Date accessed: 2020-03-06

<http://wsjkw.gxzf.gov.cn/zhuantiqu/ncov/ncovyqtb/2020/0229/69595.html>

Epidemic situation of new coronavirus pneumonia in Guangxi on February 28, 2020

Date: 2020-02-29 08:00:00 Source: Autonomous Regional Health Committee

2 Yue 0-24 28th, our region has no new confirmed case of novel coronavirus pneumonia; no new suspected cases; new cured 6 cases (Nanning two cases, one case of Beihai, Fangchenggang two cases, 1 case in Laibin City); no new deaths.

At present, there are 252 confirmed cases, 172 discharged patients, and 2 dead cases (1 in Hechi City and 1 in Beihai City). There are 78 confirmed cases, all of which are being treated in hospital, including 1 severe case. (1 in Guilin), 5 critical cases (1 in Nanning, 1 in Beihai, 2 in Fangchenggang, and 1 in Hechi); there are currently 0 suspected cases.

Among the confirmed cases, 55 were in Nanning, 24 were in Liuzhou, 32 were in Guilin, 5 were in Wuzhou, 44 were in Beihai, 19 were in Fangchenggang, 8 were in Qinzhou, 8 were in Guigang, 11 were in Yulin, There were 3 cases in Baise City, 4 cases in Hezhou City, 28 cases in Hechi City, and 11 cases in Laibin City.

Four new close contacts were added today, and 716 are currently undergoing medical observation.

In order to reduce or eliminate the impact of bad lifestyle behaviors on physical health, further improve the body's immunity and prevent infection by pathogens such as new crown virus. Experts suggest that, while doing personal daily protection, you should establish a good healthy lifestyle. The first is a reasonable diet. Intake as many types of food as possible every day, mainly cereals, thickness and thickness, often eat coarse grains, miscellaneous grains and whole grains; eat more vegetables, fruits and potatoes; eat milk, soybeans or their products, eat moderate amounts Fish, poultry, eggs and lean meat; reduce cooking oil and eat a light, salt-free diet. The second is moderate exercise. Strengthen physical activities, including housework, transportation, work and leisure time exercise (including regular exercise of a certain intensity), etc., develop the habit of regular exercise, and live less often and more frequently. The third is to quit smoking and limit alcohol. Smoking is a major risk factor for the onset and death of many diseases such as lung cancer and chronic respiratory diseases. Scientific evidence at home and abroad confirms that the sooner you quit smoking, the better your health. It is not too late to quit smoking at any time. Excessive drinking has multiple health hazards. Pregnant women, children and adolescents are prohibited from drinking. The fourth is psychological balance. Should have no mental illness and have a positive mental state of development, if compared with the American psychologist Maslow 10 mental health standards, there is a certain distance, targeted psychological adjustment and psychological exercise, if necessary, promptly seek medical.

2020年2月28日广西新型冠状病毒肺炎疫情情况

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2月28日0-24时，我区无新增新型冠状病毒肺炎确诊病例；无新增疑似病例；新增治愈出院病例6例（南宁市2例，北海市1例，防城港市2例，来宾市1例）；无新增死亡病例。

目前全区累计报告确诊病例252例，累计出院病例172例，累计死亡病例2例（河池市1例、北海市1例），现有确诊病例78例，均在院治疗，其中重症病例1例（桂林市1例），危重病例5例（南宁市1例、北海市1例、防城港市2例、河池市1例）；现有疑似病例0例。

累计确诊病例中，南宁市55例、柳州市24例、桂林市32例、梧州市5例、北海市44例、防城港市19例、钦州市8例、贵港市8例、玉林市11例、百色市3例、贺州市4例、河池市28例、来宾市11例。

本日新增密切接触者4人，现有716人正在接受医学观察。

为降低或消除不良生活行为方式对身体健康影响，进一步提升机体免疫力，预防新冠病毒等病原体的感染。专家建议，在做好个人日常防护的同时，应建立良好的健康生活方式。一是合理膳食。每天尽可能摄入更多种类的食物，以谷类为主，粗细搭配，常吃粗粮、杂粮和全谷类食物;多吃蔬菜水果和薯类;每天吃奶类、大豆或其制品，常吃适量的鱼、禽、蛋和瘦肉；减少烹调油，吃清淡少盐饮食。二是适量运动。加强身体活动，包括家务、交通、工作和闲暇时间锻炼（含定期进行一定强度的运动）等，养成规律运动的习惯，日常生活少静多动。三是戒烟限酒。吸烟是肺癌、慢性呼吸系统疾病等多种疾病发病和死亡的主要危险因素，国内外科学证据证实，越早戒烟越有益健康，任何时候戒烟都不晚。过量饮酒对健康有多重危害，孕妇和儿童青少年禁止喝酒。四是心理平衡。应具备无心理疾病和具有一种积极发展的心理状态，若对照美国心理学家马斯洛10条心理健康标准，有一定距离的，有针对性地进行心理调整与心理锻炼，必要时及时求医。