



我們還要注意什麼？

佩戴口罩只是預防呼吸道感染的一個方法，我們應同時採取其他預防措施，減少傳染病散播：

1. 經常保持良好手部衛生。
2. 避免觸摸眼、鼻和口。
3. 注意咳嗽禮儀。
4. 盡量遠離可能傳染源：
 - 4.1 避免到人多擠逼的地方。如必須進入，應盡量縮短逗留時間。此外，較易患上感染併發症的高危人士，例如孕婦和長期病患者，則應考慮佩戴口罩。
 - 4.2 盡量避免近距離接觸受感染患者，也不應單靠口罩作保護措施。
5. 若身體不適，應留在家中休息和避免接觸其他人。



What else to note?

Wearing mask is just one of the ways to prevent respiratory tract infections. We should also adopt the following preventive measures to minimise the spread of infection:

1. Perform frequent and proper hand hygiene.
2. Avoid touching eyes, nose and mouth.
3. Maintain cough manners.
4. Stay away from possible sources of infection:
 - 4.1 Avoid visiting crowded places. If this is necessary, minimise the length of stay. Persons at a high risk of having infection-related complications, e.g. pregnant women or persons with chronic illnesses, should consider wearing masks.
 - 4.2 Avoid close contact with those who are infected. Do not rely on the use of face masks.
5. If you are sick, stay at home and minimise contact with others.

如欲獲得更多資訊，請瀏覽衛生防護中心網站 www.chp.gov.hk 或致電衛生署24小時健康教育熱線2833 0111。

For more information, please visit the Centre for Health Protection website www.chp.gov.hk or call the 24-Hour Health Education Hotline 2833 0111.

二零一零年六月
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正確使用口罩 護己護人

Use mask properly Protect ourselves and protect others



衛生防護中心
Center for Health Protection



衛生署
Department of Health

什麼是口罩？

佩戴口罩可遮掩口和鼻，阻隔液體與飛沫微粒通過。外科口罩是一種較常用的口罩。

What is a mask?

A face mask (mask) covers our nose and mouth. It provides a physical barrier to fluids and large particle droplets. Surgical mask is a type of face mask commonly used.

為什麼要佩戴口罩？

若佩戴得宜，口罩能有效預防由飛沫傳播的疾病。

Why do we need to wear a mask?

When used properly, masks can help prevent infections transmitted by respiratory droplets.



何時要佩戴口罩？

1. 保護自己：當我們照顧發燒或患有呼吸道感染病者的時候；或在流感高峯期或大流行時需要進入診所和醫院。
2. 保護他人：當我們患有呼吸道感染徵狀時，如發燒、流鼻水、咳嗽或打噴嚏等。

When do we need to wear a mask?

1. To protect ourselves: When we care for patients with fever or respiratory infection; or when we visit clinics or hospitals during peak season or pandemic for influenza.
2. To prevent the spread of infection to others: When we have respiratory symptoms, e.g. fever, runny nose, cough or sneeze.

怎樣佩戴口罩？

1. 選擇合適尺碼的口罩。
2. 佩戴口罩前，須先潔手。
3. 要讓口罩緊貼面部：
 - 3.1 口罩有顏色的一面向外，有金屬條的一邊向上；如口罩沒有顏色，應將有摺紋的一面向下和向外。
 - 3.2 繫緊固定口罩的繩子，或把口罩的橡筋繞在耳朵上，使口罩緊貼面部。
 - 3.3 把口罩上的金屬條沿鼻樑和面部兩側按緊。
 - 3.4 拉開口罩覆蓋下巴，以確保口罩完全覆蓋口、鼻和下巴。
4. 戴妥口罩後，應避免再觸摸口罩。若必須觸摸口罩，在觸摸前後都要徹底潔手。



How to wear a mask properly?

1. Choose the appropriate size of mask.
2. Always perform hand hygiene before putting on a mask.
3. The mask should fit snugly over the face:
 - 3.1 Face the coloured side of the mask outwards with the metallic strip uppermost. For those masks that do not have a coloured side, place the side with folds facing downwards and outwards.
 - 3.2 Position the elastic bands or strings properly to keep the mask snugly in place.
 - 3.3 Mould the metallic strip to the bridge of the nose and face.
 - 3.4 Extend the mask to cover the chin so that the nose, mouth and chin are fully covered.
4. Avoid touching the mask once it is secured on our face. Always perform hand hygiene before and after touching the mask.



怎樣脫下口罩？

1. 口罩如有破損或弄污，應立即更換；並最少每天更換一次。
2. 脫下口罩前，須先潔手。
3. 脫下口罩時，應盡量避免觸摸口罩，因為它可能已沾染病菌。
4. 脫下的口罩應棄置，不可重複使用。將用過的口罩棄置於膠袋或紙袋、或有蓋垃圾桶內。
5. 再次潔手。

How to take off a mask properly?

1. Replace the mask immediately if it is damaged or soiled; and change it at least on a daily basis.
2. Before taking off the mask, perform hand hygiene.
3. While taking off the mask, avoid touching or handling the mask as it may be covered with germs.
4. Do not reuse a mask. Dispose of the used mask in a plastic or paper bag, or lidded rubbish bin.
5. Perform hand hygiene again.