Prevention of Pneumonia and Respiratory Tract Infection

- Perform hand hygiene frequently
- Wash hands with liquid soap and water, and rub for at least 20 seconds
- When hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is effective

- After using toilet, put the lid down before flushing
- Wash hands thoroughly
- Spit into tissue and dispose of it properly

- Maintain drainage pipes properly and add water to the U-traps regularly
- Pour half a litre of water into each drain outlet every week

- Cover your mouth and nose with tissue paper when sneezing or coughing, dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly
- If tissue is not available, may cough into clothes or upper sleeves

- When having a fever or respiratory symptoms, wear a surgical mask and seek medical advice promptly

- The coloured side/side with folds facing downwards should face outwards with the metallic strip uppermost
- Position the elastic bands around both ears
- Extend the surgical mask to fully cover mouth, nose and chin
- Mould the metallic strip over nose bridge, to fit snugly over the face
- Face mask is not recommended for children under the age of 2 years without supervision

For more information on tackling the disease:

Centre for Health Protection Website: www.chp.gov.hk
Centre for Health Protection Facebook Fanpage: fb.com/CentreforHealthProtection

Health Education Infoline of the Department of Health: 2833 0111