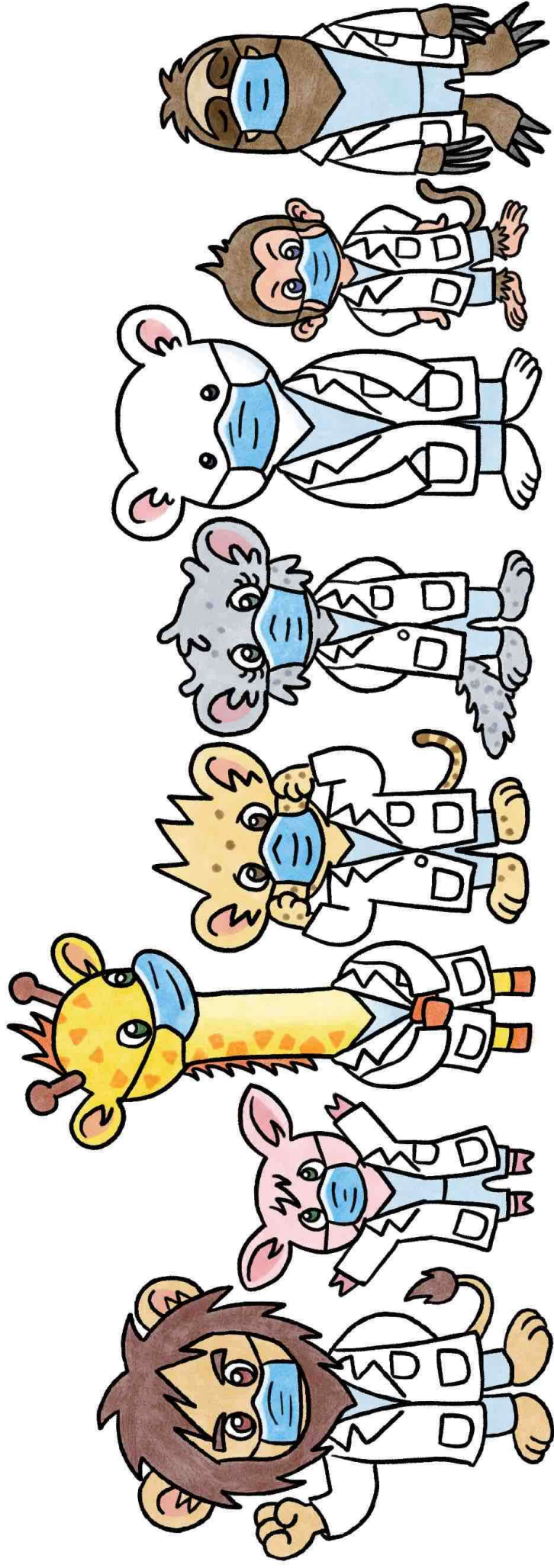


抗疫小夥伴

Dr Dumo et al



文/圖：李揚立之醫生

Author/Illustrator: Dr Lucci Lugee Liyeung

目錄

Table of contents

關於新型冠狀病毒

個人衛生

Personal Hygiene

5

About the novel Coronavirus

常見病徵

提升免疫力

Boost Immunity

6

Common Symptoms

家居注意事項

洗手七部曲

Proper Handwashing

7

Household Precautions

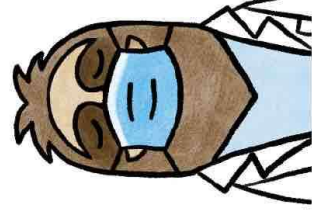
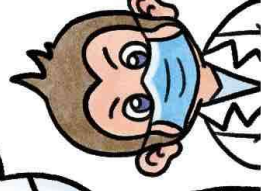
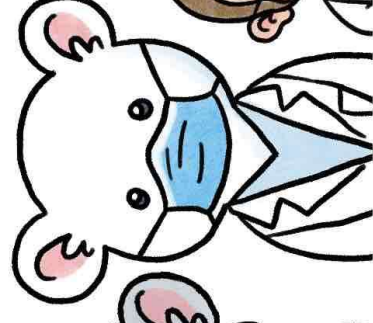
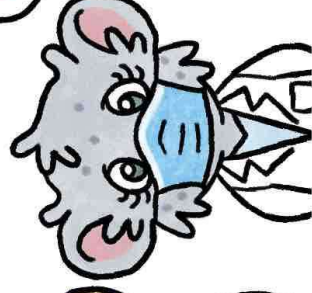
外出注意事項

如何正確戴口罩

How to properly don a facemask

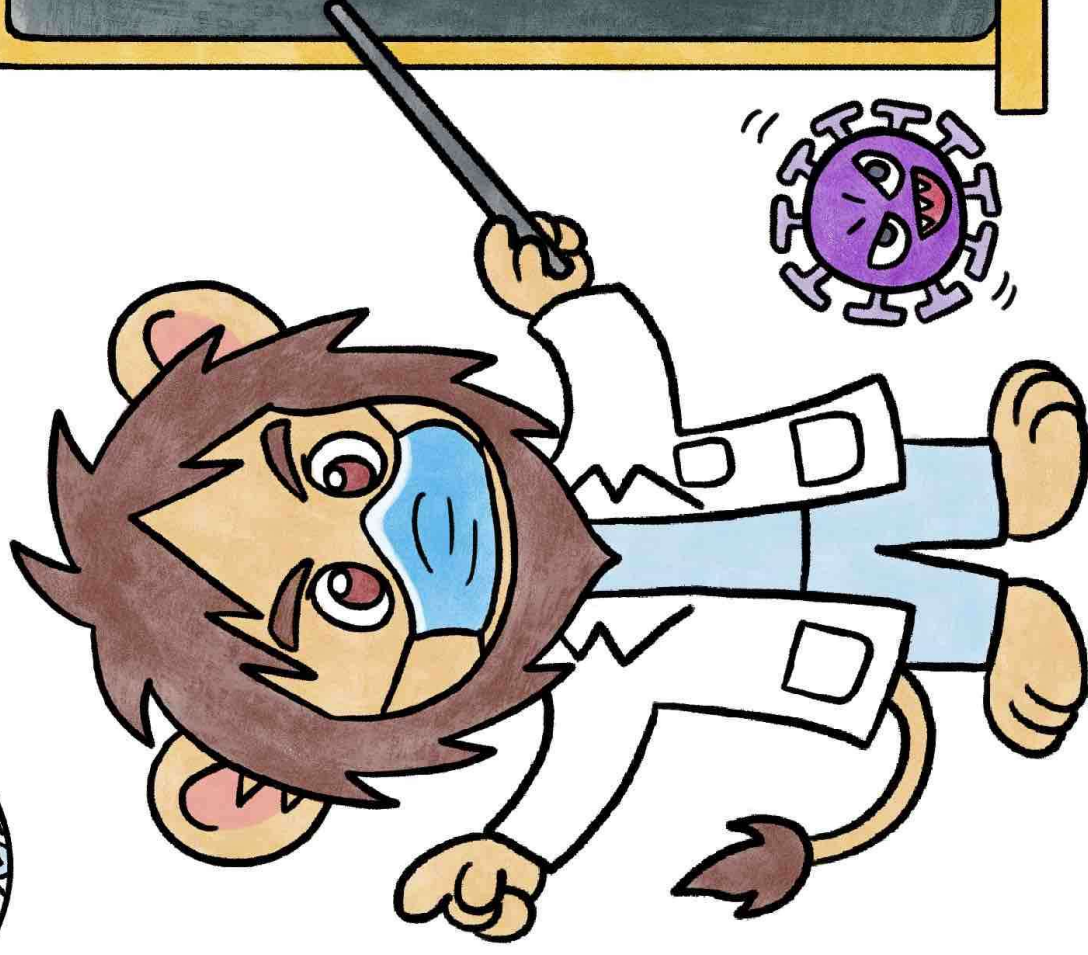
8

Outdoor Precautions



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

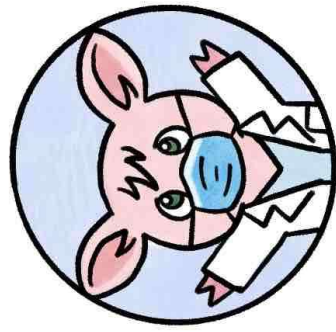


潛伏期 incubation period: 14 天 days

治療：目前只有針對症狀或輔助治理

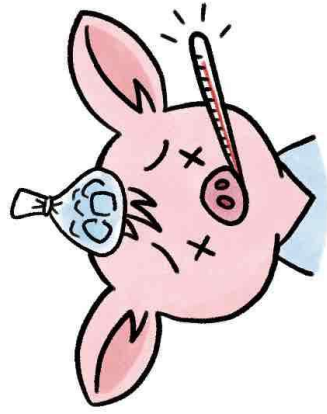
Treatment: Symptomatic or supportive



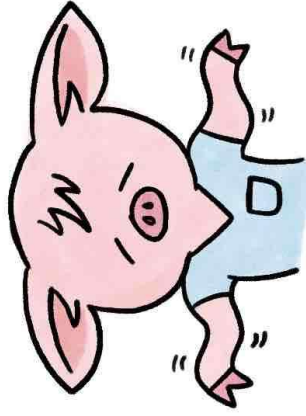


常見病徵

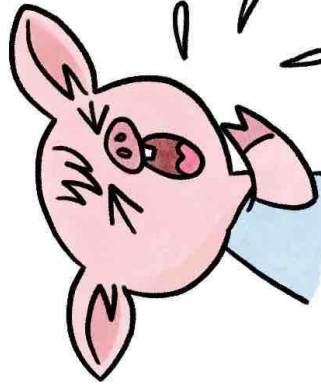
Common symptoms



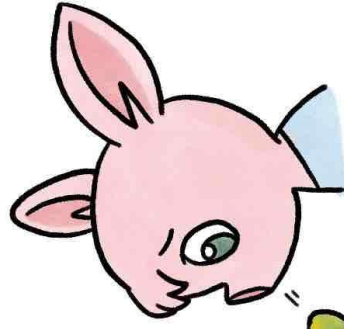
發燒
fever



乏力
Malaise



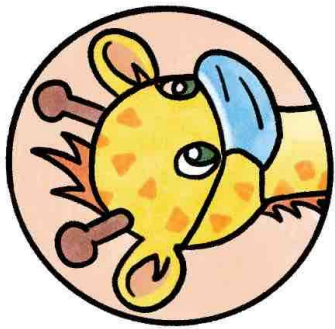
咳嗽
cough



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





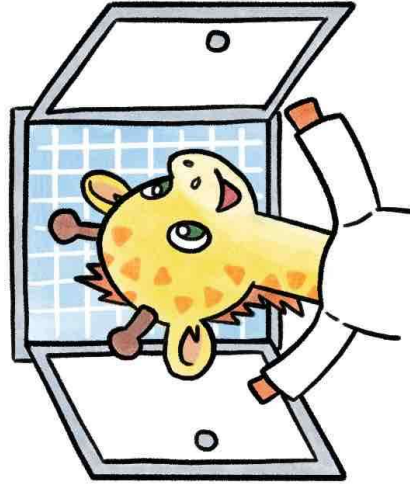
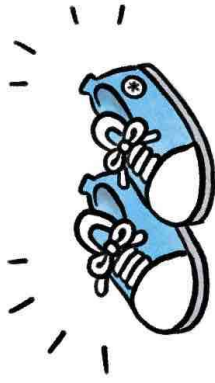
家居注意事項

Household Precautions

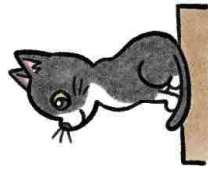


歸家後切記脫鞋和洗手

Remove shoes and wash hands
upon arriving home

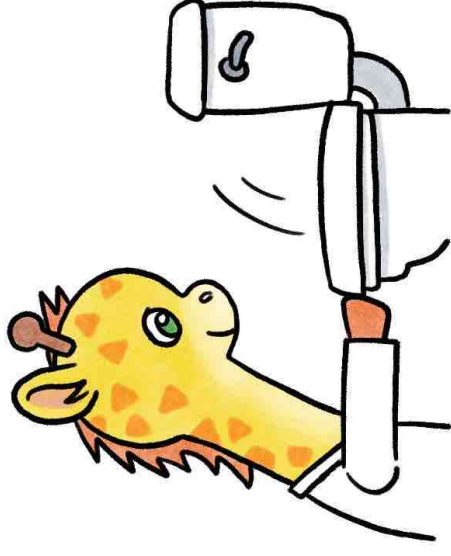


常開窗保持空氣流通 (家有貓主子請小心!)
open windows for better ventilation
(but keep a cautious eye on your cat!)



保持家居清潔, 包括寵物用品

Keep your home clean, including pets' belongings

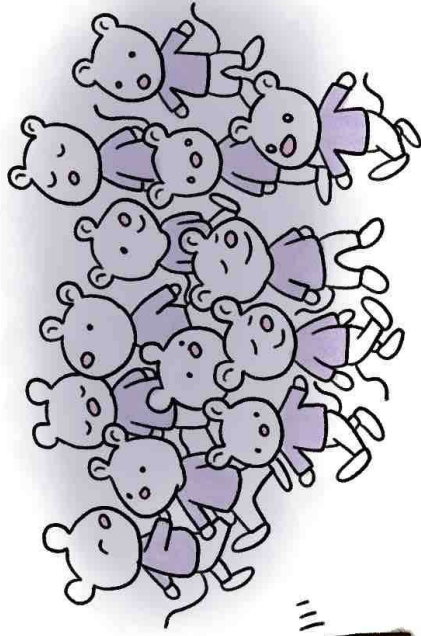


沖廁時蓋廁板

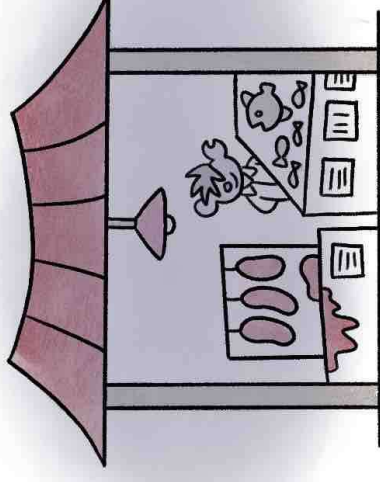
Close the toilet lid prior to flushing

外出注意事項

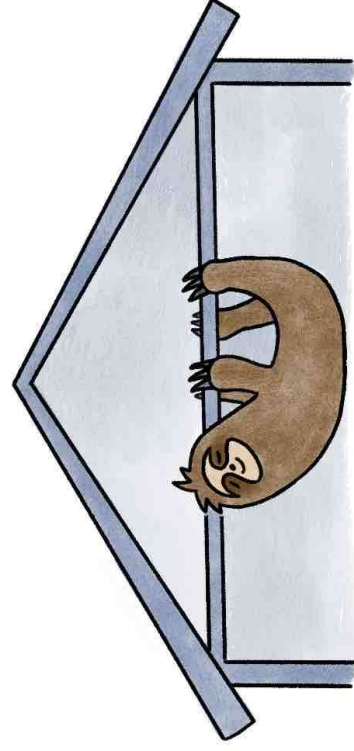
Outdoor Precautions



避免去人多擠迫地方
Avoid crowded places



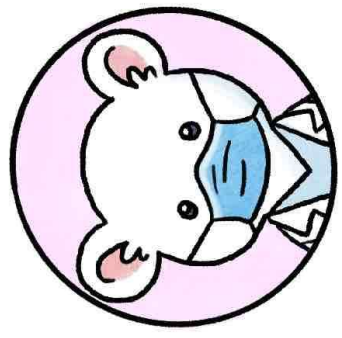
避免到濕市場
Avoid wet markets



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



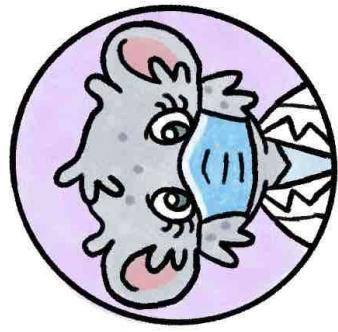
勤洗手
Ensure hand hygiene



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

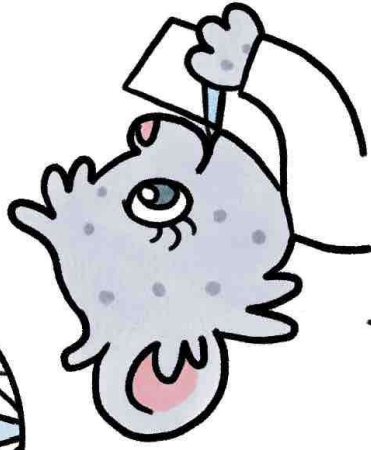


勿擦眼睛或鼻
avoid eyes or
nose rubbing



提升免疫力

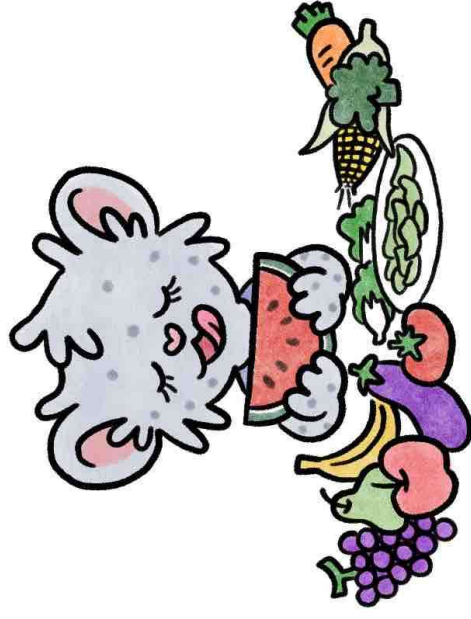
Boost Immunity



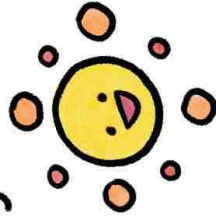
每天八杯水
8 glasses of
water perday



遠離二手煙
Stay away from
2nd hand smoke



多吃蔬果
eat more
fruits & vegs



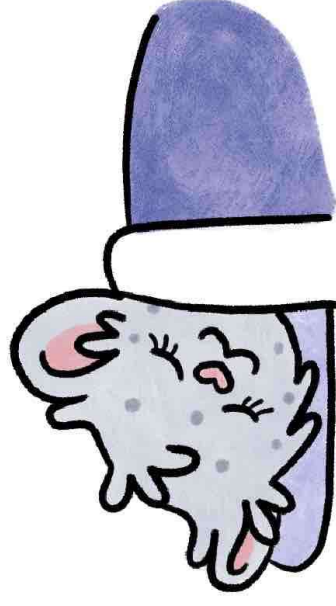
適量陽光

Step out in the sun



定時運動

Regular exercises



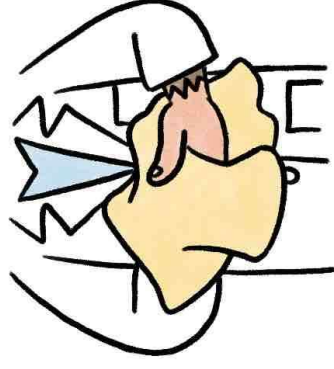
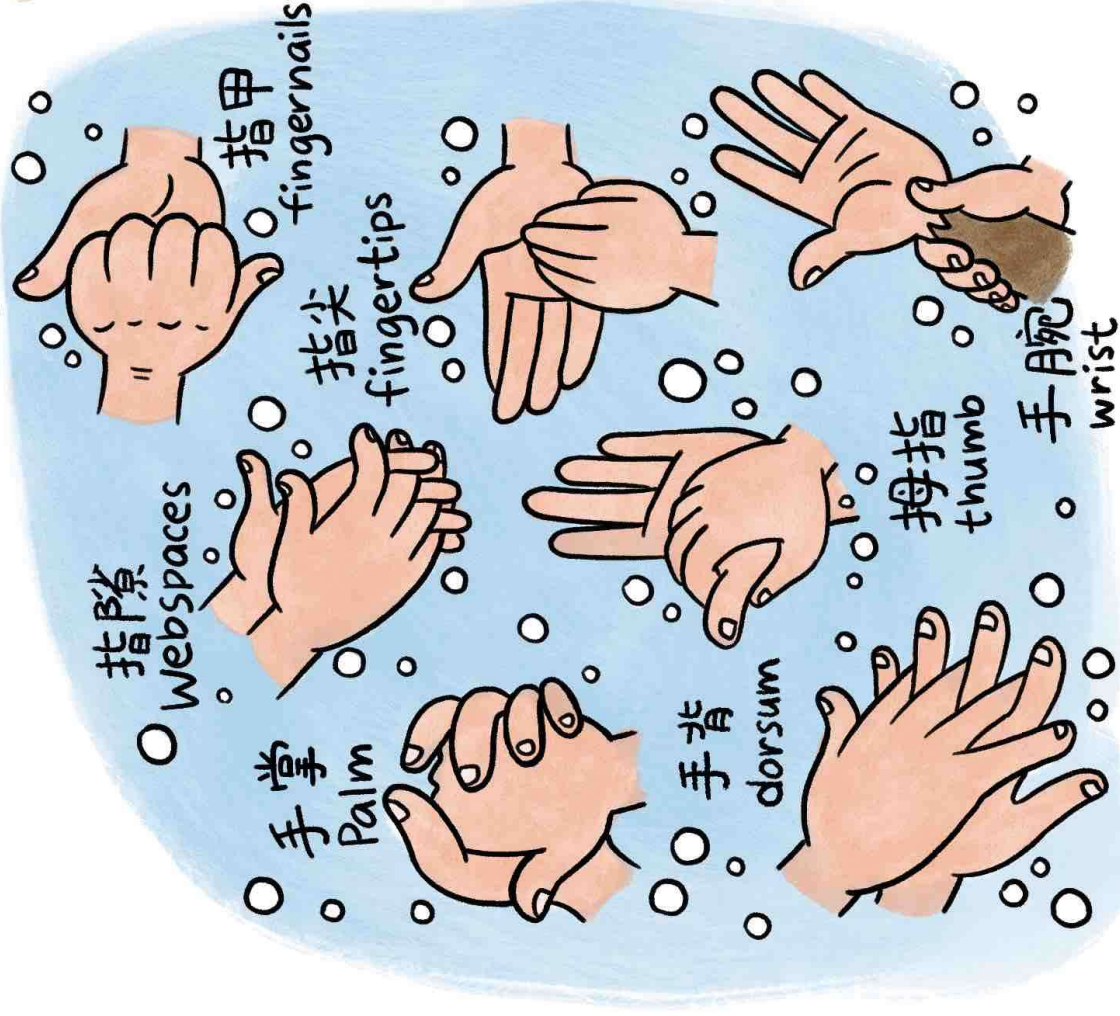
充足睡眠

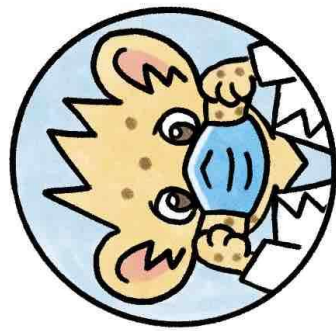
Adequate sleep



洗手七部曲

Proper Handwashing





如何正確戴口罩

How to properly don a facemask



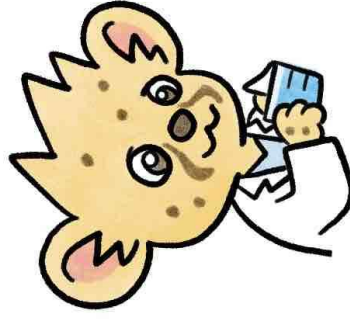
建議使用外科口罩或正確尺寸的醫護用N95。其他口罩(布、海棉、紙等)效果不足

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

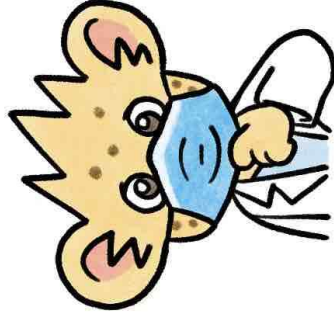


顏色面朝外
金屬線向上

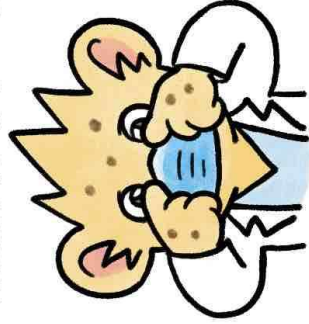
coloured side faces out
metal wire on top



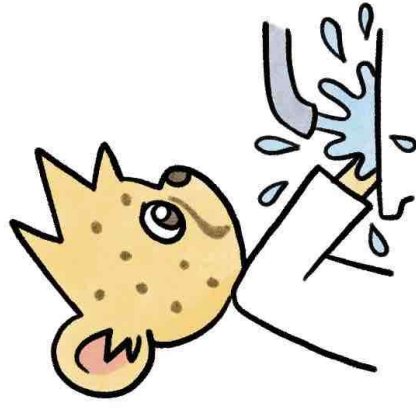
戴前對摺一下
fold once prior
to wearing



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



壓下鼻夾
press the wire on
the nasal bridge



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



對摺棄掉
fold & dispose

關於作者

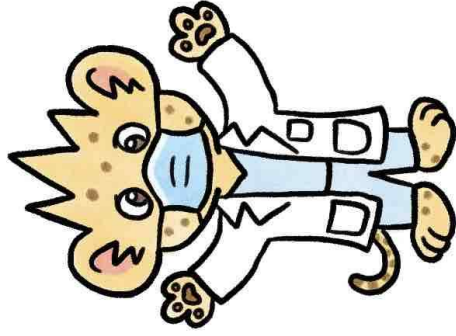
李揚立之現職骨科專科醫生
也是一名插畫師, 居於香港
希望可以透過圖畫加深小朋友的
衛生意識以減低恐懼

祝大家身體健康百毒不侵!

About the author

Lucci Lugee Liyeung is an Orthopaedic surgeon
as well as an illustrator based in Hong Kong
She hopes to improve health awareness
amongst children through her art

Stay healthy, Stay Strong!



對抗肺炎，你我有責

we are all in this fight together against pneumonia!

