

抗疫小知識 你我都認識

TIPS FOR YOU AND ME TO PREVENT COVID-19



如有不適，不要上班，
立刻求醫

Do not go to work; and
seek medical advice promptly
if you are unwell



若無必要，
應避免外出或離家用膳

Avoid eating out or going out
if it is not necessary



最少一米
at least 1m

與他人保持
最少一米距離
Keep at least 1 metre
apart from others

為預防2019冠狀病毒病，
應減少社交接觸

Reduce social contact
to prevent 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



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