

# 預防諾如病毒腸胃炎

## Prevent Noroviral Gastroenteritis

處理嘔吐物時，請謹記：  
When handling vomitus, always remember:

先戴上手套和口罩  
Wear gloves and a mask

使用稀釋漂白水消毒  
Use diluted household  
bleach for disinfection

事後必須徹底洗手  
Wash hands thoroughly  
afterwards

如有嘔吐或腹瀉徵狀，切勿上班或上學，並盡早求診。  
If having symptoms of vomiting or diarrhoea,  
refrain from work or school, and seek medical advice.