預防肺炎及呼吸道傳染病

健康建議

洗手時應以枧液和清水清潔雙手，搓手最少20秒
Wash hands with liquid soap and water, and rub for at least 20 seconds

Cover your mouth and nose with tissue paper when sneezing or coughing, then wash hands thoroughly

當出現發燒或呼吸道感染症狀，應戴上外科口罩及盡早向醫生求診

時刻保持良好的個人及環境衛生
Maintain good personal and environmental hygiene at all times