預防肺炎及呼吸道傳染病

Prevention of Pneumonia and Respiratory Tract Infection

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

20秒 Seconds

經常保持雙手清潔
Perform hand hygiene frequently

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

打噴嚏或咳嗽時應用紙巾掩蓋口鼻，然後徹底清潔雙手
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病徵，應戴上外科口罩及盡早向醫生求診
When having a fever or respiratory symptoms, wear a surgical mask and seek medical advice promptly