

預防肺炎及呼吸道傳染病

健康建議

要預防肺炎及呼吸道傳染病，市民必須時刻保持良好的個人及環境衛生，包括：

- 在搭乘交通工具或在人多擠逼的地方逗留時應佩戴外科口罩。正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 經常保持雙手清潔，尤其在觸摸口、鼻或眼之前；觸摸扶手或門把等公共設施後；或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後；
- 妥善保養排水渠管和定期（約每星期一次）把約半公升的清水注入每一排水口（U型隔氣口），以確保環境衛生；
- 洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾。如沒有洗手設施，或雙手沒有明顯污垢時，使用含 70 至 80 % 的酒精搓手液潔淨雙手亦為有效方法；
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋垃圾箱內，然後徹底清潔雙手；及
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前往人多擠逼的地方，及盡早向醫生求診。

外遊預防措施

市民外遊時應注意以下預防措施：

- 切勿前往出現新型冠狀病毒社區傳播的湖北省。如果不可避免前往，應戴上外科口罩，並繼續佩戴直至回港後14天，並盡量自我隔離14天；其他從內地回港的市民，返港14天內亦應盡量留在家中；如有需要外出，應佩戴口罩；
- 避免在可能出現新型冠狀病毒感染社區傳播的國家 / 地區與發燒或有呼吸道病徵的人士有密切接觸。如果不可避免與他們接觸，應戴上外科口罩，並繼續佩戴直至回港後14天；
- 避免到訪醫院。如有必要到訪醫院，應佩戴外科口罩及時刻注重個人和手部衛生；
- 避免接觸動物（包括野味）、禽鳥或其糞便；
- 避免到濕貨街市、活家禽市場或農場；
- 避免近距離接觸患者，特別是有急性呼吸道感染症狀的患者；
- 切勿進食野味及切勿光顧有提供野味的食肆；
- 注意食物安全和衛生，避免進食或飲用生或未熟透的動物產品，包括奶類、蛋類和肉類，或食用可能被動物分泌物、排泄物（例如尿液）或產品污染的食物，除非已經煮熟、洗淨或妥為去皮；
- 身處外地時，如身體不適，特別是有發燒或咳嗽，應戴上外科口罩，立即通知酒店職員或旅遊領隊，並盡快求診；及
- 從外地回港後，若出現發燒或其他病徵，應立即求診，主動告訴醫生最近曾到訪的地方及有否接觸動物；並佩戴外科口罩，以防傳染他人。



診所及醫院的資訊



緊急召喚救護服務

二零二零年一月修訂

健康資訊-傳染病

Health Information - Communicable Diseases

Prevent pneumonia and respiratory tract infection

Health advice

To prevent pneumonia and respiratory tract infection, members of the public should always maintain good personal and environmental hygiene. They are advised to:

- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including hand hygiene before wearing and after removing a mask;
- Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing;
- Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-traps) to ensure environmental hygiene;
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative;
- 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; and
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

Travel advice

The public should take heed of the health advice below when travelling outside Hong Kong:

- Do not travel to Hubei Province where community transmission of novel coronavirus is occurring. If it is unavoidable to travel to Hubei, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong, and self-isolate for 14 days as far as possible. For members of the public returning from other parts of the Mainland, they are advised to stay home for 14 days upon their return as far as possible. Those who need to go out should wear a surgical mask;
- Avoid close contact with persons with fever or respiratory symptoms in countries/areas with possible community transmission of novel coronavirus infection. If it is unavoidable to come into contact with them, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong;
- Avoid visiting hospitals. If it is necessary to visit a hospital, put on a surgical mask and observe strict personal and hand hygiene;
- Avoid touching animals (including game), poultry/birds or their droppings;
- Avoid visiting wet markets, live poultry markets or farms;
- Avoid making close contact with patients, especially those with symptoms of acute respiratory infections;
- Do not consume game meat and do not patronise food premises where game meat is served;
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled;
- If feeling unwell when outside Hong Kong, especially if having a fever or cough, wear a surgical mask, inform the hotel staff or tour escort and seek medical advice at once; and
- After returning to Hong Kong, consult a doctor promptly if having a fever or other symptoms, take the initiative to inform the doctor of any recent travel history and any exposure to animals, and wear a surgical mask to help prevent spread of the disease.



Information on clinics and hospitals



Emergency call for ambulance service

Revised in January 2020