

預防肺炎及 呼吸道傳染病



- 經常保持**雙手清潔**
- 洗手時應以梘液和清水清潔雙手，**搓手最少20秒**
- 當雙手沒有明顯污垢時，可用含70至80%酒精搓手液潔手



- 如廁後**先蓋廁板再沖廁**
- 徹底清潔雙手
- 吐痰應用紙巾包好再丟



- 妥善保養排水渠管**定期注水**入U型隔氣
- 每星期把半公升水倒入所有排水口



- 打噴嚏或咳嗽時**應用紙巾掩蓋口鼻**，正確棄置已染污的紙巾，然後徹底清潔雙手
- 如沒有紙巾，可用上衣或上袖掩蓋



- 當出現發燒或呼吸道感染病徵，**應戴上外科口罩及盡早向醫生求診**



- 有**顏色/摺紋向下**的一面向外，有**金屬條的一邊**向上
- 橡筋繞在耳朵上
- 拉開口罩，完全覆蓋口、鼻和下巴
- 把金屬條沿鼻樑兩側按緊，緊貼面部



更多抗疫資訊：



衛生防護中心



衛生防護中心網站
www.chp.gov.hk



衛生防護中心Facebook專頁
fb.com/CentreforHealthProtection

衛生署健康教育專線 **2833 0111**



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Prevention of

Pneumonia and Respiratory Tract Infection



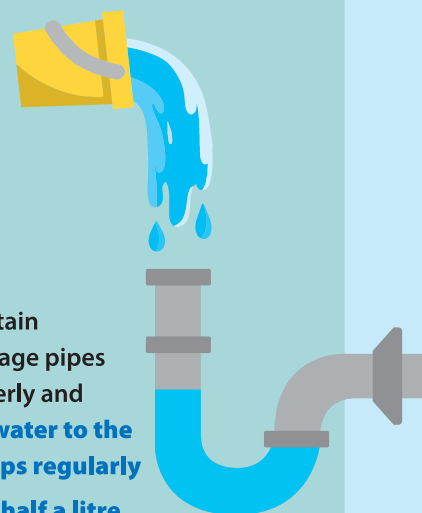
- **Perform hand hygiene** frequently
- Wash hands with liquid soap and water, and **rub for at least 20 seconds**
- When hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is effective



- After using toilet, **put the lid down before flushing**
- Wash hands thoroughly
- Spit into tissue and dispose of it properly



- Maintain drainage pipes properly and **add water to the U-traps regularly**
- **Pour half a litre of water into each drain outlet every week**



- **Cover your mouth and nose with tissue paper** when sneezing or coughing, dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly
- If tissue is not available, may cough into clothes or upper sleeves



- When having a fever or respiratory symptoms, **wear a surgical mask and seek medical advice promptly**



- The **coloured side/side with folds facing downwards** should face outwards with the **metallic strip** uppermost
- Position the elastic bands around both ears
- Extend the surgical mask to fully cover mouth, nose and chin
- Mould the metallic strip over nose bridge, to fit snugly over the face



For more information on tackling the disease:



Centre for Health Protection



Centre for Health Protection Website
www.chp.gov.hk



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Health Education Infoline of the Department of Health **2833 0111**



Department of Health