

# 在緊急事件期間防病

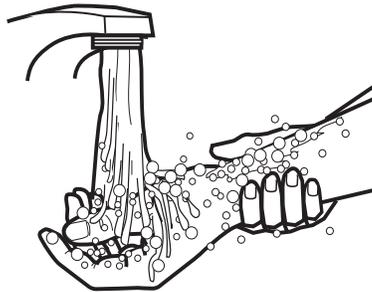
## Preventing Illness During an Emergency

Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness.

There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**

Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds. Wash your hands:



- › After using the toilet
  - › Before and after eating or handling food
  - › After coughing, sneezing or blowing your nose
  - › Before and after you have contact with someone who is sick
  - › Before and after changing a baby's diaper
  - › After touching another person
  - › After handling dirty dishes or garbage
  - › After touching animals or handling animal waste
- **Use alcohol-based hand sanitizer** when soap and water are not available.
  - **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.

微生物，如細菌、病毒、真菌和寄生蟲引起的感染可導致重病。

緊急事件期間為保持健康你可做的事：

- **經常洗手。**

請用肥皂和水將手掌、手背、手腕、手指間和指甲週圍洗15秒鐘。洗手：

- › 用完廁所後
  - › 在進食或處理食物之前和之後
  - › 在咳嗽、打噴嚏或擤鼻涕之後
  - › 在你和某位病人接觸之前和之後
  - › 在換嬰兒尿布之前和之後
  - › 在觸碰另一個人之後
  - › 在處理完髒碗盤或垃圾之後
  - › 在觸碰動物或處理動物垃圾之後
- 當沒有肥皂和水時、請用酒精洗手劑。
  - **避免觸碰你的眼、鼻和嘴。**細菌散佈經常是你觸碰帶菌物體、然後又碰你自己的臉。

- **Cover your mouth and nose** with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.



- **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**

- **當你咳嗽或打噴嚏時請用紙巾掩住口鼻**，以防將細菌擴散到你週圍。丟掉紙巾並洗手。如果你沒有紙巾，請低頭向內或以手臂掩住咳嗽或噴嚏。
- 請用消毒清潔劑或含漂白水的清潔劑清潔**表面**，如檯面、水池、水頭、門把、電話和燈的開關。你也可自己用水和漂白劑進行混合。混合十份水和一份漂白劑。
- **限制你與那些病人的接觸。**
- 你有病時請**避免握手**，也避免和其他病人握手。
- **當你生病時，請避開其他人。**如果可能，請呆在家不要上班、上學或外出做雜事。
- **休息一整夜，吃一頓健康餐，每天至少飲八杯液體。**