預防季節性流行性感冒
Prevention of Seasonal Influenza

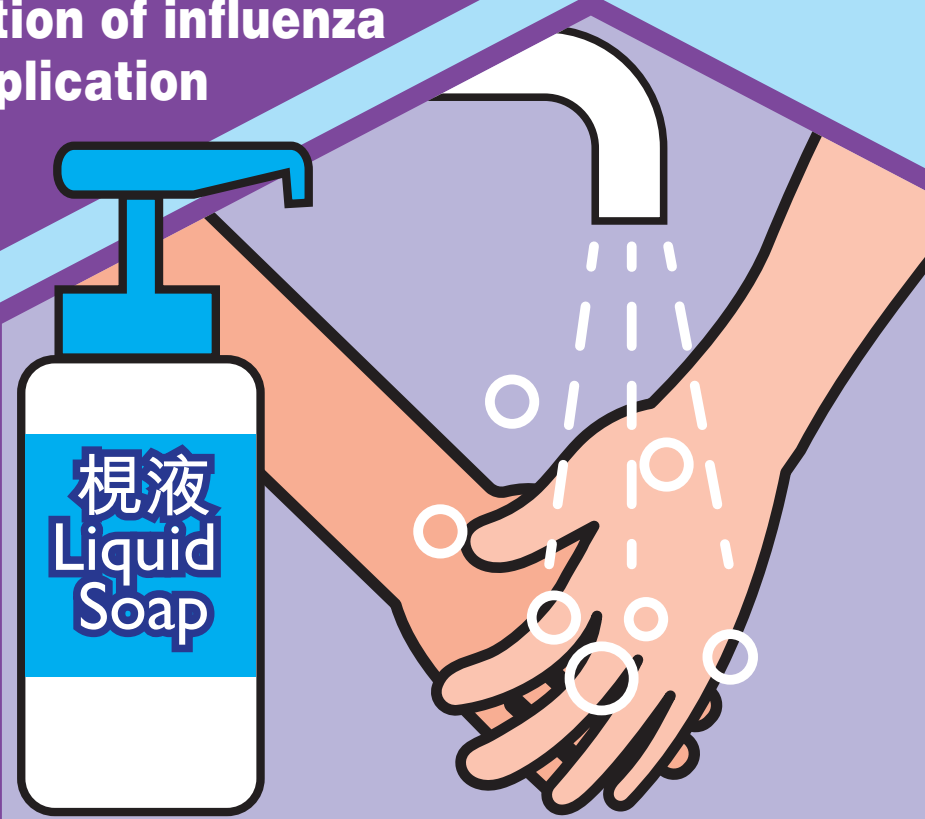流感病毒與2019冠狀病毒亦可能於冬季流感季節同時傳播。齊來對抗病毒，保障健康並減低對醫療系統構成壓力。

Influenza viruses and the virus that causes COVID-19 may both spread in the winter influenza season. Let's fight the viruses to protect health and to prevent the healthcare system from being overwhelmed.

每年接種季節性流感疫苗可有效地預防流感及其併發症
Annual seasonal influenza vaccination is effective in prevention of influenza and its complication

打噴嚏或咳嗽時應掩蓋口鼻
Cover nose and mouth when sneezing or coughing

保持雙手清潔
Keep hands clean

梘液 Liquid Soap

保持室內空氣流通
Maintain good indoor ventilation

如有呼吸道感染病徵，應佩戴外科口罩
Wear a surgical mask when having respiratory symptoms