



# **RISK ASSESSMENT: PANDEMIC**



PRESERVATION OF BUDDHIST TREASURES RESOURCE is the free online resource for monasteries and communities, with practical information on digital documentation, risk assessment and disaster recovery, safer storage, and preservation of thangka and other treasures. The resource comes from over 50 years of preservation work in monasteries.



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## **RISK ASSESSMENT: PANDEMIC 風險評估：大流行病**

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Acknowledgments 鳴謝

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## Caring for Monastery Treasures in the Time of COVID-19 在新冠病毒時期對寺院寶物的照顧

### Introduction 介紹

COVID-19 discussions have been primarily about keeping people safe by implementing good health-care practices, such as physical distancing, wearing face masks, and washing your hands. Recently, we have received questions from monasteries about the safety of monastery treasures with use of disinfectants and bleaches, and if the virus can remain on the surface of treasures if touched by a person who is infected, and thus transmit it to others within the monastery. 談到新冠病毒，人們主要留意的是如何採取保健措施而確保人身安全，例如保持社交距離、帶口罩或面罩、勤洗手。近來，我們接到一些寺院詢問關於在寺院使用消毒劑和殺菌劑時，法寶的安全性，以及如果感染病毒的人觸碰了法寶而將病毒留在其表面，而就此傳給寺院內的其他人，要如何處理？



*Can monastery treasures carry COVID-19 from an infected person to monks and tsunmas?* 寺院  
的法寶會因感染病毒的人碰觸而將病毒帶給僧尼嗎？

We researched current science and here is a summary of key points for safety of monks and nuns, and for the safety of the Buddhist treasures used in monasteries every day for pujas and part of daily life. 我們就當前科學的研究，提供以下確保僧尼和寺院每天修法常用法寶安全的概要。

### **Protection from Human Transmission 防止人傳人**

Follow the advice of your monastery and health authorities, including wearing face masks, hand washing, and practicing physical distancing. Many monasteries are on lockdown, and most are closed to tourists and visitors. 遵循自己所屬寺院和官方衛生局的建議，配戴口罩、勤洗手，以及保持社交距離。很多寺院已經在封城措施中，大部分寺院也拒絕遊客和訪客。

By closing the gates of your monastery, you can go a long way to keep the virus out. With lack of interaction with infected people, and with surfaces and treasures within monastery, there would be reduced need for disinfectants being applied to fragile traditional Buddhist treasures. Disinfectants are applied on high-touch utilitarian surfaces as a safety precaution. 將寺院大門關閉，對防止病毒進入有長遠的幫助。減少與感染者接觸，並減少感染者觸摸寺院設施和寶物，也就減少需要在脆弱易碎的傳統佛教寶物上噴灑消毒劑的需要。而在常被觸碰的實用物表面噴灑消毒劑，是一個安全的防範措施。

Here are actual reports from monasteries located in different countries: 下面是位於不同國家的幾所寺院提供的實際報告：

Here is a description from a monk living in a traditional monastery: 生活在傳統寺院的一名僧人的描述：

*“Our monastery is on lockdown now. The monastery has closed its doors to almost everyone outside the monastery. Some monks were on vacation and were told 'If you want to come back, quickly come back to monastery, or if you want to be at home then please stay at home.' With the virus, everything is slowed down at the monastery and shedra, no visitors come, and we maintain social distance. It is locked and closed so nobody can go in and nobody can come out, except for food delivery. The monastery administration is trying to follow advice of experts. If a monk has an illness, a minor problem, the monastery has a clinic, and everything is provided. If the virus becomes serious, they may set up a virus clinic in the monastery, but for now monks would go to hospital for an emergency or the virus. There are virus tests available if necessary. We are offering food and other provisions to surrounding community members in need.”* 「我們寺院現在處於封閉狀態。寺院幾乎對外界所有人都關閉。一些僧人放假在

外，被告知：『如果你想回到寺院，那麼盡快回來；或你若想待在家裡，那麼請注意安全。』由於病毒的影響，寺院和佛學院整個都慢了下來，沒有訪客，我們也保持社交距離。寺院入口關閉，因此，除了食物的運送需求，沒有人能進來，也沒有人能出去。寺院行政處努力遵從專家的建議。如果僧人生病，問題不大的話，可以就在寺院內的診所就醫，盡其所需。如果病毒感染嚴重，他們會在寺院設立病毒診所；但如果僧人有急症或感染病毒，那麼就需要去醫院。必要的話進行病毒檢測。對周圍有需要的社區成員，我們也提供食物和生活用品。」

A monks from a monastery in a different region reports this: 一名在不同區域的寺院僧人給予的報告：

*“Monastery is doing fever checkup once every day for each monk* 「寺院每天對每個僧人進行體溫測試

- *Not allowing monks to go out except for very important appointment or tasks* 僧人在沒有重要預約或要事，都不允許離開寺院
- *Built up washing hand tap at entering gate for all* 大門入口設立洗手處
- *Giving a talk on awareness of the virus* 給予大眾認識病毒的演說講話
- *Monitoring visitors, for example, registering their details* 監管訪客，例如登記他們的信息資料
- *Not allowing monks to congregate in huge groups* 禁止僧眾群聚
- *Keeping the important mobile numbers of health and government officials* 保存好衛生部門和政府機構的重要電話號碼以備用
- *Stocking rations to have enough for at least for a month* 儲備足夠至少一個月的口糧
- *We are not doing any help to nearby community because it's not needed now.* 現在我們並未向附近社群提供援助，因為暫不需要」

A nun describes this: 一位尼眾的描述如下：

*“NO visitors to nunnery, not even family and no tourists.*

*Nuns are not going out to help others, they are staying safe inside and praying.*

*All are inside and doing puja for sentient beings.”*

「尼寺沒有訪客，甚至也沒有家屬和遊客。

尼眾沒有外出幫助他人，而是待在寺院安全環境並修法祝禱。

所有人都待在寺內，為眾生舉行法會。」

A monk describes the change in rules through the months of this pandemic: 一位僧人敘述這次新冠流行的這幾個月，寺院規範上的變化：

*“Here the monks usually have quite a bit of freedom, except during the summer retreat.*

*The monasteries closed their doors to visitors early on, well before the national*

*lockdown. At first the senior monks were still out and about, but after the national*

*lockdown they remain within monastery walls.*」這裡的僧眾除了在結夏安居期間，通常都有一定的自由。早在國內封城實施之前，寺院就關上了門。起初一些資深的僧人還會進進出出，但當國內封城之後，他們都待在寺院裡了。」

This nun is concerned about safety while interacting with the surrounding community:  
這位尼師擔心與周圍社區互動而帶來的安全隱患：

*“Monastery is in lockdown, no family or tourist visitors and monks can go beyond monastery gates. However, because the monastery is generously offering food and basic supplies to the laborers working in the area, who during this time have no work and thus are unable to feed themselves and their families, there is interaction between monks, local police/army and government officials, and those receiving assistance. Although this takes place outside of the monastery physically, personal protective equipment (PPE) is not consistently worn during these transactions, nor is physical distancing consistent. In some cases, the monks are wearing masks, some are wearing masks and gloves, however, community officials or recipients are often seen not wearing PPE. Recipients are sometimes spaced for physical distancing while receiving gifts, but rarely wear or are provided with PPE.”*「寺院已經封閉出入，親友、訪客和僧人都不允許走出寺院大門。但因為這個區域的勞工在封城期間沒有工作做而無法養活他們自己與家人，寺院便慷慨為他們提供食物和生活必需品，僧人們需要和他們接觸，不時也要和當地警察/軍人、政府人員和居民互動。儘管這些互動都發生在寺院以外，但沒有一直穿戴個人防護裝備，也沒有持續保持社交距離。有些時候，僧人們戴著口罩，有人也戴手套，但是社區的負責人或接受捐助的人並不經常穿戴個人防護服。有時候受捐助者在領取物品時能保持社交距離，但極少看到他們有防護用品。」



*A tsunma distributing food supplies to community members* 一位尼師為社區群眾派發食物補給

Because an infected person can have mild symptoms or none at all, it would be possible for them to bring COVID-19 into the monastery without anyone realizing it. Transmission from person to person is the main route of infection. Therefore, strategies that keep outside people, and thus the virus out of the monastery, keep those inside safe, and makes extensive disinfecting unnecessary. A discussion about disinfecting follows later in this chapter. 因為感染者可能症狀輕微或是完全沒有症狀，所以他們有可能在沒人注意的情況下將新冠病毒帶進了寺院。感染路徑主要是通過人傳人。因此，防止外人進入是將病毒控制在寺院門外，以確保寺院內人員的安全並減少不必要的病毒傳播的舉措。在這一章後面會談到消毒方法。

### **Summary 總結**

Closing monasteries and nunneries to visitors is an effective way to protect monastics in a pandemic. Closing monastery gates is a traditional thing to do. 關閉寺院和尼寺大門，拒絕訪客是在病毒流行期間保護僧眾的有效方法。關上寺院的大門是傳統的作法。

### **Transmission of the Virus from Surfaces Within Monasteries 寺院內物件表面的病毒傳播**

Wearing masks that cover the nose and mouth, and safe distancing are the most important ways to prevent spread of virus. There is a chance, however that people can catch COVID-19 by touching contaminated surfaces and then touching their eyes, nose or mouth. In theory, for example, if a monk, nun or community member who is active within the monastery has COVID-19 and exhales or coughs on a ghanta, and if another person picks up that ghanta soon after, the virus could be transmitted. 配戴口罩，遮住口鼻並保持社交距離是防止病毒傳播最重要的途徑。然而，有一種可能被感染的情況是當人們碰觸了帶有病毒的物體表面之後，再碰觸了自己的眼睛、鼻子或嘴。理論上講，如果一名感染了新冠的僧眾活躍於寺院內，對著一件法器呼氣或咳嗽之後，如果另一個人很快拿到這件法器，就會被傳染。

The risks are probably low for most of the thangka, statues, textiles, puja vases, wall paintings, texts, etc., in a monastery. How long does the virus live on surfaces outside of the human body? The COVID-19 is a membrane-envelope virus with glycol protein spikes. It degrades with drying and air exposure, and in higher temperatures, higher relative humidity, and in sunlight with high ultraviolet-content light waves. Since this is a new virus to researchers, they are sharing information based on previous viruses, and updating as fast as they discover more facts. 寺院內大部分唐卡、佛像、布藝製品、法會上的寶瓶、壁畫、經書等或許風險很低。病毒在人體外存活於物體表面的時間有多長？新冠病毒是一種帶有乙二醇蛋白刺突的包膜病毒。它在乾燥和空氣暴露下，較高溫度和較高相對濕度中，以及強烈紫外線光波情況下就會降解。對於研究人員而言，新冠病毒是一種新型病毒；在過去的病毒研究基礎上，專家們一旦有了新的發現，便會盡快分享和更新資訊。

If, for example, an infected monk was a chopon during a puja, can other monks become infected from what he touched? There is as of yet no definitive answer to this. We can't see the virus to easily determine this. However, if he breathes directly on others, that could be very dangerous. 假如以一名感染病毒的僧人為例，這位僧人在法會中擔任香燈師（負責法務），他所碰觸過的物品，會將病毒傳播給其他僧人嗎？這個問題還無確切答案。我們因為無法肉眼看到病毒而得到確定。不過，如果他直接對著其他人呼吸，情況就會非常危險。

The strength of the virus begins to weaken as soon as it is transferred from a person to a material. It is currently not known precisely how long it takes to deactivate naturally. The nature of the material is also a factor. For example, the virus is predicted to persist longer on a smooth metal surface such as a ghanta, than on a soft-textured surface such as a gompa decorative textile. 當病毒從人體轉移到物質表面，它的強度就開始減弱。目前並不確切知道病毒需要多長時間才會自然失去活性。而物質的特性也是其中一個因素。例如，可以確信的是病毒在如金剛鈴這類光滑的法器表面，就比在一個柔軟質地——比如寺院的莊嚴布表面，存活的時間更長。

Based on data from previous research, currently the guidelines are that for paper and paper-board products, 24 hours is the minimum for safety. For example, if a monastic infected with the virus was reading a traditional text or a book, it should be left untouched for a day, and even better, 2 days. Other expert sources are saying that on some surfaces the virus could be viable for up to 9 days maximum. Scientific research continues. Isolating monastery treasures after they have been touched is the best and safest way of "disinfecting" them. 根據以往的研究數據顯示，目前參考指導說紙張和紙板製品，至少是24小時之後才會安全。例如，倘若一位感染病毒的僧人閱讀了傳統的法本或一本書，它需要一天——最好是兩天避免被碰觸。另外有專家的資料說，有些物體表面的病毒可能最多能存活九天。科學研究還在繼續。將寺院法器寶物擱置一旁、不碰觸，是讓它們「消毒」的最好、最安全的方式。

### **Summary 總結**

The science is not firm about the possibility of virus transmission on surfaces, and thus there is recommendation to wear gloves, hand-wash with soap, etc., and use hand sanitizer. There is also discussion about virus remaining active on supplies brought into the monastery kitchen and other deliveries, if delivered by an infected person. 醫學界尚未對物體表面留存的病毒傳播的可能性給予肯定的結論，因此建議民眾戴手套、用肥皂等洗手和使用淨手液等作法。也有討論是關於感染新冠的運輸人員讓活性病毒留存在生活物資和其他運送的貨物表面，而被帶入寺院的廚房等區域。

As for monastery treasures, if people aren't touching things then no transmission is possible. Even if the virus is deposited, for example, if someone coughs on a thangka or statue, letting them sit quietly for a few days is the best thing to do to prevent



spreading the virus back to monastics. 對於寺院法物寶藏而言，如果人們不碰觸它們，就不會有傳染病毒的可能性。即使病毒沾染在這些物件上，例如一個病人對著唐卡或佛像咳嗽，最好的處理方式是讓它們靜置幾天，而杜絕病毒傳染到僧眾的可能性。

### **How to Control Viral Transmission Without Damaging Monastery Treasures 如何在 不損傷寺院法寶的前提下控制病毒傳播**

There have been many questions in monasteries and communities concerning transmission of the COVID-19 virus from an infected person who lives inside the monastery/community, and also has touched monastery treasures while used in meditation practice, etc. 各方寺院提出的很多問題，都是關於由於住在寺院/社群內的一個感染者在禪修等修持過程中觸碰了寺院的法物而導致病毒在寺院和社群內傳播。

Monastery lockdown, isolation periods for those who have traveled or been exposed, social distancing, washing hands often, and wearing masks and gloves are all in practice to varying degrees by the residents of Buddhist monasteries. There is also use of soaps, solvents, and mixed chemical sanitizers of various ingredients in the cleaning of the monastery premises. 寺院停止對外開放，有旅遊史或在外沒有防護的人，回到寺院進行一段時間的隔離，保持社交距離，勤洗手，戴口罩和手套，這些都是佛教寺院的住眾不同程度上運用的防疫措施。此外，也可使用肥皂、溶解劑或不同成份的混合化學消毒殺菌劑來清潔寺院建築裡面的空間。

One monastery let us know that they are doing no disinfecting, just regular scheduled cleaning and extra hand washing. This is an approach that can be effective where there is not already an outbreak of the disease. However, if there is infection within a monastery and close community, monasteries in many countries are spraying and wiping with various mixtures on the monastery premises. 一個寺院告訴我們，他們並沒有採用殺菌消毒，而只是日常規律的清潔和多洗手。這種方式在還未出現過病例的地方，是有效的防範。然而，如果寺院內和鄰近社群出現了感染病例，很多國家的寺院便在寺院區域內噴灑或擦拭各種消毒劑。

Although cleaning of smooth, hard, often-touched surfaces such as door handles and porcelain is often recommended, the same techniques cannot be applied to fragile and blessed thangka, statues, texts, textiles, etc. We are suggesting that there are things to do, and then there are things not to do, so that both monastics and monastery treasures will have long and beneficial lives, and that is the goal in every monastery. 雖然清潔平滑、堅硬以及經常碰觸的物體表面，比如門的手把和瓷器，是常被建議的方式，是，但是同樣的方法不能用在脆弱且珍貴的唐卡、佛像、經書、布藝製品上。僧眾和法寶兩者都有長遠並帶來利益的生命，這是每個寺院共同的目標，因此我們建議有些事可做，有些則不可為。

If, for example, the monk was a chopon or kunyer, and became ill with the COVID-19 virus, your monastery might follow public health guidelines to clean and disinfect monastery facilities, however *we are not suggesting or recommending cleaning and disinfecting of monastery treasures*. 如果寺院當值的僧人，比如香燈師或總務負責人，感染了新冠病毒，這個寺院或許遵照公共衛生指導方針，應該清潔和消毒寺院設施，但是我們不建議、不贊成對寺院法寶進行清潔和消毒。

It would be easier and less damaging to trace with whom he was in close contact and what monastery treasures he touched during the day, rather than applying disinfectant widely to fragile thangkas and statues, etc. Those monks he was in close contact with will then get tested and go into isolation to avoid spreading it further through community transmission. 更易行和帶來更小損害的方式，是追蹤他的密接者，以及他日間所觸碰過的法器及寺院寶物，而不是在易壞的唐卡和佛像等等物品上廣泛地施用消毒劑。與他有過密切接觸的僧人要做病毒測試和隔離，以避免病毒透過社區交往而傳染給更多人。

In the same way the people go into self-isolation for 14 day, those treasures he touched can also go into passive isolation for a few days, rather than be subjected to chemical cleaning, which can damage the treasures. Passive isolation is also known as quarantine. Quarantine for treasures, whether in a museum, or in shedra, library, archives, or a monastery, is often used when certain treasures have active mold or insect infestation. This prevents wider contamination and limits damage. 同樣的，自主隔離十四天的人所碰觸過的法寶也要無源隔離幾天，而不是用化學清潔劑來消毒，這會造成法寶的損壞。無源隔離也被稱為檢疫隔離。對寶物進行的檢疫隔離，無論是在博物館，或是佛學院、圖書館、檔案館或寺院，當出現發霉或昆蟲侵害時，都是常用的方法。這種方式會防止污染擴大，降低損壞。

Quarantining in this current situation is a technique for both people and treasures, a technique to prevent the spread of infection. For example, if a nun who became ill with COVID-19 very recently used the library and had read from either books or traditional texts, the nun herself would be quarantined. It would not be advised to wipe or spray the library and texts with disinfectant. Strong disinfecting techniques might be suggested by the monastery or health authorities for her room, and common areas where she recently went. There is no need to spray or wipe disinfectant on the library or specific books. Instead, the books and texts should not be used for at least 48 hours to avoid the spread of the virus to the next nuns who read that text. 隔離在目前情況下，對於人和法寶二者，都是防範病毒傳播的方法。舉例來說，如果一位感染新冠的尼師最近在圖書館翻閱書籍或傳統法本，那麼這位尼師自己也要檢疫隔離。但並不建議在圖書館和書本上噴灑或擦拭消毒劑。強力消毒劑可以在寺院或衛生部門建議下，用於她的房間和她近來去過的公共區域的消毒。

When Buddhist treasures are brought out of storage for use according to the Lunar calendar, their return to the storage area provides natural quarantine time. Kunyer and chopons could wear gloves and wash their hands frequently, etc., for safety and respect. 在農曆或藏曆例行法會上，將法物寶藏從倉庫取出使用，過後它們歸還至倉庫，便提供了自然隔離的時間。總務和香燈職事人員，出於安全和尊重法寶的考量，也可以戴手套和常洗手。



*Monastery storage rooms can provide safe location for isolation*

The great virtue of quarantining is that it does no damage to your monastery treasures. There is nothing that's going to go wrong if you just don't touch them for a few days. Chemicals, used for disinfecting either our hands or floors and walls, can cause permanent damage. 隔離擱置的巨大好處，在於寺院法寶不會受到任何損壞。你將法物擱置幾天不碰觸，不會帶來任何問題。而用來消毒我們雙手或地板、牆壁等的化學劑，可能造成永久的損壞。

There is a difference between cleaning and disinfecting. For hard surfaces and smooth surfaces in the monastery premises that are often cleaned regularly, washrooms for example, it is recommended ideally to clean before disinfecting. Cleaning can remove some virus particles and disinfecting contains chemicals that help to deactivate the virus. Strong chemicals used for disinfecting surfaces can cause damage to those using them, thus the need to wear Personal Protective Equipment (PPE), including gloves and appropriate masks and clothing covering. 清潔和消毒二者之間是有差別的。寺院建築內堅硬、光滑的物體表面，通常定時清潔。比如洗手間，一般建議在消毒之前最

好先清潔。清潔可以除去一些病毒顆粒，而消毒劑所含的化學成分能讓病毒失去活性。用作消毒物體表面的強力化學劑，有可能對使用者帶來傷害，因此消毒的人需要穿上個人防護服，包含手套和相應的面罩和防護衣。

And for Buddhist monastery treasures in any case, “cleaning” is not the same as “disinfecting,” yet both efforts to prevent infection can cause permanent damage. Monastery treasures are not routinely cleaned as the floors and walls, kitchen and toilets, and they are not made to be, nor intended to be. 任何情況下，對於寺院法寶而言，「清潔」都不同於「消毒」，而防止感染的兩種努力都可能造成永久的損壞。寺院法寶並非像地板和牆壁、廚房和廁所那樣需要例行規律地清理打掃。法寶的製作材質不允許這麼做，也不需要這麼做。



*A monastic wearing Personal Protective Equipment (PPE) sprays disinfectant in monastery dining hall* 一名身著個人防護服的僧人在寺院大殿噴灑消毒劑

It is agreed that a first line of defence is hand washing, and many monasteries have set up hand washing stations at the entrance and throughout the monastery campus. People are also using hand sanitizer. High alcohol content is known to be most effective in hand sanitizer, and it is used widely everywhere in the world where it is available. In fact, it has been sold out in many shops and people are mixing their own formulas. Hand sanitizer, when used properly, can create safer situations for people. 大家的共識是防疫的第一道防線是洗手。很多寺院在入口處和整個寺院範圍內設立了洗手站。人們也通用洗手液。高濃度的酒精含量被認為是洗手液中最有效的，以至於很多商店賣到脫銷，而人們也混合了自己的配方。恰當使用洗手液會給人們帶來更安全的狀況。

However, in proximity to monastery treasures the hand sanitizers can be quite damaging. There are many materials found in treasures that will dissolve in alcohol, for example, paints, dyes, and inks. 但是，洗手液如果接觸到寺院法寶，會帶來相當大的損壞。法寶製造成分中很多材質會溶於酒精，比如顏料、染色和墨汁。

There are many formulas for hand sanitizers available on the internet that are chemically very strong. Some formulas for “mix it yourself” hand sanitizers available on social media include diluted bleach. Although bleach is recommended in general for disinfecting, even a slight misuse can cause damage. Hand sanitizers and disinfectants that contain bleach can harm humans when inhaled and on skin, and cause damage to monastery treasures. 網上可以購買到的很多洗手液的配方都含有強力的化學成分。社交媒體上可獲取一些「自製調配」的洗手液，如稀釋的殺菌液/漂白劑。儘管殺菌液通常建議用來消毒，但稍微使用不當，就會造成損傷。含有漂白劑的洗手液和消毒液被人吸入或噴灑在皮膚上，都會帶來傷害，當然也會給寺院法寶帶來傷害。

Even store-bought hand sanitizers often contain ingredients to make them more pleasant to use for people, in addition to the active reagents such as alcohol. Most hand sanitizers are in gel form that smells attractive, is a lovely color, and promises to moisturize your hands. Some products claim to be “all natural” and some claim to kill all bacteria. These added skin-softeners and colorants in hand sanitizers can also stain and permanently disfigure treasures. And your hands are often sticky after using hand sanitizers. It is important that your hands are completely dry and are not sticky before touching anything! Hand sanitizers have been tested by museum scientists and it was determined that residue can damage paper over time. 即使是商店買來的洗手液，除了含有如酒精這樣的活性試劑，經常也含有讓人們樂於使用的其他成分。大部分洗手液呈香味誘人的果凍狀、顏色好看、並有潤手的作用。一些產品宣稱其成分「全天然」，而一些產品聲稱能殺死所有細菌。這些洗手液中添加的潤膚和染料成分，也會染污和永久損壞法寶。而你的手通常在使用過洗手液之後會黏呼呼的。這種情況下絕不要碰觸任何東西；要等雙手完全乾燥再接觸寶物，這點很重要！博物館科學家測試過洗手液，證實其殘留物在一定時間之後會對紙張有損傷。



*Although hand sanitizers can be effective in disease prevention,*

*they can cause permanent damage to treasures* 僅管洗手液在防止疾病上很有效，但它會給寶物帶來永久的損害

Disinfectants, cleaners, and sanitizers, no matter what they are called, have a recommended three-phase application process: application, designated time to leave in place to interact with the surface, and then removal (rinsing). The application, contact, and rinse times vary with the specific chemical mixture and should be on the instructions provided by the manufacturer. 消毒液、清潔劑和洗手液，不管它名稱為何，使用過程都具備三個階段：塗抹、留存在表面一定時間、除去（清洗）。塗抹、接觸和清洗的時間，因特定的化學混合成分的不同而有差異。廠商對此應該提供說明和標註。

Which chemical compounds are in your disinfection mixture? Have you asked for the formula? Are you aware of the recommended process and safety precautions? Are you spraying or wiping? In summary, these products are never to be used on monastery treasures. 你所用的消毒液混合的化合物有些什麼？你是否詢問過其配方？你知道它使用流程和安全防範的建議嗎？你是用它來噴灑還是擦拭？總而言之，這些產品永遠不能在寺院的法寶上使用。



*Using disinfecting “wipes” directly on monastery treasures can cause permanent damage* 直接用消毒紙巾擦拭寺院法寶，會造成永久的損壞

The formula of disinfecting sprays varies widely, as does the application technique. To protect your monastery treasures while you are protecting your monastics, it is important that the sprayed area is targeted carefully, as aerosol spray droplets can travel further than intended and land on and damage monastery treasures nearby. 消毒

噴劑的配方和使用方法都多種多樣。你在保護僧眾的同時，也要保護寺院法寶，重要的是噴灑消毒劑的區域要謹慎選擇。因為噴霧式消毒液的微滴有可能比預設的噴射得更遠，而落在附近的法寶上，造成它的損壞。



*Aerosol spray can travel further than intended, causing permanent damage to treasures* 噴霧式消毒液的微滴有可能比所預設的噴射得更遠，造成法寶的損壞

We all realize that it is best not to use any liquids, sprays, or fumigants directly on your monastery texts and treasures. So, now it is necessary to take care when applying them in close proximity to texts and treasures. All of those solutions that are being used for spray and wiping for health reasons can also cause damage to monastery treasures. These solutions can result in staining and wrinkling. They can cause the dye and print in the ink and book-cover cloth and other textiles to start "bleeding" all over everything. 我們都知道不要直接在佛經和法寶物品上使用任何液體、噴劑或薰蒸消毒劑。那麼，現在有必要在接近經書和法寶的地方，也小心使用消毒劑等物品。所有以健康為由而採取噴灑或擦拭的解決方法，都會給寺院法寶帶來損壞。它們會導致漬印和起皺，使染色、印刷的油墨、書本封面布和其他紡織品開始像流血一般地全面脫色。



*Many paints and dyes are soluble in liquids, sprays, and fumigants.*

*The red color in this carpet was soluble in a water/alcohol solvent cleaning agent.* 很多顏料和染色可溶於液體、噴劑和薰蒸。這張地毯上紅色的部分可溶於含有水/酒精溶劑的清潔用品。

Spraying has its place in certain areas of the monastery, such as in public areas and on hard surfaces like door handles, which will hold the virus for longer. Some ceramics or metals can be disinfected safely. 噴灑消毒適用於寺院中某些區域，例如公共地帶和像門的手把這類殘留病毒時間會更長的堅硬物表面。一些瓷器或金屬可以安全地進行消毒。

Spraying, or any method of application of disinfectants/cleaners, is not safe for monastery treasures. Hand washing and wearing of disposable gloves to prevent contamination is safer for both people and the treasures. 噴灑，或消毒劑/清潔劑等任何施用方法，對於寺院裡的法寶，都是不安全的。對人和法寶二者而言，洗手和戴拋棄型手套來預防感染，都是更安全的方式。

Both scientists and monastery officials don't really know how likely it is that a seldom-touched surface, for example, thangka on a gumpa wall, can transmit this virus. This contrasts to often-touched surfaces, such as the hard, smooth surface of a door handle. It can be cleaned and disinfected easily. These utilitarian surfaces are different from monastery treasures in their durability and purpose. 科學家和寺院負責人都真正不清楚，在一些不常碰觸的表面，比如佛殿牆上的唐卡，傳播病毒的可能性有多大。這和一些經常被觸碰的表面，例如門的手把這樣的堅硬和光滑表面，形成了對比。後者很容易被清潔和消毒，因為它們的使用表面，在其耐用性和用途上都與寺院法寶截然不同。

For monastery treasures, simply use isolation to prevent or deal with any possible contamination. Disinfecting solutions will damage many treasured and empowered materials. 對於寺院法寶而言，單純將它們隔離靜置，就能防止或處理任何可能的病毒污染。消毒措施將損壞很多珍貴而被加持過的物品。





*When spraying fumigants or disinfectants in gompas, extreme care must be taken to make sure that no spray reaches the monastery treasures* 當在佛殿裡噴灑消毒劑或用蒸霧殺菌時，要特別小心，不要讓噴灑液碰到寺院法寶

Several monasteries report that they have teams who have been trained by experts, who are wearing PPE and spraying disinfectants. They also go to other monasteries to assist in these efforts when they are invited to do so. They wear PPE and keep social distance while working in other monasteries. Although it is unclear exactly which chemicals they are using, their work is described as using spraying a bleaching powder in gompas. Some of the images of this work show spraying on or close to texts, statues, and thangka. 有幾個寺院報告說，他們有受過專家培訓的團隊，穿著防護服進行噴灑消毒。他們還受邀到其他寺院輔助進行消毒。在其他寺院工作時，他們穿著防護服，並保持社交距離。儘管不完全清楚他們使用的是哪種化學劑，據說他們在佛殿內噴灑一種漂白/殺菌粉末。一些圖片顯示他們噴灑在經書、佛像和唐卡上，或靠近這些物品的地方。

Some practical suggestions include covering monastery treasures in a room before any spraying takes place in that room. Even better is to apply cleaning/disinfecting solutions directly onto mops or rags outside of the room, far away from the treasures, and then the mops/rags are used within the room, without touching the treasures. 有一些實用的建議，包含在進行消毒之前，將寺院法寶都遮蓋起來。更好的作法，是在室外、遠離法寶的地方把清潔劑/消毒劑直接放在拖把或抹布上，然後再把拖把/抹布拿進去房間消毒，並不碰觸到法寶。

Other images from monasteries show spraying on interior and exterior walls with wall paintings. The monks said they are using the recommended disinfectant solutions containing bleach or alcohol, considered effective for destroying remnants of virus on surfaces. Wall paintings are easily and permanently damaged by disinfectant and

cleaning solutions. 有些寺院傳來的圖片拍到在有壁畫的室內或室外牆壁傷噴灑。僧人們說考慮到要有效的消除殘留在物體表面的病毒，他們用的是推薦的含有消毒劑或酒精的消毒方式。壁畫很容易就永久性地被消毒劑和清潔方式損壞了。

## **Conclusion 結論**

Virus risk is to people. The biggest risk to treasures from the virus is the disinfecting. How do you prevent virus transmission to people? 病毒的風險是針對人。而對法寶來說，最大的風險是消毒措施。你如何防止病毒傳染給人？

Certainly, human life comes first, and that is taught in Disaster Response training. Monastery treasures are important to Buddhist practice. Health measures can be carried out effectively without causing damage to treasures. 理所當然，人命是首要考量，這在「災難應對培訓」中已經教導過。寺院法寶對於佛法修持是重要的。人類健康在不傷害法寶的同時，也能夠有效達成。

Always use disinfectants that have been approved for use against COVID-19. If disinfection of non-treasure surfaces is required, use methods of application that don't inadvertently splash or spray onto texts, thangka, statues, wall paintings, etc. 證實有防止新冠病毒功效的消毒劑絕對可以使用。如果需要在非法寶的物體表面使用消毒劑，不要無意間噴灑到法本、唐卡、佛像或壁畫這些法寶上。

Simple isolation is effective, and safer than trying to clean, spray, bleach, or disinfect close to or on fragile lineage treasures. Monastic caretakers know this. What we do now impacts both the health of monastics and the longevity of monastery treasures. We need to carefully choose techniques for response to COVID-19, which need to be both effective and appropriate. For delicate treasures, even if touched by an infected person, usually the safest response is well-timed isolation. Wait until the virus deactivates naturally. 簡單地讓它們隔離放置，比在這些傳承法寶上或其附近清潔、噴劑、消毒或殺菌，來得更安全。寺院裡僧眾職事人員對此有了解。我們現在所做的，對僧眾健康以及寺院法寶的保存壽命，都有很大影響。我們需要謹慎抉擇既有效也適當的應對新冠病毒的方法。對於精緻的法寶而言，即使被感染病毒的人碰觸過，通常最安全的應對方式是給它足夠時間隔離放置，讓病毒自然失去活性即可。

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དགོན་པའི་གནའ་དངོས་གཅེས་སྤྱད་སྤྱོད་བཅའ་ཚོགས་པ།

**Digital inventory** འཕུལ་ཆས་ཐོག་ནས་དངོས་ཐོར་འགོད་པ།

**Risk assessment and disaster mitigation** ཉེན་འཁུན་འགོག་དང་ཚད་གཤམ་གཤོལ་ལེན།

**Recording digital interviews with elders** མི་རྒན་རབས་དང་འཕུལ་ཆས་ཐོག་ནས་བཅར་འདྲི་ཐུག་སྤྱད་ཕྱེད་པ།

**Scientific research** ཚན་རིག་ཉམས་ཞིབ།

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PRESERVATION OF BUDDHIST TREASURES RESOURCE is the free online resource for monasteries and communities, with practical information on digital documentation, risk assessment and disaster recovery, safer storage, and preservation of thangka and other treasures. The resource comes from over 50 years of preservation work in monasteries.



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For more information, please refer to this excellent report by Canadian Conservation Institute <https://www/cac-accr/covid-19/> 獲取更多諮詢，請參考加拿大文物保護學院的這篇優秀的報導：<https://www/cac-accr/covid-19/>

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## Basic Elements of Emergency Plan for Monasteries and Communities

1. People First
2. Who Do You Call?
  - Who is in charge?
  - Emergency phone numbers
  - Full monastery residence list, to text, WeChat, WhatsApp , etc.
3. Who Should Salvage Collections?
  - Monastery Treasures Salvage Team (trained previously)
4. Where to Bring Damaged Treasures
  - Another monastery?
  - Your monastery dining room, classrooms, etc.
5. What Do You Salvage First?
  - Decide your priorities, preferably before an emergency
  - Mark the location of these priority treasures on floor plans
6. Where Are the Emergency Supplies?
  - Stockpile supplies before an emergency occurs
  - Mark the location of supplies on floor plans
  - Contact local vendors for additional supplies
7. Who Provides Security During an Emergency?
  - Monastics, community members, or government?
8. What Information Technology Will You Need to Replace?
  - Survey your hardware and software currently in use
  - Store monastery files in "cloud" or duplicated offsite
9. Do You Have Insurance?
10. Who Has the Plan?
  - Make a list of who has copies of your Emergency Plan
  - Update Emergency Plan and Team

