

# Don't Be Afraid! Come On!

## 不要害怕, 加油!

Annie Lu

Colart China Shanghai commercial team

Life is always unpredictable. After I recovered, my father started to have a fever. According to the procedure, we firstly went to community hospital and the doctor prescribed some medicine. However, my father's condition was getting worse so that we went to the higher-level hospital and my father was diagnosed as suspected case of new coronavirus pneumonia. As the news reported, all suspected cases would be managed and observed in isolation. My father was quarantined in nearby hotel. Authorities requisitioned many hotels and equipped management staff to take care these suspected cases. During the quarantine period, patients cannot go out unless they were going to the hospital. All the meals are offered for free. Many people were concerned that the quarantine conditions are terrible but according to my father the room is comfortable, and the food supplies are nutritionally balanced including vegetables, meat and fruits. There are daily check every day and regular virus detection. So, there is no need to be afraid of quarantine.

生活总是难以预料的。在我的感冒好了之后，我爸爸开始发烧。我们按照社区规定的流程，去了社区医院，吃了药可情况并未好转，后续我们又去了上一级的医院，医生诊断我的父亲是疑似病例。过了没多久，就如新闻上所说的，所有的疑似病例都集中隔离管理。我爸爸就被隔离去酒店住了。政府征用了很多的酒店用作隔离，并配备了管理人员。在隔离期间，除非是去医院，不然不能外出。一日三餐都统一免费提供。很多人担心统一隔离就是被关起来，吃也吃不好，住也住不好。但我爸爸说他们的食物，一日三餐都有专门的人送菜上门，食物有蔬菜有肉有水果，吃得还不错。管理很严格，每晚会查房询问身体情况，也会定期统一安排核酸检测。所以隔离并没大家想象的那么可怕和糟糕。

We are all suffering this epidemic physically and mentally. During my father's illness, we need to go to hospital everyday. There are a large number of patients and every window has a long queue. Because of continuous injection, it become harder and harder for nurses to find a suitable place to give injection. I really feel terrible when the nurse tried 5 times and finally give my father a successful injection. I really wish I was the one who get sick, not my father. Thank goodness! My father is getting better and the fever is down now. And the virus detection is negative. However, he is still quarantined in hotel.

这次的疫情对我们的身体和心理真的是双重的煎熬。在我父亲生病期间，每天我们都要去医院排队打针。每天都需要花很久排队，由于连着打针，手上的血管也不再那么容易打进去。有一次我的父亲打了5次才把针打进去，我的心都揪起来了。感谢耶稣，我的父亲现在已经好转，没有发烧了，也不需要继续打针，两次核算检测也都是阴性，但目前还在隔离观察。

My uncle accepted treatment in the same hospital. At the beginning, he regarded the illness as

the normal cold so he did go to hospital. However, the disease progressed so fast that he was already in danger when he went to the hospital. He cannot live without breathing machine. After he was diagnosed as new coronavirus pneumonia, he was transferred to Huoshenshan hospital. We cannot visit him, but we can communicate with doctor via phone. The doctor told us that they are using the best medicine and trying every method to save my uncle. My uncle can only eat liquid food, so the doctor changed his food to liquid food with high protein. Really thank goodness and thank our country and all doctors and nurses. Our country has really paid a huge price and it is really doing its best to save people.

我的舅舅也在这家医院治疗.刚开始他以为只是普通的感冒所以没有去医院。可病情发展非常的快，以至于去医院就已经是病危重症，不能离开呼吸机。我舅舅确诊是新型冠状病毒肺炎，确诊后，医院就安排我舅舅去了火神山医院住院治疗。家属不可以探望，但是可以电话沟通。医生告诉我们，他们正在用最好的药来救我的舅舅，我舅舅只能吃流食，于是医生就换了高蛋白的流食给我舅舅。真的很感谢神，也很感谢国家！国家这次真的付出了很多代价，真的在尽全力救人。

At the beginning of the epidemic, there may have been a problem of management confusion, but my own feeling is that the situation is developing in a good direction. The number of patients in fever clinics is decreasing. During our recent visit, there were only a few sporadic patients in the fever clinic. Perhaps all patients were transferred to the corresponding hospital or isolation point according to their condition after diagnosis. The implementation of policies is becoming more efficient. From my own experience, the virus detection, isolation observation and treatment in Huoshenshan Hospital are all free as the policy stated. Every time a new rule is published online, I basically experience it in the next day, such as centralized isolation, square cabin hospital, and community closed management.

在疫情最开始的时候可能的确存在管理混乱的问题，但我自己的感觉是情况都在往好的方向发展。发热门诊的人数慢慢在减少。在我们近期做复查时，发热门诊只有零星的几个人了。也许是所有的病人在诊断后都根据病情转移到了对应的医院或隔离点。政策的落实越来越高效。从我的经验上来说，病毒的检测，隔离观察和火神山的治疗也的确都如政策上写的都是免费的。每次网上出一个新的规定，我基本上隔天就会亲自经历到，例如集中隔离，方舱医院，小区封闭式管理。

After experiencing these, I really hope everyone is safe and healthy. And I really want to say if you are not feeling well, don't be afraid and go to hospital as soon as possible! Don't be afraid even if you are a patient with new coronavirus pneumonia! As long as you are alive today and have not reached the last second of your life, then don't give up! Just face it, go to the hospital, actively report to the community and cooperate with doctors for treatment. Our country is really doing its best to save us and it is not vain. All medical staffs are also doing their best to save people. The isolation point is not terrible, nor is Huoshenshan Hospital! Disease and pain will pass, hold on and come on! Sincerely pray for you. Jesus loves you all and I love you too!

在经历了这次家人生病后，想对大家说，希望大家都平平安安，身体健康。但如果身体不舒服，不要害怕！就算确诊了，也不要害怕！只要你今天还活着，也没有到生命的最后一秒，那就不要放弃！该面对的就去面对，该去医院就去医院，不要拖延！积极上报社区，配合医生治疗，国家真的在尽全力救人，并不是虚的。所有的医护人员也在尽全力救人。隔离点不可怕，火神山医院也不可怕！疾病痛苦都会过去，撑住了，加油！真心的求耶稣保守你们每一个人都平平安安，耶稣爱你们！我也爱你们！

Quarantine hotel  
隔离点

The picture is about the condition of the isolation hotel and the provided food. Recently, they start to provide the medicine that patient need for free. All the arrangement is really good.

如下照片是隔离点的环境和所提供的食物,近期还开始免费提供病人所需要的药品。整体安排都非常好。

