

準備做到足  
家居保 **幸福**

Prepare well for a home  
**sweet home**



## 準備做到足 家居保幸福

香港人煙稠密，交通頻繁，傳染病一旦爆發，便會以高速傳播。市民若能未雨綢繆，則可為自己及家人作最大的保障。大家應坐言起行，參照本單張的建議，做好家居防疫措施，常備以下物品，防患未然。

## Prepare well for a home sweet home

In a densely populated place and immense traffic like Hong Kong, communicable diseases can spread quickly if an outbreak should occur. You can protect yourselves and your family by being well-prepared. For greatest protection, follow the advice listed here and take prompt actions.





### 藥箱 Medicines Kit

- 常備探熱針、退燒藥、個人藥物、口罩、消毒火酒及護理用具。
- Keep thermometer, antipyretic, personal medicine, face masks, alcohol for sterilisation, and self-care appliances.

### 浴室 Restroom /房間 Bedroom

- 存備個人衛生用品如衛生紙、洗手梘液及嬰兒紙尿片(如適用)。
- Store personal hygiene products like tissue and toilet paper, liquid soap and napkins (if applicable).

### 廚房 Kitchen

- 儲存足夠飲用水、抹布、家用清潔劑、漂白水等清潔物料。
- Store sufficient drinking water, wiping towels, domestic cleansing agents and bleach.

### 廚櫃 Cupboard

- 儲備適量乾糧、罐頭，嬰兒食品及寵物糧食(如適用)。
- Store suitable amount of imperishable food, canned food, as well as food for babies and pets (if applicable).

### 廳 Living Room

- 善用電話、電腦、收音機及電視等通訊設備，緊貼政府之公共衛生公布。
- Make good use of communication devices like telephone, computer, radio and television to take heed of health announcements from the Government.

衛生防護中心網站 [www.chp.gov.hk](http://www.chp.gov.hk)  
Centre for Health Protection Website [www.chp.gov.hk](http://www.chp.gov.hk)

衛生署二十四小時健康教育熱線 2833 0111  
24-Hour Health Education Hotline of the Department of Health 2833 0111