

五招防中暑

5 Ways to Prevent Heat Stroke



#遮蔭乘涼
Stay in shade

#留意天氣

Check weather conditions



#補充水份
Drink more water

#穿着合適
Wear suitable clothing

#如感不適
盡快求醫

Seek medical help
if feeling unwell



衛生防護中心
Centre for Health Protection



衛生防護中心網站
Centre for Health
Protection Website
www.chp.gov.hk

2833 0111

衛生署健康教育專線
Health Education Infoline
of the Department of Health



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