



何時應洗手

When to Wash Our Hands



✓ 觸摸眼睛、鼻子或嘴巴前後
Before & after touching eyes, nose and mouth

✓ 觸摸公共物件後
After touching public equipment



✓ 進食及處理食物前
Before eating & preparing food



✓ 接觸病人前後
Before and after coming in contact with patients



✓ 如廁後
After using the toilet

✓ 打噴嚏及咳嗽後
After coughing or sneezing

