

預防肺炎及呼吸道傳染病

Prevention of Pneumonia and Respiratory Tract Infection

洗手時應以梘液
和清水清潔雙手，
搓手最少20秒
Wash hands with
liquid soap and water,
and rub for at least
20 seconds

20秒
Seconds



經常保持雙手清潔
Perform hand
hygiene frequently

時刻保持良好的
個人及環境衛生
Maintain
good personal and
environmental hygiene
at all times



打噴嚏或咳嗽時
應用紙巾掩蓋口鼻，
然後徹底清潔雙手
Cover your mouth and
nose with tissue paper
when sneezing or
coughing, then wash
hands thoroughly

當出現發燒或
呼吸道感染病徵，
應戴上外科口罩及
盡早向醫生求診
When having a fever or
respiratory symptoms,
wear a surgical mask and
seek medical advice promptly



衛生防護中心
Centre for Health Protection



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