

# 抗疫小知識 你我都認識

## TIPS FOR YOU AND ME TO PREVENT COVID-19



避免握手

Avoid shaking hands with others



避免到人多的地方

Avoid crowded places



到比較空曠的地方稍作舒展

Find an open space to stretch

減少社交接觸  
預防2019冠狀病毒病  
Social distancing can help  
prevent the spread of  
COVID-19



衛生防護中心  
Centre for Health Protection



更多防疫資訊

For more information on fighting the virus:

[www.coronavirus.gov.hk](http://www.coronavirus.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