

教區天主教墳場委員會呼籲教友分散在清明節前後更長日子前往掃墓

清明節（四月四日）將至，為防止 2019 冠狀病毒病傳播，並參考政府及傳染病學專家的建議，現呼籲教友避免在清明節當日人多擠迫的高峰期掃墓；應盡量分散在該節日前後更長的日子前往拜祭，以避免構成人潮，增加病毒傳播風險。

掃墓人士亦應盡量與其他人士保持適當的社交距離，保持環境清潔衛生，妥善處理垃圾和積水，盡量減低疫情擴散的風險，並時刻保持良好的個人及環境衛生。請謹記：

- 在搭乘交通工具或在人多擠逼的地方逗留時，應佩戴外科口罩；
- 經常保持雙手清潔，尤其在觸摸口、鼻或眼之前；
- 洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾。如沒有洗手設施，或雙手沒有明顯污垢時，可以使用含 70%至 80%的酒精搓手液潔淨雙手；
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋垃圾箱內，然後徹底清潔雙手；
- 當出現呼吸道感染病徵，應戴上外科口罩，留在家中休息，及盡早向醫生求診。

天主保佑！

**The Diocesan Board of Catholic Cemeteries encourages all faithful to stagger
grave-sweeping activities over wider period
before and after Ching Ming Festival**

With the forthcoming Ching Ming Festival on April 4, and in accordance to the recommendation of the Government and infectious diseases experts, faithful are encouraged to stagger grave-sweeping activities over a wider period before and after the Ching Ming Festival to avoid overcrowding and prevent the possible spread of COVID-19.

Grave sweepers should also maintain appropriate social distance with other people as far as possible, good personal and environmental hygiene when paying tribute to deceased loved ones. Remember to,

- Wear a surgical mask when taking public transport or staying in crowded places;
- Perform hand hygiene frequently, especially before touching one's mouth, nose or eyes;
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based handrub is an effective alternative;
- Cover your mouth and nose with a tissue when sneezing or coughing. Dispose of soiled tissues in a lidded rubbish bin, then wash hands thoroughly; and
- When having respiratory symptoms, wear a surgical mask, stay home and seek medical advice promptly.

God bless you all!