



掌心擦掌心

Rub hands palm to palm



掌心擦手背

Lather the back of both hands



雙手互擦指罅

Scrub between your fingers



兩手互擦指背

Rub the back of fingers on the opposing palm



擦指尖

Wash fingernails and fingertips



擦拇指

Clean thumbs



掌心擦手腕

Rotationally rub wrists

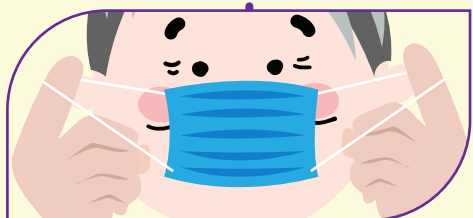
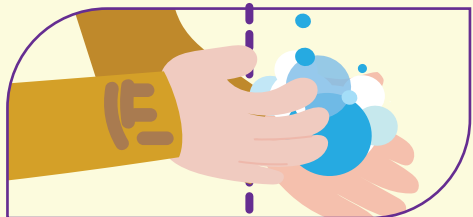
洗手最少  20秒  
At least 20 Sec

Wash your hands



# 佩戴口罩

## Wearing Mask



### 清潔雙手

Perform hand hygiene before putting on a mask

### 風琴位向下的一面向外

Determine which side of the mask is the front

### 把橡根繞到耳後，使口罩固定在面上

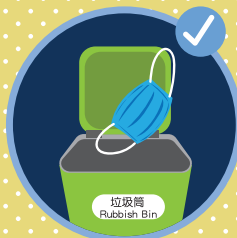
Hold the mask by the ears

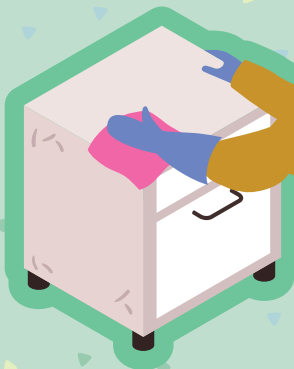
### 把口罩上的金屬條沿鼻樑兩側按緊，使口罩緊貼面部

Pinch the stiff edge to shape of your nose

### 拉開外科口罩，使口罩完全覆蓋口、鼻和下巴

Pull the bottom of the mask over nose, mouth and chin





可用**1:99**稀釋家用漂白水消毒常接觸的家居表面

Clean and disinfect the home environment daily with 1 in 99 diluted household bleach

金屬表面即可用**70%酒精**清潔消毒

For metallic surfaces, disinfect with 70% alcohol



## 家居及環境衛生

Environmental Hygiene



受呼吸道分泌物、嘔吐物或排泄物污染的物品可用**1:49**稀釋家用漂白水消毒

If places are contaminated by respiratory secretions, vomitus or excreta, use strongly absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with 1 in 49 diluted household bleach



使用以上方法，謹記打開窗戶，保持室內空氣流通

Maintain good indoor airflow