

Hi everyone, welcome back to our Frequently Asked Question video. I hope previous video was helpful enough to answer some of the questions you had. On this video I would continue to answer some of the questions we received from the public regarding COVID-19.

大家好，歡迎回到我們的常見問題視頻。我希望先前的視頻足以回答您的一些問題。在這視頻中，我將繼續回答我們從公眾那裡收到的一些關於 COVID-19 問題。

Would drinking lots of water help to flush out COVID-19?

There is currently no evidence that drinking lots of water flushes out the COVID-19 virus.

喝大量的水會有助於使 COVID-19 病毒沖出體外嗎？

目前尚無證據證明喝大量的水能夠使 COVID-19 病毒沖出體外。

But, drinking water is an essential part of our daily routine. On average, adults are recommended to drink 8 glasses of water daily to keep well-hydrated. It may vary depending on the person's age, activity level, overall health and weather condition. Some situations like exposure to extreme heat, vigorous activity or illness with fever or cold will require more fluid intake than average.

但是，喝水是我們日常不可少的工作。平均而言，成年人建議每天喝 8 杯水以保持水分充足。

因人的年齡，活動水平，整體健康狀況和天氣狀況會有所不同

某些情況例如暴露於極熱的天氣，劇烈運動或發燒疾病或感冒需要的液體攝入量要多於平均水平。

What's the harm of drinking extra water?

喝太多水有什麼害處？

Drinking too much water could be dangerous as well. Overhydration can lead to water intoxication and sodium levels becoming dangerously low. That being said, drinking water is important. The easiest way to determine if you are drinking the right amount of water is by your urine colour. The ideal colour would be like lemonade or a light beer -- it means you are well hydrated and you should continue to drink water at that rate.

喝太多水也很危險。過多水分可能導致水中毒和鈉含量降低到危險的程度。話雖如此，喝水是很重要。確定您是否喝適量的水，最簡單的方法是根據您的尿液顏色。理想的顏色就像檸檬水或淡啤酒。這意味著您水分充足，您應該繼續這樣的喝水。

But when the colour gets darker like an amber or a burnt orange colour, it means you are dehydrated and need to drink more water. When it is too clear or transparent, it means you are overhydrated and you should cut back.

但是，當顏色變深，如琥珀色或橘黃色時，表示您已脫水，需要多喝水。

當太清或透明時，這意味著您水分過多，應該減少水分。

Is there a source for this picture we can reference?

<https://archive.siasat.com/news/are-you-dehydrated-our-pee-colour-chart-will-tell-you-1474726/>

是否有我們可以參考的圖片？

<https://archive.siasat.com/news/are-you-dehydrated-our-pee-colour-chart-will-tell-you-1474726/>

What can I do to prevent the spread of COVID-19?

我該如何防止 COVID-19 傳播？

Best thing we can do to prevent spreading COVID-19 is wash our hands frequently or use hand sanitizer, staying home if you are not feeling well and to maintain safe physical distance with others, at least 2 meters, when physical distancing cannot be maintained, wear a non-medical mask or face covering. It is recommended to wear a mask or face covering when we are in crowded public spaces like grocery stores, public transportation and so on.

防止 COVID-19 播散的最好方法是經常洗手或使用洗手液洗手。如果您感覺不適，請留在家中，並

與其他人保持距離至少 2 米。當您不能與其他人保持距離，請戴上非醫用口罩或面罩。在擁擠的公共場所例如雜貨店，公共交通上等等，建議戴上非醫用口罩或面罩。

Are cloth masks safe to use?

布的面罩可以安全使用嗎？

Non-medical mask or face covering can reduce the spread of infectious respiratory droplets when worn and used properly. It should allow easy breathing, fit securely to the head with ties or ear loops, be made with at least 2 layers of fabrics such as cotton or linen, it should cover nose and mouth and it needs to be changed when it becomes dirty or damp as soon as possible.

Some masks include a pocket to accommodate additional filters like paper towels or disposable coffee filter to increase benefits.

To safely use cloth masks, please remember that it should not be shared and should not be placed on anyone under 2 years old, someone who has trouble breathing or someone who is unable to remove the mask themselves.

當正確戴上及使用非醫用口罩或面罩，是可以減少傳播傳染性呼吸道的飛沫。口罩應該容許呼吸輕鬆，

布帶或耳圈適合地及穩固地戴在頭部，至少用兩層織物製成，例如棉或亞麻，應覆蓋鼻子和嘴巴。

當骯髒或受潮時，需要盡快更換。一些口罩包括一個口袋，可容納其他過濾器，例如紙巾或
一次性咖啡過濾紙可增加效用。為了安全地使用布口罩，請記住不要共用，不應該為 2
歲以下的小孩，
呼吸有困難的人，或無法自行取下口罩的人戴上。

What are the limitations of cloth masks?

First, I want to say that -- masks, regardless if they are reusable cloth masks or disposable medical-grade surgical masks, do not replace physical distancing or hand washing.

There are limitations with cloth masks because they are not medical devices that have been tested to recognized standards. Fabrics are not the same as surgical masks and they may not provide complete protection against virus-sized particles. But medical masks and respirators like N95 should be kept for health care workers who are providing direct care to COVID-19 patients.

Like I said before, a non-medical mask or face covering can reduce the spread of infectious respiratory droplets when worn and used properly and it is recommended to wear a face covering when we are in spaces where physical distancing isn't possible.

口罩的局限性是什麼？

首先，我想說的是 -- 口罩，無論它是可重複使用的布口罩還是一次性醫用級手術口罩，是不能替代與其他人保持距離或洗手。

布口罩有一定的局限性，因為它不是醫療設備，已通過公認標準的測試。物料是與外科手術口罩不同，它可能無法完全防禦像病毒大小的顆粒。

但是口罩例如 N95 和呼吸器應保留給直接提供護理給 COVID-19 患者的醫護人員。

就像我之前說過的，當正確戴上及使用非醫用口罩或面罩，是可以減少傳播傳染性呼吸道飛沫。

當您不能與其他人保持距離，建議戴上非醫用口罩或面罩。

How do I make my own masks?

我如何製作自己的口罩？

The Government of Canada has shared instructions on how to make your own cloth masks using sewing and non-sewing method on their website, linked here:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html>

加拿大政府在其網站上分享了指示，如何製作縫製和非縫製方法製作自己的布口罩。

網站鏈接在這裡：<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face->

coverings.html

How do I properly put on and take off masks?

如何正確戴上和脫下口罩？

SPLC created a video to show how to properly put on and take off masks, and how you can re-use them, if you need to, as well. The video is linked here:

<https://www.youtube.com/watch?v=RFV0h4h3HzY>

In that video, it shows how to do it using masks that you can throw away. You can follow the same steps using cloth masks, but at the end, instead of throwing it away, make sure you wash the mask with hot water and laundry detergent. As always, make sure you wash your hands afterwards.

耆樂中心 (SPLC) 製作了一個視頻，展示如何正確戴上和脫下口罩及如何重新使用它們。視頻鏈接在這裡：<https://www.youtube.com/watch?v=RFV0h4h3HzY>

在該視頻中，它顯示如何使用可以扔掉的口罩。您可以按照相同的步驟使用布口罩，但最後不要扔掉，

確保用熱水和洗衣粉清洗布口罩。一如既往，確保事後洗手。

Thanks everyone! As always, I hope you found the information useful. If you have any more questions that you would like me to answer, please leave them in the Comments section below. Until next time!

謝謝大家！與往常一樣，希望您覺得這些信息有用。如果您有其他問題想讓我回答，請留言在

下面的意見部分。下次再見！

References used for this video:

- canada.ca/coronavirus.
- <https://archive.siasat.com/news/are-you-dehydrated-our-pee-colour-chart-will-tell-you-1474726/>
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視頻使用參考：

- canada.ca/coronavirus.
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