

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

南加州地區十個衛生局發出聯合緊急訊息 請求居民今年年終假期不要外出，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.

南加州地區 10 個衛生局攜手合作，感謝居民們在過去盡己所能協助扼止新冠病毒的擴散。目前，第一批疫苗已送達我們的社區，我們終於在黑暗中看到一線光明，相信在不久的將來，我們都可以回歸正常生活，與親友碰面，做我們想做的事。

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.

雖然我們有好消息，但是我們也知道，未來的幾周甚至幾個月將十分關鍵。我們正處在疫情爆發最嚴峻的階段。我們的感染病例、死亡人數、以及住院人數都打破以往記錄，到達最高值。我們醫院的重症監護室容量已達歷來最低值。我們每天都在打破記錄，令人擔憂。我們的醫療系統已經負擔過重，新冠病毒已四處擴散。

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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受疫情衝擊最大的是社區裡年長的家人與朋友、維持我們的基本生活需求的必要工作人員、以及社區中最難有機會保障健康的居民。疫情給我們帶來巨大損失的同時，還嚴重影響我們的健康。如果我們繼續不作為，我們的家人、朋友、本地商家都會因疫情而遭受嚴重後果。我們不能不管不顧，是他們讓我們居住的社區與眾不同。

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.

在這防疫新冠病毒的關鍵時刻，我們十分理解大家都很疲憊不堪，但公共衛生措施不是敵人——而是幫助快速穩定持續恢復的指路標。我們需要多加小心注意，遵循公共衛生規定，包括現在正在進行的：居家令，才能重啟學校與企業，與家人朋友碰面，以及慶祝重要事件。

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.

我們能再次做這些事情，只要我們能夠遵循基於事實的有效的公共衛生措施，例如：戴口罩，勤洗手，保持社交距離，以及避免非必要的旅行。我們之中很多人都在未知的情況下傳播病毒：超過 50% 的傳染來自於無症狀攜帶者——也因此，我們都需要避免社會性聚集以及與同住人以外的人進行社交活動。如果能夠遵循公共衛生措施，我們將在幾周內看到感染病例的減少、曲線的緩和。我們將會幫助我們的系統提高管理與結束此次疫情的能力。如果我們失敗了，我們的頂尖醫療研究者已明確表示：會為我們的家庭和經濟帶來更嚴重的後果。

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

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normal day-to-day activities more quickly. The roadmap to a faster, more equitable, and sustainable recovery for all of us means committing and coming together to follow recommended public health measures.

在這艱難的一年裡，我們所有人都不得不改變自己的生活，我們都希望能夠盡快渡過。但是，病毒不是。此時此刻，如果我們能團結起來消滅病毒，並致力於保護自己和彼此，我們將能更快地恢復正常的日常活動。想擁有更快、更公平且持續的重建路線圖，意味著我們所有人都需要致力於並團結起來遵循政府發布的公共衛生措施。

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.

即使我們生活在不同的城市和縣，在加州，我們都是彼此的鄰居。新冠病毒無邊界，並繼續嚴重影響我們所有人，特別是在此刻。終點就在眼前，黑暗隧道盡頭的光逐漸變亮，但前提是我們現在都必須盡己所能。我們都有個人和集體的責任，幫助減緩新冠疫情的蔓延並儘快消除病毒。現在讓我們團結一心，共創美好和健康的 2021。

The Public Health Alliance of Southern California

南加州公共衛生聯盟

Imperial County Public Health Department

帝國（Imperial）縣公共衛生局

City of Long Beach Department of Health and Human Services

長灘（Long Beach）市衛生與公共服務部

Los Angeles County Department of Public Health

洛杉磯（Los Angeles）縣公共衛生局

Orange County Health Care Agency

橙（Orange）縣衛生保健局

City of Pasadena Public Health Department

帕薩迪納（Pasadena）市公共衛生局

Riverside University Health System-Public Health

河濱（Riverside）大學衛生系統-公共衛生

Santa Barbara County Public Health Department

聖塔芭芭拉（Santa Barbara）縣公共衛生部

County of San Bernardino Department of Public Health

聖貝納迪諾（San Bernardino）縣公共衛生局

County of San Diego Health and Human Services Agency

聖地亞哥（San Diego）縣衛生與公共服務局

Ventura County Public Health

文杜拉（Ventura）縣公共衛生