

Prevention of **Pneumonia and Respiratory Tract Infection**



- **Perform hand hygiene** frequently
- Wash hands with liquid soap and water, and **rub for at least 20 seconds**
- When hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is effective



- After using toilet, **put the lid down before flushing**
- Wash hands thoroughly
- Spit into tissue and dispose of it properly



- Maintain drainage pipes properly and **add water to the U-traps regularly**
- **Pour half a litre of water into each drain outlet every week**



- **Cover your mouth and nose with tissue paper** when sneezing or coughing, dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly
- If tissue is not available, may cough into clothes or upper sleeves



- When having a fever or respiratory symptoms, **wear a surgical mask and seek medical advice promptly**



- The **coloured side/side with folds facing downwards** should face outwards with the **metallic strip** uppermost
- Position the elastic bands around both ears
- Extend the surgical mask to fully cover mouth, nose and chin
- Mould the metallic strip over nose bridge, to fit snugly over the face



For more information on tackling the disease:



Centre for Health Protection



Centre for Health Protection Website

www.chp.gov.hk



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Department of Health

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