

CCM
IS WITH YOU

中信 與你
抗疫同行



譚卓全博士
Dr. Thomas Tam
加拿大中信總幹事
Executive Director, CCM Canada

疫症肆虐期間，在主內祝大家身心靈平安。若你和你的家人有任何困難，需要中信同工協助，請用電郵 ccm@ccmcanada.org 或致電 604-877-8606 直接與我們聯絡。

雖然我們全國六間中心已經對外關閉，但所有中信同工仍然努力不懈，透過電話及社交媒體，關顧社區裡最需要的群體，包括獨居長者，有特殊需要兒童的家長，長期病患者及受情緒困擾的人士。我們的青少年事工，社區查經班及信仰分享會亦透過網上平台繼續進行。

四月份開始，中信在全國五個主要城市提供情緒支援熱線服務，幫助社區人士，舒緩疫情期間所產生的負面情緒，促進心理健康及預防家庭暴力的發生。詳細情形請瀏覽專屬網頁 <http://www.ccmcanada.org/hotline>

在這困難的日子，中信繼續邀請你，加入我們《抗疫同行》的行列。在禱告和奉獻上繼續支持我們的事工。讓基督的愛，臨在人間。

In the midst of current pandemic, I sincerely hope everyone stay healthy and well physically and spiritually in Christ. If you or your family members have any struggles that require our help and support, please contact us directly via email: ccm@ccmcanada.org, or phone: 604-877-8606.

Even though all our six centers in Canada have been closed, our staffs are still walking with you. Through telephone and social media, we continue to provide care and support to the most vulnerable population groups in our community. They are seniors living alone, parents with special needs children, and patients with chronic illness and emotional distress. Moreover, some of our activities, such as youth programs, community Bible study, and faith sharing sessions, have moved online to continue.

Since April, we have started emotional support hotlines in 5 main cities of Canada. These hotlines help the vulnerable in our communities, relieve the anxiety and negative feeling due to the pandemic, promote mental health, and prevent domestic violence. Please visit our dedicated website: <http://www.ccmcanada.org/hotline> for more details, and forward it to anyone who is in need.

CCM invites you to join us in walking with the vulnerable during this pandemic crisis. You can support us by prayers and donations. Let the love of our Lord Jesus dwell among us.



Fighting the COVID-19

醫生話你知 Together

an Interview with Dr. Stephen Lam

嘉賓：林俊濤醫生 / 訪問：鄭子禧 by Desmond Cheng

新型冠狀病毒肺炎疫情持續攀升，至今已蔓延至全世界，加拿大中信為配合抗疫工作，與社區一同抵抗逆境，請來現任胸肺專科醫生及卑詩省大學醫學院肺科教授林俊濤醫生前來溫哥華中心作專訪，幫助大家對新冠肺炎有正確的認識，並學懂如何保護自己及家人。

The COVID-19 pandemic continues to take a heavy toll on families, communities and nations all around the globe. As part of our effort to help fight the disease and stand alongside our community in this unprecedented time, CCM is privileged to have Dr. Stephen Lam, a chest specialist and Professor of Medicine at UBC with us in an interview to shed some light on this new disease and offer us helpful tips to fight it.

3 潛伏期多久？ What is the incubation period of COVID-19?

潛伏期一般可達兩個星期。感染初期不會有明顯病徵，一般染病兩天後病徵才開始出現。

Most estimates of the incubation period for COVID-19 range from 1-14 days. Most will not display any symptoms until two days after being infected.

5 誰是得重症的高危人物？ Who are at higher risk for severe illness?

年紀越大病重風險越高。七十歲以上的患者死亡率差不多達百分之二十。另外，長期病患者，例如患有慢性氣管阻塞、心臟病、慢性腎病，或是血壓高的病人也比較容易得到重症。

Older adults, especially those above 70 years old, have mortality rate of almost 20%. People of any age who have serious underlying medical conditions, such as chronic obstructive pulmonary disease (COPD), heart disease, chronic kidney disease (CKD) and hypertension, might also be at higher risk for severe illness.

1 新型冠狀病毒是一種怎樣的病毒？ What kind of virus is the COVID-19?

新型冠狀病毒是冠狀病毒的一種。冠狀病毒是在動物和人體中發現的一個大型病毒家族。一些冠狀病毒會感染人，已知可引起感冒以及中東呼吸綜合症（MERS）和嚴重急性呼吸綜合症（沙士）等較嚴重疾病。

The COVID-19 is a kind of coronaviruses. Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

2 新冠病毒如何傳播？ How does the coronavirus spread?

病毒可透過空氣直接吸入，或透過沾有病毒的手觸碰口或鼻進入身體。

There are two main ways the virus spreads. You can get the virus by directly breathing in droplets produced by an infected person, or by touching your nose, mouth or eyes with hands carrying droplets generated by an infected person.

4 患者會有怎樣的病徵？ What are the major symptoms?

病徵包括咳嗽、發燒、喉嚨痛，或因肺炎而呼吸困難。近八成患者只有輕微病徵，如患者自以為沒有大礙而繼續社交活動，便很容易傳染他人。

Symptoms have included cough, fever, sore throat, difficulty breathing and pneumonia in both lungs. About 80% of the infected will only get mild symptoms. It is especially easy for patients with mild symptoms to infect other people as they tend to take their illnesses lightly and do not refrain from social interactions.

6 如何治療？ How is it treated?

輕微症狀患者可以像流行性感冒一般處理。如有發燒，可吃Tylenol。最重要多休息和多喝水，讓自己保持水分充足。防禦這個病的藥物現正在研發中，尚未能公諸於世，所以胡亂購買成藥可能對身體有害。

Most people with mild coronavirus illness will recover on their own. They should get rest and stay hydrated. If there is a fever, they should take some Tylenol. A vaccine or therapy to prevent this disease is being developed but has not yet available at this time. Using non-approved medicines or fake remedies could be harmful to you.

完整的訪問可於加拿大中信《抗疫同行》網頁觀看
Full interview can be viewed at our web page
www.ccmcanada.org/hotline

7

如何預防感染及保護家人？ How to protect yourself and your family?

保持社交距離是最有效的預防方法。我們該盡量留在家中。若要乘搭公共交通工具，要戴上口罩及避開繁忙時間。假如必須外出，就必定要勤洗手。避免多人同時使用一部升降機，並用紙巾按按鈕，然後把紙巾丟掉。假如自己患病，必須避免接觸家人。避免一起吃飯、睡覺，或使用同一個洗手間。同時應戴口罩，以免病毒傳播至整個房間。

The best way to prevent illness is to stay home and avoid being exposed to this virus. If you have to use public transit, wear a face mask and avoid peak hours. Wash your hands often if you must leave home. Avoid entering a crowded elevator and use a tissue paper to push the buttons. Dispose of any used tissues as soon as possible. If you are infected, you should isolate yourself from your family members. Do not eat or sleep with them, and avoid using the same bathroom. You should wear a face mask at home to avoid spreading the disease to other family members.

勉勵的話 WORDS OF ENCOURAGEMENT

不要恐慌、不要憂慮

全球現時正經歷着新冠肺炎的廣泛感染，令到我們感到恐慌和憂慮。我懇求神賜給我們每一位有平安、力量、充足和健康。聖經告訴我們「應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裡，保守你們的心懷意念。」（腓4:6-7）

Do Not Panic, Do Not be Anxious

Presently, as we are experiencing the pandemic of the Covid-19 virus, the feeling of panic and anxiety are inevitable to most of us. I pray and ask God to grant peace, strength, provision and health to all of us at this critical time. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7).

馬叔和醫生 Dr. Ian Ma
加拿大中信董事會主席
Chair, CCM Canada Board

面對危難及生與死的時候，基督徒深信神會保護和愛祂的兒女。這就是我們能夠得著力量的源頭。我們雖然不能知道明天會發生任何事，但神會賜予我們力量去面對每一天的生活。我的三個孩子都在醫護前線中服務，為他們感恩，因為他們在人們遇到危難時伸出援手，我深信這就是施比受更為有福的真理。願神祝福大家。

In facing calamitous and life-threatening situations, Christians believe that God will continue to love and protect His children. This becomes the source of strength for them. Even though we do not know what will happen tomorrow, God will give us strength to face our daily challenges. My children are serving at the medical frontline to help others who are in health dangers. I'm grateful for that because there is more blessing in giving than receiving. May God bless you all!

李國揚先生 Mr. Benjamin Li
加拿大中信董事會副主席
Vice Chair, CCM Canada Board

8

如何正確洗手？ How to wash your hands properly?

先弄濕雙手，然後用梘液搓手至少二十到三十秒。不只是洗手掌，還有手背、指隙也要一起洗。假如用酒精搓手液，也要同樣搓十五至二十秒，直到手乾才可停止。

Wash your hands often with soap and water for 20 -30 seconds. Lather not only the palms, but also the backs of your hands, between your fingers, and under your nails. If you are using alcohol hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry.

9

作為一位基督徒，你如何看疫情？ As a Christian, how do you view the pandemic?

作為一個基督徒，主耶穌是我們的牧人和我們的心，所以雖然全世界天翻地覆，也不需要擔心，因為祂是我們的力量和平安，祂必能幫助我們渡過這個危險的時期。

As a follower of Christ, I know that Jesus himself is our shepherd and the source of our faith. Even the pandemic has caused disruption to the world, we shall not be afraid for Jesus is our strength and peace. He will help us to overcome this challenging time.

當然，面對比SARS更可怕的COVID-19，自然叫我們再次想起主耶穌對末世的預言說「多處必有饑荒、瘟疫」（路加福音21:11）。是的，主已經近了，我們當做醒度日。但是做醒度日不是驚惶不安的、乃是滿有平安的、因知道我們有永生的盼望、更知道會面對面與愛我們的主見面。

The threat of COVID-19 obviously once again, like SARS, reminds us of the signs of the End-time spoken by Jesus in that "There will be...pestilences in various places" (Luke 21:11). Indeed, the Lord is near and we need to be alert and watchful! However, to be alert does not mean we need to fear or panic; instead we should be in total peace because we know we have eternal life and we should look forward to seeing our Lord face to face at His coming.

陳明斌牧師 Rev. Paul Chan
加拿大中信董事會成員
CCM Canada Board Member

HEALTHY PRACTICES 健康習慣 小貼士



資料參考 Reference:
<https://sneezesdiseases.com/healthy-practices>
by Vancouver Coastal Health



情緒小貼士 EMOTIONAL TIPS

「惟喜愛耶和華的律法，晝夜思想，這人便為有福。他要像一棵樹栽在溪水旁，按時候結果子，葉子也不枯乾。凡他所做的盡都順利。」
“... whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season.”
—— 詩 PSALM 1:2-3

當面對疫情時，我們可以選擇只是關心世上的事，世人的憂慮和苦困；我們也可選擇仰望掌管宇宙萬物甚至是時間空間的創造主，向祂呼求和伸冤，在祂的話語上得著力量，得著平靜安穩，甚至是能夠藉這次疫情向世人見證基督的愛及分享在信仰上得著的平安和喜樂！

In facing the pandemic, we can choose to care only about worldly things, or the worries and the sadness. However, we can also choose to look upon our Almighty creator who can control all, even time. We can pray and cry out to Him, we can get our strength and peace from His words. We can even make use of this crisis to testify the love, joy, and peace we have in Christ!



我們能夠控制的事情
(所以我們可以專注)
What I Can Control
(so, I will FOCUS on these things)

- 減少閱讀非官方及在社交媒體流傳的消息
Distancing from nonofficial news channels and social media
- 我們對事及人的態度，如多些關懷與善意
My own actions and attitude, such as kindness and grace
- 按官方的指引去面對疫情及尋找有意義的事情去做
Following official guidelines, and finding meaningful things to do



我們不能控制的事情
(所以我們無需理會和執著)
What I Cannot Control
(so, I can LET GO of these things)

- 在超級市場中廁紙或其他物資的數量
The amount of merchandize (such as toilet paper) at stores
- 其他人的行為、動機及反應
Motives, actions, and reactions of others
- 對於未來事情及疫情長久的推測
Prediction what will happen and how long it will last

「疫」情似乎拉開了我們的距離.....但是你並不孤單。」雖然中信因著疫情影響而要將在各中心內的活動及服務暫時取消，但我們的同工仍致力提供疫情下急需的服務，連結孤單及有需要的人士，叫人感受上帝的光及愛。除了我們在加拿大五個主要城市設立了的情緒支援熱線外，我們仍提供以下服務：

"The pandemic has separated us apart, but you are not walking alone."
Due to the pandemic, CCM has closed all its centers and public activities, but our staffs are still working hard behind the scene. They are providing care and support to people who are alone and in need within our communities, in hope they can feel the light and love of our Lord during the crisis. Beside the emotional hotline we have established and started in five main cities of Canada, we also continue to provide these services:

| | VANCOUVER CENTRE 溫哥華中心 | CALGARY CENTRE 卡城中心 | EDMONTON CENTRE 愛城中心 | MONTREAL CENTRE 滿地可中心 | TORONTO CENTRE 多倫多中心 |
|---|---------------------------|------------------------|-------------------------|--------------------------|-------------------------|
| 電話關顧有需要人士 Providing care to people in need via telephone | ✓ | ✓ | ✓ | ✓ | ✓ |
| 網上專業輔導 Counselling sessions online | ✓ | ✓ | ✓ | | ✓ |
| 運用不同社交媒體與各組別的關懷對象和義工們保持緊密聯繫 Using social media to keep in touch with our volunteers and people that needs care | ✓ | ✓ | ✓ | ✓ | ✓ |
| 網上屬靈個人導引及靈命塑造小組 Spiritual direction and formation online | | ✓ | ✓ | | |
| 電話填寫申請失業金服務 Assisting with EI application through telephone | | ✓ | ✓ | | |
| 製作布口罩及防疫資料送給有需要人士 Making cloth masks and other prevention supplies | ✓ | ✓ | ✓ | ✓ | ✓ |
| 特殊需要家庭/政府資源聯絡服務 Special Needs Families/ FSCD Liasion | | ✓ | | | |
| 網上查經及祈禱會 Bible study and prayer meeting online | | ✓ | ✓ | ✓ | ✓ |
| 網上兒童或青少年節目 Online children or youth program | ✓ | | | ✓ | ✓ |

中信需要您的奉獻支持



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\$20或以上的奉獻可獲發奉獻收據 A donation tax receipt will be issued for \$20 or more

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或中信網頁 OR BY CCM WEBSITE
<https://donate.ccmcanada.org>

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收款人電郵 RECIPIENT EMAIL
donate@ccmcanada.org
務必於「message」欄列明奉獻人電郵
Donor's email must be included in the "message" section

更詳細程序指引 DETAILED INSTRUCTIONS
<https://donate.ccmcanada.org/e-transfer>



加拿大中信中心 支援熱線

CANADA CCM CENTRE SUPPORT HOTLINE

疫情似乎拉開了我們的距離，但是你不孤單……
因愛和關懷使我們彼此連接

溫哥華 》週一至週五 MON-FRI / 10:00AM-4:00PM

778-587-9102 粵 國

604-282-1355 國

卡加利 》週一至週五 MON-FRI / 10:00AM-4:00PM

587-434-2930 粵 國 國

愛民頓 》週一、二、四 MON, TUE, THU / 10:00AM-4:00PM

587-982-8111 粵 國

滿地可 》週二及週四 TUE & THU / 10:00AM-3:00PM

438-226-4836 粵 國

週三及週五 WED & FRI / 10:00AM-3:00PM

438-226-2115 粵 國

多倫多 》週一至週六 MON-SAT / 10:00AM-4:00PM

416-291-8140 粵 國

647-346-7276 粵 國

由註冊臨床心理輔導員或已受訓練的職員輪流接聽
為您提供情緒舒緩及社會資源轉介服務

www.ccmcanada.org ChineseChristianMissionCanada

當全球正面對新冠狀病毒廣泛傳染的時候，請您為以下事情與我們一同代禱：

As the world is struggling with the COVID-19 pandemic, we invite you to pray for:

1. 願神保護醫護人員、弱勢人士、受病毒感染者及其家人、並長期病患者；
God's protection to the medical professionals, the vulnerable ones, the infected individuals and their families, and those who suffer from chronic illness;
2. 願神賜安慰給予因此病而離世者的家人們；
God's comfort to families who lost their loved ones to the disease;
3. 願神的信、望、愛能照亮這不信的世代，讓人悔改歸向神；
Christ's faith, hope and love be shone to the unbelieving world that the people will repent and turn to God;
4. 為所有慈善機構（包括加拿大中信）的財務需要。
The financial needs of all charitable organizations including CCM of Canada.



中信中心 CCM CENTRE

| | 地址 ADDRESS | 電話 TEL | 傳真 FAX | 電郵 EMAIL |
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| 列治文 Richmond | #2320-8260 Westminster Hwy., Richmond, BC V6X 3Y2 | 604-285-0552 | 604-285-0582 | richmond@ccmcanada.org |
| 卡加利 Calgary | #209-108 3rd Ave. S.W., Calgary, AB T2P 0E7 | 403-233-8763 | — | calgary@ccmcanada.org |
| 愛民頓 Edmonton | #102-6030 88th St., Edmonton, AB T6E 6G4 | 587-982-8111 | — | edmonton@ccmcanada.org |
| 多倫多 Toronto | #3107-4438 Sheppard Ave. E, Scarborough, ON M1S 5V9 | 416-291-3202 | 647-436-4768 | toronto@ccmcanada.org |
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