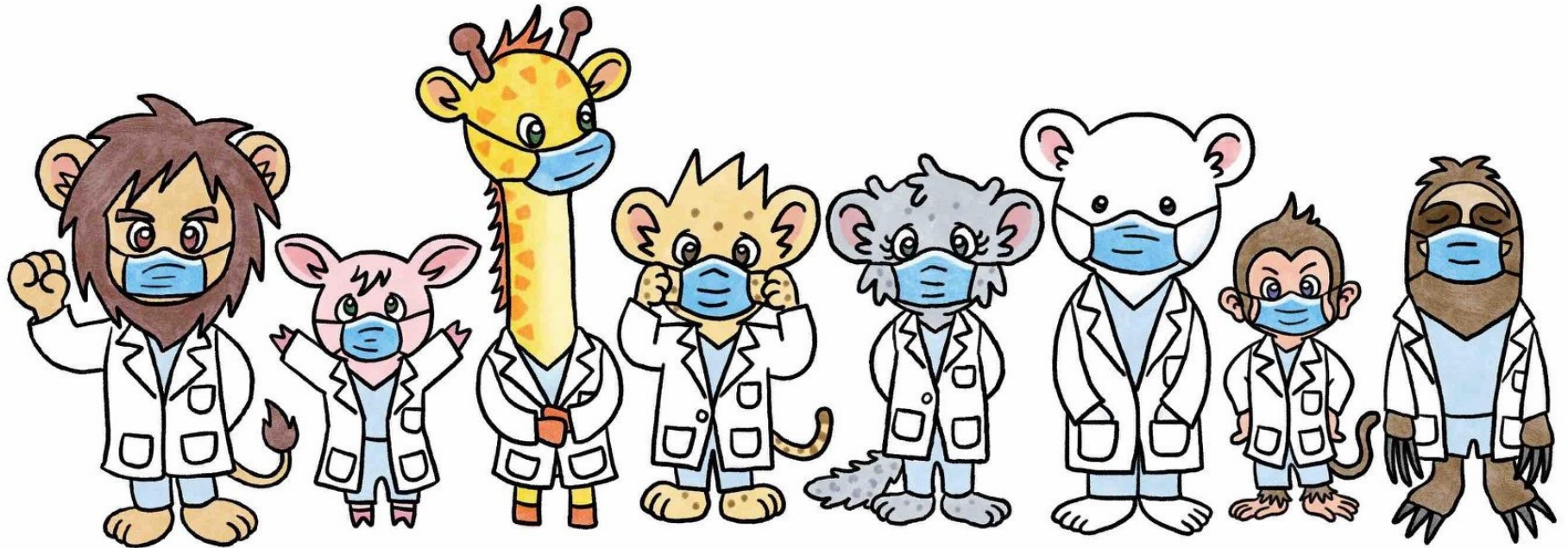


抗疫小夥伴

Dr Dumo et al



文/圖：李揚立之醫生

Author/Illustrator: Dr Lucci Lugee Liyeung

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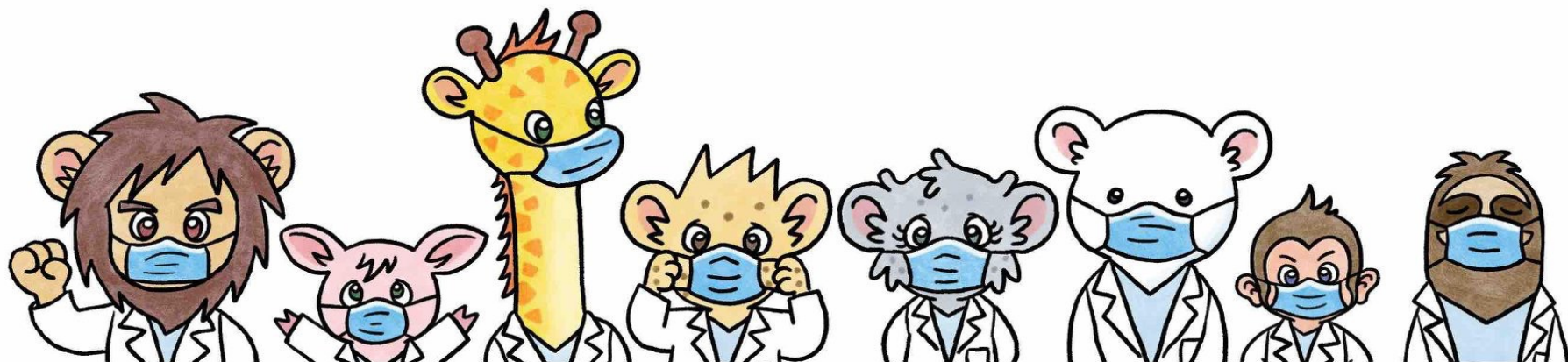
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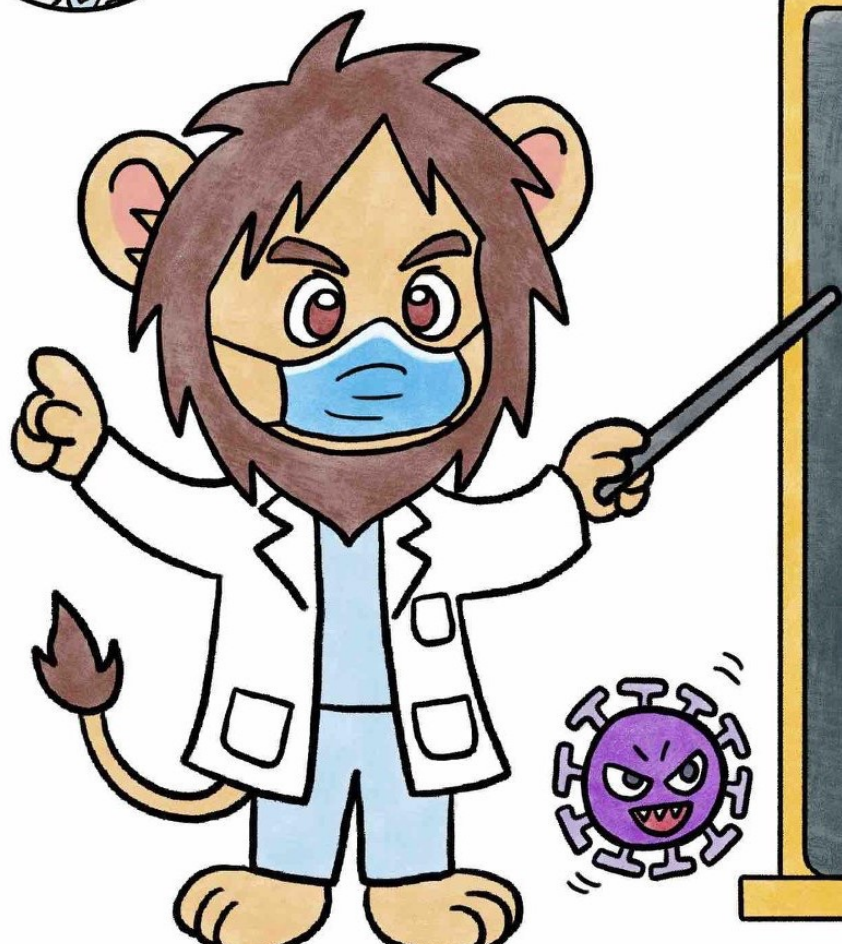
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關於新型冠狀病毒

About the novel coronavirus



首次發現於：中國武漢 (2019年12月)
First discovered in: Wuhan, China (Dec 2019)

傳播途徑：飛沫 / 接觸

Transmission: Droplet / Contact

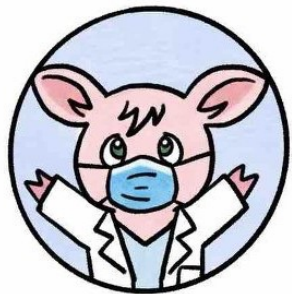


潛伏期 incubation period: 14 天 days

治療：目前只有針對症狀或輔助治理

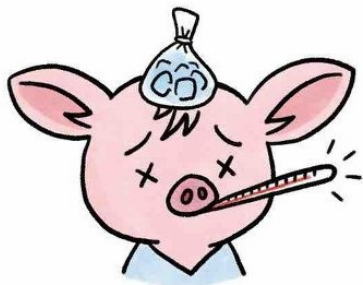
Treatment: Symptomatic or supportive





常見病徵

Common Symptoms



發燒
fever



乏力
Malaise

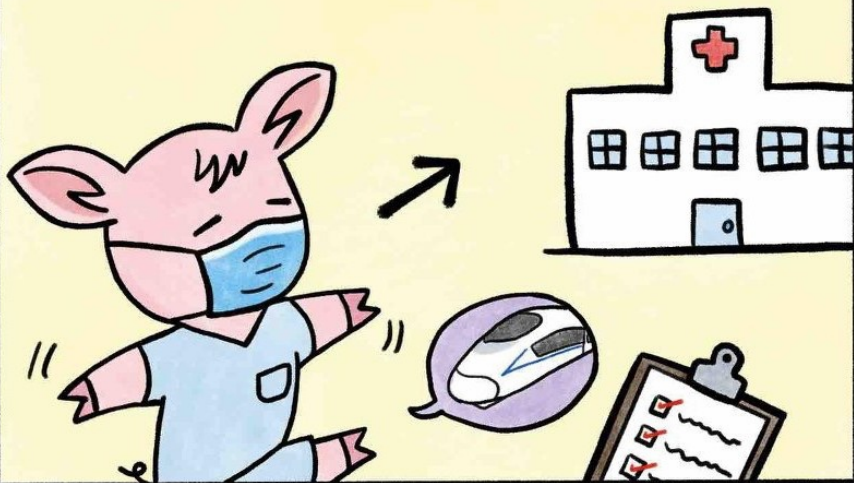


咳嗽
cough



黃綠色膿痰
yellowish/greenish
thick phlegm

如出現症狀，應盡快求醫並配戴口罩
誠實告知醫護人員外遊及接觸紀錄
When symptoms occur, don a mask and
seek medical advice promptly. notify of
any relevant travel or contact history





家居注意事項

Household Precautions



歸家後切記脫鞋和洗手
Remove shoes and wash hands
upon arriving home



保持家居清潔，包括寵物用品
Keep your home clean, including pets' belongings



常開窗保持空氣流通 (家有貓主子請小心!)
open windows for better ventilation
(but keep a cautious eye on your cat!)

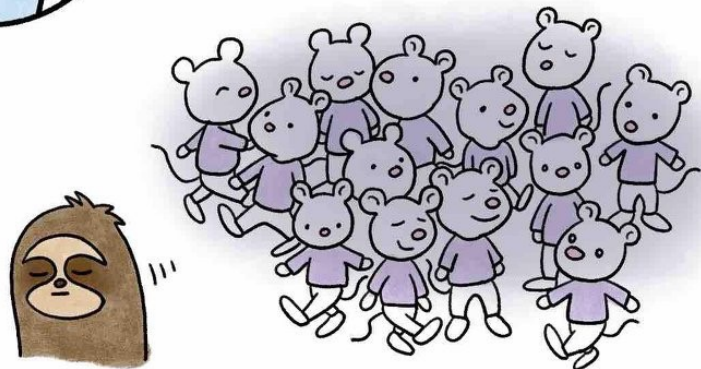


沖廁時蓋廁板
Close the toilet lid prior to flushing



外出注意事項

Outdoor Precautions



避免去人多擠迫地方
Avoid crowded places



避免到濕市場
Avoid wet markets



如感到不適,請避免外出
Avoid going out if you are
feeling under the weather



切忌進食野味
refrain from consuming game meat



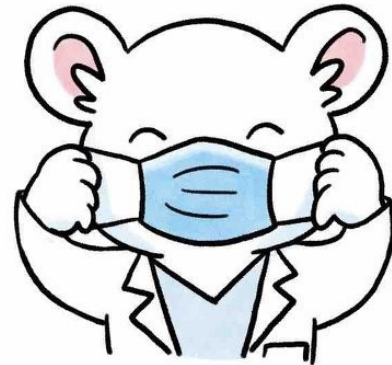
個人衛生 Personal Hygiene



打乞嚏要用紙巾遮口鼻
cover up with tissue
paper when sneezing



並把紙巾棄於
有蓋垃圾筒內
and dispose of it
in a covered bin



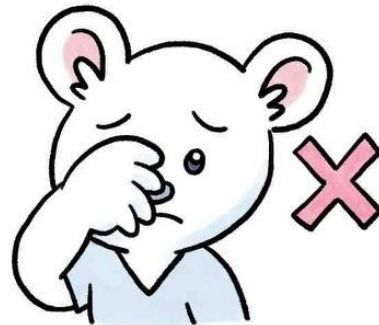
戴口罩
mask up



勤洗手
Ensure hand hygiene



除身攜帶
酒精搓手液
Bring your own
hand sanitizer



勿擦眼睛或鼻
avoid eyes or
nose rubbing



提升免疫力

Boost Immunity



每天八杯水
8 glasses of
water per day



遠離二手煙
Stay away from
2nd hand smoke



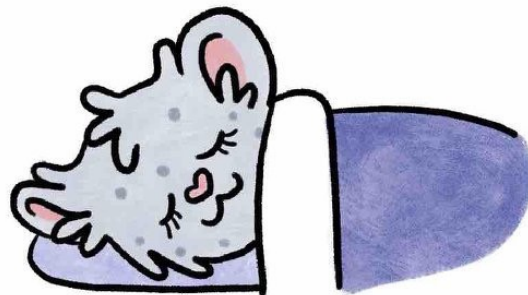
多吃蔬果
eat more
fruits & vegs



適量陽光
Step out in the sun



定時運動
Regular exercises



充足睡眠
Adequate sleep



洗手七部曲

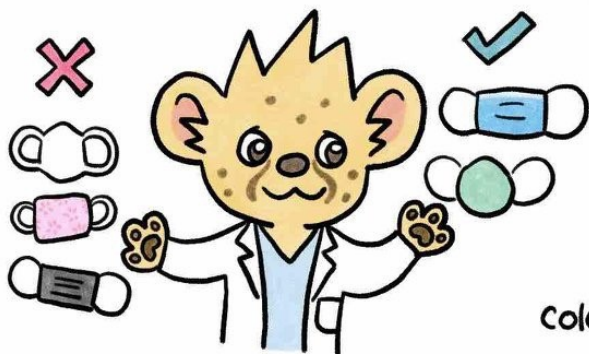
Proper Handwashing





如何正確戴口罩

How to properly don a facemask



建議使用外科口罩或正確尺寸的醫護用N95。其他口罩(布、海棉、紙等)效果不足

Surgical masks or correctly fitted N95 masks are recommended. Other masks (cotton, paper, etc) do not provide adequate protection



顏色面朝外
金屬線向上

coloured side faces out
metal wire on top



戴前對摺一下
fold once prior
to wearing



戴/除口罩前後要洗手
wash hands before & after
wearing/removing the mask



壓下鼻夾

press the wire on
the nasal bridge

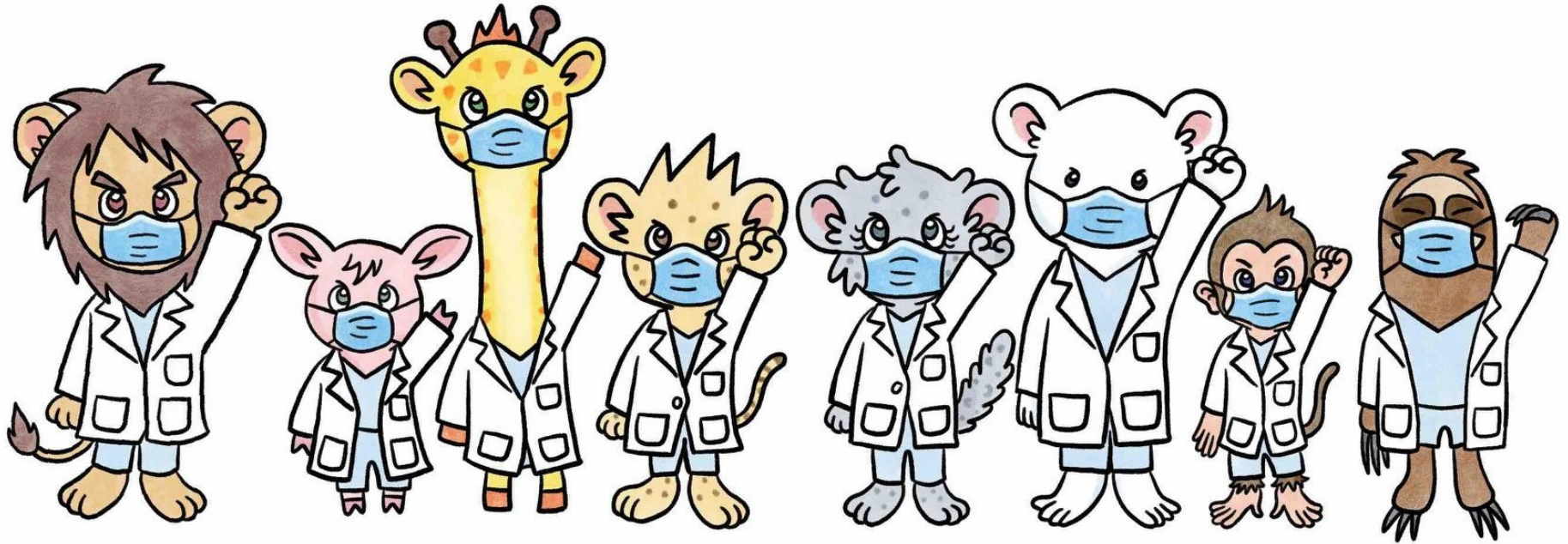


摺面展開包好口鼻
Spread out the mask
to fully cover the mouth



對抗肺炎，你我有責

we are all in this fight together against pneumonia!



鹿港國小學務處 關心您