

# 預防傳染性急性結膜炎 (紅眼症)個人衛生最重要

## Maintain good personal hygiene to prevent Acute Infectious Conjunctivitis (Red Eye Syndrome)



經常保持雙手清潔。  
Perform hand hygiene frequently.

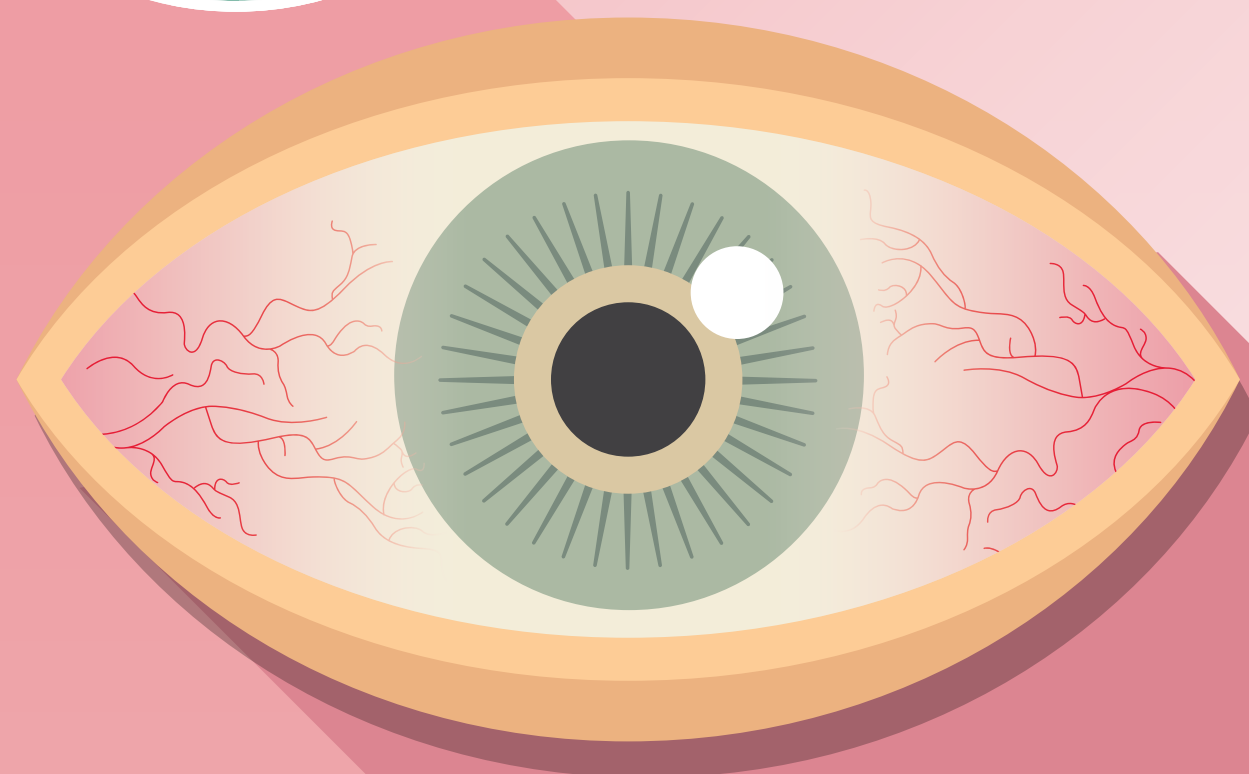


不要與別人共用  
個人物品。  
Do not share  
personal items.



洗手時應以梘液和清水  
清潔雙手，搓手最少20秒，  
或雙手沒有明顯污垢時，  
使用含70至80%的  
酒精搓手液潔淨雙手。

Wash hands with liquid soap  
and water, and rub for at least  
20 seconds or when hands  
are not visibly soiled,  
hand hygiene with 70 to 80%  
alcohol-based handrub.



避免用手觸摸眼睛。  
如不能避免，在觸摸眼睛  
前後要徹底清潔雙手。

Avoid hand-to-eye contact.  
If such contact is unavoidable,  
perform hand hygiene before and  
after contact with the eyes.



受感染的人士在痊癒前  
不應上班、上學或游泳，  
以防傳染他人。

Infected individuals should refrain  
from work, school or swimming  
until their symptoms have  
resolved in order to  
prevent spread of infection.



傳染性急性結膜炎



Acute Infectious Conjunctivitis