

කැස්සට අදාළ හොඳ පුරුදු පවත්වා ගන්න

(Sinhala version)

কাশির সময় শালীনতা বজায় রাখা

(Bengali version)

Cách xử lý khi bạn bị ho

(Vietnamese version)

# Maintain Cough Manners

Cover your mouth and nose while coughing or sneezing

කැස්ස හෝ කිවිසුම් යන අතරතුර ඔබේ මුඛය සහ නාසය ආවරණය කරගන්න

কাশি বা হাঁচির সময় আপনার মুখ এবং নাক ঢেকে রাখুন

Che kín miệng và mũi mỗi khi ho hoặc hắt hơi

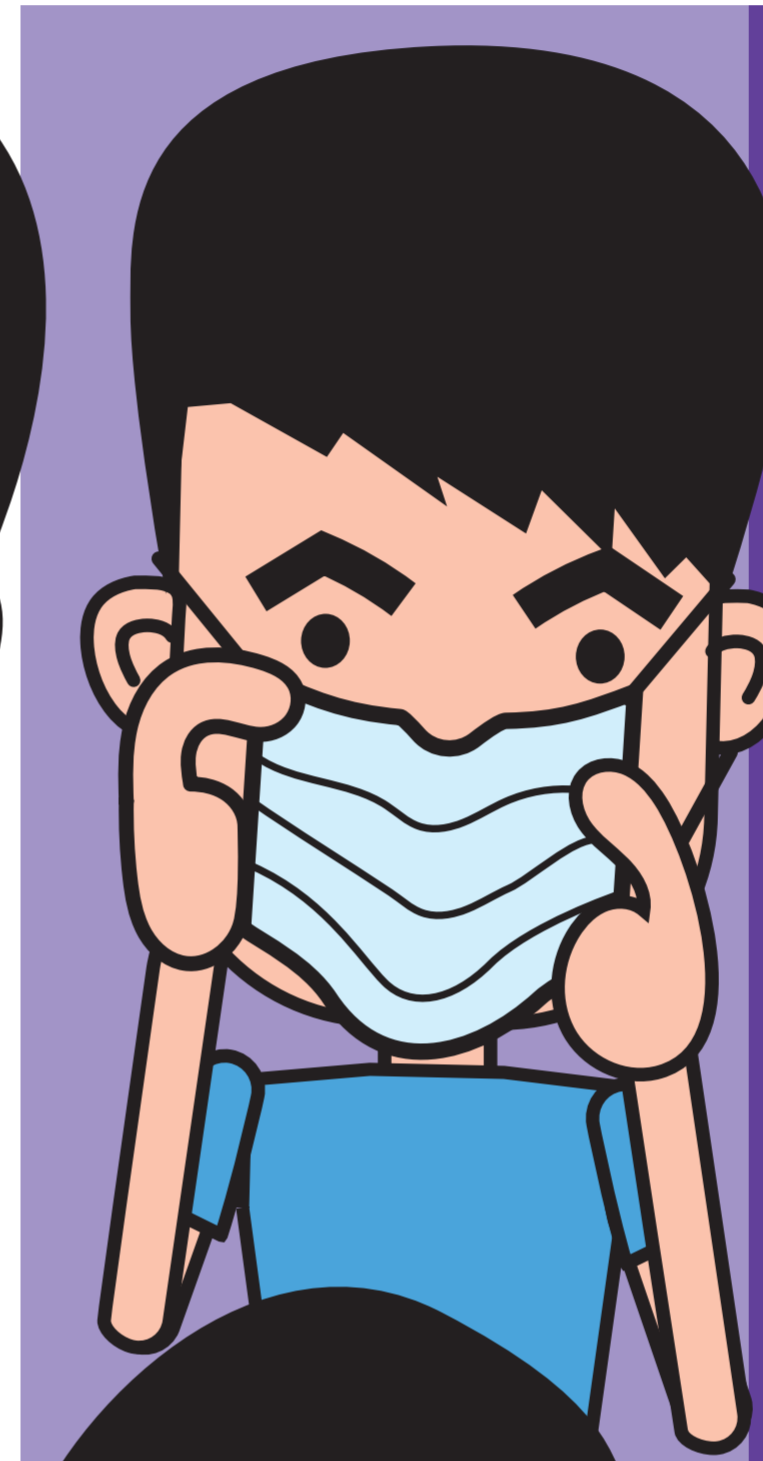


Wear a surgical mask when having respiratory symptoms

ප්‍රවීණි කල විෂු කඩදාසි නිසි ලෙස බැහැර කරන්න

মোটা টিস্যুতে সর্দি ত্যাগ করুন

Vứt khăn giấy đã qua sử dụng đúng cách



Wash hands with liquid soap and water

සබන් හා වතුරෙන් අත් සෝදන්න

পানি এবং সাবান ব্যবহার করে হাত ধৌত করুন

Rửa tay với xà phòng và nước sạch



Dispose of soiled tissue paper properly

ශ්වසන රෝග ලක්ෂණ ඇති විට ගලප මුඛ ආවරණයක් පළඳින්න

শ্বাস-প্রশ্বাসের সমস্যায় সার্জিক্যাল মাস্ক পরিধান করুন

Sử dụng khẩu trang y tế khi có triệu chứng về đường hô hấp



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](http://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  
Department of Health

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