



預防病毒性腸胃炎，要注意個人及食物衛生

To prevent Viral Gastroenteritis,
observe good personal & food hygiene.

請注意： Pay attention to:



經常徹底洗手。

Wash hands thoroughly.

食物要徹底煮熟，
尤其是海鮮及貝殼類海產。

Ensure all food are thoroughly cooked,
particularly seafood and shellfish.



如有病徵，應及早求醫，
並在家休息，不應上學/上班。

People who develop symptoms
should seek prompt medical advice
and take rest at home.

如欲知道其他健康資訊，請瀏覽或致電

For more health information, members of the public may visit or contact

衛生防護中心網站 Centre for Health Protection Website

www.chp.gov.hk

衛生署24小時健康教育熱線 24-Hour Health Education Hotline of the Department of Health

2833 0111



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