

Safe Journey in Beijing
健康旅行在北京



世界图书出版公司

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北京概况

General information

北京是一座历史悠久的世界著名古城，中华人民共和国的首都，全国政治、经济、文化中心和对外交流中心。北京现辖 18 个区（县），总面积 16800 多平方千米。全市总人口为 1381.9 万。

Beijing is a world famous old city with its cultural heritage and long history, and is a new city as the capital of the People's Republic of China, consisting of 10 urban and sub-urban districts and 8 counties. The population in Beijing is 13.819 million, and the total municipal area was increased to over 16800 sq km. Today, Beijing is the political, economic and cultural capital of the new China as well as a center of international activity and an important socialist base.

地理地貌

Geographical features

北京市中心位于北纬 39 度 56 分，东经 116 度 20 分。雄踞华北平原北端。北京的西、北和东北，群山环绕，东南是缓缓向渤海倾斜的大平原。北京平原的海拔高度在 20~60 米，山地一般海拔 1000~1500 米，与河北交界的东灵山海拔 2303 米，为北京市最高峰。境内贯穿几大河，主要是东部的潮白河、北运河，西部的永定河和拒马河。北京的地势是西北高、东南低。西部是太行山余脉的西山，北部是燕山山脉的军都山，两山在南口关沟相交，形成一个向东南展开的半圆形大山弯，人们称之为“北京弯”，它所围绕的小平原即为北京小平原。

The center of Beijing city is 39°56' N, 116°20' E, standing on the northern edge of the North China Plain, at an elevation of 20 to 60 meters above sea level. Mountainous

along the north, west and northeast. To the southeast is the plain toward the Bohai gulf with slight slope. The average elevation of the mountain area is 1000 to 1500 meters. The highest mountain in Beijing is the Dongling Mountain at border of Beijing and Hebei province. Some rivers pass through the municipal area, including the Chaobai River and North Canal in the east, the Yongding River and Juma River in the west. The northwestern corner of the city rises above the southeast. The long Taihang Mountain range to the west, and Jundu Mountain, which belongs to Yanshan Mountain, is located in the north. Both mountain joint at Guangou in Nankou to form a half-circled plain. Geologists call this small gulf-shaped plain surrounding Beijing the "Beijing Gulf". The small plain it surrounds is called "Beijing plain".

气候特点

Climate feature

北京的气候为典型的暖温带半湿润大陆性季风气候,夏季炎热多雨,冬季寒冷干燥,春季较短,少雨多风,秋季晴好,温湿度宜人。年平均气温 $10\sim 12$ 摄氏度,1月最冷,平均气温 $-7\sim -4$ 摄氏度,7月最热,平均气温 $25\sim 26$ 摄氏度。极端最低气温 -27.4 摄氏度,极端最高气温 42 摄氏度以上。年平均降雨量 600 多毫米,全年降水的 75% 集中在夏季,7、8月常有暴雨。

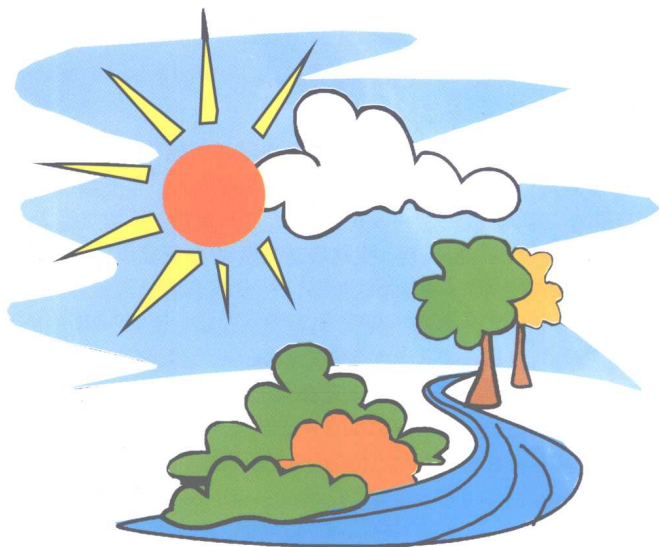
Beijing has a typical continental monsoon climate. In summer, the weather is hot and moist, in winter, cold and dry take over. The spring in Beijing is short with little rain and much wind. The autumn is a good season with clear sky and pleasant weather. The average temperature is $10^{\circ}\text{C} \sim 12^{\circ}\text{C}$ The coldest month in Beijing is January, with an average temperature of -7°C to -4°C with recorded low temperature of -27.4°C . The hottest month is July, with an average temperature of $25^{\circ}\text{C} \sim 26^{\circ}\text{C}$, the highest once reached over 42°C . The annual rainfall is over 600 mm , over 75% of it is in Summer season. Storms occur occasionally in July and August.

最佳旅游季节

Best season for a journey

北京的最佳旅游季节为秋季。9月初进入秋季，气候宜人，天高云淡，湿度在60%~70%之间，天气清爽。深秋，在长城周围的山区和北京郊区，枫林处处，红叶满山。

The best traveling season in Beijing is autumn. The season starts at the beginning of September, the weather is pleasant then and the sky is always clear. The humidity is 60%~70% making you feel fresh and cool. In the late fall, the area around the Great Wall and other places in the suburb, the mountains are covered with trees with red leaves.



出行篇

Advices for the trip

1. 哪些人不宜出行

Persons not suitable for the Journey

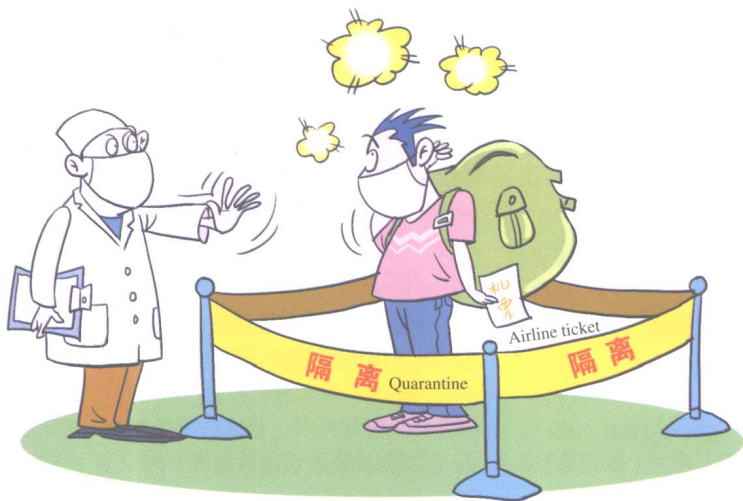
旅游是每个人都向往的事情。但并不是每个人都适合出门旅游。患有以下疾病的人应该暂缓出行：

传染病患者及需要隔离的密切接触者；

患急性病未愈者；

患有较严重的心血管、脑血管、肝、肺、肾等重要脏器疾病者；

患有慢性疾病正处于急性发作期或活动期者；



各种原因所致的严重贫血患者；
新近发生脑血管意外，病情尚未稳定者；
精神疾病病情不稳定者；
大中型手术后，处于恢复期的患者等。

Everyone looks forward to travel, but outdoor journey is not always suitable for everyone. It is wise to travel later for the following persons:

Quarantined patients suffering from infectious diseases and those close contact persons require quarantine.

Acute disease patient not fully recovered.

Severe diseases like cardiovascular diseases, cerebrovascular diseases and diseases of major organs, liver, lung or kidney etc..

Acute or active stage of the chronic diseases.

Severe anemia from different causes.

Recently attacked by a cerebrovascular disease, and still in the unstable stage.

Unstable conditions of psychotic patients.

Recovery stage from the attack of major or medium operations.

2. 为了保护健康，出游时行囊里该装些什么

Prepare for traveling bag for health

需要换洗的衣服和鞋；

自己的毛巾、拖鞋、水杯、牙刷等；

遮阳帽、雨伞等；

手消毒液、消毒湿巾，75%的酒精棉球（放在密封的小瓶中）。

Clothes and shoes for change.

Personal towel, slippers, cup and toothbrush etc..

Topee hat, umbrella etc..



Hand disinfectant, sanitary wet towel, cotton with 75% alcohol (keep in a sealed bottle).

3. 收拾好旅行小药箱

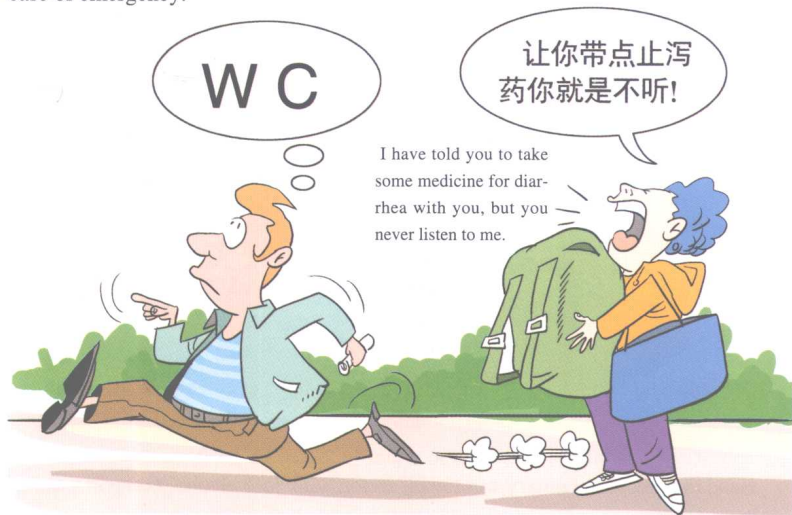
Make up a small medical kit

必用药：患有某种疾病需经常服用的药。应遵医嘱按时服用，并将病情告诉同行者，万一发生意外可得到帮助。

常用药：感冒药、止泻用药、外用药(如创可贴)，还可带些防晕车、中暑、过敏的药物，如乘晕宁、人丹、扑尔敏等。

计划生育用药：在蜜月旅行或夫妻同游时，如果不打算怀孕，就应该随身携带避孕药品或工具。

Essential medicine: currently or possible used medicine for certain diseases or aging. Or some medicine had to be taken regularly. The medicine should be taken according to the doctor. Telling your companies about your problem might be helpful in case of emergency.



Commonly used medicine: Anti-cold medicine, anti-diarrhea reagents, drugs for external use (e.g. paste of wound), other drugs to prevent carsickness, heatstroke, allergy are also useful, like Dramamine, Jintan, chlorpheniramine etc..

Family Planning drug: It is suggested to take contraceptive device or drug during honeymoon or conjugal trip.

爱心提示:

Caring hints:

外国游客最好从自己国家自带药品。因为各个国家的语言文字不通、用药习惯不同、国民的身体素质有差别，服用其他国家的药物很可能在剂量或禁忌证方

面会出现偏差，引起不适。

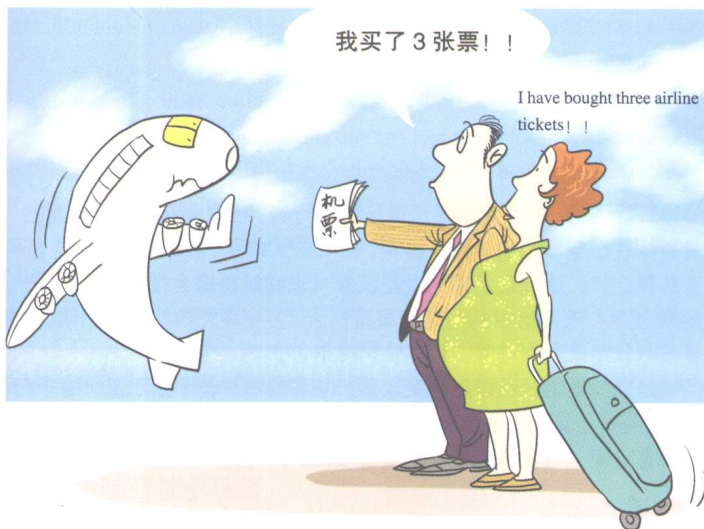
It is the best for foreign visitors to bring medicines from their own countries to avoid side effects or adverse effects from doses or contraindication because of the differences on languages, drug administration habit or diathesis.

4. 看一看，你是不是能坐飞机

Can you travel by air

乘坐飞机快速、便捷，可以节省时间，但不是每个人都适合坐飞机。以下人群不宜乘坐飞机：

癫痫及各种精神病患者；严重心血管病患者，特别是心功能不全、心肌缺氧、心肌梗死及严重高血压患者；严重脑血管病患者，如脑栓塞、脑出血、脑肿瘤患者；严重呼吸系统疾病患者，如肺气肿、肺心病、气胸等患者；做过胃肠手



术的病人，一般在手术 10 天内不能乘坐飞机；消化道出血的病人要在出血停止 3 周后才能乘飞机；严重贫血的病人；耳鼻有急性渗出性炎症，以及近期做过中耳手术的患者；临近产期的孕妇，尤其是妊娠 35 周后的孕妇。

Travel by air is fast, convenient and time saving, but it is not suitable for everyone. The following persons should not take the flights:

Epileptic and other psychological patients, patients in severe cardiovascular disease, esp. cardiac insufficiency, cardiac anoxia, myocardial infarction and severe hypertension, severe cerebrovascular disease patients, like cerebral embolism, cerebral hemorrhage or cerebral tumor; patients with severe respiratory system diseases, like pulmonary emphysema, pulmonary heart disease or pneumothorax; patients received gastrointestinal tract operation within the last 10 days. Patients with hemorrhage of digestive tract could take the flight after bleeding stop up to 3 weeks; patients with severe anemia, patients with weeping inflammation in nose and ear and patients received operation in auris media recently; pregnant woman closing to expected date of childbirth, esp. after 35 weeks of pregnancy.

5. 和时差“作战”

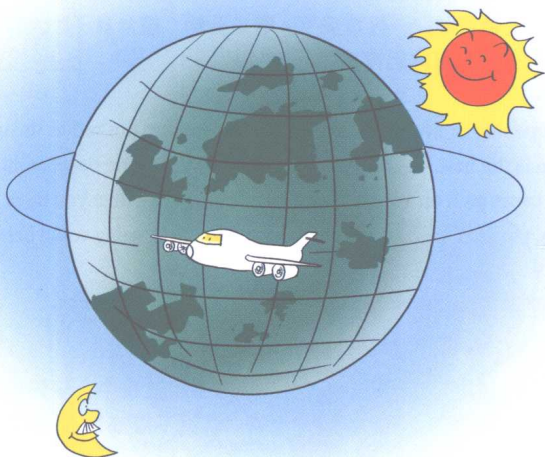
“Fight” the time difference

经过洲际飞行，快速跨越多个时区的旅行者，往往会在到达目的地后，发现自己的身体状态与当地的时间不协调，出现白天疲劳、夜间失眠，甚至出现消化系统紊乱等症状，这就是所谓的时差反应（也称时差综合征）。

应对措施：在到达目的地时如果是白天，多在户外自然光下活动，散步，游览，并适时饮用茶和咖啡等，能尽快消除时差影响。

如果是晚间到达，晚饭后不要饮酒、茶和咖啡，洗个热水澡，喝一杯牛奶，尽早就寝，有利于调整时差造成的身体不适。千万不要自作主张擅自用镇静剂和安眠药，若有必要，可在医生指导下适当使用。

Traveler will find their body could not coordinate with local time when they arrived



the destination after intercontinental flight that has pass several time zones rapidly, developing symptoms like fatigue during day and lose sleep during night, even a disorder of the digestive system, this is called time difference effect or time difference syndrome.

Counter measures: If you arrived during daylight, it is advised to take activities under natural light, like walk, visit and to take some tea or coffee to lessen the effect of time difference.

If you arrived during night, not to take wine, tea or coffee, take a hot bath, drink a glass of milk and to go to bed as early as possible will be useful to lessen discomfort. It is unwise to take the liberty of using sedative or sleeping pills, only use them under the direction of a doctor.

6. 如何避免航空性中耳炎

How to avoid aerotitis media

张嘴和吞咽是有效的措施，但毕竟欠雅观。嚼吃糖果或口香糖是最有效的办法，也是最令人轻松愉快的措施。在飞机下降时，由于压力变化，可引起耳鼓膜疼痛，特别是在感冒时。一般情况下，嚼口香糖、捏紧鼻子、大口吞咽，或者用口吹气、打呵欠，都可减轻疼痛。

Mouth opening or swallowing is effective measure but rather unsightly, chewing candy or gum is the best idea and most pleasant way. During descending, change of air pressure will cause pain on the tympanic membrane, esp. when you have a cold. Usually chewing gum, pinching nose, swallowing, or blowing, yawning could help to lessen pain.

7. 孕妇可以乘飞机旅行吗

Could pregnant woman travel with flight

怀孕 36 周以内的孕妇可以乘飞机，但在乘机过程中，孕妇应注意定时做腿部运动，促进血液循环，同时系好安全带（环绕下腹部），以防颠簸导致胎盘早期剥离。

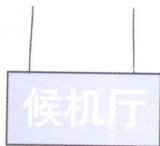
The pregnant women could take the flight within 36 weeks of pregnancy, but to do leg movement regularly to promote blood circulation, meanwhile she has to fasten safety belt around lower abdomen to prevent placenta stripping resulting from bumpiness.

8. 多大的婴儿可以乘飞机旅行

When could a baby take the flight

婴儿必须出生满 14 天后才能登机，以防止他们的组织器官无法适应气压的变化而发生不测。

对于出生满 14 天的婴儿，在飞机降落过程中，为预防发生中耳气压性损伤，家长应让婴儿吮吸奶瓶或橡皮奶头，使其咽鼓管保持开放的通气状态。对于幼儿，家长可以给一些饼干、水果吃，通过咀嚼、吞咽食物来预防中耳气压性损伤。



Waiting Hall



The neonates must take the flight after 14 days old to avoid organ and tissue damage from the change of air pressure.

To avoid aerotitis in neonates older than 14 days, the parents should prepare nursing bottle or rubber nipple to them to suck during plane descending to keep auditory tube open. For the toddler, the parent could let them chew some cookie or fruits to avoid aerotitis.

9.老人在乘飞机前，应当做哪些特别的准备

What should be prepared for elder persons before flight



老年人，特别是患有慢性病的老年人，在乘机旅行前，有必要事先做一次详细的体检，并告知医生自己的旅行计划，征求医生的意见。如果乘飞机飞行时间较长，飞行中间应该适当活动，以防出现静脉栓塞而导致不幸。

参考建议：根据一般的标准，心脏病患者只要能步行上12个阶梯而未感到不适，就可以乘机，但应事先准备好急救药物，必要时服用。

为避免发生紧急事故，老人乘机前应事先准备好一张卡片，在上面注明自己的身体状况、与家人联系的方法、急救用药及使用说明等，并与急救用药一起放在贴身的衣袋中。

Elderly, esp. those with chronic diseases should take a detailed physical examination and take the consultation advice from the doctor about the travel plan. If travel long time by plane, should move around during flight, in order to avoid unpleasant incidents caused by vein embolism.