抗疫7件事 大家都做到
Follow the 7 Tips Fight the Virus Together

1. 儘量留在家中
   Stay at home

2. 日常需要由親友代勞
   Family and friends should help with daily needs

3. 注意個人衛生，勤洗手
   Observe personal hygiene. Wash hands frequently

4. 留意最新疫情發展
   Pay attention to the latest epidemic situation

5. 不適即求診
   See a doctor promptly if feeling unwell

6. 正確佩戴外科口罩：覆蓋口、鼻及下巴
   Wear a surgical mask properly: Cover your mouth, nose and chin

7. 關心身邊長者
   Care for other elderly people