



The Christian and Missionary
Alliance in Canada

COVID-19 新冠肺炎指南

COVID-19 GUIDE

此計劃的總體目標是為宣道會宗派中所有在加拿大的教會和在世界各地的海外事工，提供應對COVID-19（新冠肺炎，又稱為冠狀病毒疾病）的指導和指南。

The overall goal of this plan is to provide a guide for response to COVID-19 (corona virus) at the denominational level that will cover both C&MA local Canadian churches and overseas ministries.

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執行摘要

EXECUTIVE SUMMARY

在COVID-19爆發期間，本指南會與其他省份、聯邦、和國際各層面定下的準則、方向、和法規制定互相合作，一同建立集體緊急應對方案。我們忠誠並致力於彰顯上帝的榮耀，我們力求抓住一切機會，用言語和行動傳達耶穌基督福音的好消息。

我們更致力於社會責任之實踐，我們懷著謙卑而憐憫的心，去為窮人、患病者、和被壓迫者服務。我們的事工致力要代表基督幫助他人。我們意識到，要幫助他人不僅需要我們的資源、時間、和才能，亦需要充滿信心和奉獻的精神，甚至是獻上我們的生命。沒有禱告，我們就不能作什麼。因此，隨著未來的發展，並基於聖靈的感動和我們面對的情況，本指南或會隨時作出相應的修訂。

This guide is intended to be enacted in strategic partnership with whatever provincial, federal, and international guidelines, directions, and regulations are in place in during the COVID-19 outbreak. In addition, being committed to the glory of God and the Church universal, we seek to take every opportunity to communicate, with word and deed, the Good News of the Gospel of Jesus Christ.

Being committed to social responsibility, we minister to the poor, the sick, and the oppressed with humility and compassion as though our ministry was to Christ Himself. We recognize that this may require the faith-filled and sacrificial gift of not only our resources, time, and talents but perhaps also our lives. We do nothing without prayer. Therefore, this guide is subject to whatever revision that may seem good to the Holy Spirit and to us, as the future unfolds.

第I節- 計劃方法—為什麼教會需要回應？

SECTION I- PLANNING APPROACH – WHY A CHURCH RESPONSE?

此計劃的總體目標是為宣道會宗派中所有在加拿大的教會和在世界各地的海外事工，提供應對COVID-19（新冠肺炎，又稱為冠狀病毒疾病）的指導和指南。教會在社區中扮演著重要的角色，教會需要相互聯繫、準備就緒、維持和外界的透明度、並與時並進，以支持其周圍鄰舍的需要。

我們要定下一些務實及追求屬靈的目標：

- a) 提供指導方針/資源，以幫助教會減少因COVID-19引致的發病率和死亡率；
- b) 抓緊時間，教會應存著對上帝的信心、傳揚充滿盼望的未來、和分享擺脫了死亡和恐懼的永恆自由，最後是分享實質的愛與支持。

The overall goal of this guide is to provide a guide for response to the COVID-19 outbreak at the denominational level that will cover both C&MA local Canadian churches and overseas ministries. The Church plays an important role in the community, it needs to be connected, prepared, reachable, and relevant to support the needs of its surrounding neighbours. Our goals are both practical and spiritual:



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- a) to provide guidelines/resources that will assist the Church in reducing the morbidity and mortality associated with the detection of COVID-19;
- b) to redeem the time as the Church offers faith in God, a future with a hope, freedom from the fear of death, as well as practical love and support.

禱告 Prayer

在這段時間中，我們要記得我們是以祈禱為核心的信徒。做任何事情之前，請花點時間祈禱，並全心投入聖靈的引導。

During this time, it is important to remember we are people of prayer. Before doing anything, take time to pray and commit all to the direction of the Holy Spirit.

第二節- COVID-19 (冠狀病毒)

SECTION II – COVID-19 (CORONA VIRUS)

本節中的信息由世界衛生組織稍作修訂¹

The information in this section is slightly revised from World Health Organization²

2020年1月，世界衛生組織（WHO）宣佈在中國湖北省爆發的新型冠狀病毒，為「國際關注的突發公共衛生事件」。世衛組織表示，2019年冠狀病毒（COVID-19）擴散到世界其他國家是存在著很高的風險。

世衛組織和世界各地的公共衛生當局正在採取行動，遏制COVID-19的爆發。但是，成功不是理所當然的。如果我們要製止這種疾病的傳播，我們社會的所有部門，包括企業和雇主，都必需同心協力。

COVID-19 的傳播方式

COVID-19主要通過接觸已感染者咳嗽或呼氣時產生的呼吸道飛沫，或通過接觸其唾液或鼻涕而傳播。這些飛沫大多數掉落在附近的表面和物體上，例如桌子或電話。直接觸摸受污染的表面或物體，然後觸摸其眼睛、鼻子、或嘴巴，就有可能被COVID-19病毒感染。如果他們站在COVID-19已感染者的一米範圍內，亦可因其咳嗽或打噴嚏時產生的呼吸道飛沫而被感染。換句話說，COVID-19的傳播方式與流感十分相似。大多數感染COVID-19的人會出現輕度症狀並最後康復。

¹ 世界衛生組織。「讓您的工作場所為COVID-19做好準備」。二零二零年二月。PDF. *Whonet.int*. <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>

² World Health Organization. "Getting your workplace ready for COVID-19." February 2020. PDF. *Whonet.int*. <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>



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但是，有些人會經歷更嚴重的疾病，可能需要住院治療。嚴重疾病的風險隨著年齡的增長而增加：四十歲以上的人似乎比四十歲以下的人更容易受到嚴重的傷害。免疫系統較弱的人以及患有糖尿病、心臟病、和肺病等疾病的人，也更容易受到嚴重疾病的侵害。」

即使COVID-19尚未到達其所在社區，僱主也應立即開始以下防止工作。這些步驟可以減少因疾病所造成的損失，包括停工的經濟損失。若疫情蔓延到你的工作場所，這些步驟可以阻止或減緩COVID-19的傳播。

- 確保您的工作場所清潔衛生
 - 需要定期消毒及擦拭物件表面（例如桌子和辦公桌）和物體（例如電話和鍵盤）
 - 為什麼？因為被感染員工或客戶接觸過的物件表面，都是COVID-19傳播的主要方式之一
- 促進員工和會眾定期徹底清潔雙手
 - 將手部消毒劑或消毒器放在工作場所的顯著位置。確保定期補充這些消毒器
 - 張貼宣傳洗手的海報-請向您當地的公共衛生當局諮詢，或瀏覽 <http://www.who.int/>。
 - 為了促進洗手的重要性，可提供此指南及其他媒體的措施指南給所有員工，例如職業健康和安全官員發出的指導、會議中談及的內容、以及互聯網上的信息。
 - 確保員工和會眾可以隨時進入有提供肥皂和水洗手的地方
 - 為什麼？因為勤清潔能殺死您手上的病毒，繼而阻止COVID-19的傳播
- 促進工作場所中維持良好的呼吸衛生
 - 張貼宣傳呼吸道衛生的海報。可提供此指南及其他媒體的措施指南給所有員工，例如可提供職業健康和安全官員發出的指導、會議談及的內容、以及互聯網上的信息。
 - 確保為工作中有感冒症狀如流鼻涕或咳嗽的人，提供口罩和/或紙巾，以及在工作場所中放置密閉式垃圾桶，以進行適當的衛生處理。
 - 為什麼？因為良好的呼吸衛生措施可以防止COVID-19的傳播。患有呼吸系統疾病的人，包括那些患有哮喘、支氣管炎、肺氣腫、和有吸煙的人，患病的風險更高。
- 在外遊之前，建議員工和會眾諮詢國家旅行建議。
- 向您的員工和會眾解釋，若COVID-19開始在您的社區中傳播，任何人即使有輕微的咳嗽或低燒（37.3 C或更高）也需要待在家裡。若他們需要服用簡單的藥物，例如撲熱息痛（paracetamol）/對乙酰氨基酚（acetaminophen），布洛芬（ibuprofen）或阿司匹林（aspirin），也應該留在家中（或在家工作），因這些藥物可能掩飾了已被感染的實際症狀。



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- 如想得到更多信息，請單擊此處。疫情報告讓您能收到世衛組織不斷更新的風險評估。另一個信息資源是來自疾病控制和預防中心 (Centers for Disease Control and Prevention)。

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China, to be a Public Health Emergency of International Concern. The WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world.

WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. However, long term success cannot be taken for granted. All sections of our society—including businesses and employers—must play a role if we are to stop the spread of this disease.

How COVID-19 spreads

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to flu. Most persons infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care. Risk of serious illness rises with age: people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness."

Employers should start doing the following things now, even if COVID-19 has not arrived in the communities where they operate. These steps can already reduce working days lost due to illness, and stop or slow the spread of COVID-19 if it arrives at one of your workplaces.



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- Make sure your workplaces are clean and hygienic
 - Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with disinfectant regularly
 - Why? Because contamination on surfaces touched by employees and customers is one of the main ways that COVID-19 spreads
- Promote regular and thorough handwashing by staff and congregation
 - Put sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled
 - Display posters promoting hand-washing – ask your local public health authority for these or look on www.WHO.int.
 - Combine this with other communication measures such as offering guidance from occupational health and safety officers, briefings at meetings and information on the Internet to promote hand-washing
 - Make sure that staff and congregations members have access to places where they can wash their hands with soap and water
 - Why? Because washing kills the virus on your hands and prevents the spread of COVID-19
- Promote good respiratory hygiene in the workplace
 - Display posters promoting respiratory hygiene. Combine this with other communication measures such as offering guidance from occupational health and safety officers, briefing at meetings, and information on the Internet, etc.
 - Ensure that face masks and/or paper tissues are available at your workplaces for those who develop a runny nose or cough at work, along with closed bins for hygienically disposing of them
 - Why? Because good respiratory hygiene prevents the spread of COVID-19. People who have a preexisting respiratory illness—including those with asthma, bronchitis, emphysema, and a history of smoking—are at a higher risk.
- Advise staff and congregation to consult national travel advice before going on business trips.



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- Brief your staff and congregation that if COVID-19 starts spreading in your community anyone with even a mild cough or low-grade fever (37.3 C or more) needs to stay at home. They should also stay home (or work from home) if they have had to take simple medications, such as paracetamol/acetaminophen, ibuprofen or aspirin, which may mask symptoms of infection

For more information click [here](#), situation reports will allow you to see the updated risk assessment by WHO. Another resource for information is [Centers for Disease Control and Prevention](#).

第三節- 宣道會內部的角色和責任

SECTION III – ROLES & RESPONSIBILITIES WITHIN THE C&MA

A. 環球事工 (Global Ministries, 簡稱 GM)

環球事工建立了三管齊下的應急響應措施，³ 該措施可在發生危機時作出響應：

加拿大大使館：作為加拿大公民，全球各地的GM

國際工人已在當地的加拿大大使館登記。我們其中一些工人是其所在城市大使館的正式代理聯繫者。信息能透過他們的網絡，聯繫及傳達給每個註冊了的加拿大公民。大使館會為其公民提供官方指導以應對各種威脅性情況。

環球事工緊急撤離協議：事工通常在世界既不安全也不穩定的地方進行。除非非常緊急的情況迫使他們離開，否則國際工人應留在指定的地點。在撤離之前，應盡可能征得團隊負責人和區域事工發展人員 (Regional Developer) 的意見，並與副總裁/Venture 協商。

每個環球事工都制定了應急計劃，當中已考慮了與其事工背景相關的風險和觸發因素。這些計劃可能會有所不同，具體取決於每個區域潛在的政治和環境風險。身處有限制網路的團隊制定了應對其挑戰的計劃。所有計劃都包括了緊急聯繫信息、警報級別、以及根據警報級別而執行操作的不同詳細計劃。這些計劃可供所有團隊成員使用。區域事工發展人員和會員關懷人員應持有為每個團隊定立的應急計劃之副本。

國際健康管理：IHM是一個健康管理系統，用於監管GM國際工人的健康和福祉。在危機時期，他們是受到身心健康影響的第一群。會員關懷團隊會與IHM和我們的保險供應商Sutton Special

³ 2. 加拿大宣道會 citing Dr. S. Lightbody, Compliance report on pandemic preparedness, BOD Report: 環球事工, 二零零九年十一月.



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Risk緊密合作，為所有IW提供關懷及幫助。該服務會為全球每個工人在其所在國家/地區中提供服務。

A. Global Ministries (GM)

Global Ministries has a three-pronged emergency response system⁴ in place by which it responds in times of crisis:

Canadian embassy: As citizens of Canada, GM International Workers located around the world are registered at the local Canadian embassy. Some of our workers are official wardens for the embassy in their cities. Information flows through the warden network to every registered Canadian citizen as needed. Embassies give official guidance to their citizens on how to react to various threats.⁷

Global Ministries Team evacuation protocols: Ministry is often conducted in parts of the world that are neither safe nor secure. International workers are expected to remain at their assigned locations unless circumstances of great emergency compel them to leave. Wherever possible, the approval of the Team Leader and Regional Developer, in consultation with the Vice President/Venture, are obtained prior to any evacuation.

Every GM team has contingency plans in place that take into account risks and triggers that are relevant for their context. These plans may vary depending on the potential political and environmental risks of each field. Teams in creative access settings have plans in place for other unique challenges. All plans include emergency contact information, levels of alert and detailed plans on what to do according to the level of alert. These plans are made available to all team members. The Regional Developer and Member Care Developer have a copy of each team's contingency plans.

International Health Management: IHM is the health management system that oversees the health and well-being of GM International Workers. In times of crisis

⁴ The Christian and Missionary Alliance of Canada citing Dr. S. Lightbody, Compliance report on pandemic preparedness, *BOD Report: Global Ministries*, November 2006.



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they are the first responder on issues of physical and mental health. Member Care Developers coordinate care between the individual IW, IHM, and our insurance provider, Sutton Special Risk; which provides coverage for every worker around the globe in their countries of service.

B. 教會事工

教會事工的計劃和準備工作將會在政府的指引下繼續進行，本地教會理應受其省和地區公共衛生指令的管轄。例如，若政府禁止公共聚會，教會就需要考慮以其他途徑來提供屬靈關懷和輔導。的責任是要跟從以下步驟來準備當地教會，以應對任何疫情爆發所帶來的精神和身體上的需求。

第一步是要了解防範大流行的基本原理。 視乎加拿大疫情的嚴重程度，政府資源可能會達到極限。社會上可能存在廣泛的焦慮，對收取可信賴的詳細更新信息的需求空前高漲。基督教社群的信息能為此情況之醫治，康復和復興的開始，帶來重要的影響。

第二步是鼓勵每個教會制定應急計劃，並考慮以下問題：

- 什麼時候應該取消教會崇拜？
- 如果員工患病，誰將擔當關鍵的角色提供相關幫助（例如，牧養和葬禮）？
- 教會什麼事工或活動可臨時暫停一個月？
- 教會應如何盡力為公眾提供安全的聚會？
- 教會如何通知他們的會友- 他們的會員聯繫資料是否時常得到更新？
- 教會將如何收集奉獻？
- 誰在極端情況下有資格得獲發慈惠金？
- 教會應可如何協助公共衛生部門以傳遞重要的衛生信息？
- 我們可為當地應急管理系統提供哪些設施？（例如日托、健身房、或廚房）

第三步是與所有基督教團體合作，以提高我們的社會責任感。

教會可以利用其網絡和其他合作夥伴關係，在這困難時期去高舉耶穌基督的名。

教會分享的信息應是對永恆與盼望的信心，和以犧牲的愛為首的大使命。

B. Church Ministries



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Planning and preparedness efforts are continuing at all levels of government and it is expected that local churches will be governed by their provincial and regional public health directives. As an example, if public gatherings are banned, then the church needs to consider other avenues for providing spiritual care.

The role of the Districts is to prepare local churches to meet the spiritual and physical needs of any outbreak, using the following steps.

The first step is to learn the rationale for pandemic preparedness. Depending on the severity of the outbreak in Canada, government resources may be stretched to the limits. There may be widespread societal anxiety with unprecedented demand for timely, detailed information from a trusted source. The response of the Christian community could make a significant difference to how effectively treatment, recovery and restoration begin.

The second step is to encourage each church to form a contingency plan and to think about questions like:

- i. At what point should church services be canceled?
- ii. In the case of staff illness, who would provide back up for critical roles (e.g. pastoral care, funerals)?
- iii. What could be suspended for a month, indefinitely?
- iv. How could the church make any public gatherings as safe as possible?
- v. How would the church inform their people—are their membership contacts up to date?
- vi. How would the church collect tithes and offerings?
- vii. Who would qualify for benevolence under extreme situations?
- viii. How could the church assist public health in relaying critical health information?
- ix. What facilities could we offer to local emergency management? (e.g. daycare, gym, industrial kitchen)

The third step is to work collaboratively with all Christian groups to increase our social responsibility. The church can use its networks, strategic partnerships to lift up the name of Jesus Christ. The Church has a timeless message of faith, hope, and practical acts of sacrificial love.



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第四節-生病時的自理

SECTION IV – SELF CARE WHEN ILL

人們需要獲得基本信息，以便照料患有COVID-19的人。當作為照料者時，亦要保護自己和患者。

所需信息如下：

- 如何確定自己患有COVID-19？
- 如何確定我發燒了？/如何治療發燒症狀？
- 我該如何治療COVID-19的其他症狀？
- 我什麼時候應該去看醫生？

教會如何發佈這些基本信息？（網站、教學課程、派發單張）。

People need to have access to basic information in order to care for individuals with COVID-19 and to protect themselves as caregivers as well as protecting the care-receivers.

Information needed:

- How do I know if I have COVID-19?
- How do I know if I have a fever? / What can I do to treat a fever?
- How can I treat other symptoms of COVID-19?
- When should I see a doctor?

How could the church distribute this basic information? (Hand-outs, website, teaching sessions).

第五節 - 教會的回應-會友關懷

SECTION V - CHURCH RESPONSE – MEMBER CARE

雖然我們正面對的大多是問題多於答案，但教會可以在信息會議，講道和小組中分享當中的一些問題。開始思考和談論這些問題也許是最佳的準備。縱然對此情況的回應或會有所不同，但是我們可以利用當地公共衛生部門提供的資源，作為信息來源和培訓機會。反對免疫有效性的人應被轉介去當地公共衛生部門諮詢。

- 如果發生大流行，我們如何活出我們的基督教信仰？
- 耶穌為我們治療者是什麼意思？
- 我們如何將此指南的內容付諸實踐？



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- 我們的生命或會面臨危險：我們如何幫助患病的弟兄姐妹？當他們無法照顧自己的孩子、購物、餵養、或清潔自己時，我們能如何幫助他們？
- 上帝已應許在危險時保護我們—我們是否願意相信祂和祂的話語，並通過各種教會的準備工作去向不信的世界傳揚基督的愛？
- 我們如何為那些因個人或家庭疾病而無法工作的人提供幫助？
- 教會有沒有為這種緊急情況預留資金？這是正確的方法嗎？

There are often more questions than answers, but individual churches could address some of these in information sessions, sermons, and small groups. Beginning to think and to talk about this issue is perhaps the best preparation. Responses will differ. The local Public Health Unit should be utilized as a resource for information and training opportunities. Individuals who oppose the validity of immunization should be directed to consult with their local Public Health Unit.

- In the event of a pandemic, how do we live out our Christian faith?
- What does it mean to proclaim Jesus as Healer?
- How do we put into action what we have studied?
- There may danger to our own lives: how do we respond to our brothers and sisters in Christ who have become ill, who cannot care for their children, shop, feed, or clean themselves?
- God has promised to protect His own in times of danger—will we trust Him and His Word and show an unbelieving world Christ's love by preparing our churches to act?
- How do we assist those who have been unable to work with perhaps no pay cheque because of personal or family illness?
- Does the church have finances set aside for such an emergency? Is this the right approach?

第六節—教會回應—外部

SECTION VI – CHURCH RESPONSE – EXTERNAL

可鼓勵教會成員「過馬路」—與您左側和右側的鄰居以及馬路對面的兩個鄰居交談。

邀請這五個家庭中的某些或全部人組建一個聯盟 - 在大流行時建立一個支援小組（輪流購物、輪流帶兒童看護、去藥房、更新疫情最新狀態、交換公共衛生信息、提供家庭教育、提供基本的健康保健，例如餵養、經濟上的支持、情感上的支持和祈禱。雖然教會需要保持簡單的運作，但是基督徒會否繼續為世界作榜樣去領導人們互相照顧彼此嗎？

- 愛人如己的意思什麼？
- 教會願意接納或照顧非會眾的人嗎？
- 教會可以與應急機構、公共衛生部門、和政府合作嗎？



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Consider encouraging church members to “cross the street”—talk to a neighbour to your left and to your right and two neighbours across the street. See if some or all of these five family units might want to form an alliance—a mutual assistance group in the event of a pandemic (take turns shopping, take turns with child care, going to the pharmacy, keeping up-to-date with public health info, offer home schooling, provide basic health care—feeding, support economically, support emotionally and in prayer. The church needs to keep it simple, but would Christians lead the world in caring for one another?

- What does it mean to love you neighbour as yourself?
- Is the church willing to take in or care for people who do not belong to the congregation?
- Can the church partner with emergency response agencies, public health, and governments?

第七節- 應急準備

SECTION VII - EMERGENCY PREPAREDNESS

不僅此大流行，我們應鼓勵教會成員為任何緊急情況做好個人準備。

Encourage church members to be personally prepared for any emergency—not just a pandemic.

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