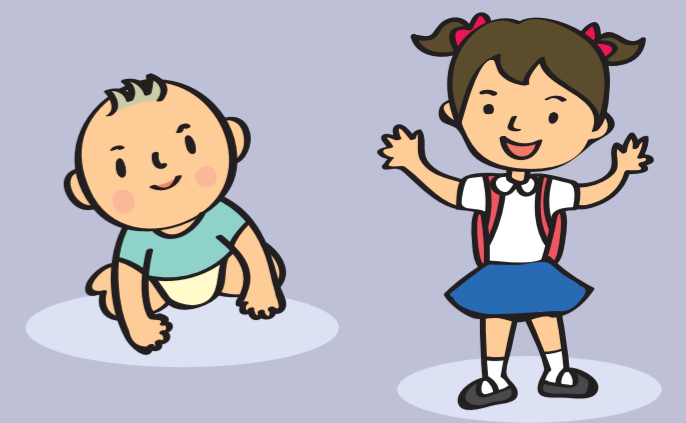


預防風疹 (德國麻疹)

Prevention of Rubella (German Measles)



- 接種含德國麻疹疫苗

Receive rubella-containing vaccine

- 在「香港兒童免疫接種計劃」下，兒童接種共兩劑含德國麻疹的疫苗

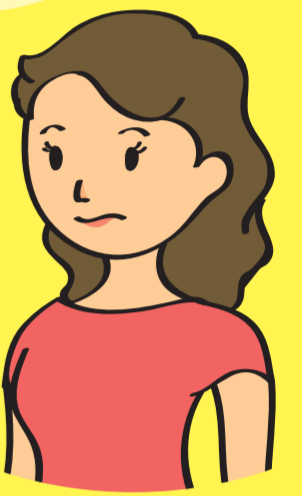
Under the Hong Kong Childhood Immunisation Programme, children receive a two-dose course of rubella vaccination

- 已屆生育年齡而未接受免疫注射的婦女，應該在計劃懷孕前檢查本身的免疫情況，在有需要時接種含德國麻疹的疫苗

Women of childbearing age who are not immunised should check their immune status before planning for pregnancy and receive rubella-containing vaccine if necessary

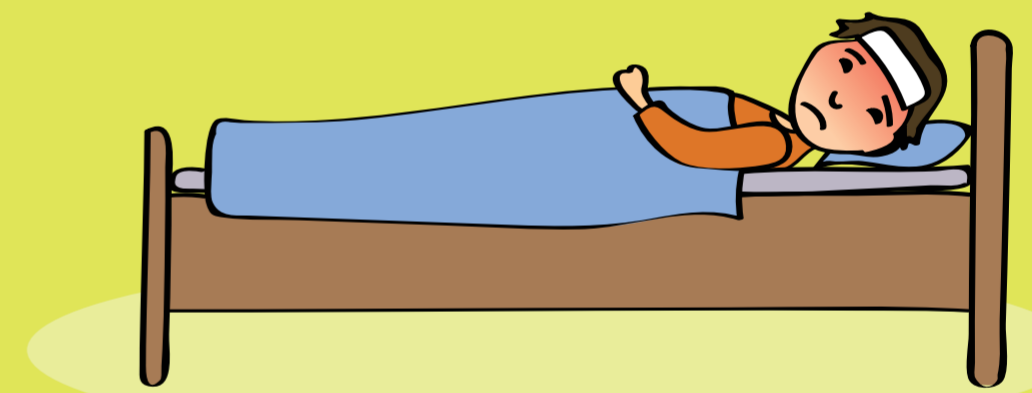
- 接種疫苗後身體約需兩星期產生德國麻疹免疫力

Takes about two weeks after vaccination for development of immunity against rubella



- 出疹後7天內應留在家中，避免接觸孕婦和計劃懷孕的女士

Should stay at home for 7 days from the appearance of rash and avoid contact with pregnant women and women preparing for pregnancy



- 保持雙手清潔

Keep hands clean

- 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

- 定期清潔和消毒常接觸的表面，如傢俬、玩具和共用物件

Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items

- 如出現德國麻疹病徵，應盡快求醫

Consult doctors promptly if develop symptoms of rubella



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



衛生防護中心 Facebook 專頁
Centre for Health Protection Facebook Fanpage

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