

抗疫 7 件事 大家都做到

Follow the 7 Tips Fight the Virus Together

1 儘量留在家中
Stay at home



2 日常需要由親友代勞
Family and friends should help with daily needs



3 注意個人衛生，勤洗手
Observe personal hygiene. Wash hands frequently



4 留意最新疫情發展
Pay attention to the latest epidemic situation



5 不適即求診
See a doctor promptly if feeling unwell



6 正確佩戴外科口罩：
覆蓋口、鼻及下巴
Wear a surgical mask properly:
Cover your mouth, nose and chin



7 關心身邊長者
Care for other elderly people



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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