

《关于新型冠状病毒的科普：传播篇》



Facts about the novel coronavirus

I. Transmission

一、传播篇

- The novel coronavirus might spread via digestive system**
Detection of the novel coronavirus RNA in feces raises alarm over whether virus can spread through fecal matter.
消化系统也可能有传播风险
部分检验者的粪便中已检测到病毒核酸，新型冠状病毒是否会通过粪口传播，值得高度警惕。
- No evidence of virus transmission through pets**
Currently there is no evidence that pets, such as cats and dogs, can contract or spread the novel coronavirus. However, for hygiene's sake people are encouraged to wash their hands with soap and water after contact with pets.
宠物是否可能传播
目前尚无证据显示宠物会传播新型冠状病毒，但卫生角度考虑，与宠物接触后，应用肥皂和水洗手。
- The novel coronavirus can be transmitted by touch**
The main route of transmission of the novel coronavirus is via droplets, or physical contact. Chances of contamination are higher if people do not wash their hands after touching objects, as it's possible they could be infected by rubbing their eyes or scratching their nose and mouth. Children, the elderly and other people whose immunity is relatively weak can easily get infected this way. Disinfecting items and the environment, and washing hands properly, are important ways to avoid contact transmission.
病毒可以通过接触传播
新型冠状病毒主要传播途径是经过呼吸道飞沫传播，亦可通过接触传播。手接触的物品表面有病毒时，有可能通过手进入口腔、鼻腔、眼睛等黏膜。儿童、老人等抵抗力弱的人群，容易通过这种方式感染。对物品和环境消毒，正确洗手都是避免接触传播的途径。
- The novel coronavirus can survive up to five days in environments**
The activity of the novel coronavirus will decrease significantly after two hours of exposure in the air. It can survive about 48 hours in a dry environment. The virus can survive for days in environments where the humidity and temperature are favorable. Research has found the virus can live for five days if the temperature stands at 20 C with humidity at 40 to 50 percent.
病毒存活最长可达5天
新型冠状病毒在空气中2小时以后，活性会明显下降；在干燥的环境中，存活时间大概48小时；在温度20℃、湿度40%到50%的环境下，病毒可能存活达5天。
- People are generally susceptible to the virus, and the incubation period is within 14 days**
Symptoms of the elderly and those with underlying diseases who contract the novel coronavirus are more severe than others. Children and infants can also get infected. Based on current epidemiological investigations, the incubation period is generally 3 to 7 days, with a maximum of 14 days.
人群普遍易感，潜伏期不超过14天
老年人及有基础疾病者感染后病情较重，儿童及婴幼儿也有发病。基于目前的流行病学调查，潜伏期一般为3-7天，最长不超过14天。
- Main clinical symptoms are fever, fatigue and dry cough**
Nasal obstructions, a runny nose and other upper respiratory symptoms are rare. About half of the patients develop difficulty in breathing or dyspnea after one week, and the severe cases develop rapidly into ARDS (Acute Respiratory Distress Syndrome), septic shock, difficult-to-tackle metabolic acidosis and bleeding and coagulation dysfunction.
主要临床表现是发热、乏力、干咳
少数患者伴有鼻塞、流涕、咽痛等症状。重症病例多在一周后出现呼吸困难，严重者快速进展为急性呼吸窘迫综合征、脓毒症休克、难以纠正的代谢性酸中毒和凝血功能障碍。
- Some patients don't have a fever before they get diagnosed**
It should be noted severe and critical patients can have a moderate to low fever or even no fever. Some patients have mild onset symptoms. These patients may have no fever and recover after one week.
有些患者没有发热症状
值得注意的典型案例：危重症患者病程中可为中低热，甚至无明显发热。危重症患者常有高热症状，但早期阶段可能出现低热、低热、心理烦躁等表现。部分患者仅表现为低热、轻咳乏力等，无肺炎表现，多在一周后恢复。

