預防肺炎及呼吸道傳染病

Prevention of Pneumonia and Respiratory Tract Infection

健康建議
Health Advice

經常保持雙手清潔
Always keep hands clean

定期注水入U型隔氣
Add water to the U-traps regularly

打噴嚏或咳嗽時用紙巾掩蓋口鼻
Cover your mouth and nose with tissue paper when sneezing or coughing

如出現病徵，應立即戴上口罩及看醫生
Wear a mask and seek medical advice promptly if unwell

口罩要完全覆蓋口、鼻和下巴
Fully cover your nose, mouth and chin with mask

更多防疫資訊 For more information on tackling the disease:

衛生署中心網站 Centre for Health Protection Website
www.chp.gov.hk

衛生署中心Facebook專頁 Centre for Health Protection Facebook Fanpage
fb.com/CentreforHealthProtection

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