextMATCH is part of the Healthy Babies Healthy Futures (HBHF) programme. It is available to Maori, Pacific, Asian and South Asian people living in ADHB or WDHB districts.

