

North Toronto Chinese Baptist Church (NTCBC)
Communication Bulletin on COVID-19

Mar 11, 2020

多倫多北區華人浸信會 (北浸)

關於新型冠狀病毒 (COVID-19) 的通告

2020年3月11日

NTCBC is taking an informed and cautious approach to COVID-19. The recommendations in this Bulletin are relevant to meetings held in our church building. However, brothers and sisters can use the information here as a guidance for holding off-site meetings such as your home.

NTCBC has a Committee looking at COVID-19 preparedness and response. We also have brothers and sisters working in the medical field who are providing advice and feedback into our efforts. If you wish to provide information and/or questions regarding COVID-19 (e.g. to your small group, to a committee), please reach out to the Committee at covid19info@ntcbc.ca. You may also request a regular COVID-19 update from this email.

因應近期與新型冠狀病毒[世界衛生組織已將其命名為COVID-19]

(以下簡稱病毒)相關的新聞報導和公共衛生事件，多倫多北區華人浸信會現採取知情而謹慎的措施，呼籲和懇請會眾在公共場合採取負責任的安排和行為。本通告中的指引是應對我們教會內的聚會。但是，弟兄姊妹也可以將這些信息作為在其他場合 (例如您的家裡) 聚會的指引。

北浸已成立一個委員會去處理教會對新型冠狀病毒疫情之準備和應對。有任職醫療衛生專業的弟兄姊妹曾向教會提意見和對我們的措施加以回應。如有意見請電郵委員會(地址:covid19info@ntcbc.ca)。你也可以在這電郵要求更新有關資訊。

	Recommendations/Changes 措施方針	Additional Information and Guidance 附加信息和指引
1.	If you are not feeling well or having flu-like symptoms, please stay home until you are recovered. 如果您感覺不適或有類似流感症狀，則不應該來教會或參加任何教會組織的活動，直至完全康復。	Common symptoms of COVID-19 include: fever, new or worsening cough and new and worsening shortness of breath. Contact your family doctor or Telehealth Ontario 1-866-797-0000 (available 24 hours every day) for medical advice. 新型冠狀病毒的最常見症狀包括：發燒，新的或惡化的咳嗽和呼吸急促。您應該聯絡您的家庭醫生或聯絡安省24小時醫療服務電話熱線 (1-866-797-0000)尋求醫療幫助。
2.	If you have recently travelled out of	Current information from public health indicates

	<p>Canada or have close contact with such travellers or COVID-19 patients, we ask you to stay home for 14 days in consideration of other congregants' concern.</p> <p>如果您最近從外地旅遊回來，或與此類外遊人士或 COVID-19 病人有緊密接觸，請您考慮到其他會眾的關注，而留在家中自我監測 14 日。</p>	<p>that symptoms may present themselves up to 14 days after exposure to the COVID-19 virus.</p> <p>If you need help with groceries or other supplies while you are home, please reach out to our caring department at caringdept@ntcbc.ca. To accommodate those who are not able to attend worship service because of isolation, illness or church closure, the church will announce live worship streaming details shortly.</p> <p>加拿大公共衛生局的最新信息表明，症狀可能在接觸新型冠狀病毒後長達14天出現。</p> <p>如果你在家中隔離而需要購買雜貨、食物及其他物品，請以電郵聯絡教會的關顧部 (地址：caringdept@ntcbc.ca.)。</p> <p>教會正準備稍後於網絡上進行主日崇拜的即時視象廣播，方便留在家中或受隔離中的弟兄姊妹。</p>
3.	<p>Should you start coughing or develop symptoms while you are in church, you can get a mask from our office and go home at the first available opportunity.</p> <p>(If you have been coughing, please stay home as outlined in #1)</p> <p>如果您在教會裡開始咳嗽或出現症狀，可以從我們的辦公室領取口罩，並在條件允許下盡快回家。</p> <p>(如果您以往一直有咳嗽，則應按照第一條指引不要來教會)</p>	<p>Practice proper coughing and sneezing practices - cover your mouth and nose with your arm or tissue. Do not cough into your hands. If you cough into a tissue, throw it away as soon as possible and wash your hands afterwards.</p> <p>請練習以正確的方式咳嗽和打噴嚏 - 用手臂或紙巾遮住口鼻。不要咳嗽到你的手中。如果咳嗽到紙巾裡，請盡快將其丟棄，然後洗手。</p>
4.	<p>We discourage hand shaking in greeting each other in the church.</p> <p>我們不鼓勵在教會裡互相問安時握手。</p>	<p>Just send a gentle wave and smile to greet each other to eliminate any hand contact.</p> <p>只需輕輕的揮手和微笑來互相問安，以避免任何手部接觸。</p>
5.	<p>Wash your hands often. We have installed hand-sanitizers at all levels of our church building and washrooms. Make liberal use of hand-sanitizers at all times.</p> <p>To protect yourself and others from illness, please use the hand sanitizer on your way into and out of the church.</p>	<p>When washing hands, wash thoroughly, including between your fingers, under your fingernails and your wrists. Washing your hands is the most effective way to protect yourself. Keep your hands away from your face. We unconsciously touch our eyes and mouth with our hands many times a day.</p>

	<p>經常洗手。我們在教會的所有樓層和洗手間都備有消毒洗手液。請隨時自由使用。</p> <p>為保障自己或他人不受感染，請在進入或離開教會時用消毒洗手液清潔雙手。</p>	<p>洗手時，請徹底清洗，包括手指之間，指甲下和手腕。洗手是保護自己的最有效方法。保持雙手遠離臉部。每天我們都會多次不知不覺地用手觸摸眼睛和嘴。</p>
6.	<p>Wearing masks is at the discretion of the individual depending on one's comfort level. It may be a personal choice for those who do not want to get sick.</p> <p>是否戴口罩取決於個人的舒適程度，由個人決定。對於那些不想得病的人來說，這是一個個人的選擇。</p>	<p>Those who wear face masks should be aware of how to properly put on, take off and dispose of masks.</p> <p>戴口罩的人應注意如何正確戴上，脫下和處置口罩。</p>
7.	<p>Our church office administrative staff will wear masks on Sunday.</p> <p>我們教會辦公室的行政人員會在主日戴上口罩。</p>	<p>Our office staff come in contact with a lot of people both internal and external such as outside visitors. While we highly recommend them to wear masks for their protection, it is ultimately at their discretion to do so.</p> <p>我們的辦公室工作人員會與許多內部和外部人員（例如訪客）接觸。儘管我們強烈建議他們戴口罩以保護自己，但最後還是由他們自己決定是否戴上。</p>
8.	<p>The church will conduct the Lord's Table in a new arrangement to minimize the hand passing of the Holy Communion trays and plates amongst the congregants.</p> <p>暫時教會將以新的方式派發主餐，盡量減少聖餐托盤和盤子在會眾手中傳遞。</p>	<p>We ask that you avoid touching the deacons' hands by receiving the cup and bread with an open palm.</p> <p>為被免接觸執事的手，我們請您伸出手去接受杯和餅。</p>
9.	<p>We will not be passing offering bags during services. Offering will take place after service as ushers will hold the bags for you to give offering on your way out.</p> <p>我們不會再在崇拜中傳遞奉獻袋。在崇拜結束後，你可將奉獻放在司事手中的奉獻袋內。</p>	<p>The church is working on electronic means for you to do your offerings in the near future.</p> <p>教會現進行籌備在不久將來：會眾可以使用電子方式在網上奉獻。</p>
10.	<p>We would like to have a means to timely contact you re COVID-19 urgent matters. You can fill in a COVID-19 contact form in the office or email us at COVID19info@ntcbc.ca.</p>	<p>Emergency situations could be possible exposure to COVID-19 in the church, cancellation of worship services, etc. Your contact information will be kept confidential and only used for this situation. You only need to provide your information if you are not already</p>

	如你想在病毒緊急情況中收到及時的通知，請在教會辦公室填上病毒通知表或電郵教會(地址: COVID19info@ntcbc.ca)。	part of any communication medium via fellowship small groups e.g. WhatsApp, WeChat, email, etc. 緊急情況包括教會因受感染而停止崇拜。你的聯絡資料會受到保密。如果你已屬教會聯絡的群組(例如：WhatsApp，微信，電郵小組)，你就不需填寫通知表。
11	We are suspending meals or serving food and drink in the church effective immediately. 我們已立即暫停在教會中提供任何膳食、食物或飲料。	Individually packaged snacks will be made available in certain circumstances (e.g., for children). 在某些情況下(例如：兒童事工)，所派發的零食是每份有獨立包裝。
12	The church has enhanced cleaning and disinfection of commonly touched surfaces (e.g., handrails, door knobs, light switches). 教會會加強所有眾人可接觸的表面(例如：扶手，門把手，燈掣開關) 進行清潔及消毒。	We will continue to take additional measures to enhance the cleanliness in the church such as hands free faucets. 我們會繼續增加設施(例如：不需人手開關的水喉) 去提升教會的清潔及衛生。

We trust that God is in control during this challenging time. As brothers and sisters in Christ, we should all conduct ourselves in a prudent and caring manner towards others in dealing with the impending spread of novel coronavirus. As the Psalmist said, "My refuge and my fortress, My God, in whom I trust!".

我們相信在這個充滿挑戰的時刻神仍在掌管一切。在這時期，作為主內的弟兄姊妹，我們每個人都應以謹慎和關愛的方式對待他人。正如詩人所說：“他是我的避難所，是我的山寨，是我的神，是我所倚靠的。！”

Psalm 46:1-3

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change And though the mountains slip into the heart of the sea; Though its waters roar and foam, Though the mountains quake at its swelling pride.

诗篇 46 : 1-3

神是我們的避難所，是我們的力量，

是我們在患難中隨時的幫助。

所以，地雖改變，

山雖搖動到海心，

其中的水雖澎湃翻騰，
山雖因海漲而戰抖，
我們也不害怕。

Our church leadership is closely monitoring the COVID-19 development and will do our best to maintain our church a clean and safe meeting place. We ask you to partner with us. Leadership will provide updates as new information becomes available.

我們教會的領導層正在密切關注新型冠狀病毒 (COVID-19) 疫情的發展，並將盡我們最大的努力將我們的教會保持為一個清潔和安全的聚會場所。我們請您與我們一起合作。如果有來自可靠來源的新信息，領導層將會提供最新信息。

Please refer to the following websites for the latest information and updates:
請參考以下網站以獲取最新信息：

- Government of Canada Advisory 加拿大政府諮詢局
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- Public Health Agency of Canada 加拿大公共衛生局
<https://www.canada.ca/en/public-health.html>
- Ministry of Health (Ontario) 衛生廳 (安大略省)
<https://www.ontario.ca/page/wuhan-novel-coronavirus-COVID-19>
- Public Health Ontario 安大略省公共衛生
<https://www.publichealthontario.ca/>
- Toronto Public Health 多倫多公共衛生
<https://www.toronto.ca/coronavirus/>

Any questions, we encourage you to call Toronto Public Health at 416-338-7600
如有任何疑問，建議您致電416-338-7600給公共衛生部門。