

**Southern California's Ten Local Health Departments
Send An Urgent Holiday Message To Stay Home and Stay Safe**

南加州地区十个卫生局发出联合紧急讯息

请求居民今年年终假期不要外出，以免感染新冠肺炎

As a coalition of 10 neighboring California local health departments, we thank everyone for doing their part to reduce the spread of COVID-19. As the first doses of the vaccine are being administered across our communities, we can finally see a ray of light at the end of the tunnel. As that light gets closer, we are hopeful that we are one step closer to getting back to doing the things and seeing the people we all miss the most.

南加州地区 10 个卫生局携手合作，感谢居民们在过去尽己所能协助扼止新冠病毒的扩散。目前，第一批疫苗已送达我们的社区，我们终于在黑暗中看到一线光明，相信在不久的将来，我们都可以回归正常生活，与亲友碰面，做我们想做的事。

In spite of this good news, we know that the next few weeks and months are critical. We are now experiencing the worst time of the pandemic. Our case counts, deaths, and hospitalizations are the highest we have seen so far. Our ICU capacity is the lowest. We are breaking records every day, and not in a good way. Our systems are being overwhelmed, and the virus is spreading everywhere.

虽然我们有好消息，但是我们也知道，未来的几周甚至几个月将十分关键。我们正处在疫情爆发最严峻的阶段。我们的感染病例、死亡人数、以及住院人数都打破以往记录，到达最高值。我们医院的重症监护室容量已达历来最低值。我们每天都在打破记录，令人担忧。我们的医疗系统已经负担过重，新冠病毒已四处扩散。

The impacts of this pandemic are starkest among our community members most vulnerable to this virus, including our older adult family and friends, our community members working essential jobs to ensure we all have the basic goods that we need, and those living in our communities who have the least opportunities for health. The pandemic has taken a large toll and exacerbated health impacts within these communities. We cannot continue on our current path without facing serious consequences for our families, friends, and the local businesses that make our communities such special places to live.

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受疫情冲击最大的是社区里年长的家人与朋友、维持我们的基本生活需求的必要工作人员、以及社区中最难有机会保障健康的居民。疫情给我们带来巨大损失的同时，还严重影响我们的健康。如果我们继续不作为，我们的家人、朋友、本地商家都会因疫情而遭受严重后果。我们不能不管不顾，是他们让我们居住的社区与众不同。

This is a critical time when everyone needs to do their part to defeat COVID-19. We understand that people are tired, but public health measures are not the enemy — they are the roadmap for a faster and more sustainable recovery. We must all commit to taking precautions and heeding public health protocols, including the current Stay-at-Home Order, to reopen businesses and schools, to travel to see our families and friends in person, and to celebrate that next important event.

在这防疫新冠病毒的关键时刻，我们十分理解大家都很疲惫不堪，但公共卫生措施不是敌人——而是帮助快速稳定持续恢复的指路标。我们需要多加小心注意，遵循公共卫生规定，包括现在正在进行的：居家令，才能重启学校与企业，与家人朋友碰面，以及庆祝重要事件。

We can do all these things again, but only if we all follow effective, fact-based public health measures like wearing face masks, washing hands, practicing social distancing, and only traveling for essential trips. Many of us are spreading the virus without knowing it—over 50% of exposures come from people who don't have symptoms—so we all need to avoid social gatherings and activities with those outside our household. If we do these things, in a few weeks we could start to see the numbers slow and the curve bend. We will help our systems increase their capacity to manage and end this pandemic. If we fail, our finest medical researchers are clear: there will be even worse consequences for our families and our economy.

我们能再次做这些事情，只要我们能够遵循基于事实的有效的公共卫生措施，例如：戴口罩，勤洗手，保持社交距离，以及避免非必要的旅行。我们之中很多人都在未知的情况下传播病毒：超过 50% 的传染来自于无症状携带者——也因此，我们都需要避免社会性聚集以及与同住人以外的人进行社交活动。如果能够遵循公共卫生措施，我们将在几周内看到感染病例的减少、曲线的缓和。我们将会帮助我们的系统提高管理与结束此次疫情的能力。如果我们失败了，我们的顶尖医疗研究者已明确表示：会为我们的家庭和经济带来更严重的后果。

We have all had to alter our lives this difficult year and we all want this difficult time to be behind us. But the virus is not done with us yet. If we can all just come together in this moment to eradicate the virus, and recommit to protecting ourselves and one another, we will get back to normal day-to-day activities more quickly. The roadmap to a faster, more equitable, and

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sustainable recovery for all of us means committing and coming together to follow recommended public health measures.

在这艰难的一年里，我们所有人都不得不改变自己的生活，我们都希望能够尽快渡过。但是，病毒不是。此时此刻，如果我们能团结起来消灭病毒，并致力于保护自己和彼此，我们将能更快地恢复正常的日常活动。想拥有更快、更公平且持续的重建路线图，意味著我们所有人都需要致力于并团结起来遵循政府发布的公共卫生措施。

We are all neighbors in California, even if we live in different cities and counties. The virus knows no borders and continues to severely impact us all, especially at this moment. The end is in sight, and the light at the end of this dark tunnel will keep getting brighter but only if we all do our part right now. We all have a personal and collective responsibility to slow the spread of the pandemic and eliminate the virus as quickly as possible. Let's come together now for a brighter and healthier 2021.

即使我们生活在不同的城市和县，在加州，我们都是彼此的邻居。新冠病毒无边界，并继续严重影响我们所有人，特别是在此刻。终点就在眼前，黑暗隧道尽头的光逐渐变亮，但前提是我们现在都必须尽己所能。我们都有个人和集体的责任，帮助减缓新冠疫情的蔓延并尽快消除病毒。现在让我们团结一心，共创美好和健康的 2021。

The Public Health Alliance of Southern California

南加州公共卫生联盟

Imperial County Public Health Department

帝国（Imperial）县公共卫生局

City of Long Beach Department of Health and Human Services

长滩（Long Beach）市卫生与公共服务部

Los Angeles County Department of Public Health

洛杉矶（Los Angeles）县公共卫生局

Orange County Health Care Agency

橙（Orange）县卫生保健局

City of Pasadena Public Health Department

帕萨迪纳（Pasadena）市公共卫生局

Riverside University Health System-Public Health

河滨（Riverside）大学卫生系统-公共卫生

Santa Barbara County Public Health Department

斯塔芭芭拉（Santa Barbara）县公共卫生部

County of San Bernardino Department of Public Health

圣贝纳迪诺（San Bernardino）县公共卫生局

County of San Diego Health and Human Services Agency

圣地亚哥（San Diego）县卫生与公共服务局

Ventura County Public Health

文杜拉（Ventura）县公共卫生