Date accessed: 2020-03-06

<http://wsjkw.gxzf.gov.cn/zhuantiqu/ncov/ncovyqtb/2020/0306/69832.html>

**Epidemic situation of new coronavirus pneumonia in Guangxi on March 5, 2020**

Date: 2020-03-06 08:00:00 Source: Autonomous Region Health Committee

3 Yue 0-24 on the 5th, the district no new confirmed case of novel coronavirus pneumonia ; no new suspected cases; new cases were cured four cases (one case in Liuzhou, Laibin three cases); no new deaths Case.

At present, there are 252 confirmed cases, 217 discharged patients, and 2 dead cases (1 in Hechi City and 1 in Beihai City). There are 33 confirmed cases, all of which are being treated in hospital, including 5 critical cases (1 case in Nanning City, 1 case in Beihai City, 2 cases in Fangchenggang City, and 1 case in Hechi City); there are 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 .

One new close contact was added today , and 144 are currently undergoing medical observation.

The epidemic period is very long. If you have these behaviors: get up and open your eyes first, open your mobile phone to refresh all kinds of epidemic information; although your eyes are tired, you still ca n’t stop your hand. Weibo; every day when I am in the circle of friends, my emotions cycle in "moving-terrible-angry-angry", feeling that I can no longer control myself. Then, please accept the experts' suggestions: First, control the amount of information. The amount of information received for new coronary pneumonia every day does not exceed 40% of the total, and appropriate attention to the excessive epidemic situation is appropriately alleviated. The second is to learn to recognize negative automatic thoughts. When you are angry and anxious, please “slow down” and “slow down”, ask yourself why you are angry, why you are anxious, and analyze whether your thoughts about emotions are reasonable. If you can analyze your thoughts, your reason will occupy the "highland." The third is to do something interesting. Recall the things you loved before, review the wonderful feelings you have, and spend some time to do something fun for yourself, such as reading a few good books, smelling some favorite flavors, listening to some soothing music, Eat the food you like ... put in and experience these wonderful feelings, there will be unexpected gains.

**2020年3月5日广西新型冠状病毒肺炎疫情情况**

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3月5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4例（柳州市1例，来宾市3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217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33例，均在院治疗，其中危重病例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1人，现有144人正在接受医学观察。

疫情非常时期，宅得时间久了，如果你有这些行为：起床睁眼第一件事，打开手机刷新各种疫情信息；虽然眼睛很累，但手仍停不下来，刷完微信，再刷微博；每天刷朋友圈时，情绪在“感动－可怕－生气－愤怒”中循环往复，感觉心情已经不能自我控制了。那么，请接受专家的建议：一是控制信息量。每天接受新冠肺炎的信息量不超过总量的40%，适当缓解对疫情过度的关注。二是学会识别负性自动想法。当愤怒、焦躁的时候，请“缓一缓”“慢一慢”，问问自己为什么会愤怒，为什么会焦躁，分析一下自己产生情绪的想法是否合理。如果能够分析自己想法的时候，你的理性就占领了“高地”。三是做点感兴趣的事情。回忆一下自己以前喜欢的事情，回顾一下自己有那些美好的感受，挤出一些时间给自己去做些开心的事情，如看几本好的书、闻一些喜欢的味道、听一些舒缓的音乐、吃喜欢的食物……投入地去体验一下这些美妙的感觉，会有意想不到的收获。