預防退伤運从源

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



較高患病風險的人士 必須特別留意

People at higher risk should pay more attention

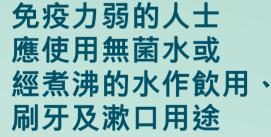
無菌水 Sterile Water ● 男士 Men ● 年長者,特別是 50 歲以上的人士 People of older age, particularly over 50 years old

● 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



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







