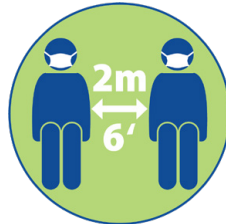




## Attending Faith-Based Services During COVID-19

## Covid-19 期间参加宗教活动

Limit contact and keep  
6 feet apart from people  
you don't live with.



限制与您不住的人接触，  
并与其保持 6 英尺的距离。

Wear a mask indoors and  
if physical distancing  
is difficult outdoors.



如果在户外与他人难以保持距  
离或者在室内，请戴口罩。

Bring your own materials  
(eg. prayer book or rug),  
if possible.



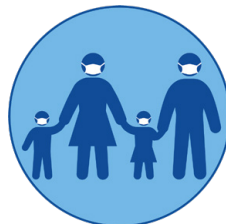
尽可能携带自己的物品  
(例如祈祷书或毯子)。

Do not sing or chant as germs  
can spread more easily.



尽量不要唱歌或诵经，因为这  
样更易传播病毒。

Keep your children with you  
and do not gather in groups.



将孩子带在身边，不要扎堆。

Rituals like communion  
are not recommended.



不建议进行领圣餐之类的宗教  
集体活动。

[OttawaPublicHealth.ca/WorkplaceCOVID19](https://OttawaPublicHealth.ca/WorkplaceCOVID19)

Adapted courtesy of Toronto Public Health / 节选并改编自多伦多公共卫生局 (Simplified Chinese) 12/2020