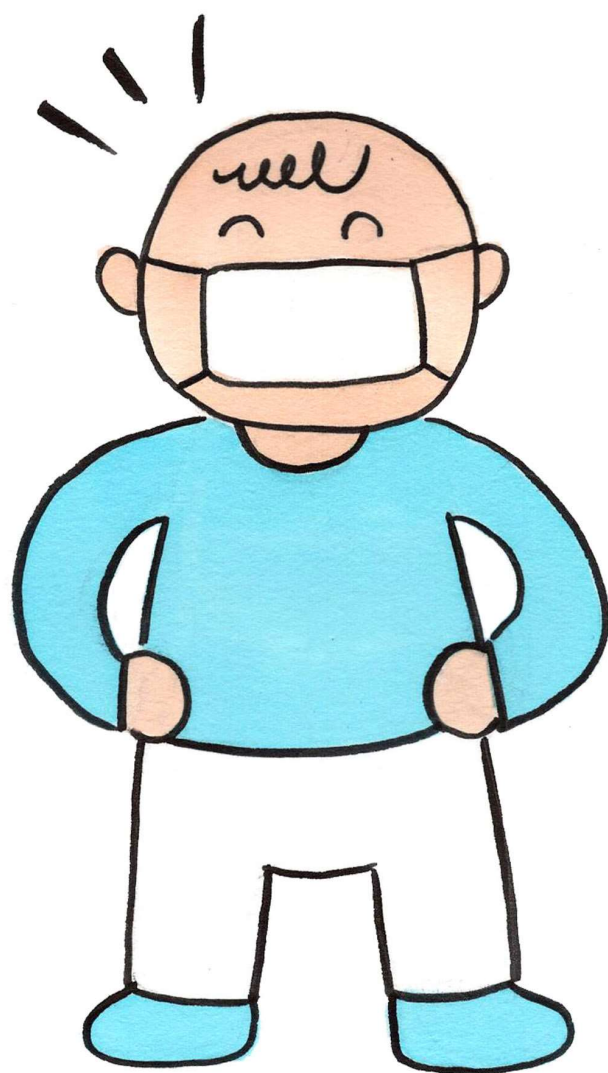


我不害怕!

I'm Not Afraid!



面對疫情的心態

Guide for Emotional Wellbeing in the Epidemic

病毒來了，人人都很害怕
但有天父，我們都不用怕



With the virus, everyone is afraid.
But we have God, we are not afraid.

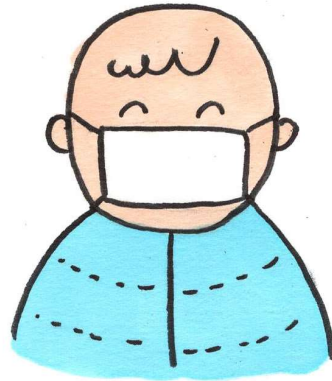
我們好好保護自己

We can protect ourselves.



✓ 多洗手

Wash your hands often



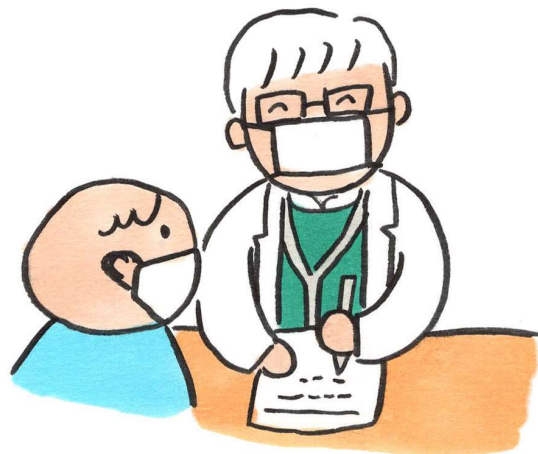
✓ 戴口罩

Wear a mask



✗ 不要摸
眼耳口鼻

Don't touch your
eyes, ears, mouth and nose



✓ 不舒服
要看醫生

Go to the Doctor if
you are unwell

提升免疫力

Boost immunity



早睡

Sleep early



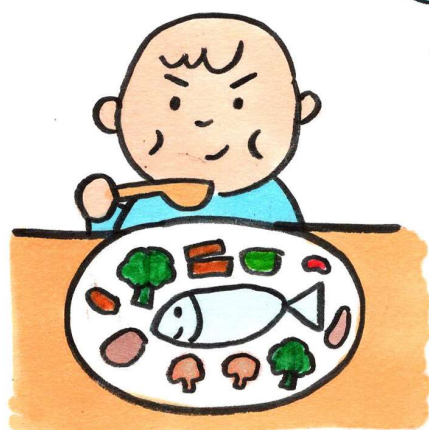
早起

Wake up early



做運動

Exercise



均衡飲食

Balanced Diet

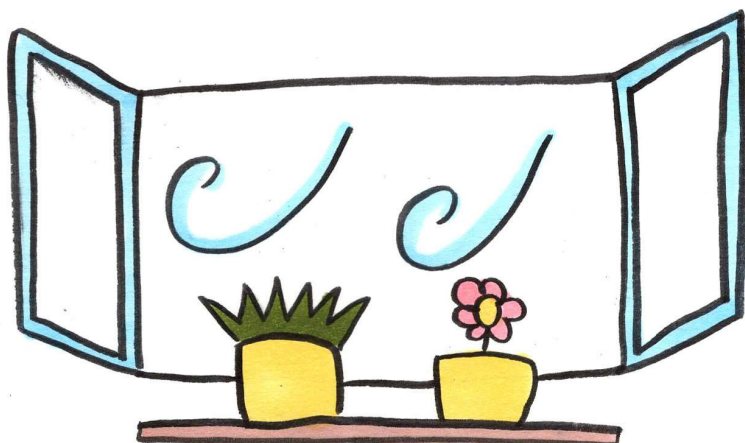


多飲水

Drink lots of Water

少出街, 開窗, 常清潔

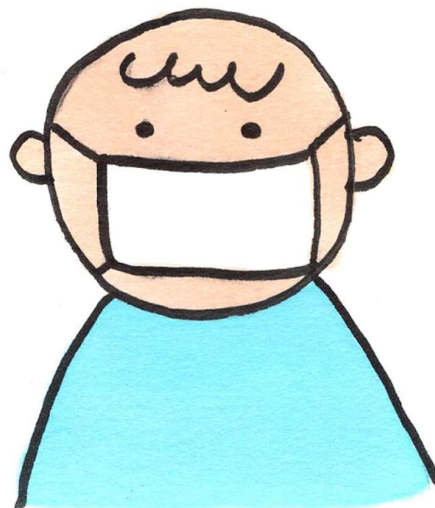
Go out less, open the windows, keep clean



在家也有很多有趣的事可以做。

There are many fun things to do at home too.

 帶著口罩，看不到笑容 
With the mask, we can't see smiles

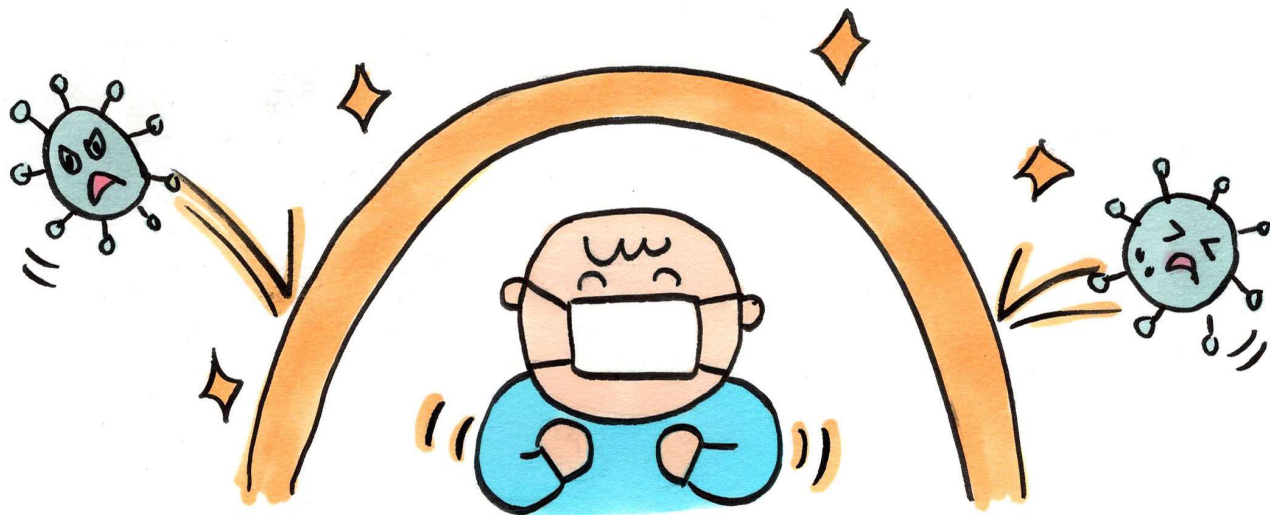


但隔着口罩我們可以讚美天父
But we can praise God even with a mask



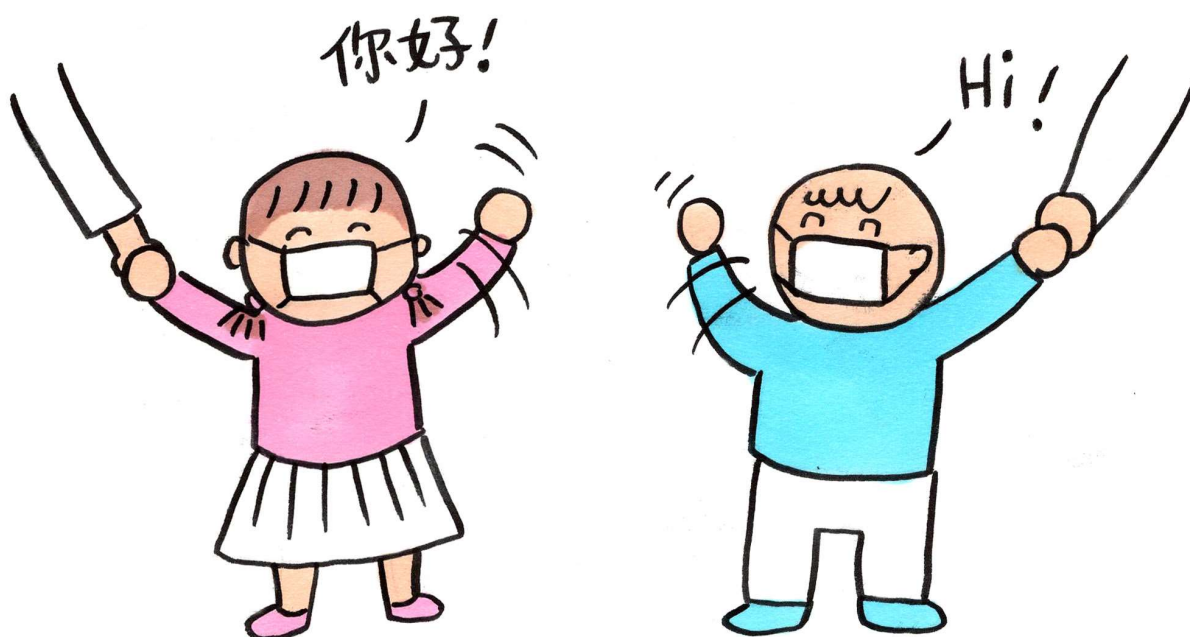
✋ 手不可隨處摸，免感染病毒

Keep your hands to yourself, keeps the virus away.



手可以揮一揮，打招呼

We can wave and say hi.



♥ 旁邊有人咳，大家怕怕走開

If someone coughs, people run away.

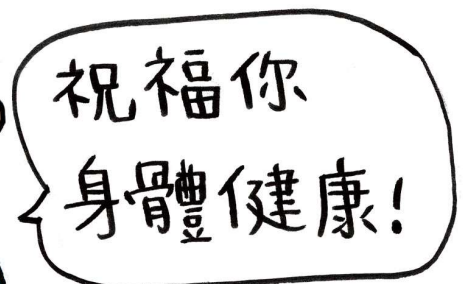
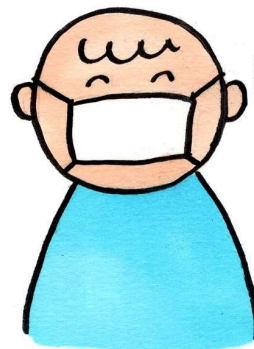


♥ 我們關心他，祝福他快快康復

We can care and wish them good health.



May God protect
and heal you.



Bless you with
good health.

有天父 我們不用怕

神帶我們經過 SARS, 也必帶我們經過這次疫症。

Do not be afraid. God brought us through SARS,
he will also bring us through this epidemic.



神在其宮中自顯為避難所。詩篇 48:3

God is in her citadels;
he has shown himself to be her fortress.

Psalms 48:3

我們敬拜禱告對天父有信心！

Let's worship and pray. We have faith in God.



我呼求的日子，你就應允我，鼓勵我，使我心裡有能力。

When I called, you answered me; you greatly emboldened me.

詩篇 Psalm 138:3



女: 611 故事小組

圖: tinyanillustration

