

Ningbo Tightens Containment Measures amid COVID-19 Resurgence

By Jin Lu

On August 11, a port worker surnamed Yu, whose nucleic acid test result came out positive, was confirmed to be an asymptomatic carrier related with imported cases in Ningbo.

To contain the resurgence of COVID-19 driven by the highly contagious Delta variant, recently, Ningbo is tightening prevention measures and speeding up mass nucleic acid testing for COVID-19.

Speeding up Mass Testing for COVID-19

Yu has now been sent to a designated hospital for further medical observation and isolated treatment. All Yu's close contacts have now been quarantined and the relevant venues, such as his workplace and where he visited, have been required to cease operation.

Zhang Nanfen, director of the Ningbo City Health Commission, said relevant departments have been required to spare no effort and introduce effective new measures to prevent and control the imported cases from further spreading in the city.

All new employees are required to show negative results of nucleic acid tests taken in the 48 hours before they are allowed to start work, Zhang said.

To make nucleic acid tests more accessible to residents, Ningbo recently launched several new facilities.

For example, on August 11, two nucleic acid testing centers started operation in Gulin Town and Yinjiang Town, Haishu. On the same day, a similar service center was also set up near the Ningbo Grand Hotel.

People traveling to Ningbo who have been to domestic medium-risk and high-risk areas within 14 days are required to have a nucleic acid test within 48 hours before departure.

For those unable to provide a negative nucleic acid test certificate within 48 hours, they can receive a free nucleic acid test at the service centers within 24 hours after arrival. These individuals are required to show their



① A nurse holds a syringe containing a COVID-19 vaccine.
[Photo by Cheng Bingling]

② A medical worker takes a swab sample from a citizen at a COVID-19 nucleic acid testing site.
[Photo by Hu Sili]

③ Staff spray disinfectant at a parking lot in Ningbo.
[Photo by Wang Mubin]



identity cards, wear face masks, and maintain social distancing.

As of August 10, Ningbo had administered 13.52 million doses of vaccines, with more than 7.88 million residents who are aged above 18 having been vaccinated against the corona virus with at least one dose.

Tightening Containment Measures

To guard against the resurgence of COVID-19, Ningbo is tightening containment measures across the city based on local conditions.

The attendance rates for movie theaters should remain under 75 percent.

"While keeping well-ventilated, we will make sure that screening rooms, the lobby, rest rooms, seats and 3D glasses are

fully disinfected," said one manager of a cinema in Yinzhou.

Public places such as subways have also further enhanced prevention. Walking into the Ningbo Railway Station of Metro Line 2, you can faintly smell the disinfectant water.

"We have a lot of transfer passengers at this station, and many passengers come from the transportation hub. Thus, in-station disinfection is of vital importance," said Jiang Lingqian, a staff member.

In the past few days, as the number of people traveling has decreased, the passenger flow of this subway station has also dropped significantly. Despite so, the station has not eased its prevention for even one single moment.

The elevator handrails, the gates of the station, the ticket

machine, etc., you can see staff wiping them with disinfection wet tissue almost at any time.

Protecting Yourself and Others from COVID-19

With COVID-19 cases and deaths on the up worldwide, a vital question for many people is: How can I protect myself? Here are some tips to best protect yourself as well as others from COVID-19.

Firstly, maintain at least a two-meter distance between yourself and anyone else, especially if they are coughing or sneezing. The reason for this is if someone coughs or sneezes, they spray small liquid droplets from their nose or mouth that may contain the virus. If you are too close you may breathe in the

droplets.

Secondly, apply hand sanitizer regularly. Always keep a bottle of hand sanitizer available at home as well as one in your car if you do have to go out and don't have access to handwashing facilities immediately.

Besides, make sure your face mask covers both mouth and nose. If you choose to wear a face mask, make sure it covers your mouth and nose and not one or the other. Also avoid touching the mask once it's on and throw in the bin after a single use. You should also wash your hands after removing the mask to make sure that any potential infections are prevented.

Put simply, the best way is to self-isolate and follow government advice on social distancing and quarantine measures.



双语汇 Different Tongues

Wang Anshi in Ningbo: The Active Influence Lasts for Thousands of Years

王安石在宁波:影响久远,已至千年

By Gou Wen

Wang Anshi (1021-1086) was a Chinese economist, philosopher, poet, and politician during the Song Dynasty. He served as prime minister and attempted major and controversial socioeconomic reforms known as the Wang Anshi Reforms.

王安石(1021-1086)是中国宋代的经济学家、哲学家、诗人和政治家。他曾官至宰相,并尝试进行重大而有争议的社会经济改革,即王安石变法。

As early as in 1047, he was promoted to district magistrate (zhixian) of Yinxian (Ningbo, Zhejiang Province). In the fol-

lowing three years, he had done many practical things for people's livelihood as he implemented some new policies during his days in Ningbo, which became valuable experience for his later reforms.

在1047年,他被任命为鄞县知县。在鄞县为官的三年中,他为民做了很多实事。他推行了新的政策,这也为他之后的变法提供了宝贵的经验。

For instance, Wang Anshi loaned the grain stored in county granary to the villagers in the spring, who, after the autumn harvest, would repay with a small amount of interest. In doing so, the peasants could survive the grain shortage, avoiding

the landlord's exploitation for heavy profits, and the government's grain reserves could be kept fresh.

如在春季,把县府粮仓中的存粮借贷给乡民,到秋收之后,乡民加少量利息偿还。这样不仅农民能度过粮荒,避免了地主的重利盘剥,而且也能保证官府的存粮新鲜。

Although he was later promoted to other places and never came back, many commemorative buildings in Ningbo, such as Shisheng Temple and Zhongying Temple, among others, were dedicated to him.

虽然之后王安石得到了升迁,并且没有再回到鄞县,但是这里的很多庙宇,如实圣庙、忠应庙,以及很多其他建筑,都与他有关系。



Statue of Wang Anshi's water-control. / 王安石治水雕像。
[Photo by Dai Shanxiang, Liu Qiang]

SPOTLIGHT

Medical Workers Toil at the COVID-19 Vaccination Site

By Dong Na

Over the past few days, nurses in the COVID-19 vaccination sites in Haishu district, wearing protective clothing, medical hats and gloves, have been working really hard to prepare disinfection supplies and keep the vaccination process running.

They work for eight hours at a time. "This is our daily routine, repeating the same movements over and over again, making sure nothing goes wrong," said nurse Ren Rong.

Medical workers are also busy at the temporary COVID-19 vaccination site at the Gulin Sports Center, which opened in mid-July. "Don't touch the water with your injected arm today, don't drink alcohol for a week, and stay for half an hour before you go home..." Nurse Quan Haiyan repeatedly told the public to pay attention to those matters. Quan is also in charge of another temporary vaccination site. She often travels between two sites. Every day, she manages to vaccinate more than 800 people, that is, as many as three people per minute.

"The arm has developed muscle memory and reflexively repeats the inoculation, telling the vaccinators hundreds of times a day. At the end of the day, the voice gets hoarse," said Quan Haiyan.

By 8 PM, the nurses' uniforms under their protective suits were soaked with sweat. "I don't feel tired while working. I just don't want to keep patients waiting too long. We don't go to the toilet for half a day and finish eating within five minutes. This is our special skill," Quan said.

Gulin town has a permanent population of more than 160,000, and the vaccination task is also the hardest in Haishu district. To reduce the waiting time for patients, nurses have always overcome the difficulties and continued providing service as long as people come to receive the jab.

Nucleic Acid Test of Covid-19 (NAT) medical staff also stick to the front line. More than 30 staff members have been working around the clock since Haishu NAT Comprehensive Service Center officially began sampling.

In the hot summer, although the service center was equipped with air conditioning, the staff's clothes were soaked with sweat after only half an hour of sampling. "Sampling requires a lot of concentration. Despite the sweltering heat in the protective clothing, our duty and mission kept us going and overcame all difficulties to complete working," Director Lu Yizhen said.