

# 預防人類豬型流感

## Prevention of Human Swine Influenza

1. 經常清潔雙手。  
Clean hands frequently.
2. 注意咳嗽禮儀。  
Maintain cough manners.
3. 保持環境衛生。  
Maintain environmental hygiene.
4. 有呼吸道感染徵狀或發燒，應戴上口罩，  
並及早求醫。切勿自行服藥。不要上班或上學。  
If respiratory symptoms or fever develop, wear a mask,  
see a doctor right away. Do not self-medicate.  
Do not go to work or school.
5. 必須前往受影響地方的人士，在旅途中和  
返港後七日內，應佩戴口罩。  
People who must travel to affected places should wear  
a mask during the trip, and continue to do so for  
7 days after returning home.