

给全院师生的一封信

A letter to the whole College

云南农业大学国际学院全体师生All teachers and students of International College of Yunnan Agricultural University:

大家春节好! Happy Spring Festival!

当前全国各地发生新型冠状病毒感染的肺炎疫情, 疫情防控工作进入关键时期。党中央、国务院对此高度重视, 习近平总书记作出重要指示, 李克强总理作出批示, 云南省于1月24日启动重大突发公共卫生事件一级响应, 召开专题会议研究部署疫情防控工作, 目前全省各地的防控工作正有序展开。The outbreak of pneumonia caused by the new coronavirus infection has entered a critical period. The CPC Central Committee and the State Council attach great importance to this. General secretary Xi Jinping has given important instructions and premier Li Keqiang has given instructions.

学校高度重视全体师生的身体健康, 成立了防控新型冠状病毒感染的肺炎疫情工作领导小组, 全力推进学校疫情防控工作。为进一步强化宣传教育, 科学有效地抵御新型冠状病毒感染肺炎, 保障全体师生及家人的身体健康和生命安全, 学校提出以下建议: The school attaches great importance to the health of all teachers and students, and has set up a leading group for the prevention and control of pneumonia caused by the new coronavirus, to promote the prevention and co

ontrol of the school epidemic. In order to further strengthen publicity and education, scientifically and effectively resist the new coronavirus infection pneumonia, and ensure the health and safety of all teachers, students and their families, the school puts forward the following Suggestions:

一、从主流媒体学习、了解新型冠状病毒感染的肺炎相关知识和信息，不信谣、不传谣、不恐慌，科学防控。关注学校通过校园网、微信公众号、手机短信、微信群推送以及纸质公告等方式发布的有关疫情防控的通知、要求及相关知识，共同做好疫情防控工作Learn knowledge and information about pneumonia related to new coronavirus infection from mainstream media, do not believe rumors, do not spread rumors, do not panic, and conduct scientific prevention and control. Pay attention to the notices, requirements and related knowledge of epidemic prevention and control issued by the school through the campus network, WeChat public account, mobile phone SMS, WeChat group push and paper bulletin, etc., and work together to do a good job in epidemic prevention and control

二、尽量减少不必要的出行，尽量取消外出旅游、探亲等计划。外出时，科学佩戴口罩，尽量减少到封闭和空气流通差的公共场所，以及医院、车站、商场等人员密集场所。try to reduce unnecessary travel, try to cancel travel, visit relatives and other plans. When you go out, wear a mask, and try to reduce to closed and poorly ventilated publ

ic places, hospitals, stations, shopping malls and other crowded places.

三、勤洗手勤通风，注意个人防护，注意个人和环境卫生；不随地吐痰，打喷嚏或咳嗽时用纸巾或袖肘遮住口鼻，使用后的纸巾、口罩应包裹密闭后丢弃在有害垃圾箱内。Wash hands and ventilation frequently, pay attention to personal protection, and pay attention to personal and environmental hygiene; Do not spit, sneeze or cough with paper towels or elbow cover the mouth and nose, after use of paper towels, masks should be sealed and discarded in the hazardous garbage box.

四、假期期间合理作息，避免熬夜和过度疲劳，保证睡眠；清淡饮食，多喝水，多吃新鲜水果蔬菜；适度进行体育锻炼，增强身体体质。Reasonable rest during the holiday, avoid staying up late and excessive fatigue, ensure sleep; Eat a light diet, drink lots of water and eat fresh fruits and vegetables. Do moderate physical exercise to improve physical fitness.

五、避免接触野生动物，拒绝食用野生动物；减少接触活畜活禽；食物必须生熟分开并煮熟煮透。Avoid contact with wild animals and refuse to eat wild animals; Reduced exposure to live livestock and poultry; Food must be raw and cooked separately and thoroughly.

六、如出现发热、乏力、干咳等疑似症状时，及时到开设有发热门诊的公立医疗机构就诊，并主动告知医生疫区流动史或病例接触

史。如被疾控部门告知是密切接触者、疑似病例或确诊为新型冠状病毒感染的肺炎，请不要恐慌，积极配合做好排查、隔离和医治，并立即如实向学校报告感染或者是密切接触的情况。If fever, fatigue, dry cough and other suspected symptoms occur, go to the public medical institutions with fever outpatient service in a timely manner, and take the initiative to inform the doctors of the epidemic area's history of flow or contact with cases. If you are told by the department of disease control to be a close contact, suspected case or confirmed pneumonia with new coronavirus infection, please do not panic, actively cooperate with screening, isolation and treatment, and immediately report the infection or close contact to the school truthfully.

七、在家或者已经外出旅游度过寒假的同学，不提前返校。新学期返校后积极配合学校做好各项防治工作，及时、准确上报相关信息。Students who have spent the winter vacation at home or have been traveling will not return to school in advance. After the new semester back to school actively cooperate with the school to do a good job of prevention and treatment, timely and accurately report the relevant information.

我们坚信，在党中央的坚强领导下，在全国人民的共同努力下，我们万众一心、众志成城、群防群控，一定能够打赢这场疫情防控战。We firmly believe that under the strong leadership of the CPC Central Committee, we will work together with the whole nation

With one heart and one mind, we will be able to win this battle.

值此新春佳节之际，祝全体师生及家人身体健康、阖家幸福、万事如意。On the occasion of the Spring Festival, We wish all teachers, students and your families good health, happiness and good luck in everything.

云南农业大学国际学院

International College of Yunnan Agricultural University

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