

咳嗽

要講禮

Maintain Cough Manners

打噴嚏或咳嗽時
應掩著口鼻
Cover your mouth
and nose while
coughing or
sneezing



如出現呼吸道感
染病徵，應佩戴
口罩
Wear a surgical
mask when
having respiratory
symptoms



使用梘液和
清水洗手
Wash hands with
liquid soap and
water



正確棄置
已染污的紙巾
Dispose of
soiled tissue
paper properly



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



衛生防護中心Facebook專頁 Centre for Health Protection Facebook Fanpage

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

2833 0111



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