

# 預防退伍軍人病

## Prevention of Legionnaires' Disease



不要吸煙和避免飲酒

Do not smoke and  
avoid alcohol  
consumption



非經常使用的出水口及喉管  
使用前排水最少 1 分鐘

Drain the infrequently used  
water outlets and pipework  
before use for at least  
1 minute



定期或按製造商建議的次數，  
為水龍頭及花灑頭的隔濾器  
進行檢查、清潔、除垢及消毒

Strainers in water taps and shower  
heads should be inspected,  
cleaned, descaled and  
disinfected regularly  
or at a frequency  
recommended by  
the manufacturer



免疫力弱的人士  
應使用無菌水或  
經煮沸的水作飲用、  
刷牙及漱口用途

Immunocompromised  
persons should use  
sterile water or boiled  
water for drinking,  
tooth brushing and  
mouth rinsing



較高患病風險的人士  
必須特別留意

People at higher risk  
should pay more attention

- 男士  
Men
- 年長者，特別是 50 歲以上的人士  
People of older age, particularly  
over 50 years old
- 吸煙人士  
Smokers
- 酗酒人士  
Alcoholics
- 免疫力較弱的人士，尤其是長期病患者  
(如癌症、糖尿病、慢性肺病或腎病)  
Persons with weakened immunity, especially  
those with chronic illnesses (such as cancer,  
diabetes mellitus, chronic lung or  
kidney diseases)
- 正服用類固醇或  
免疫抑制藥物的病人  
Taking corticosteroids or  
drugs that suppress  
body immunity



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)



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衛生署  
Department of Health

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