

Mind Your Hands!

小心雙手!

Your hands do good deeds but they also spread germs.
你的雙手是好幫手，但也是傳染病幕後黑手。

切記 Remember

經常洗手，尤其是進食前、如廁後、
打噴嚏或咳嗽後、更換尿片後……

Wash hands frequently especially
before eating, after toilet use,
after sneezing or coughing,
after changing diapers ...

用規液和清水洗手，或用含
70 - 80% 酒精搓手液潔手

Wash hands with liquid soap and water,
or clean them with **70 - 80%**
alcohol-based handrub

避免隨便觸摸眼睛、鼻和嘴巴

Avoid touching your eyes,
nose and mouth casually



衛生防護中心網站

Centre for Health Protection Website

衛生署健康教育專線

Health Education Infoline of the Department of Health

www.chp.gov.hk

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