

# 預防手足口病 Prevention of Hand, Foot and Mouth Disease

保持雙手清潔  
Keep hands  
clean



保持良好的個人  
及環境衛生  
Maintain good  
personal and  
environmental  
hygiene



不要共用毛巾或  
其他個人物品  
Do not share  
towels and  
other personal  
items



咳嗽或打噴嚏時應  
用紙巾掩蓋口鼻  
Cover nose and  
mouth with tissue  
paper when  
sneezing or  
coughing



當學校或院舍爆發手足口病期間，  
避免集體活動

Avoid group  
activities when  
hand, foot and  
mouth disease  
outbreak occurs  
in school or  
institution



清潔和消毒常接觸的  
物件，如傢俬和玩具  
Clean and disinfect  
frequently touched  
objects such as  
furniture and  
toys



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

[fb.com/CentreforHealthProtection](https://fb.com/CentreforHealthProtection)

衛生署健康教育專線  
Health Education Infoline of  
the Department of Health

2833 0111



衛生署  
Department of Health

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