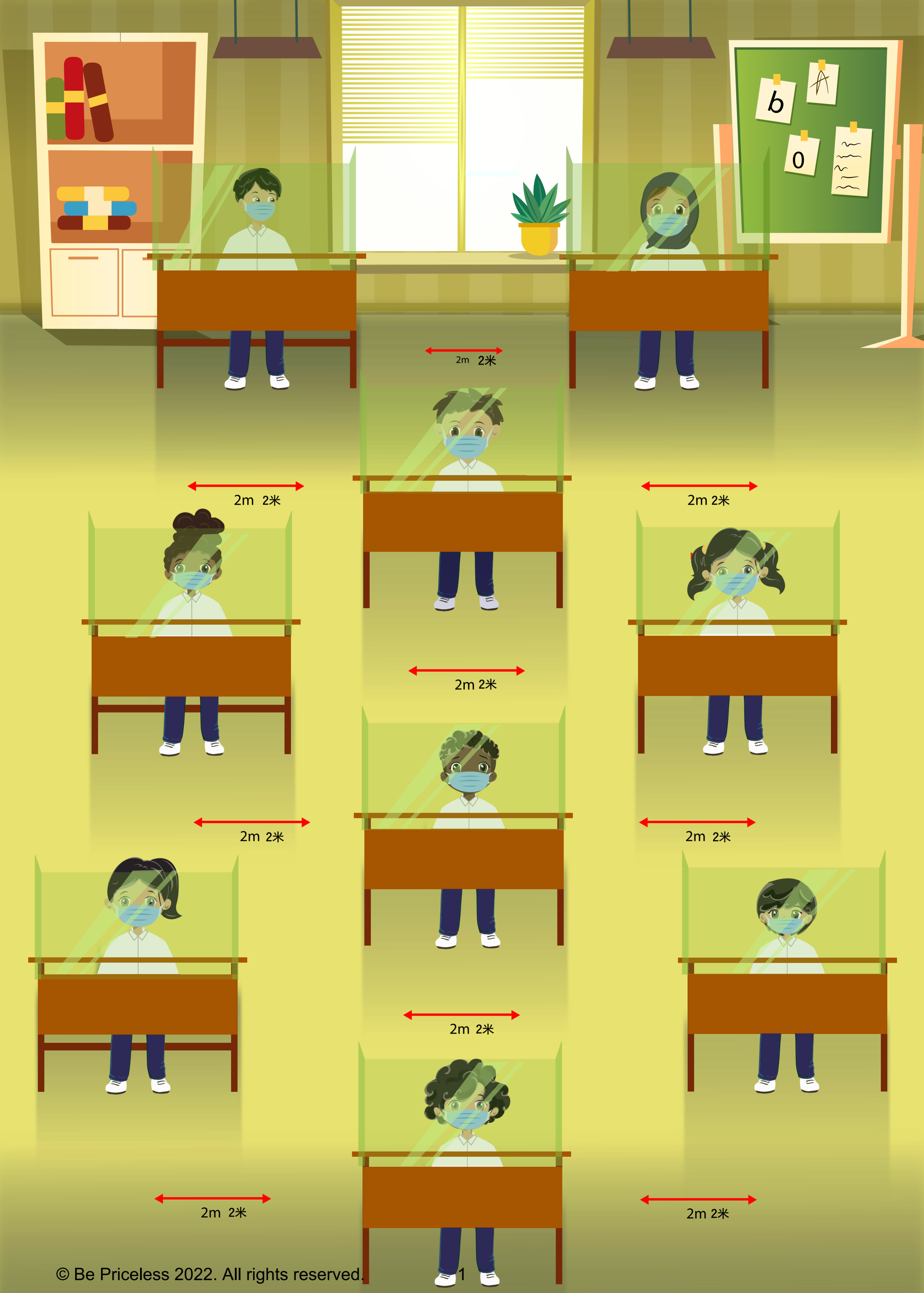




I AM A RESPIRATORY INFECTION FIGHTING HERO

我是
戰鬥呼吸道感染的
英雄







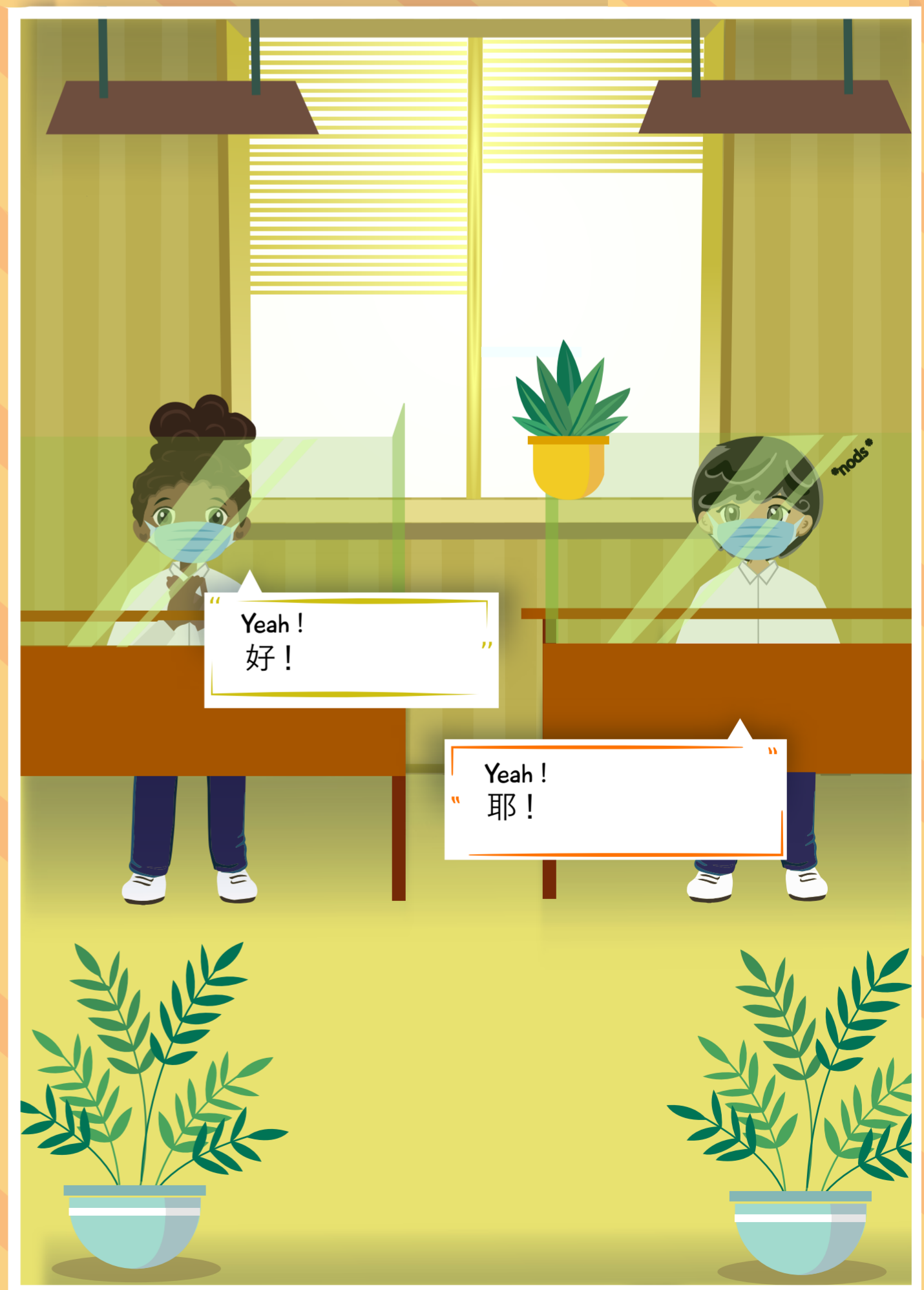
“ There are so many things we can't do right now because of COVID-19.
 因為新冠狀病毒的關係，
 我們現在有很多事情都不能做了。 ”

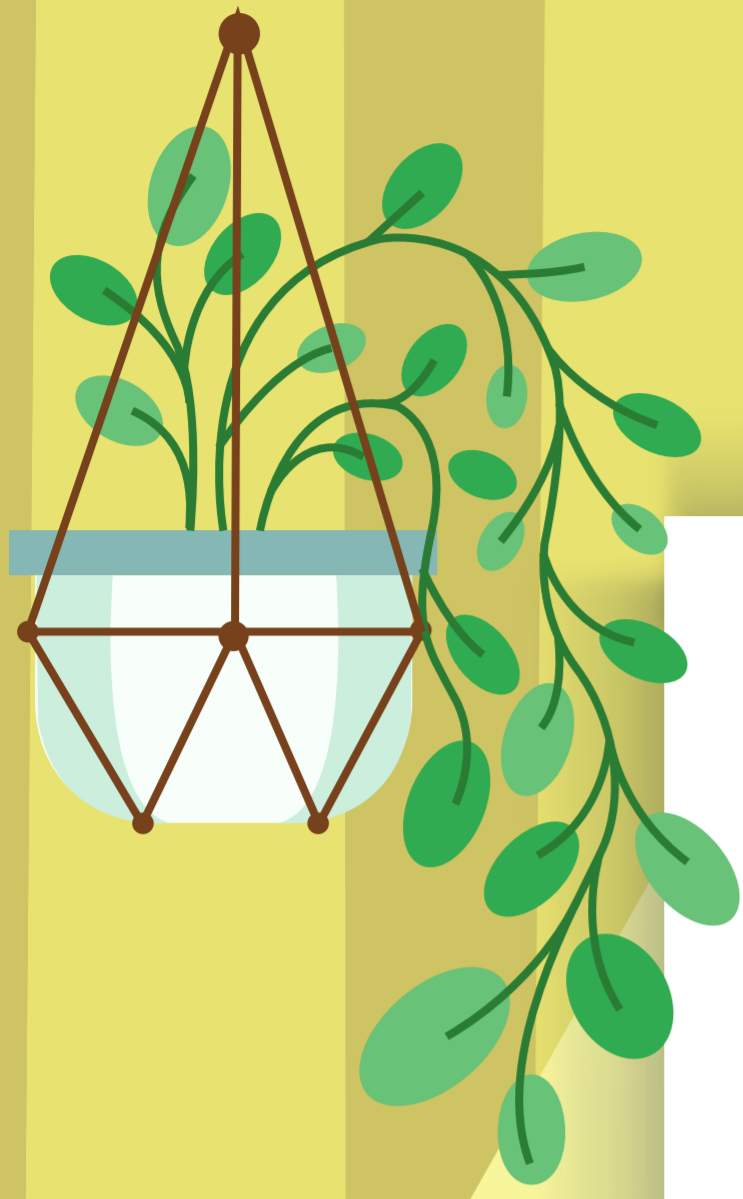


“ Our community is facing a respiratory infection outbreak. Many people are at risk.
 我們的社區正爆發呼吸道感染，
 很多人都有受感染的風險。 ”

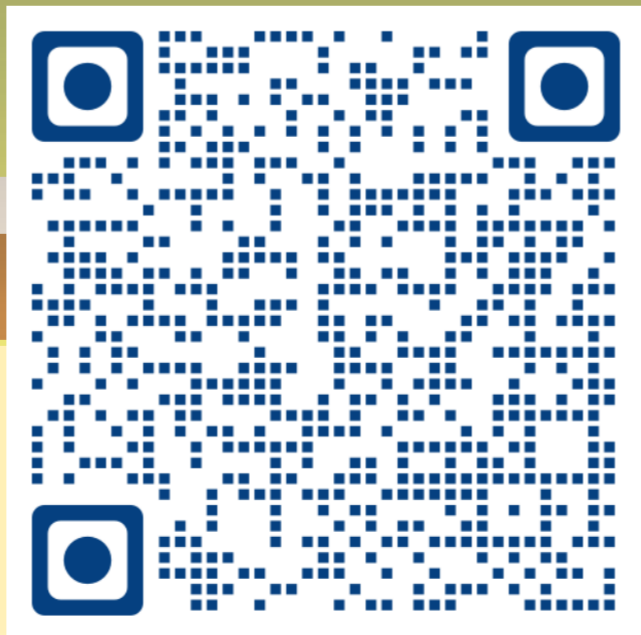


“ There is so much we could do to protect ourselves and each other!
 我們可以做很多事情來保護自己和其他人！ ”

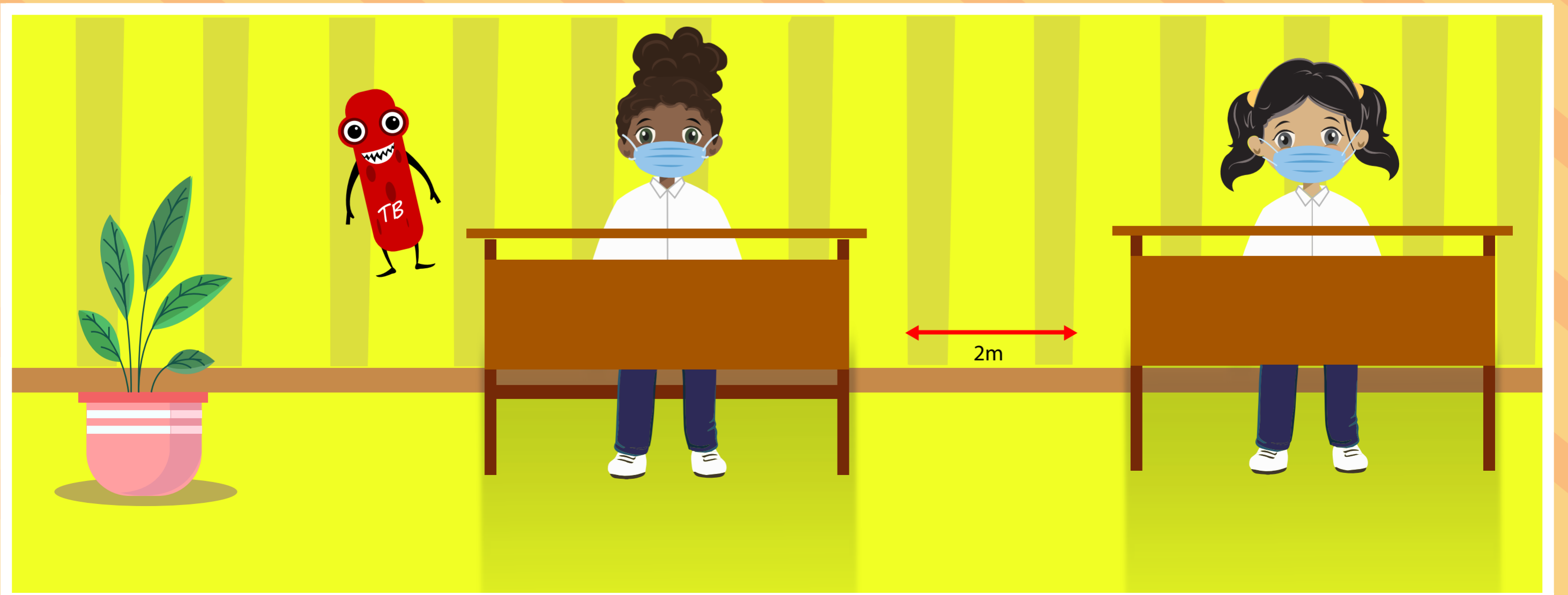
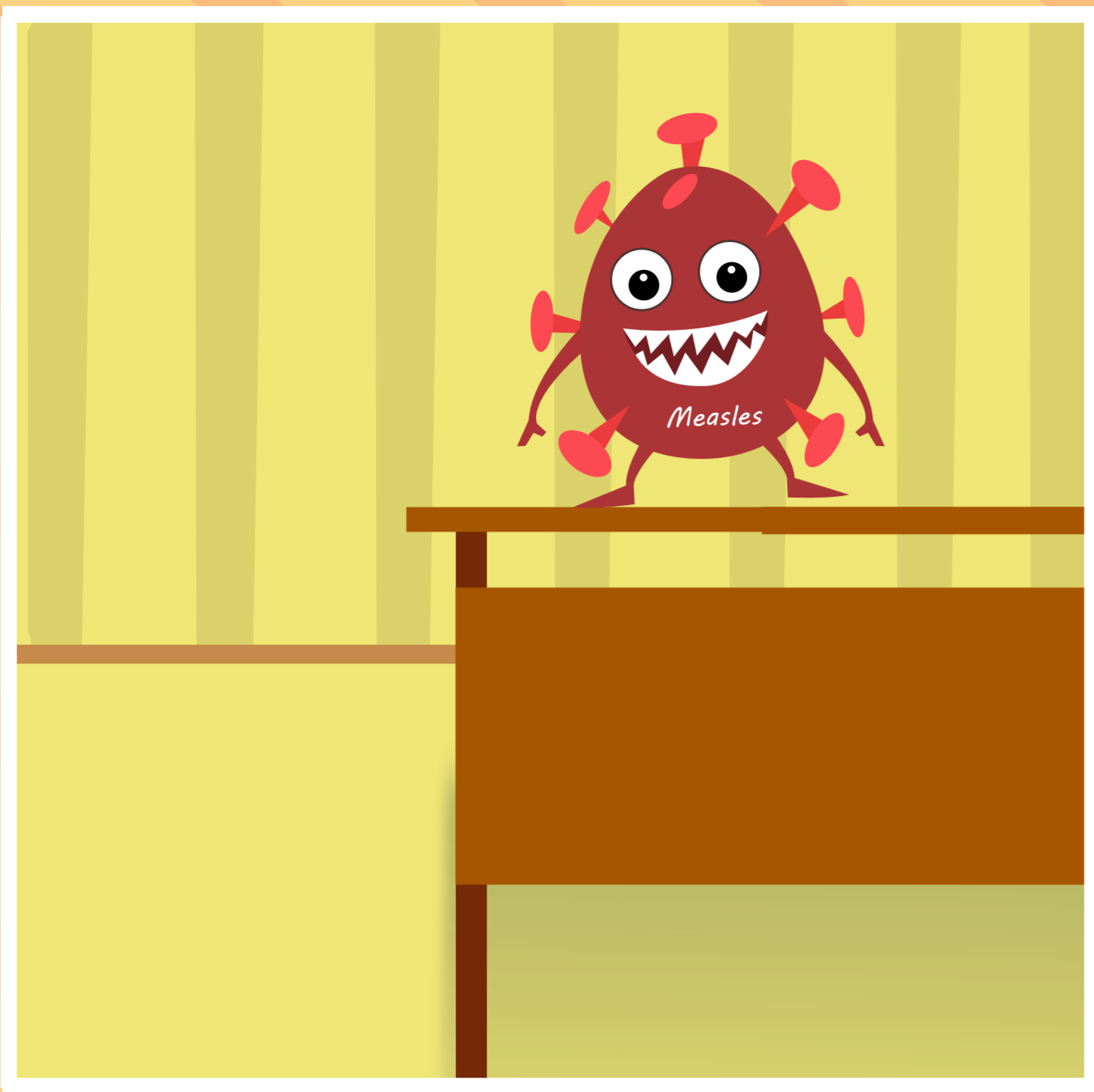




“ How can we stay safe from respiratory infections?
我們要如何避免呼吸道的感染呢？ ”

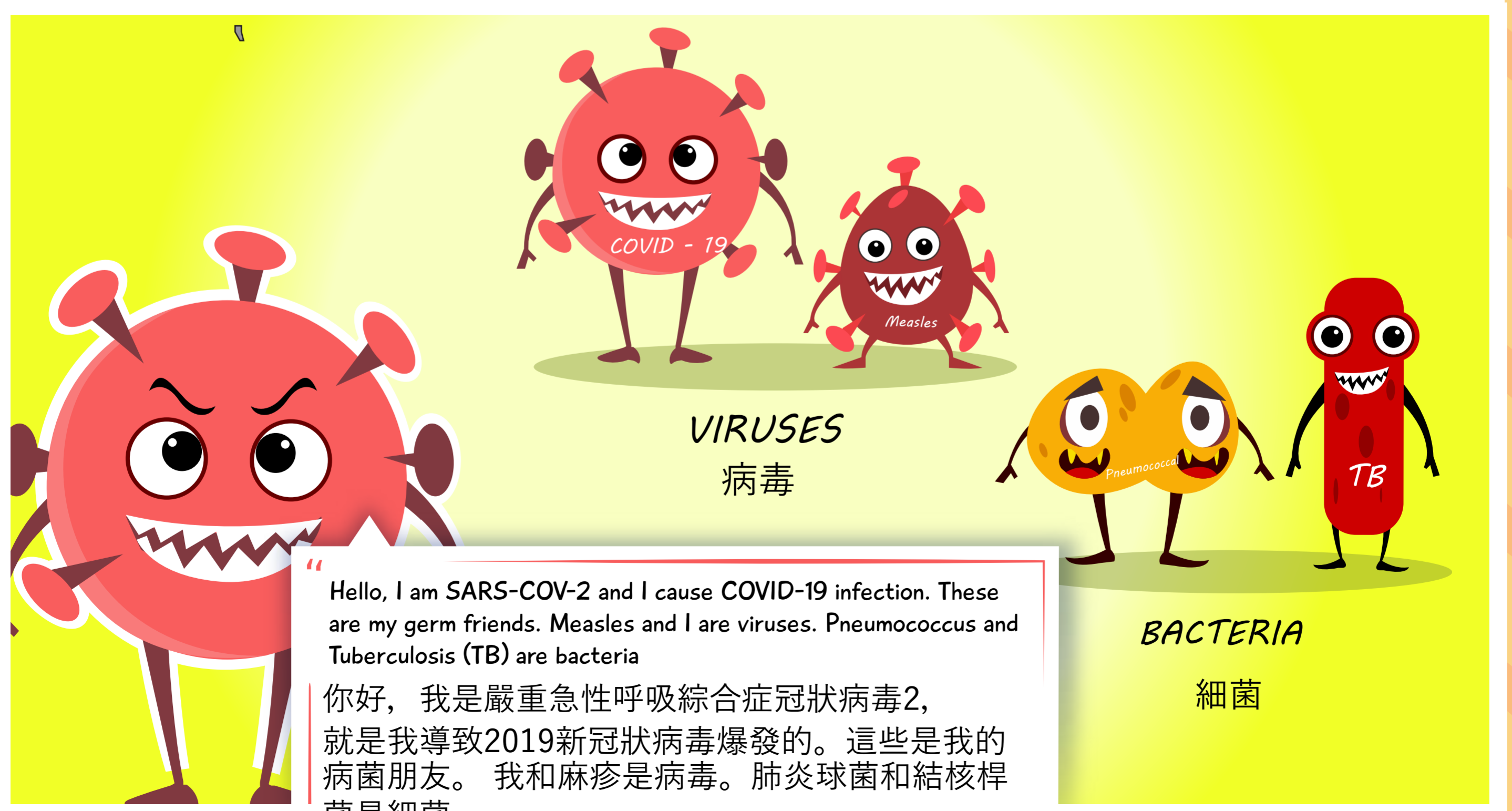


<https://www.bepreless.org/risk-seesaw>



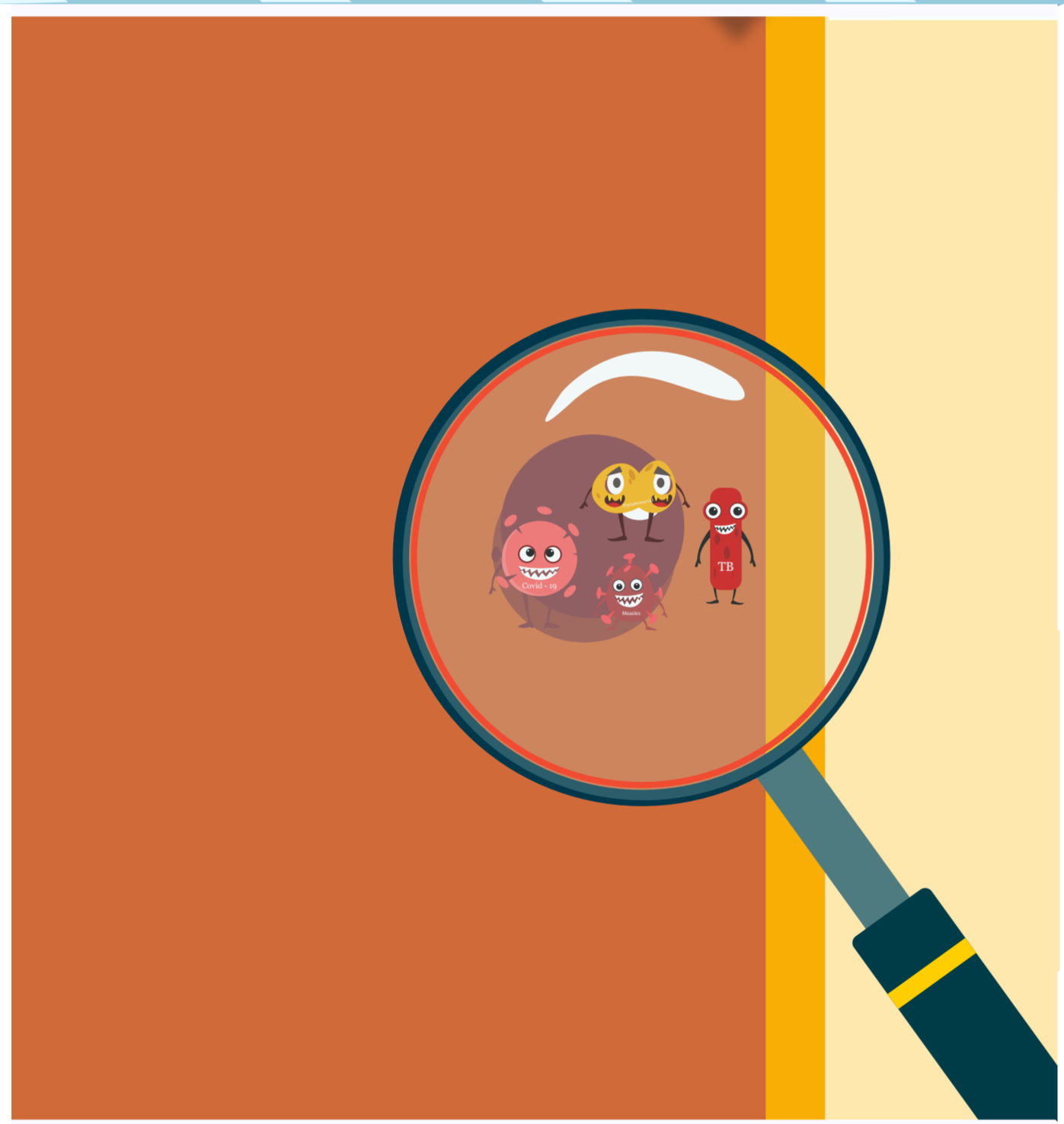
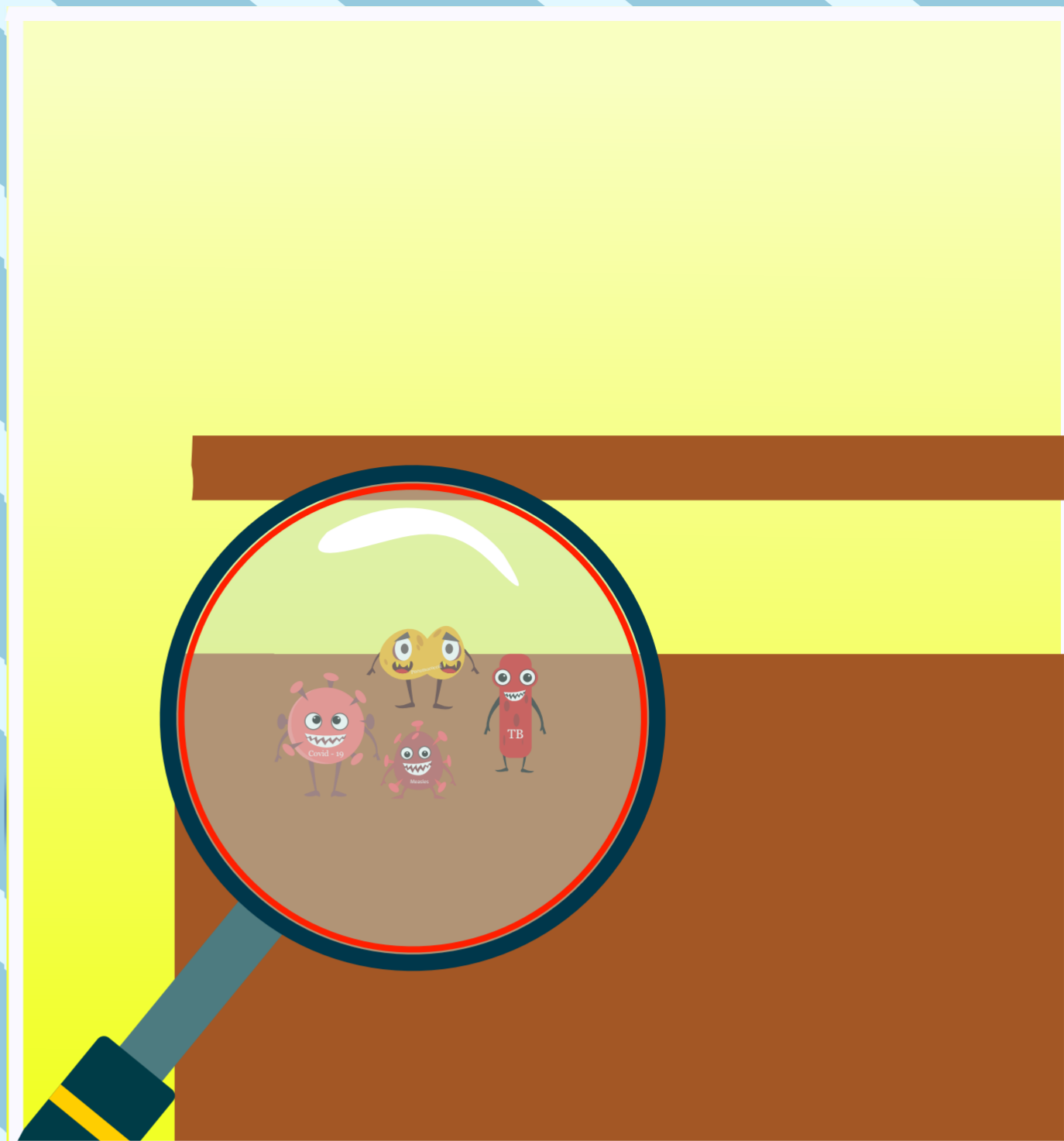
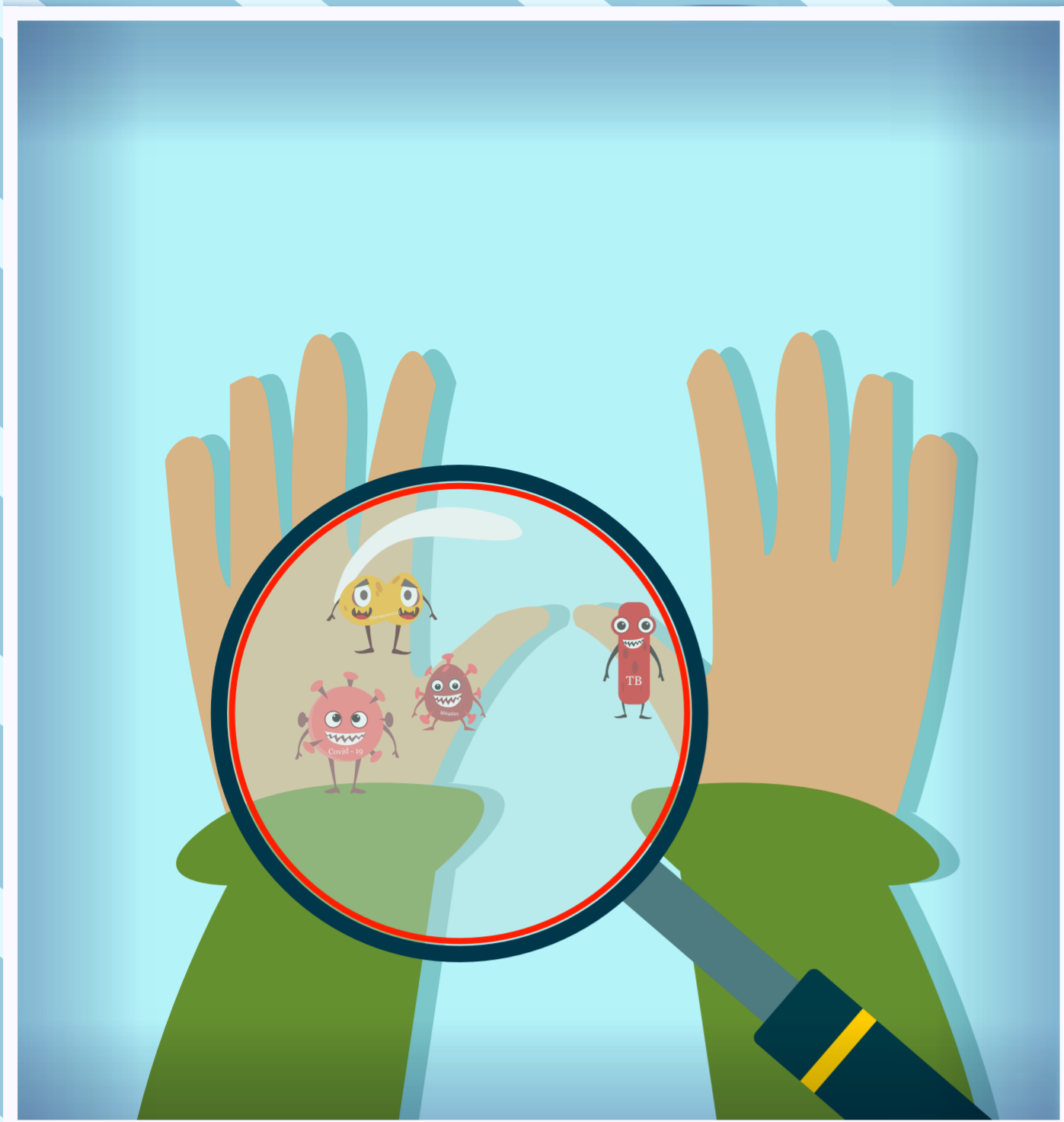


“ First, we can learn about bad germs and how they cause infection!
 首先，我們可以了解病菌，還有它們引起感染的原因！



“ Hello, I am SARS-COV-2 and I cause COVID-19 infection. These are my germ friends. Measles and I are viruses. Pneumococcus and Tuberculosis (TB) are bacteria
 你好，我是嚴重急性呼吸綜合症冠狀病毒2，就是我導致2019新冠狀病毒爆發的。這些是我的病菌朋友。我和麻疹是病毒。肺炎球菌和結核桿菌是細菌。

BACTERIA
 細菌



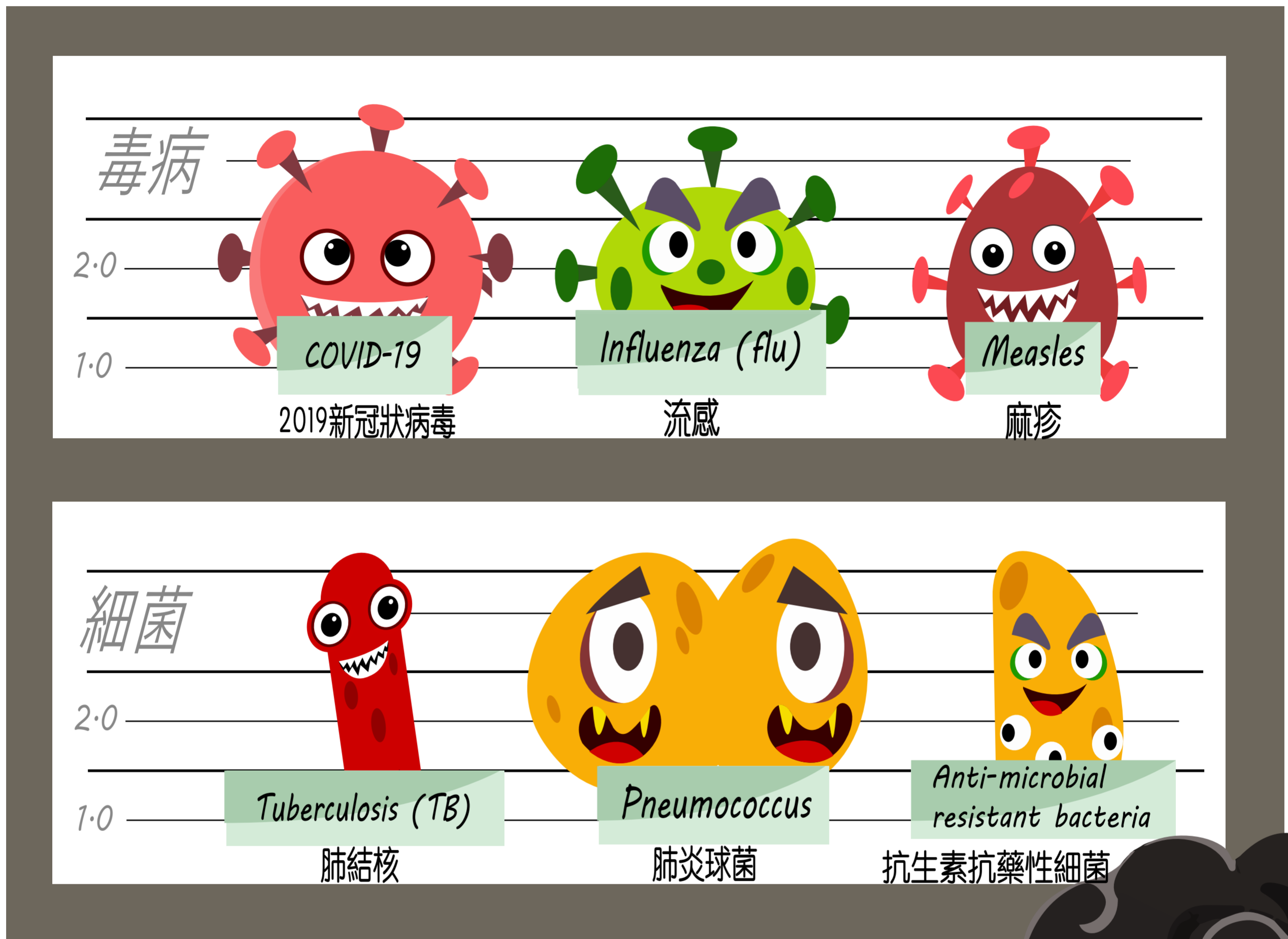
“Germs are like tiny living things that live on you and in your environment. Most of the time, germs don't cause any problems.

病菌就像生活在你周圍的微小生物。大多數情況下，病菌不會引起任何問題。

”

HOW ARE RESPIRATORY GERMS CAUGHT?

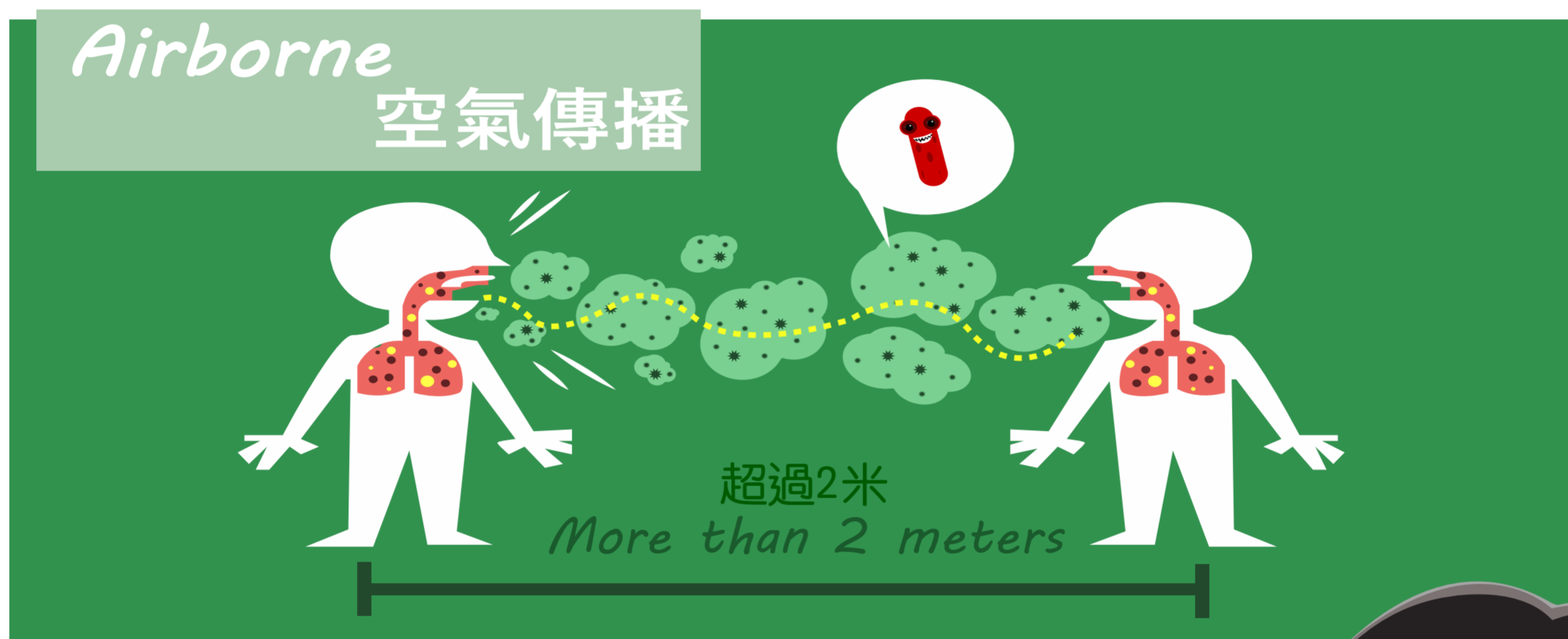
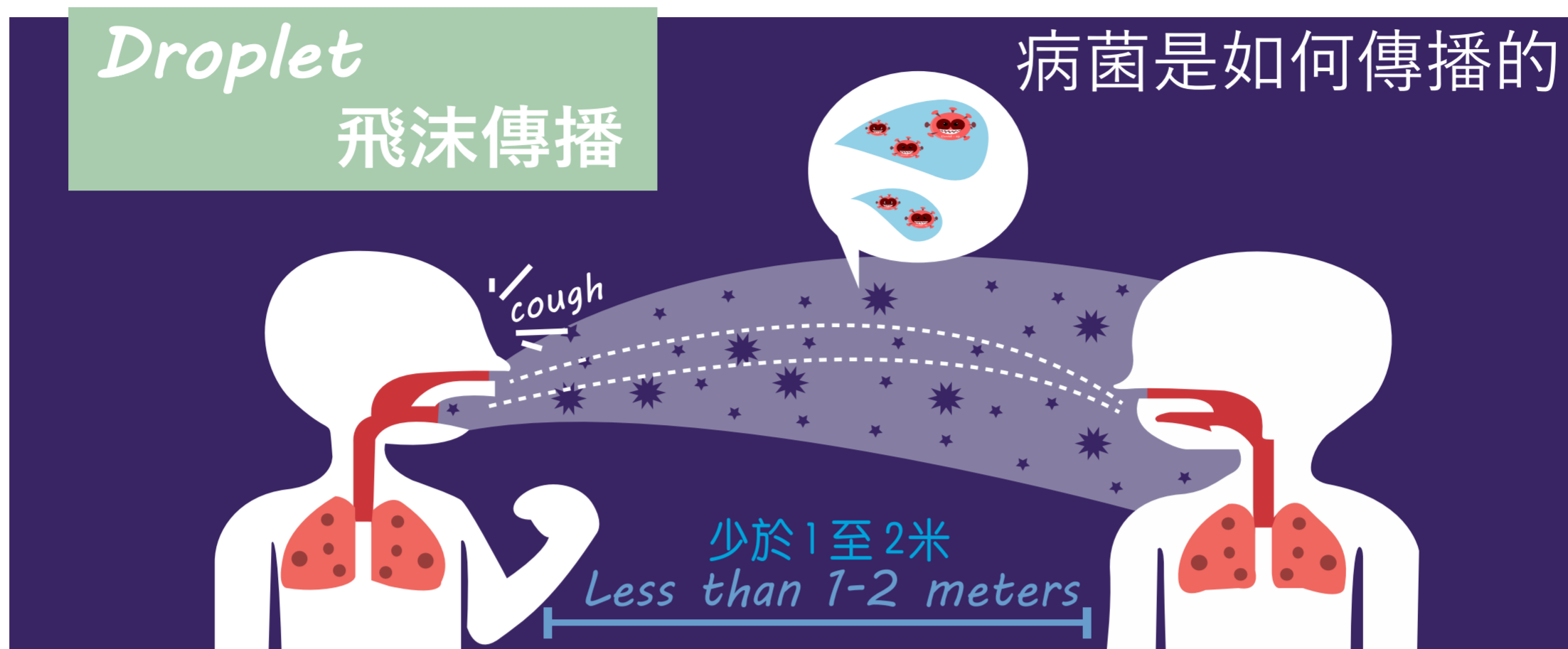
呼吸道病菌是如何被感染的？



“ There are some BAD germs that can cause respiratory infections.

有一些病菌會引起呼吸道感染。

HOW DO GERMS SPREAD?

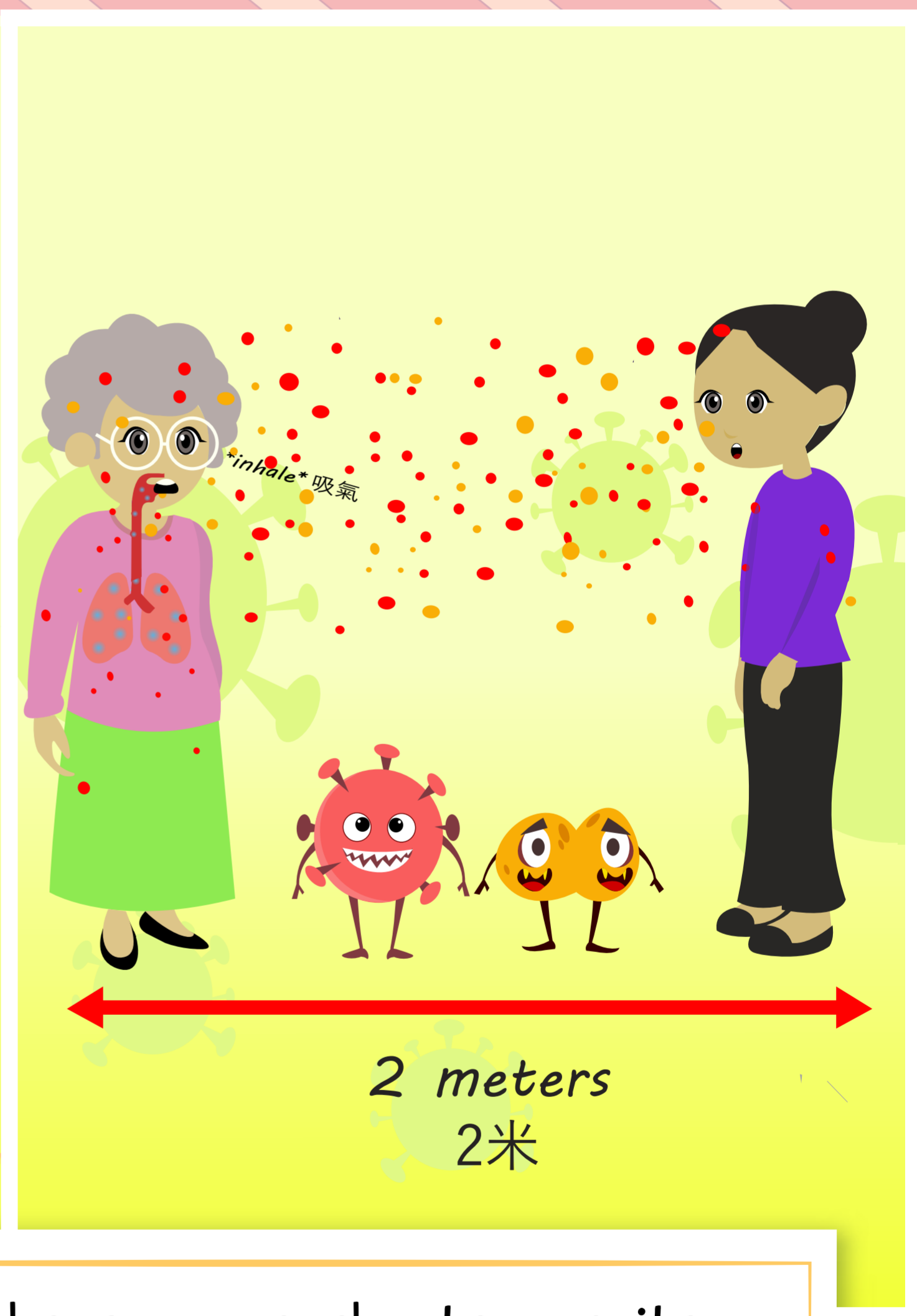
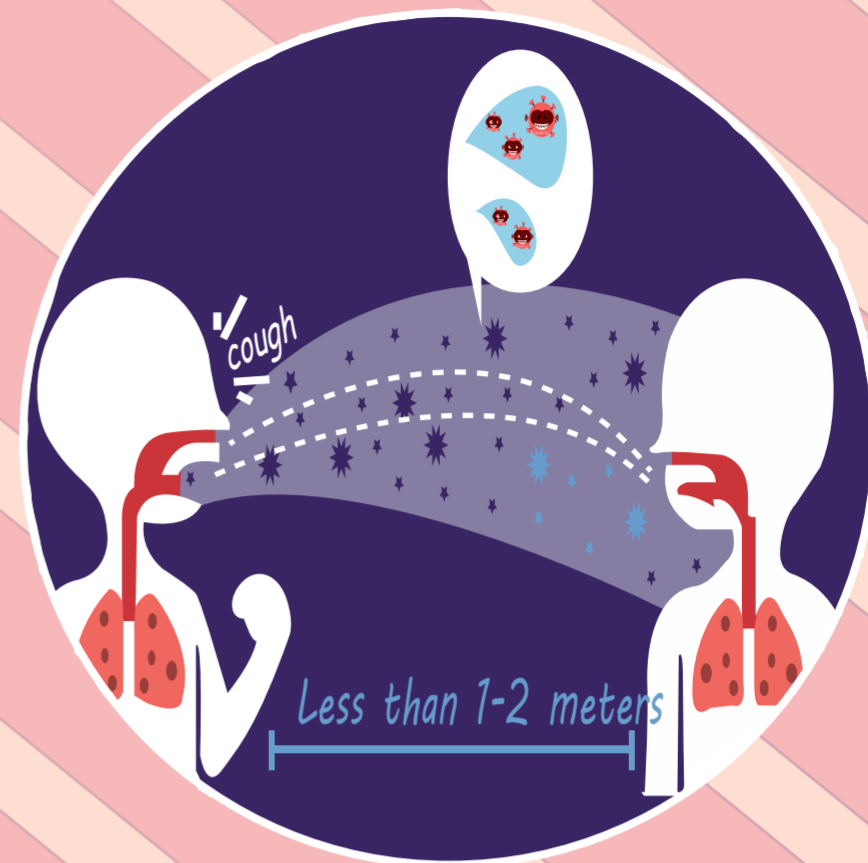
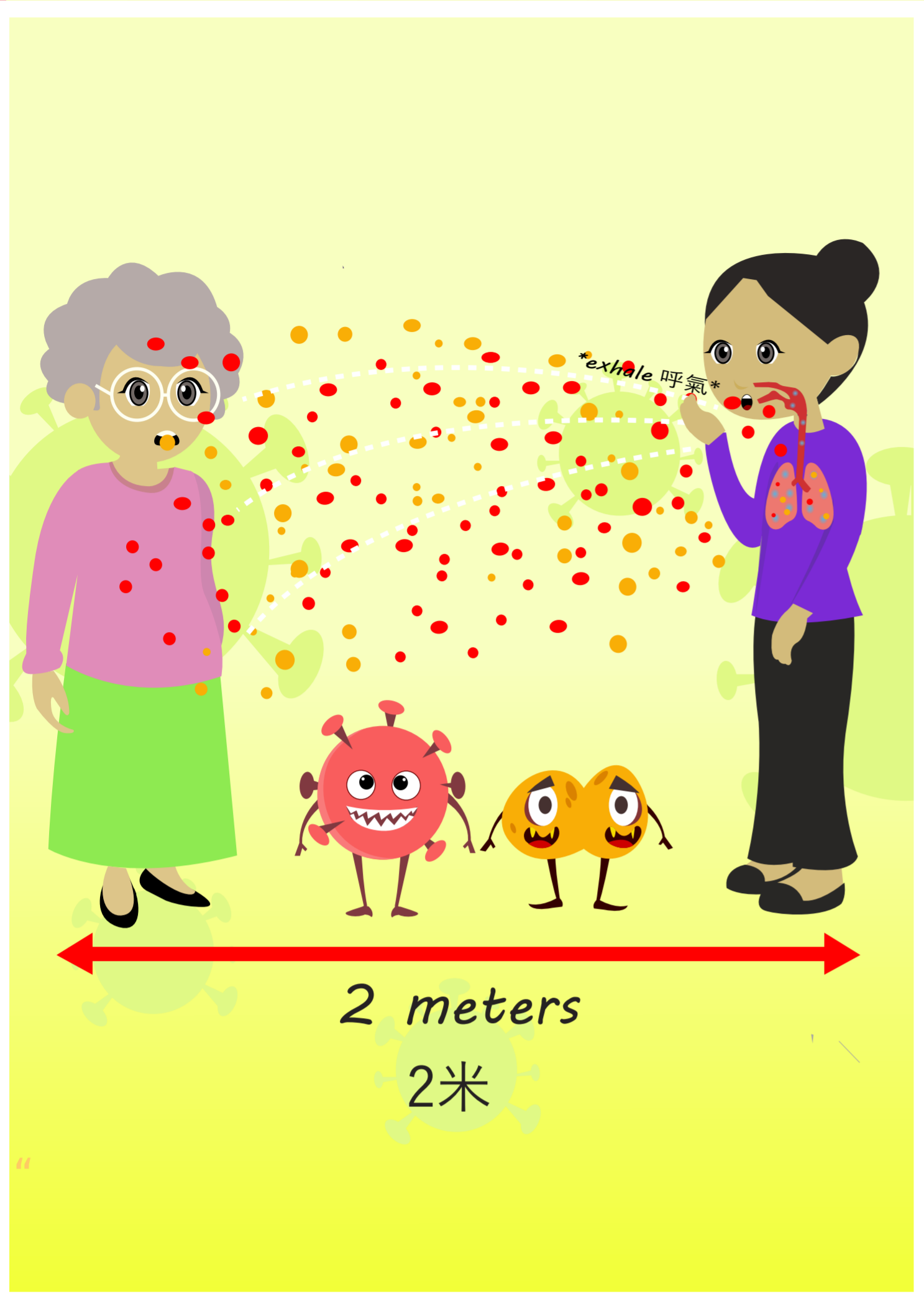


“ There are 3 common ways for respiratory germs to spread from one person to another.

呼吸道病菌從一個人傳播到另一個人身上，是有3種常見的傳播途徑的。

”

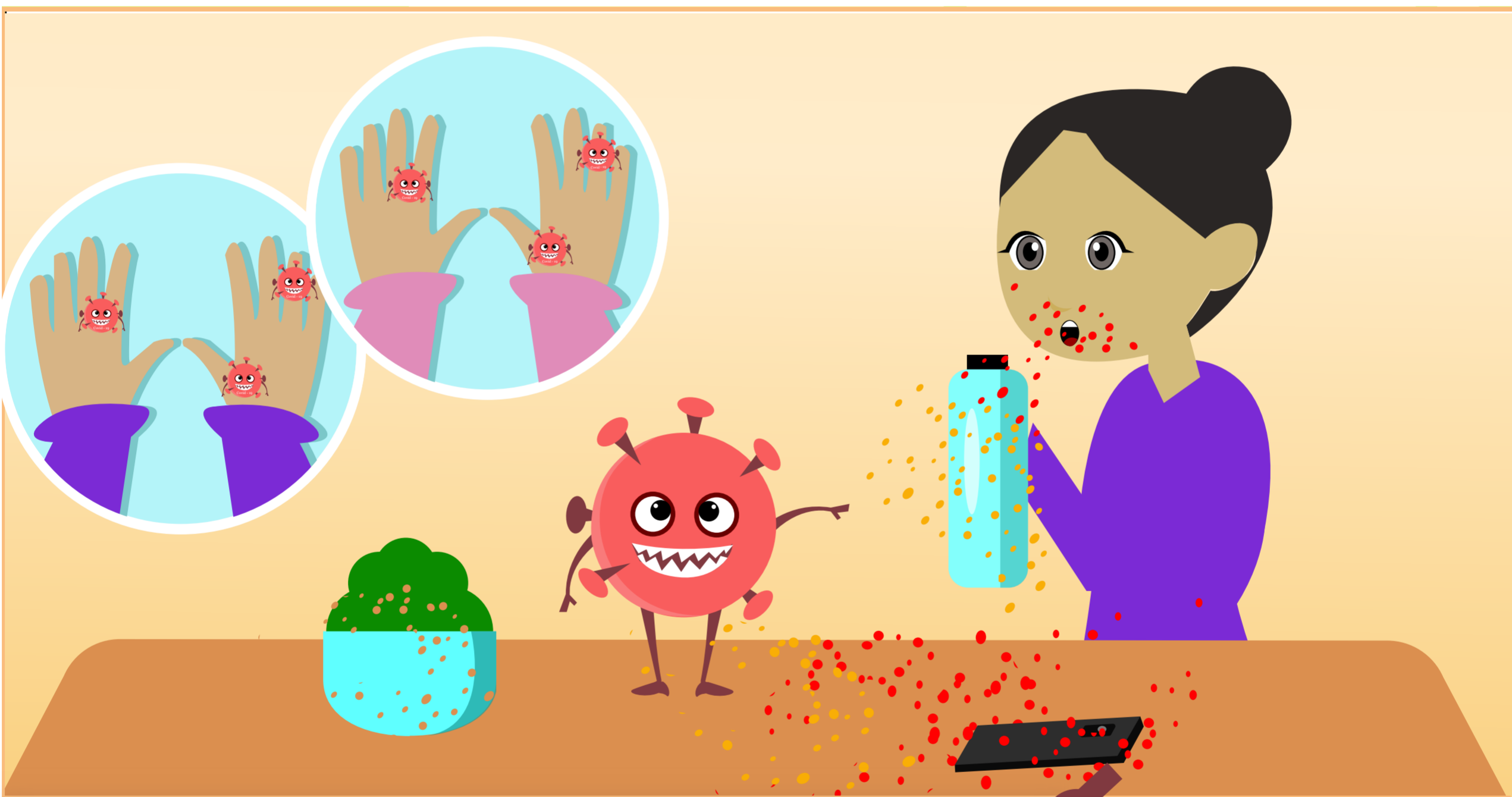
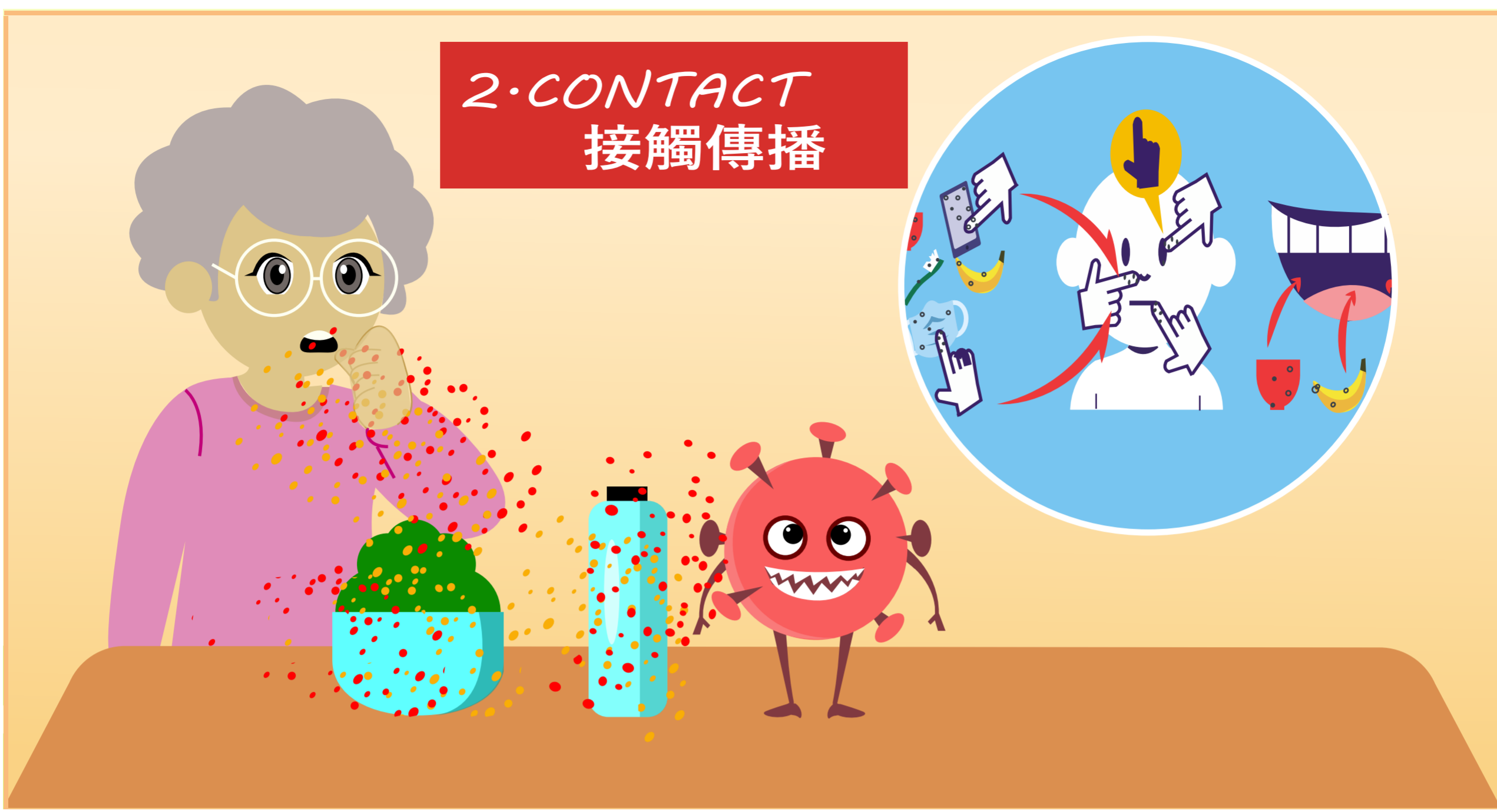
1. DROPLETS 飛沫傳播



When one person coughs, sneezes, shouts or spits, the fluid that comes out of their mouths and noses are **DROPLETS**

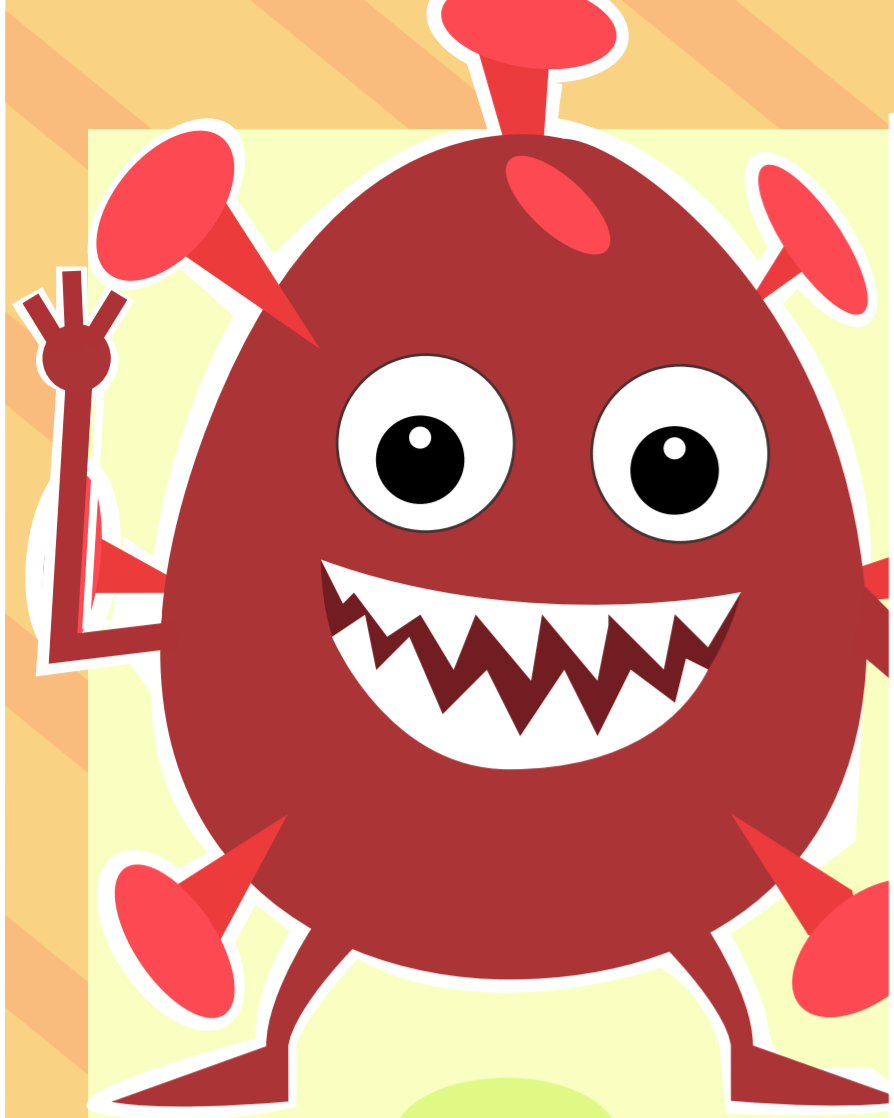
當一個人咳嗽、打噴嚏、大叫或吐口水時，他們的嘴巴和鼻子流出的液體就會變成飛沫。

2·CONTACT 接觸傳播



“ The 2nd way germs spread is through CONTACT.
病菌傳播的第二種方式是接觸傳播。 ”

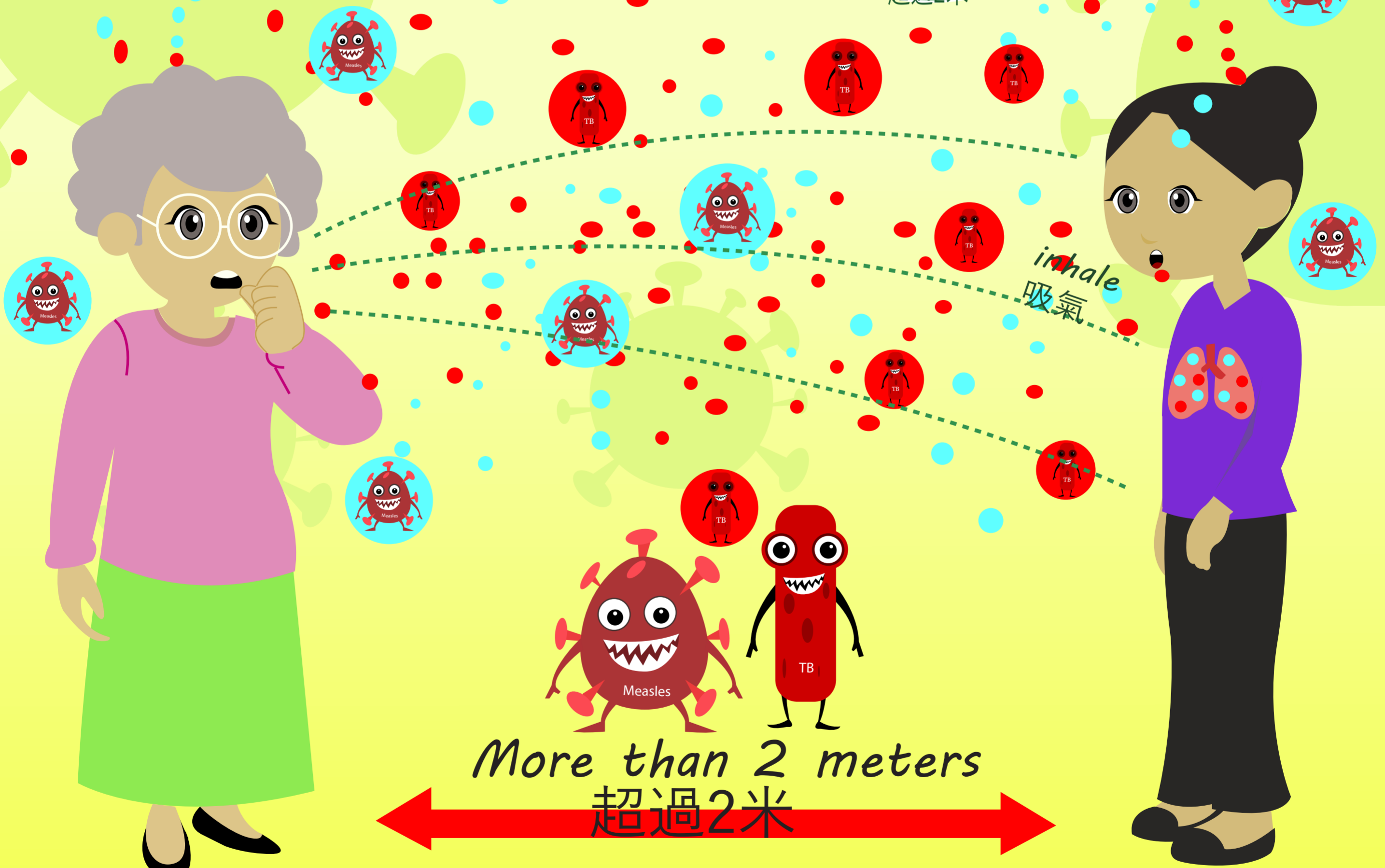
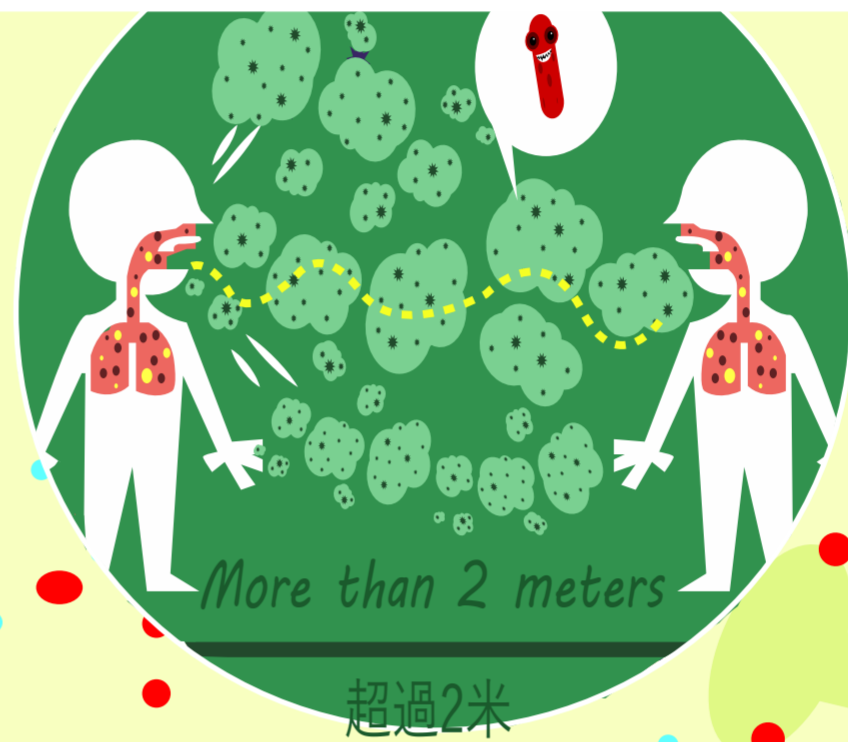
When you touch things that are covered with germs, then touch your eyes, nose or mouth, you help us germs get into your body.
當你碰到被病菌覆蓋的東西，然後用手摸眼睛、鼻子或嘴巴時，就會幫助了病菌進入你的身體裡。



“ TB and I can be AIRBORNE - we can fly in the air. When a sick person coughs, sneezes or shouts, we can be breathed in by someone far away.

肺結核病和我都是通過空氣傳播 – 我們可以在空氣中飛來飛去。
當病人咳嗽、打噴嚏或大喊大叫時，在遠處呼吸的人就會把我們吸進去。

3. AIRBORNE 空氣傳播

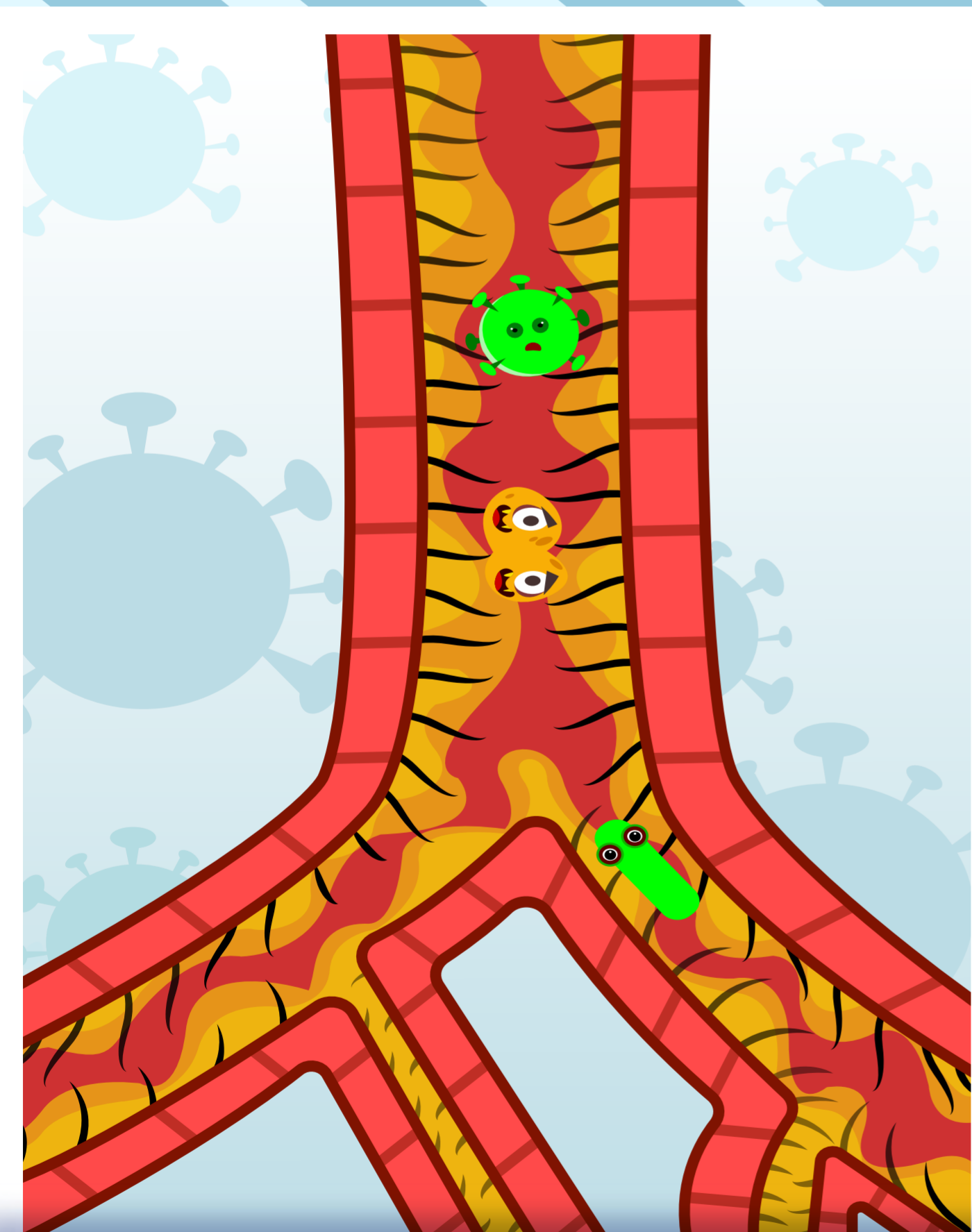
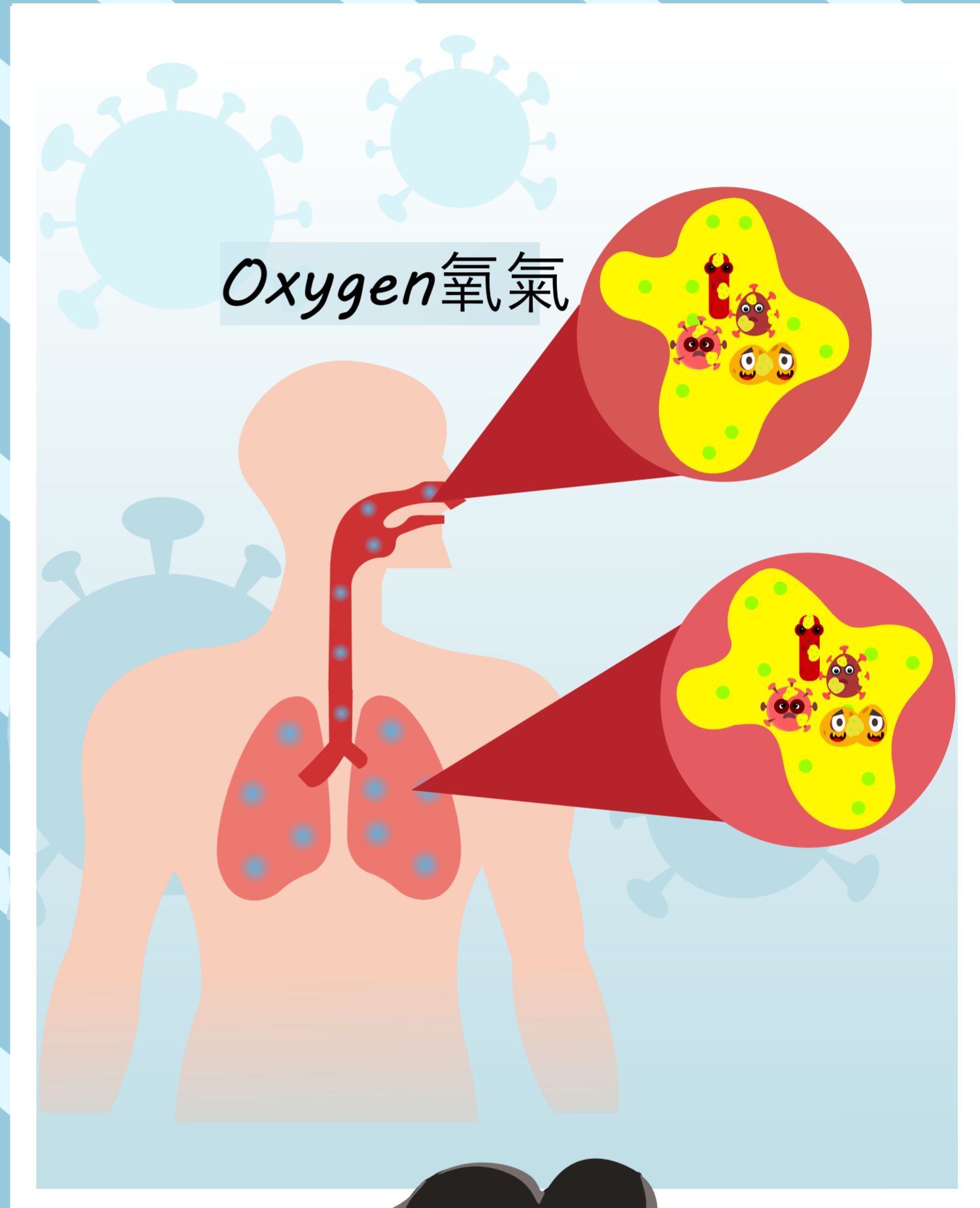
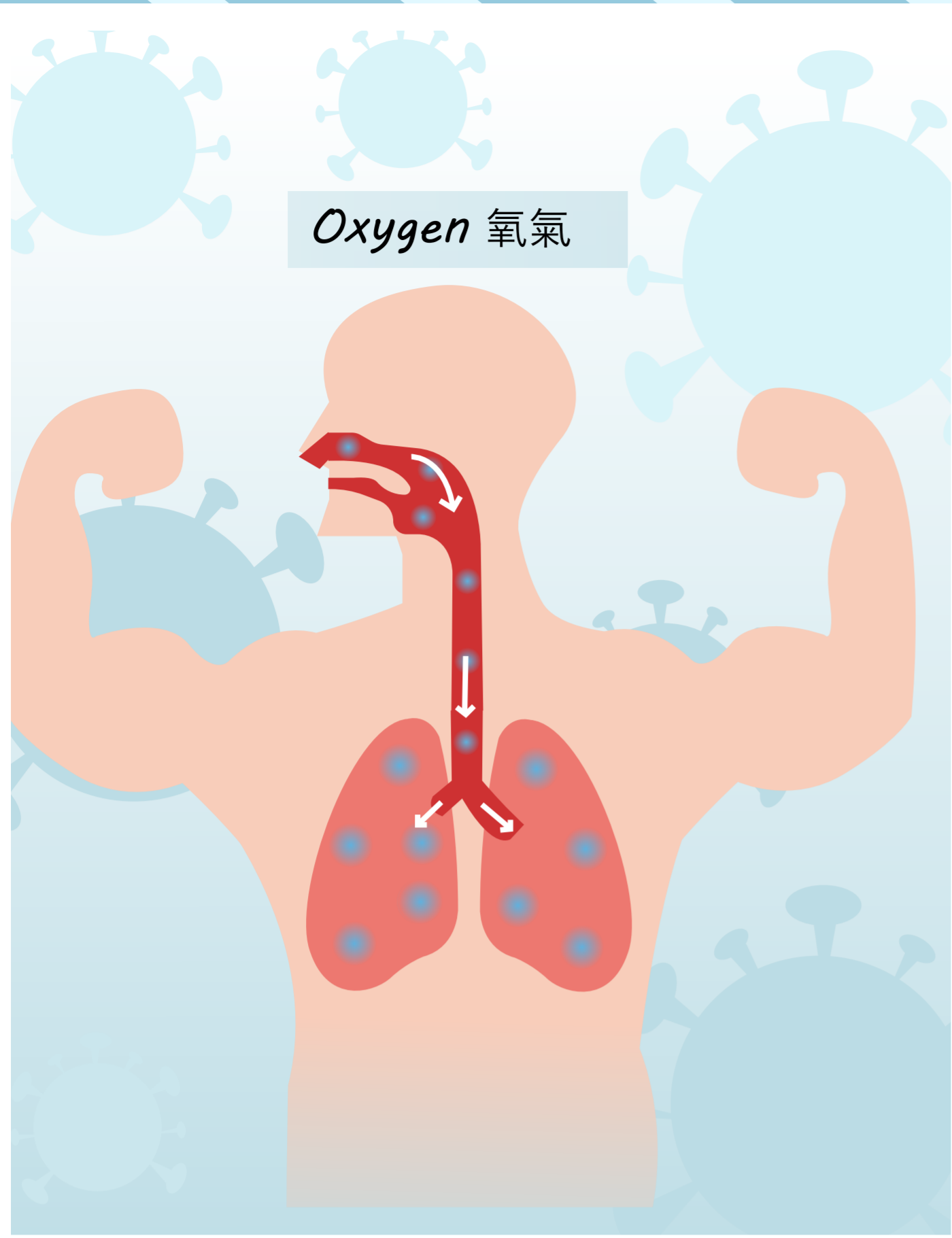


In some situations, the virus causing COVID-19 can also spread to more than 2 meters, especially when...

1. The person infected is breathing out strongly (eg. exercising, shouting)
2. The airflow is poor (e.g. closed windows)
3. The contact lasts a long time (eg. more than 15 minutes)

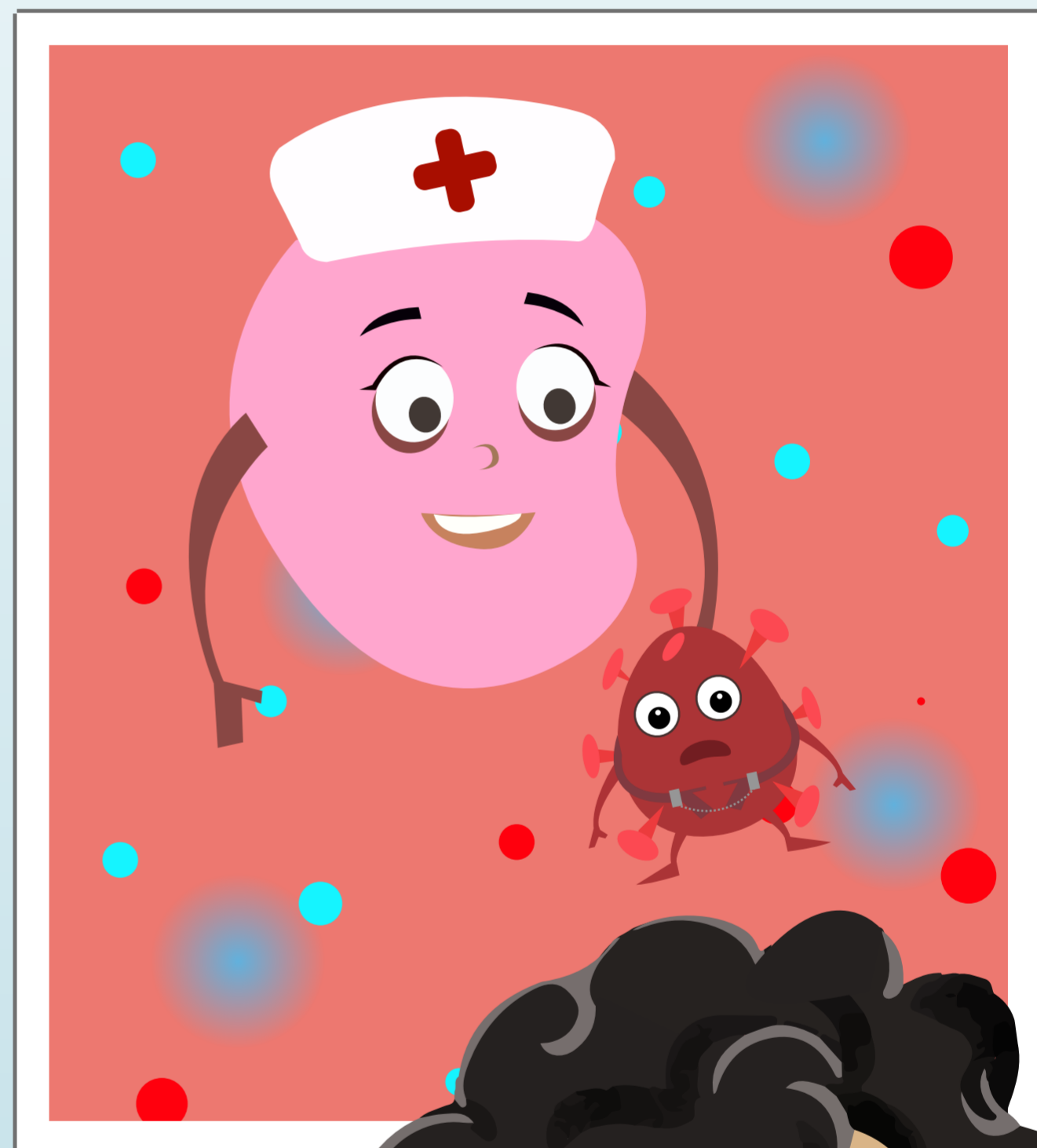
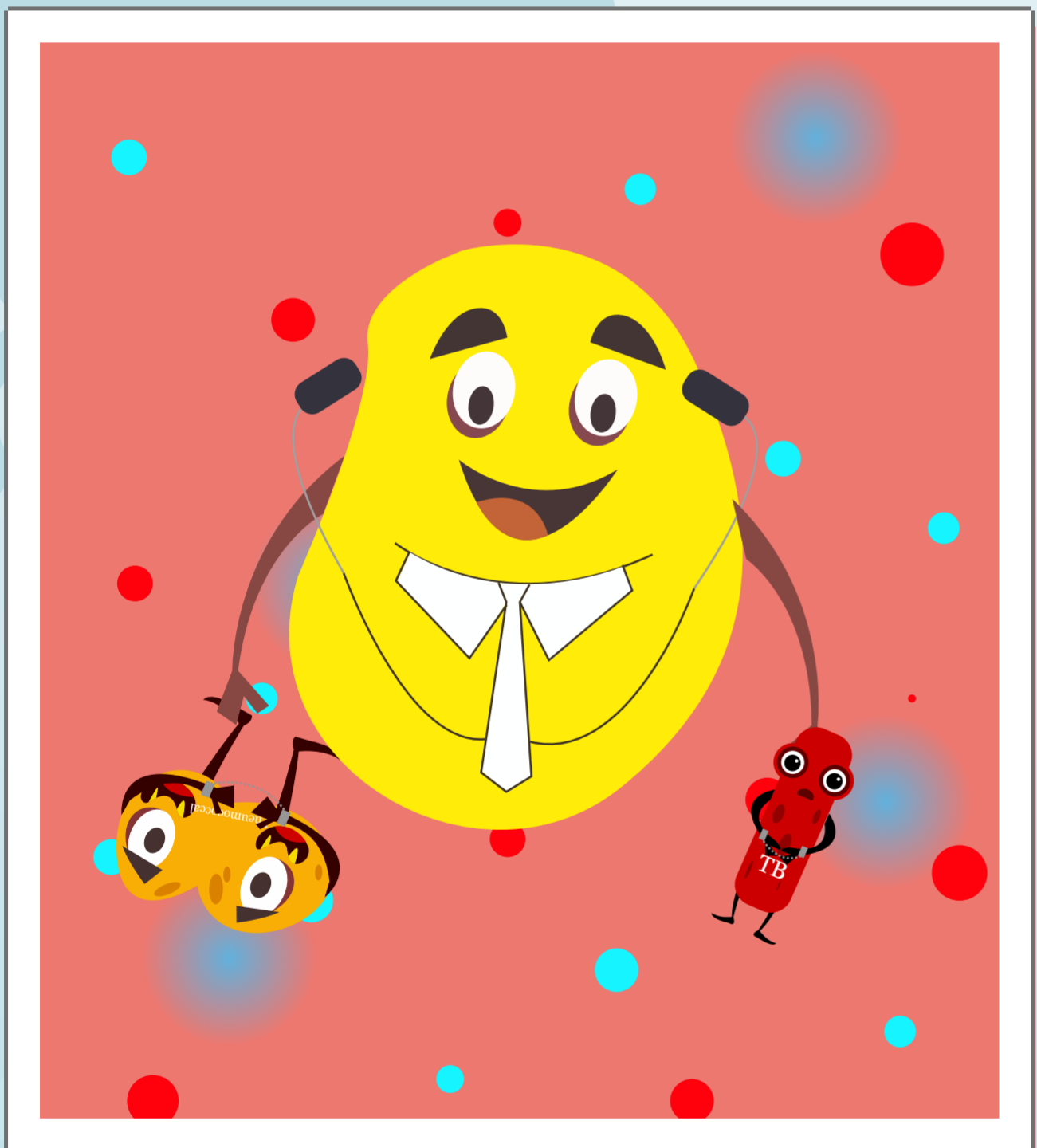
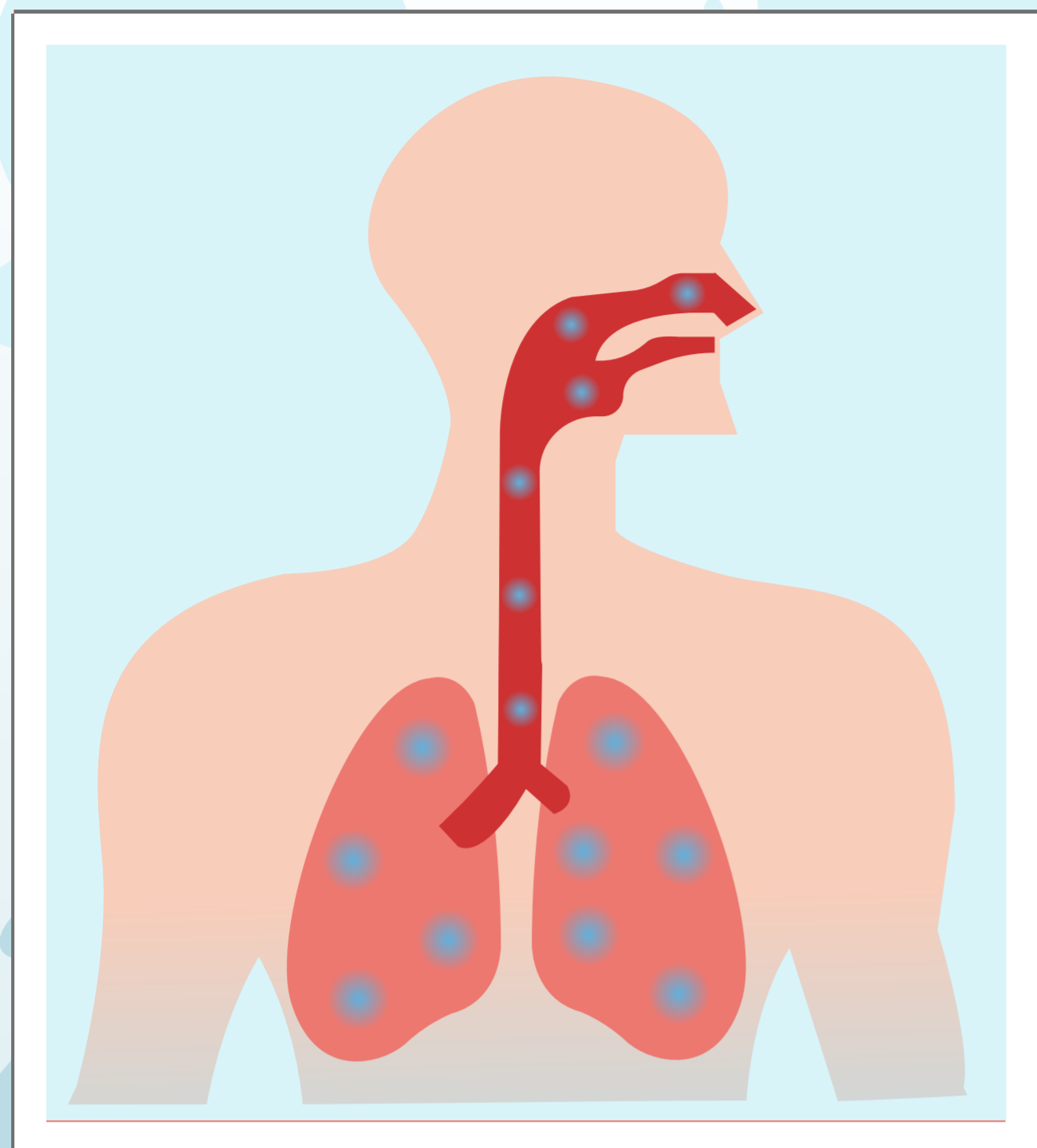
新冠狀病毒可以在某種情況下傳播至2米或以上的距離，包括：

1. 受感染的人士正在用力呼吸（如：運動、大喊）
2. 空氣不流通（如：關閉窗戶）
3. 長時間接觸受感染人士（如：多於 15 分鐘的接觸）



As you breathe in, oxygen is drawn into your nose, mouth, lungs and body - giving you energy. But bad germs can also try to get into your body.

呼吸時，氧氣會進入鼻子、嘴、肺和身體，從而為你提供能量。但是病菌也可能會試圖進入你的體內。



“ Your body is powerful at fighting off many germs! The hairs and mucus in your breathing system trap germs and your immune system fights off the ones who get into your body.

你的身體可以抵抗很多病菌！
呼吸系統中的毛髮和黏液會捉住病菌，
免疫系統也會跟進入體內的病菌抗爭。

”



But sometimes germs can still make us sick
- that's called an **INFECTION**

“ 但有時候病菌依然會讓我們生病
—這就是**感染**。 ”

no symptoms
沒有症狀



fever, cough, body aches
發燒、咳嗽、身體酸痛



high fever, short of breath, blue lips
高燒、氣促、嘴唇發紫。



Organs cannot get enough oxygen and
turn to dark/greyish colour.
器官無法獲得充足的氧氣並且變成深色/灰色

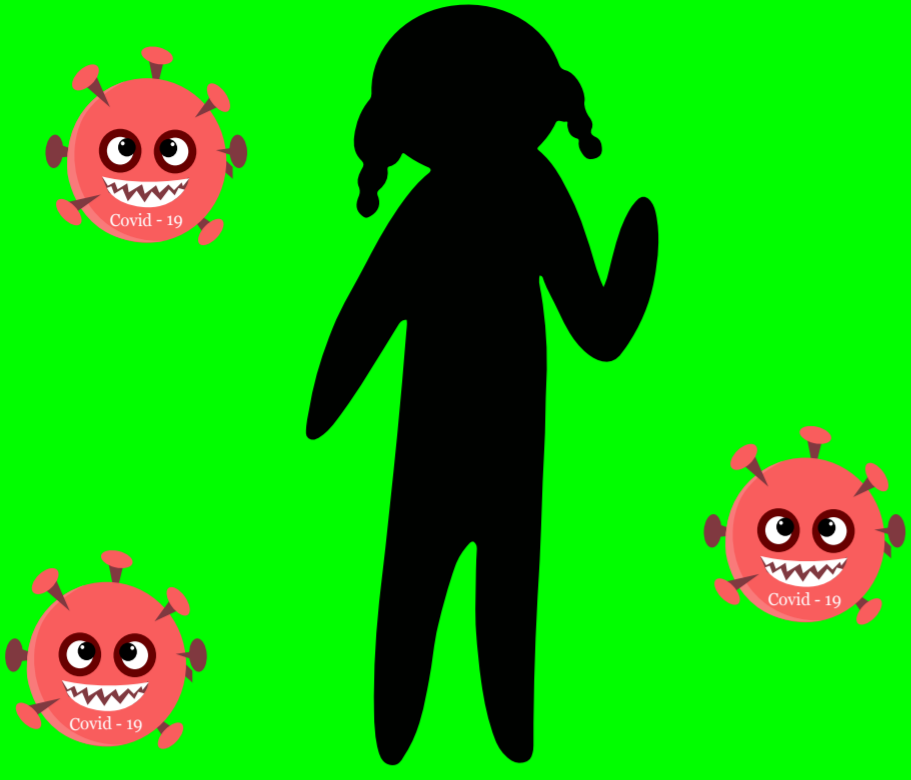


You may have fever, chills, body aches, cough, difficulty breathing, or other symptoms like diarrhoea and rash. For COVID-19 infection, some people also have a loss of the senses of smell or taste.

你可能有發燒、發冷、身體酸痛、咳嗽、呼吸困難或其他症狀，例如腹瀉和出疹子。

有些感染了新冠狀病毒的人會失去嗅覺或味覺。

no symptoms
沒有症狀



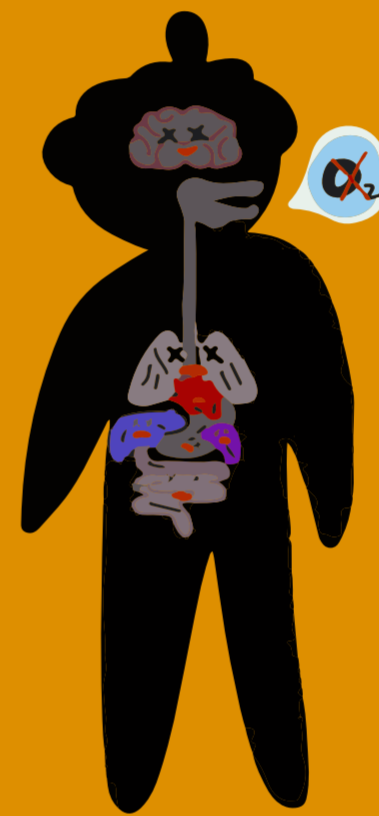
fever, cough, body aches
發燒、咳嗽、身體酸痛



high fever, short of breath, blue lips
高燒、氣促、嘴唇發紫。



Organs cannot get enough oxygen
and turn to dark/greyish colour
器官無法獲得充足的氧氣並且變成深色/灰色



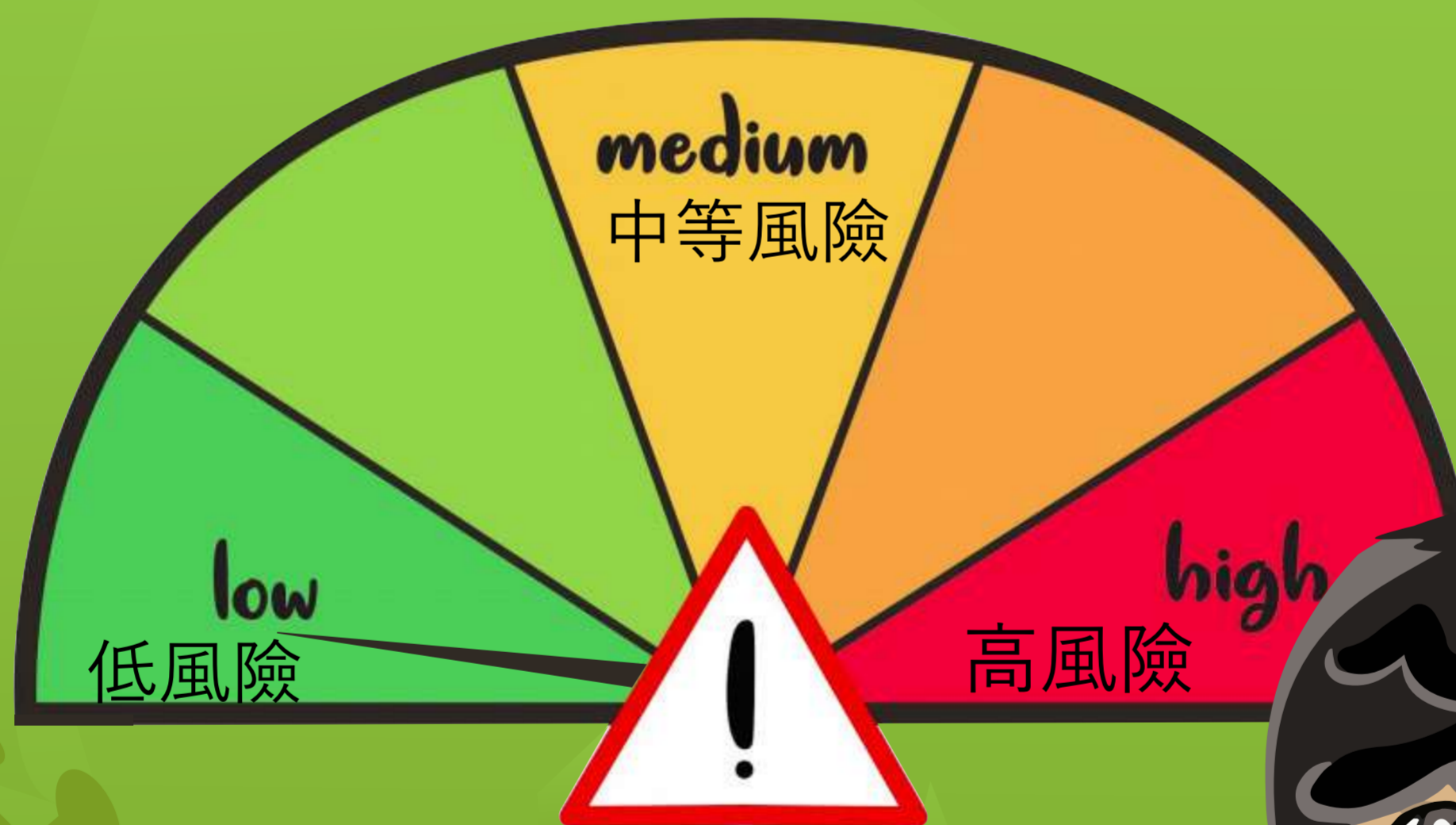
dead
死亡



“ People who are infected can look and feel differently.
For example, while many people infected by COVID-19 can get very sick, others feel completely fine. All of them may spread the virus!
受到感染的人身體狀況都可能有所不同。
例如，很多被新冠狀病毒感染的人可能病得很重，
但有些人卻感覺完全沒問題。
他們都會傳播病毒的！



**LOW Risk is
NOT No Risk!!!
低風險不代表沒風險！**



RISK 風險

LOW risk is NOT No risk.

Even though children have lower risk than elderly for COVID-19, we can still become seriously sick and spread germs to others.

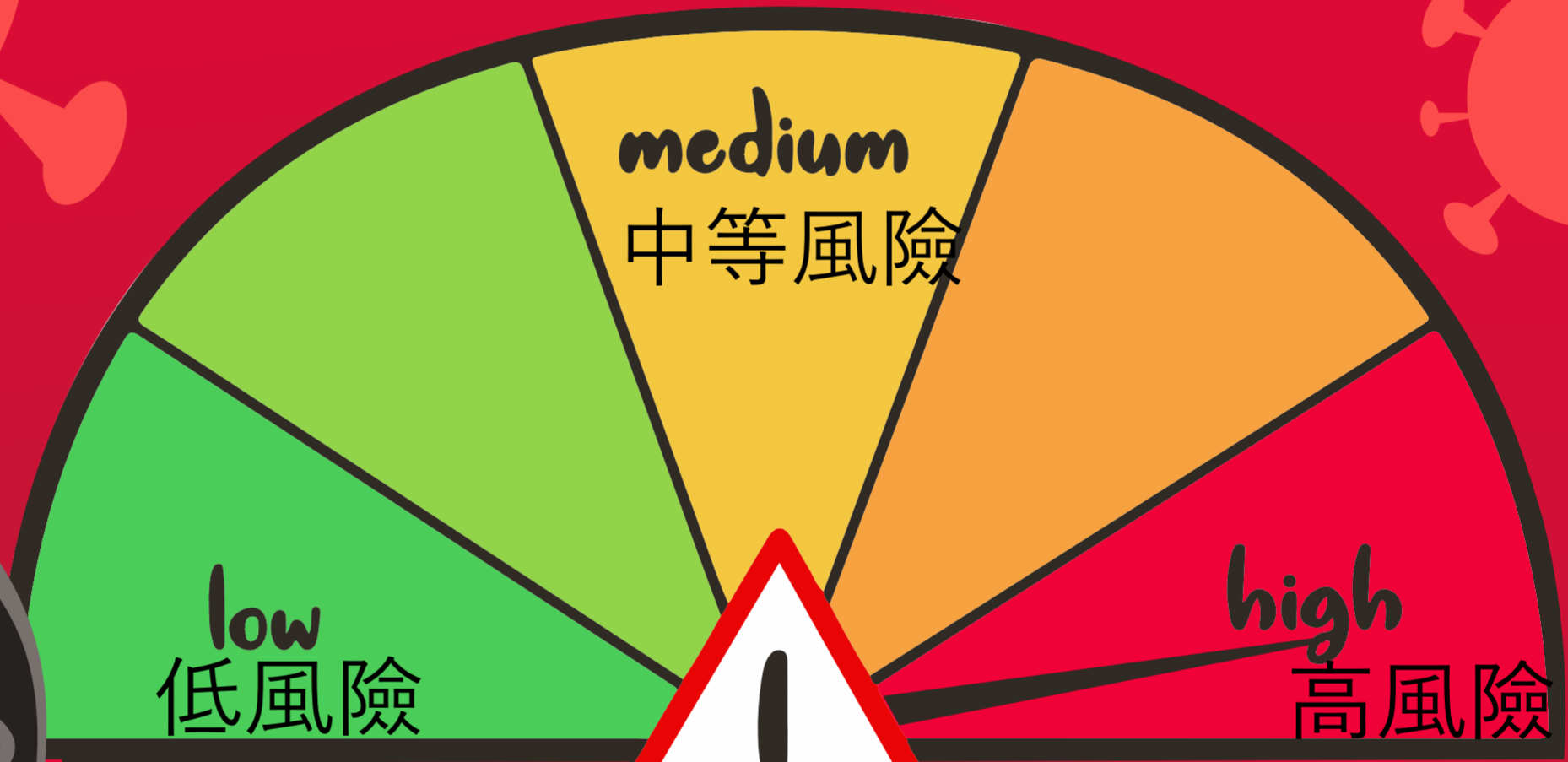
This is especially true if they are not vaccinated!

低風險不代表沒風險。

雖然兒童感染新冠狀病毒的風險比老人低，但我們還是有可能受到嚴重感染，而且會向其他人傳播病毒。尤其是如果他們仍未接種疫苗！



RISK 風險



For the new strain of COVID-19 infection (eg. Omicron) and many other respiratory infections, like by pneumococcus and measles, babies and children are at **HIGHER** risks.

Look out for serious signs like difficult breathing, blue lips (low oxygen), drowsiness (low blood pressure).

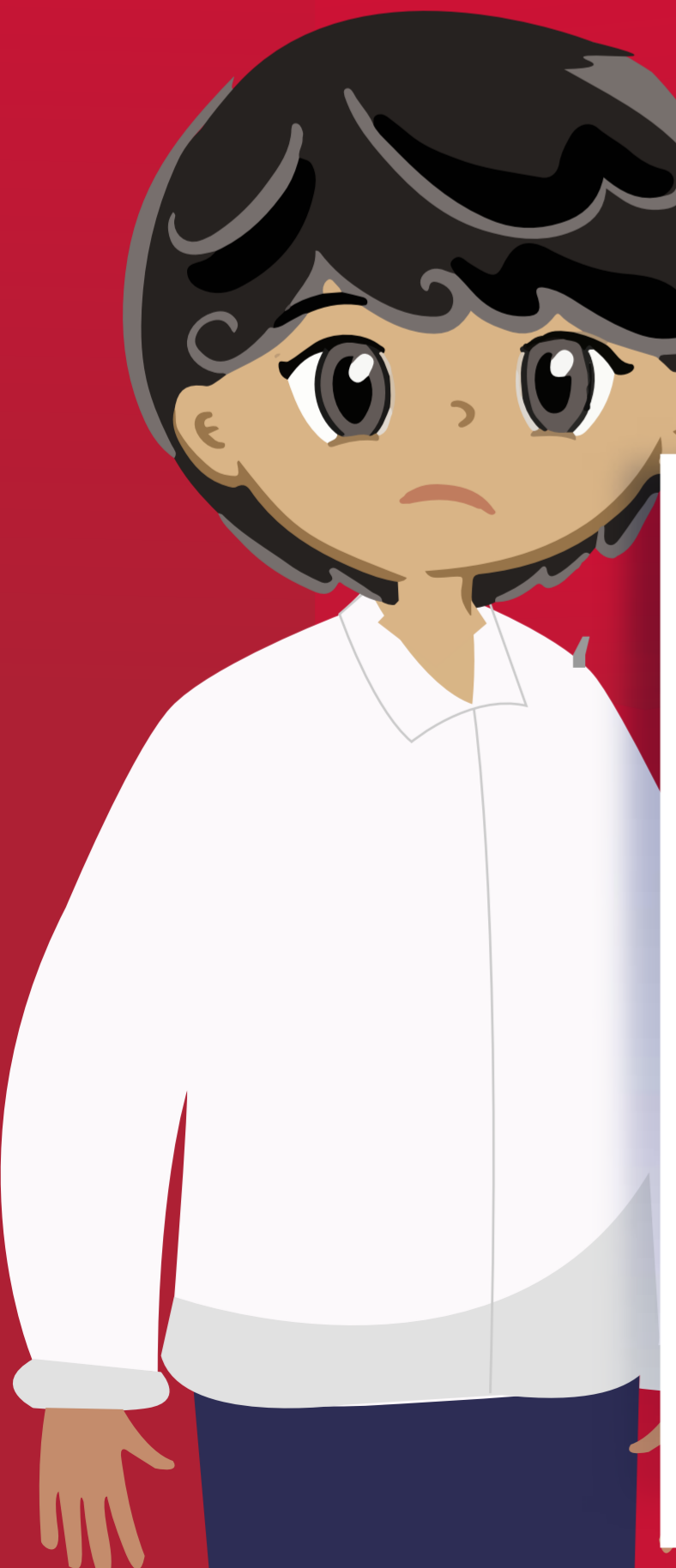
For babies, crying non-stop, being too sleepy, or not drinking can be signs of serious illness. Urgent care in a hospital is needed.

至於最新的變種新冠狀病毒（如：Omicron）

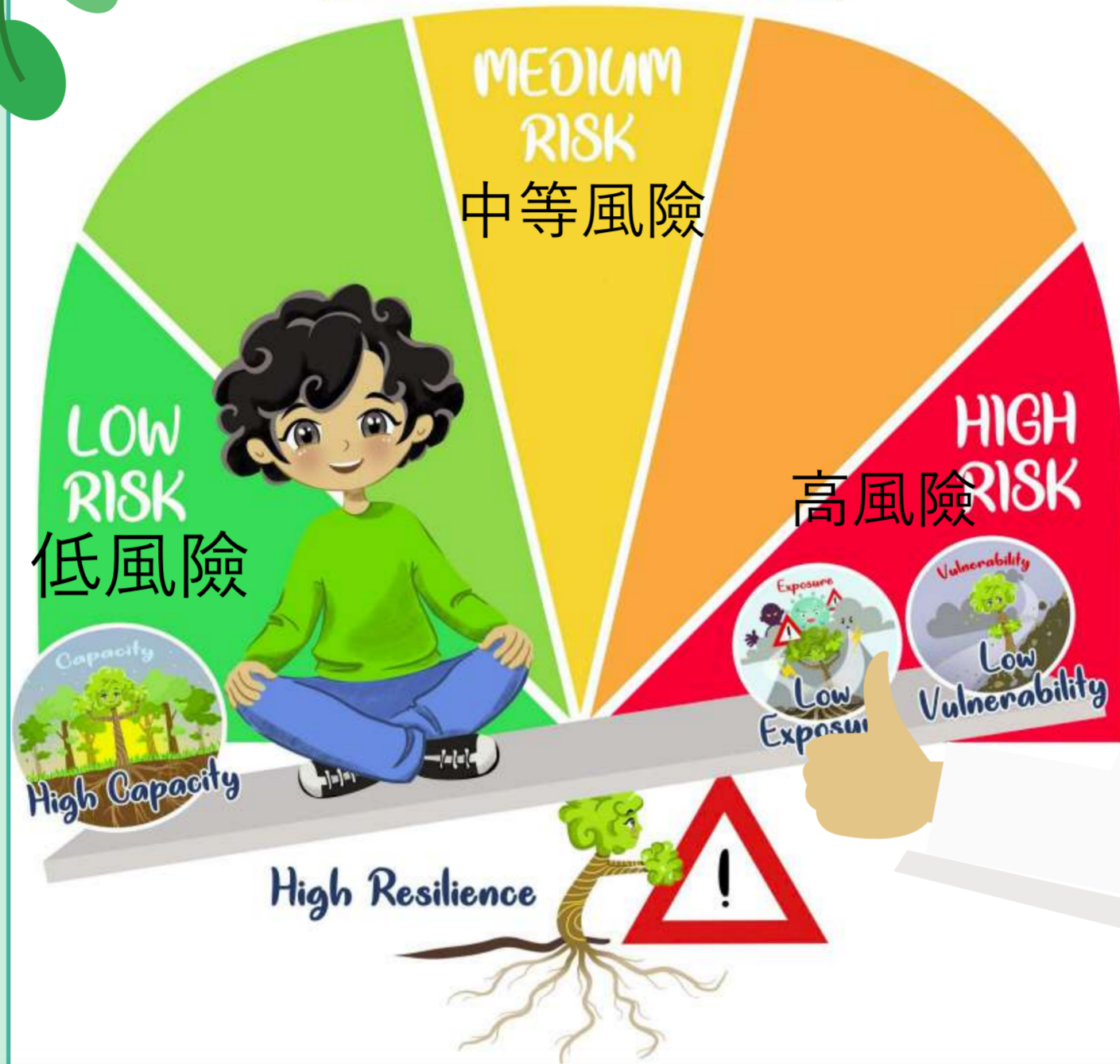
和其他呼吸道感染，例如肺炎球菌和麻疹，

嬰兒和兒童的感染風險比較高。

請注意嚴重的病徵，如呼吸困難、嘴唇發紫（低氧）、嗜睡或低血壓。對於嬰兒來說，不停地哭、容易困倦或不喝水/奶都可能是嚴重疾病的徵兆。需要立即去醫院進行緊急治療。

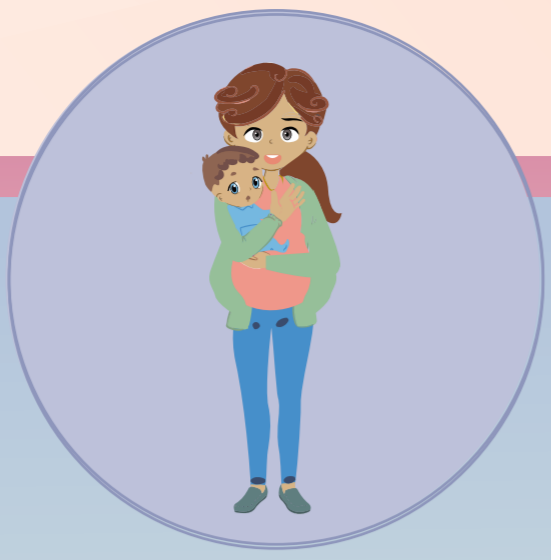
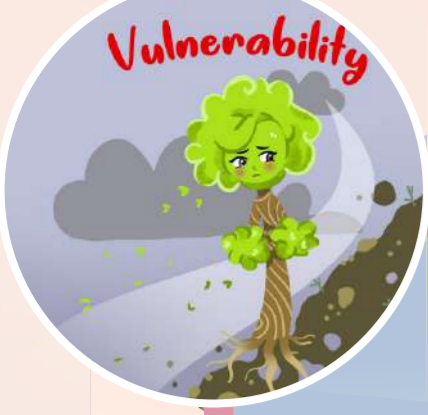


降低你的風險 Lower your Risks

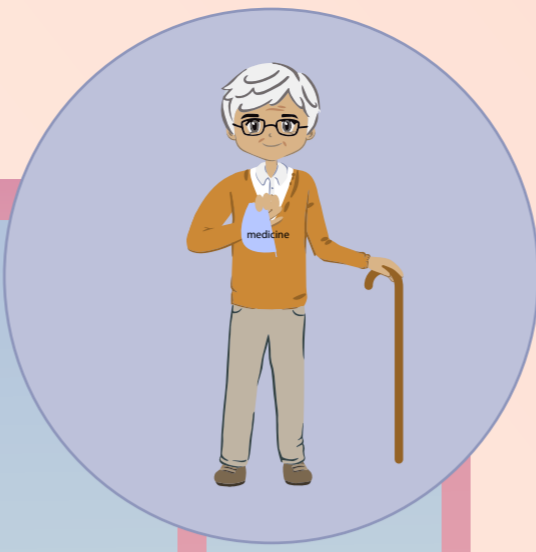


“ Know your risks - Learning about germs and making good choices that prevent infections can grow your capacity to face the infection risk!
了解你的風險—學習有關病菌的知識和做正確預防感染的決定。
你可以提高應對感染風險的能力！ ”

Vulnerability



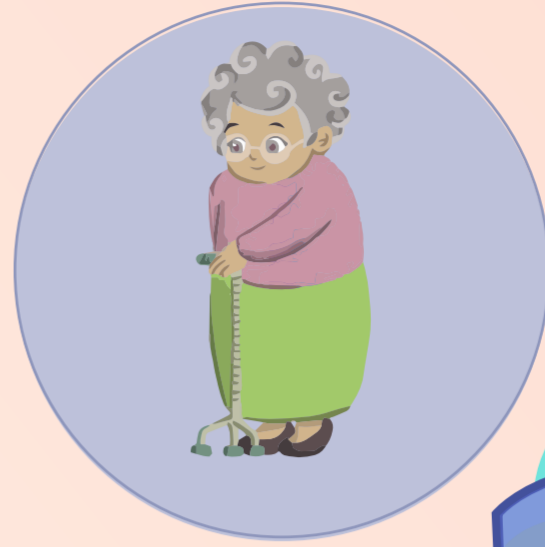
Pregnant women.
孕婦



People who
already have
health problems.
長期病患者



Babies and young
children.
嬰兒和兒童

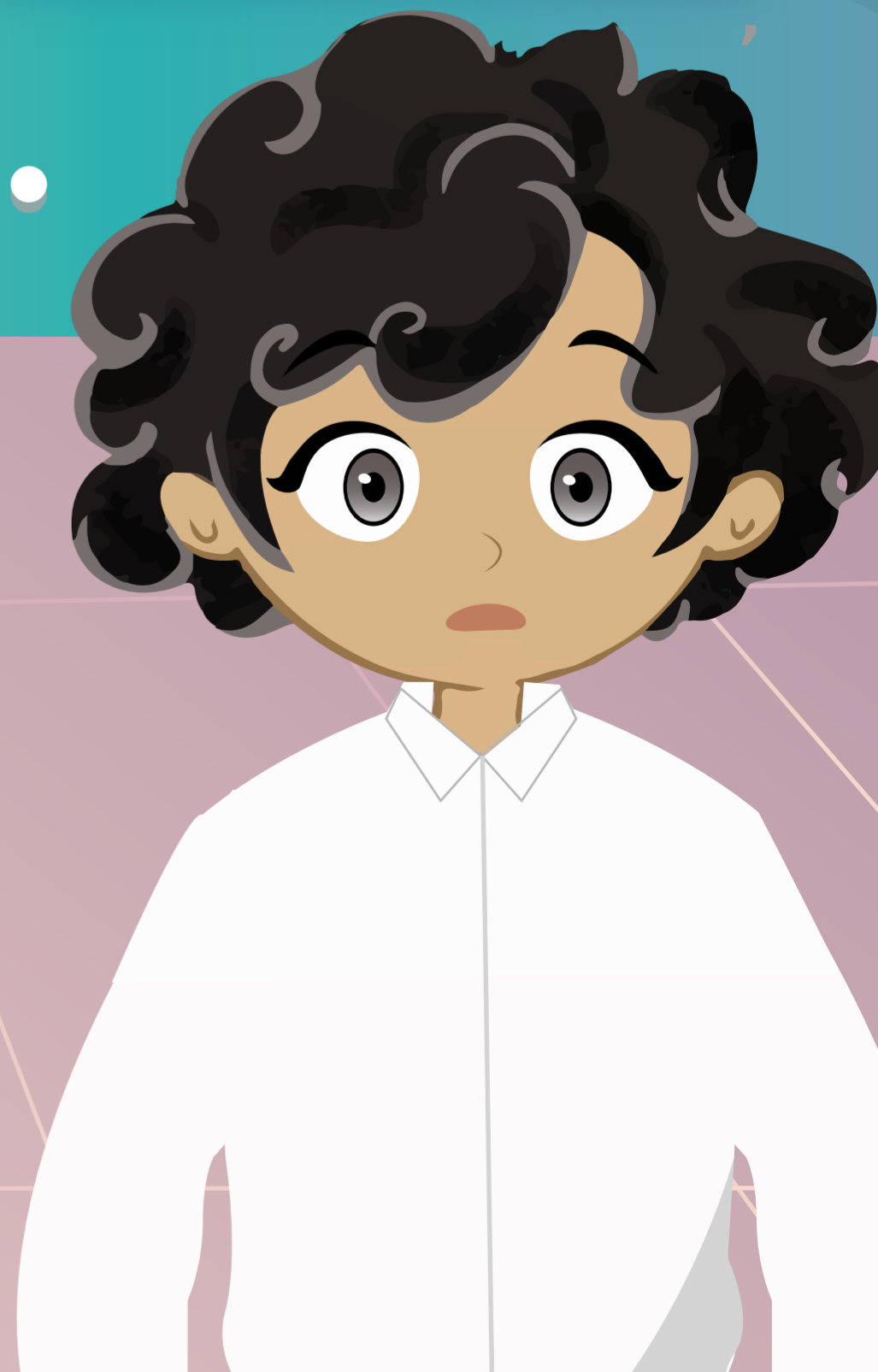


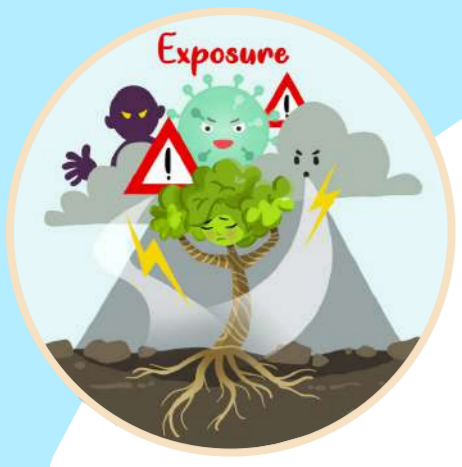
Older people.
老人



Some people are more vulnerable to getting very sick from respiratory infections. Different germs may target some groups more. We need to prevent them from getting infected. If they do get sick, they will need health care early.

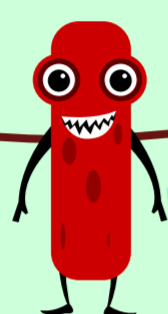
有些人容易得到嚴重的呼吸道感染。不同的病菌可能會對某些人群造成更大的傷害。我們需要預防他們被感染。如果他們生病了，需要及時接受治療。



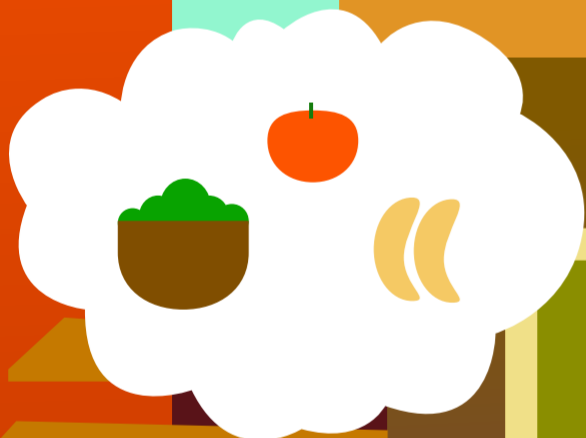


“Others may be at higher risk for infection because their jobs make them have more exposure to germs. Some examples are doctors, nurses, cleaners who help take care of others in their community.

還有一些人的感染風險可能更高，因為他們的工作使他們接觸到更多的病菌。例如醫生、護士、清潔工等，他們都是幫助照顧社區的人。

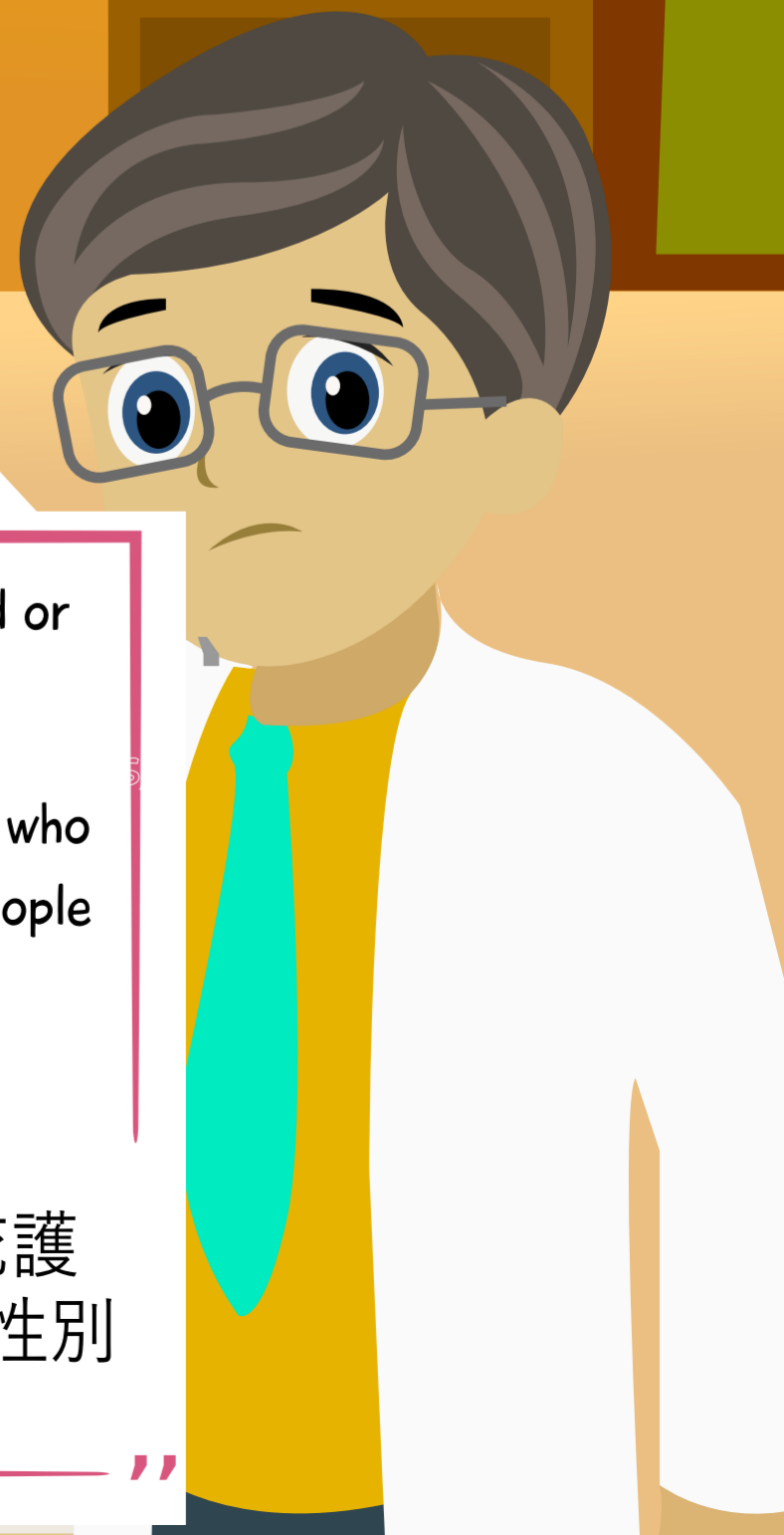


How can we keep 2m distance?
“ 我們怎樣才能保持2米的距離 ”



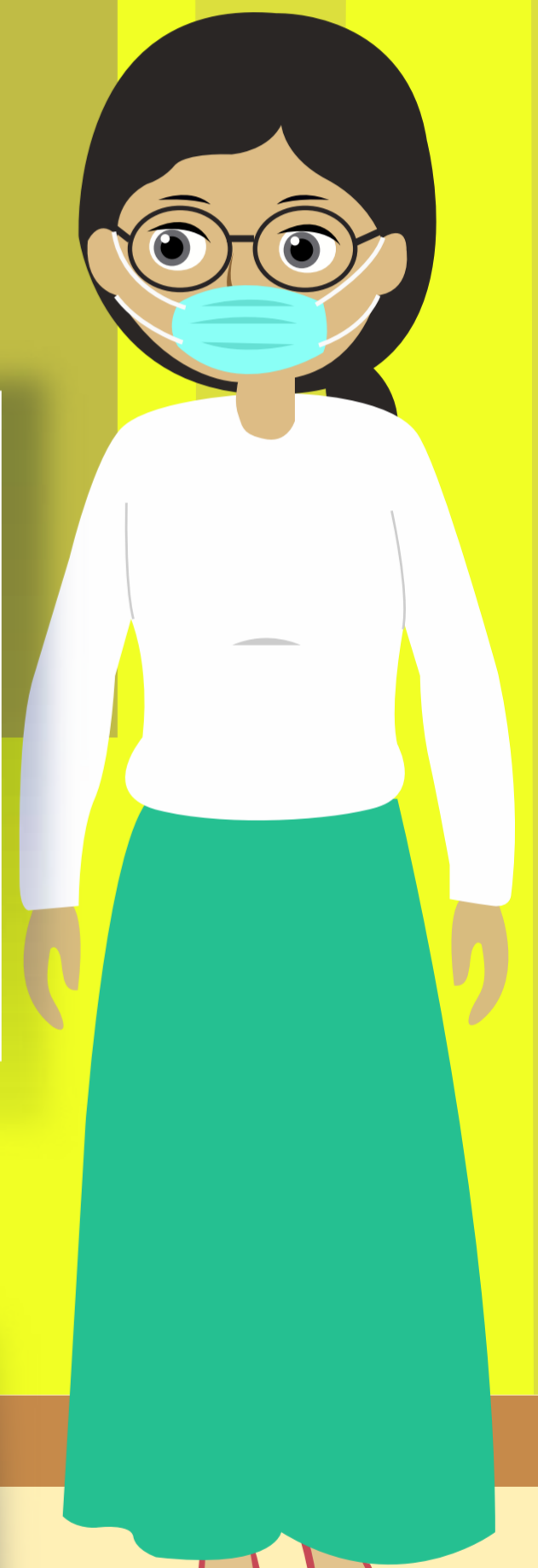
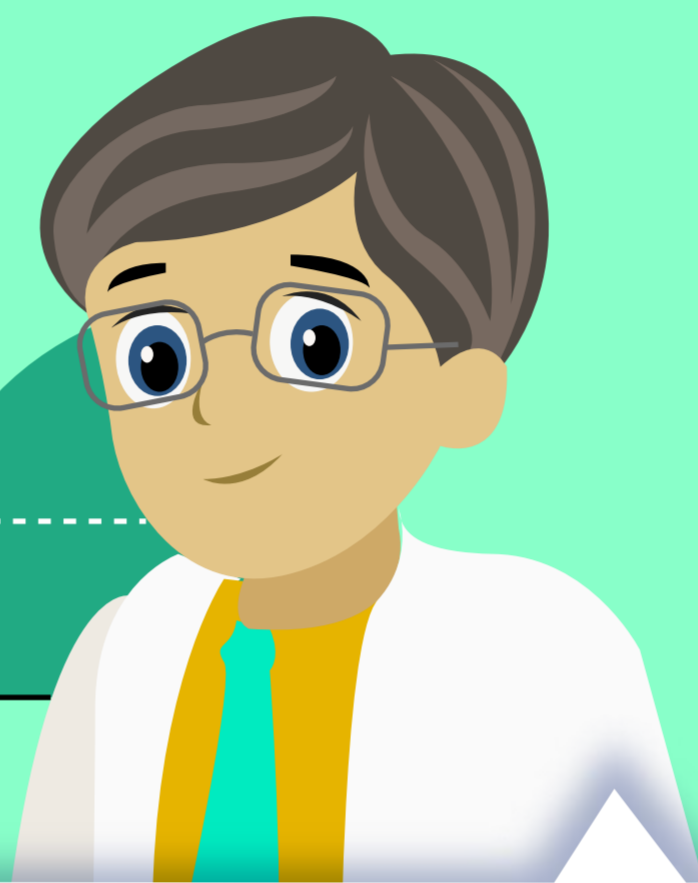
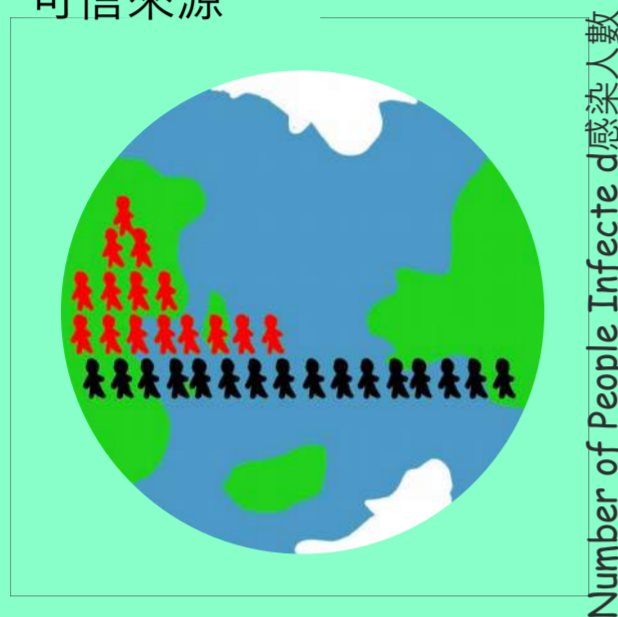
Lower capacity also increases the infection risk. For example, for people who are disadvantaged or lack the chance to be educated; people with weaker social support like those living in violent environments (abusive, neglectful or exploitative), people from minority ethnic groups, asylum seekers, migrants, refugees; people who may be treated unfairly such as girls, women and those who do not believe they are the sex they are born with, and people who need others' care, such as people living with disability or mental disorders.

較低的能力也會增加感染風險
例如處於劣勢或未有機會接受教育的人、缺乏社會支援的人，
例如生活在暴力環境中（虐待、忽視或剝削）的人，少數民族、尋求庇護者、新移民、難民；可能受到不公平對待的人，例如女孩、婦女和跨性別族群；需要別人照顧的人，例如殘障人士或精神疾病患者。



NEWS 新聞 Outbreak 疫情爆發

Trusted source
可信來源



Thanks for your question.

Outbreak is when the number of people getting an infection increases to more than what is normally expected.

It shows us how connected people really are and why we must protect each other.

謝謝你的提問。

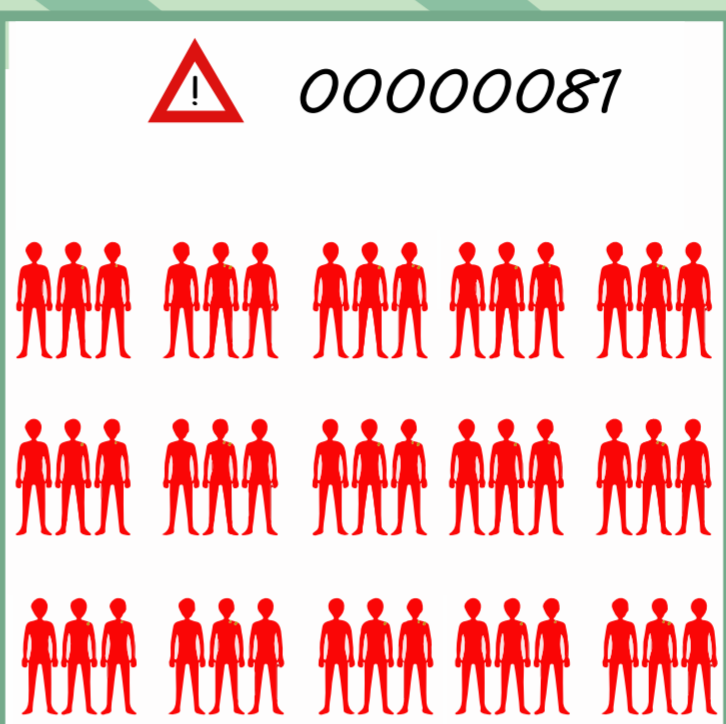
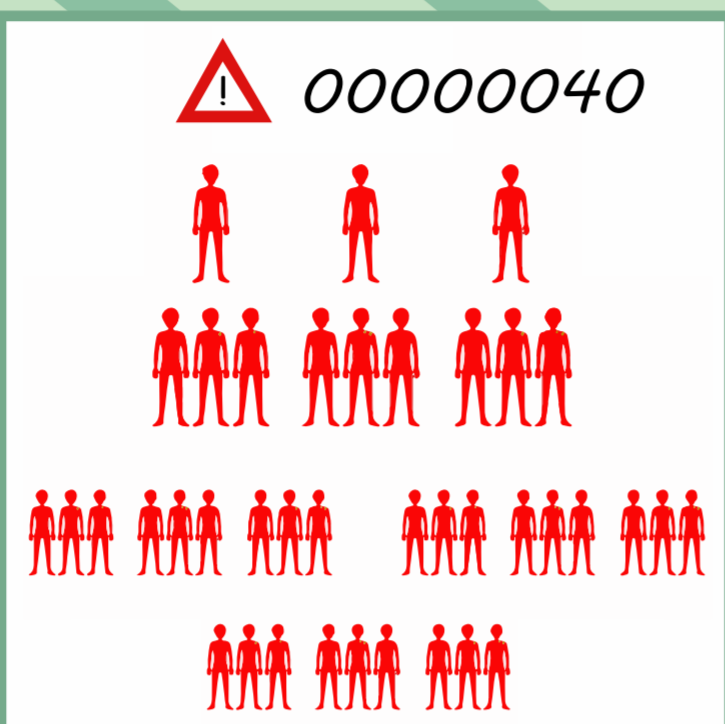
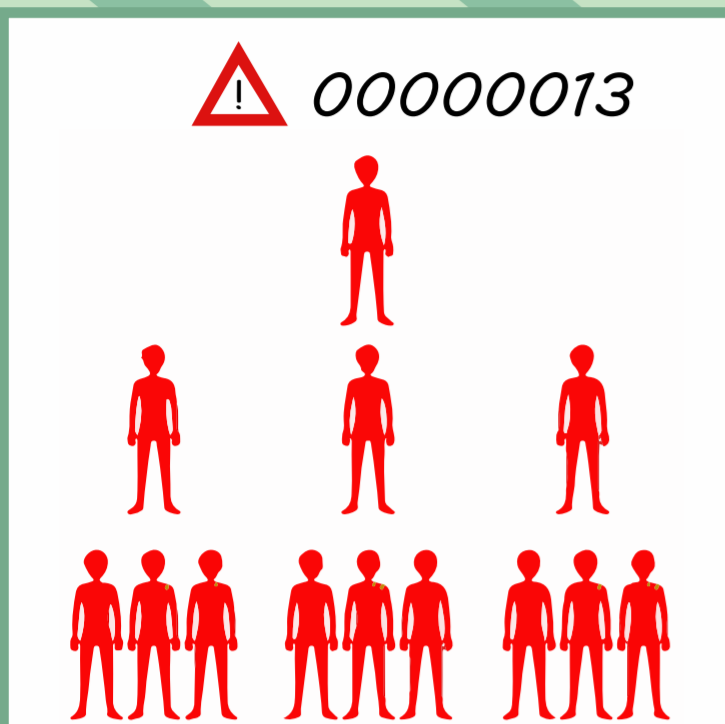
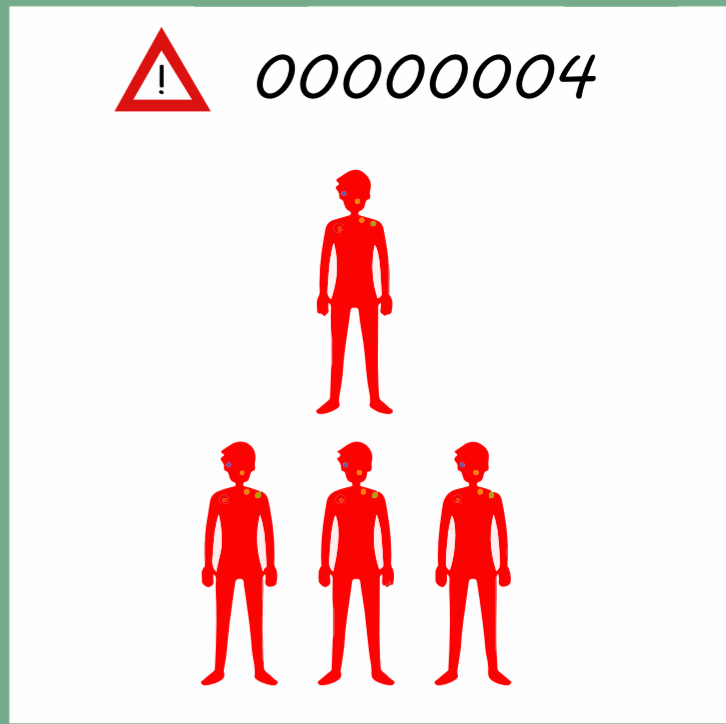
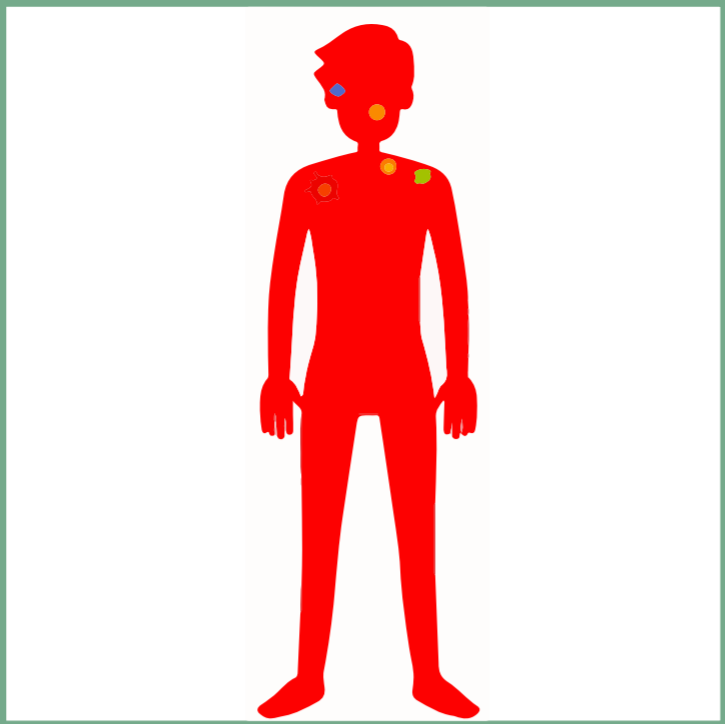
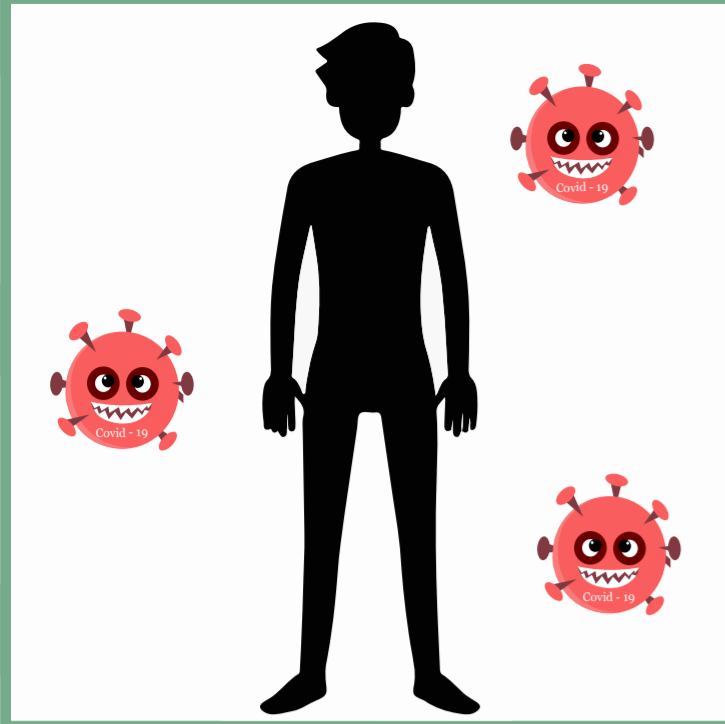
疫情爆發是指感染人數上升超過了正常水平。

它體現了人與人之間的真正聯繫，

還有我們要互相保護的原因。

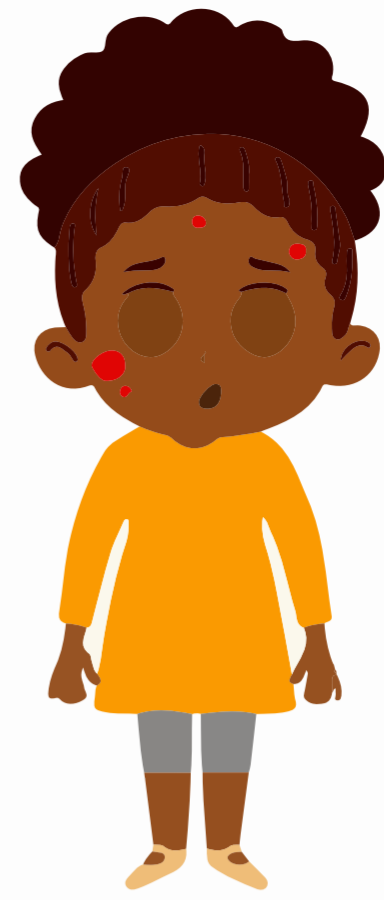
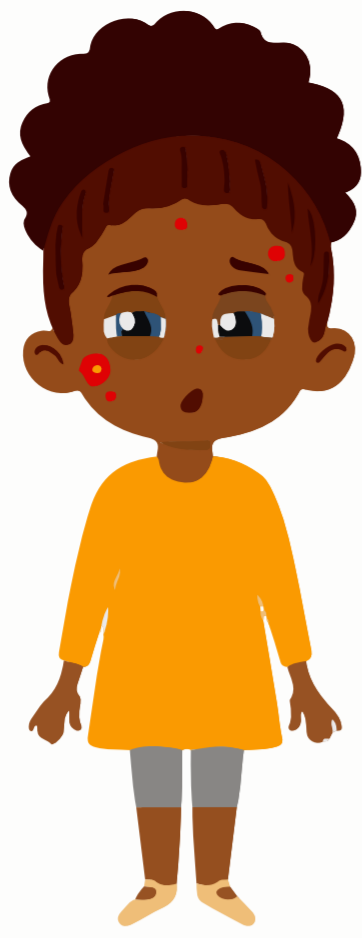
“ What is an outbreak?

什麼是疫情爆發？ ”



In many places, the earlier strains of the virus causing COVID-19 (e.g. Delta) spread from each infected person to 2 to 4 others. As the outbreak continues, the virus can change to spread more easily. This makes it harder to control the outbreak.

在許多地方，每一位感染2019冠狀病毒病的人身上的早期病毒株（如：Delta）能傳染給 2 至 4 人。隨著疫情持續，病毒有可能變異，變得更容易傳播。這會令疫情更難受控。

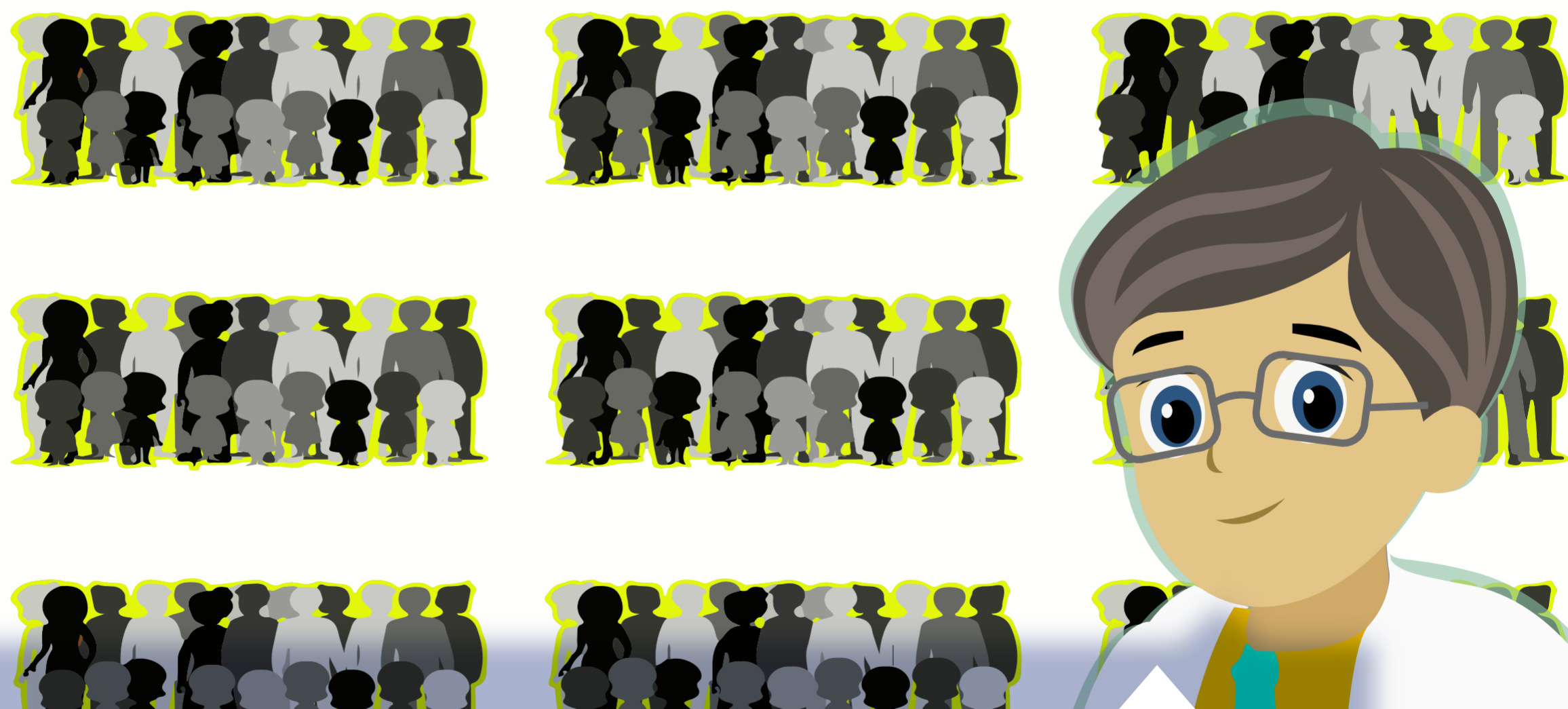
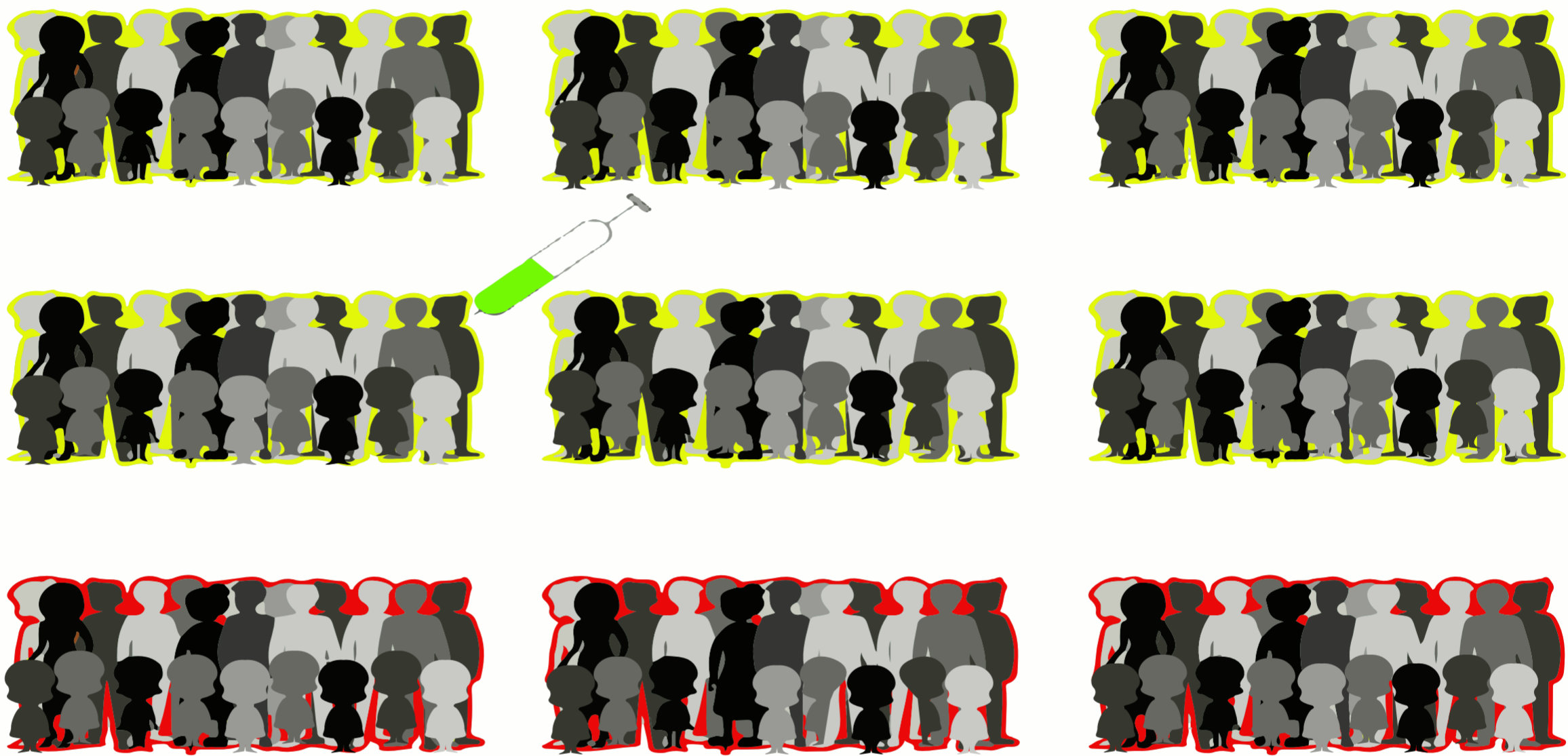
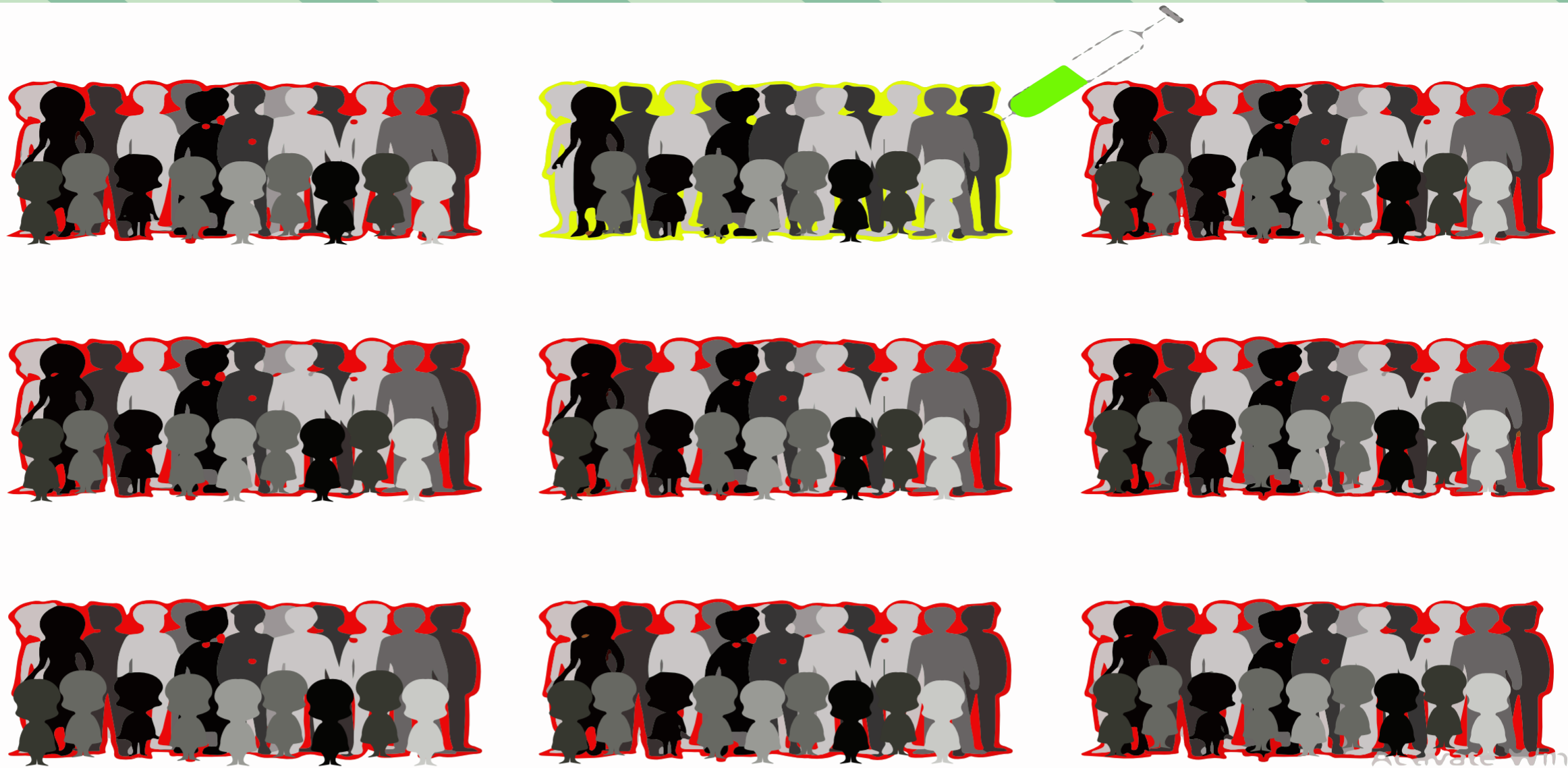


But the newer strains of the virus causing COVID-19 (e.g.Omicron) and the measles virus can spread much faster.

This can hurt many young babies, children and other vulnerable groups of people.

但是導致2019冠狀病毒病的變異病毒（例如 Omicron）和麻疹病毒的傳播速度要快得多。

這可能會傷害許多年幼的嬰兒、兒童和其他弱勢群體。



That is why getting full COVID-19 vaccines, measles vaccines (2 doses), other childhood vaccines and flu vaccine on time is so important in saving lives!

因此，按時接種完整的 2019 新冠狀病毒疫苗（2 劑）、其他兒童疫苗和流感疫苗對保護你的生命是非常重要的！

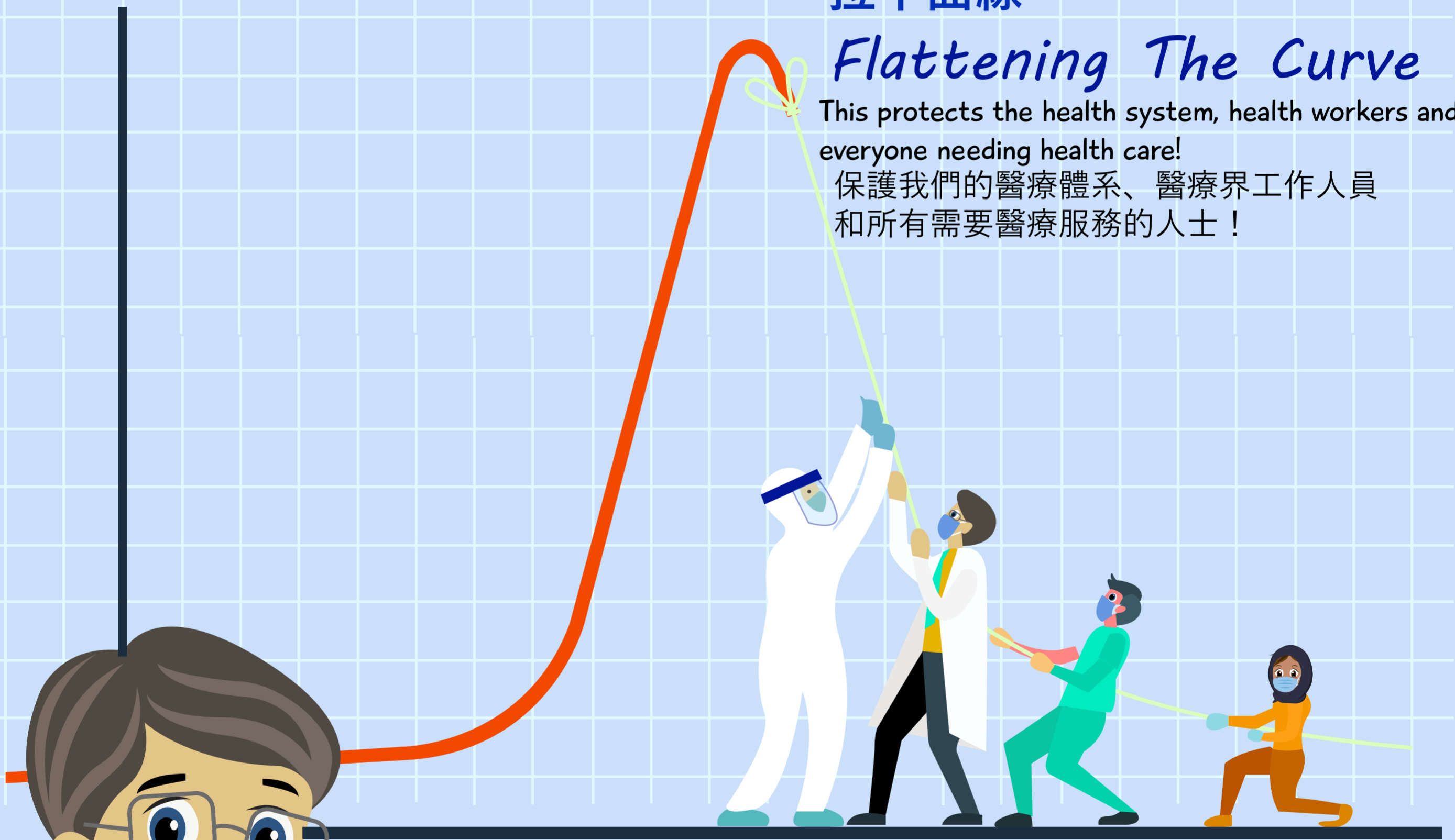


拉平曲線

Flattening The Curve

This protects the health system, health workers and everyone needing health care!

保護我們的醫療體系、醫療界工作人員和所有需要醫療服務的人士！

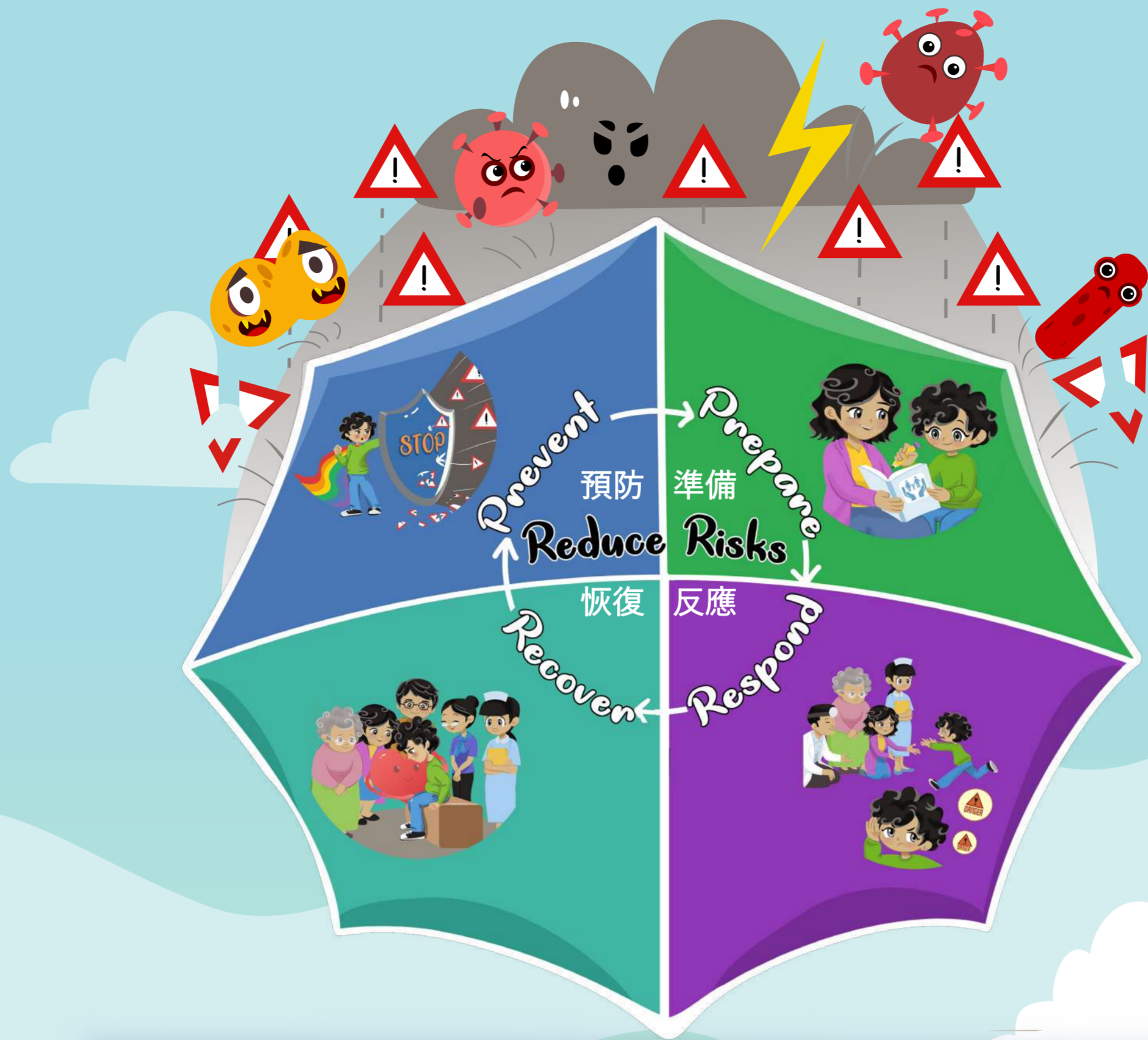


We can fight the outbreak when we all do our part in preventing, preparing, responding, recovering from infections. ”

We must also be fair and kind to each other.

Working together is the only way to control the outbreak!

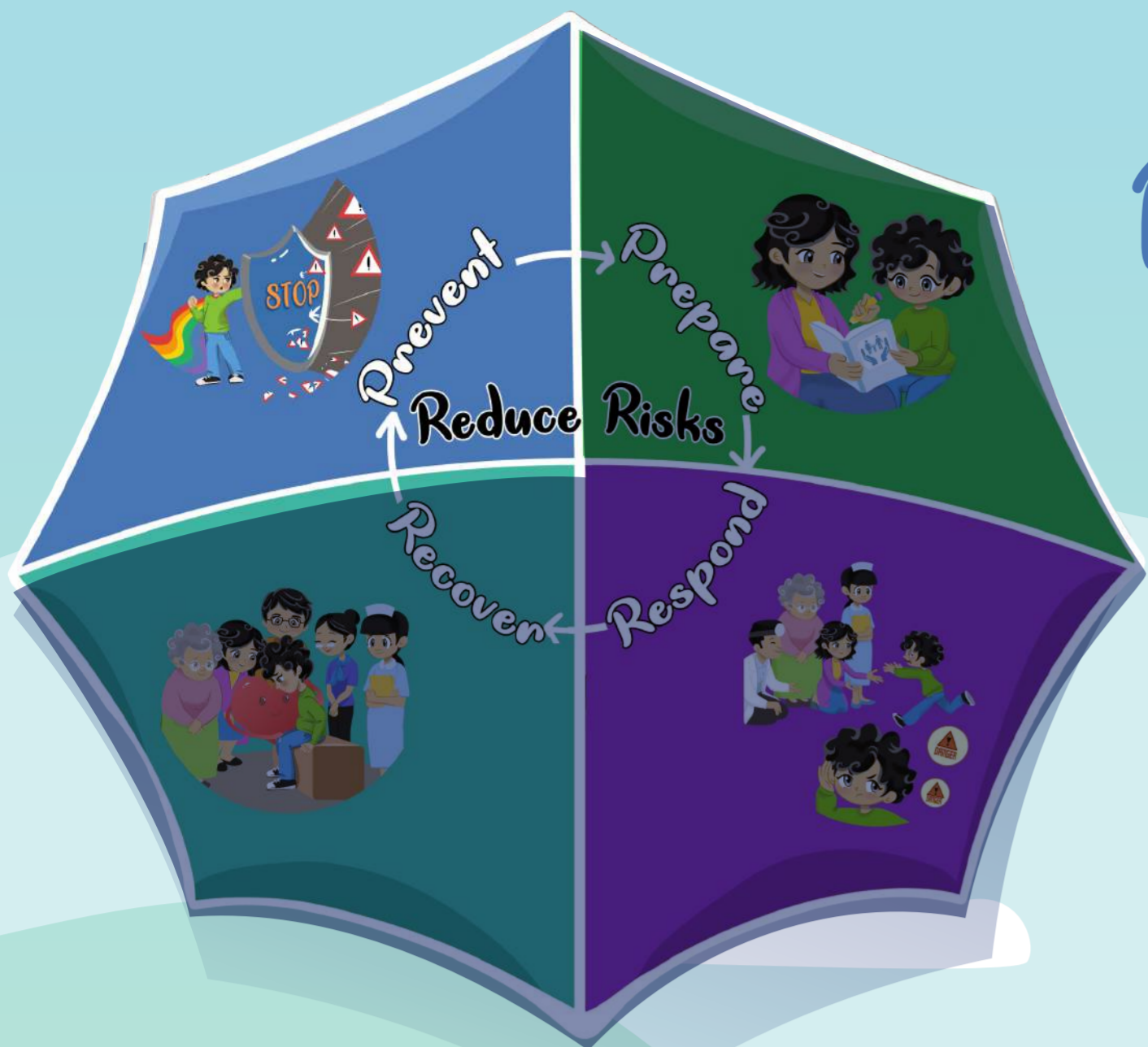
當我們全力以赴地預防，準備，應對和從感染中恢復時，就可以對抗疫情。我們還必須彼此公平和友好地對待大家。共同努力是控制爆發的唯一方法！



“ We’re gonna stop the germs from spreading in our community.
 我們會阻止病菌在我們的社區傳播病菌！ ”



PREVENT 預防

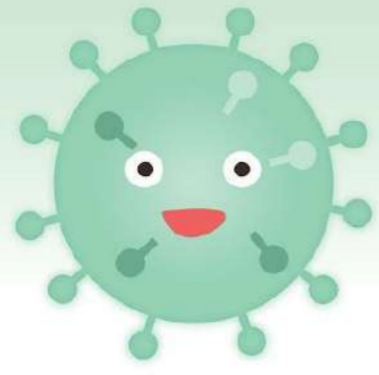


“ Let’s use the risk reduction cycle !
我們一起使用降低風險的計劃。 ”



“ Great! Start with Prevention - STOP the germs from getting to us in the first place.
太好了！從預防開始—首先阻止病菌靠近我們。 ”

讓我們遠離呼吸道感染



Let's Stay Safe From Respiratory Infections!

Properly
Wear A
Mask
When
Advised
To



建議時，正確佩戴口罩

打噴嚏時，用彎曲的肘部或紙巾掩住
扔到有蓋的垃圾桶內，並洗手

Sneeze
In Your
Elbow
or
Tissue
then
throw away safely
and wash hands.



Wash Your
Hands
Carefully
With Soap
(rub in 7 steps for at least
40 seconds)

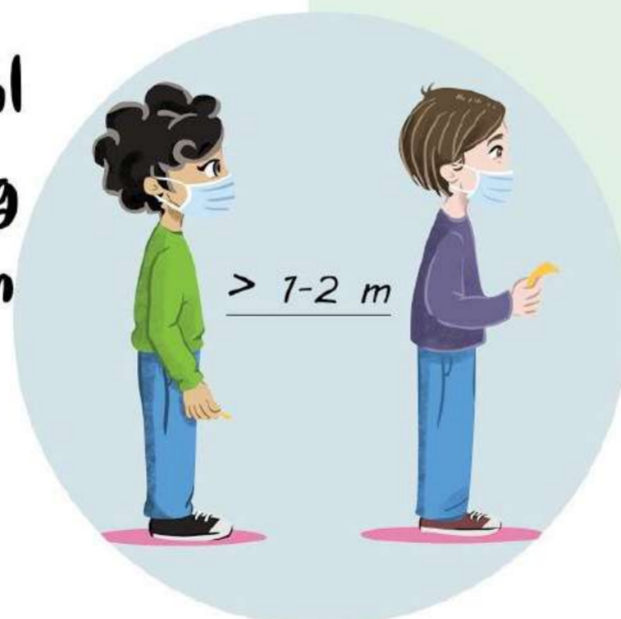
用肥皂，仔細清潔雙手
(分7個步驟，揉搓至少40秒)

Clean
Surfaces
With
Detergent



用清潔劑清潔物件表面

Physical
Distancing
More than
1-2 M



人身距離超過 1-2 米

Stay Home
When You
Feel Sick




生病時，請留在家裡

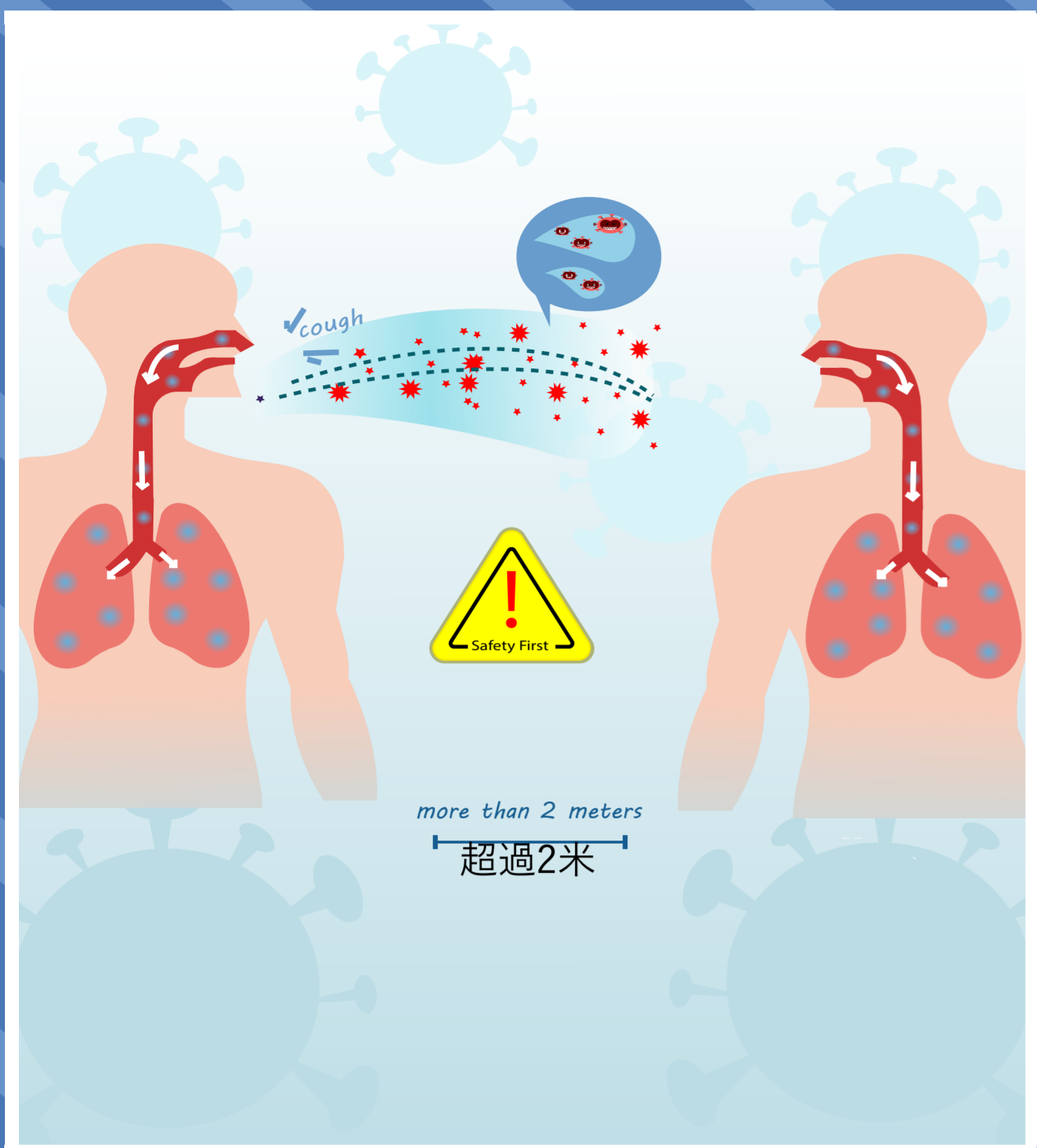
These tips are for general information purposes only. It does not replace advice from health professionals and your own actions to protect from germs. Please pay attention to new and trusted information.



這些提示用於一般信息目的。它不能取代健康專業人士的建議和你保護自己免受病菌感染的行動。請關注最新的可靠消息。



“
Let's prepare our safety plan!
我們一起準備我們的安全計劃！
”



Physical distancing helps lower our risk of infection.
It means stay at least 1- 2 meters from others so that droplets cannot easily reach you.

保持人身距離—與其他人保持至少1–2米的距離，
令飛沫無法輕易接觸你。

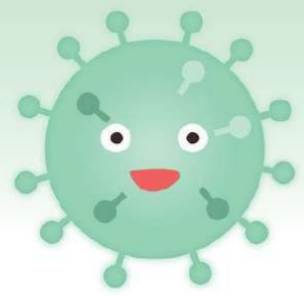


' Would you like to come to my birthday party?
你想參加我的生日聚會嗎？



No, lower germ exposure by limiting the number of people and shared spaces you contact.
Also stay at home as much as possible. Avoid crowds and meeting people that you don't live with.

不了，我要通過限制聚集的人數和共享的空間來降低接觸病菌。
要盡量留在家裡，避免聚集和不同住的人見面。



Let's Stay Safe From Respiratory Infections!

Properly
Wear A
Mask
When
Advised
To



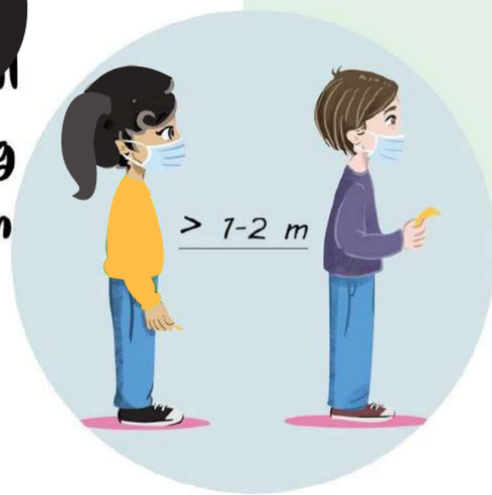
Wash Your
Hands
Carefully
With Soap
(rub in 7 steps for
at least 40 seconds)

Sneeze
into Your
Elbow



Clean
Surfaces
With
Detergent

Physical
Distancing
more than
1-2 M



Stay Home
When You
Feel Sick

tips are for general information purposes only. It does not replace advice from health professionals and your own actions to protect from germs. Please pay attention to new and information.

BE PRICELESS



Prevent contact with germs by:

1. Avoiding touching high contact surfaces.
2. Not touching your face.
3. Cleaning surfaces or objects before touching them.
4. Avoid shaking hands and touching other people.

通過以下方式防止與病菌接觸：

1. 避免觸碰常用物品表面
2. 不要觸碰臉部
3. 在接觸常用物品之前清潔它們的表面
4. 避免握手和接觸他人

If you cough or sneeze, please do these ...

如果你咳嗽或打噴嚏，請這樣做

Cover your nose and mouth when you cough or sneeze
with a tissue (or a flexed elbow).

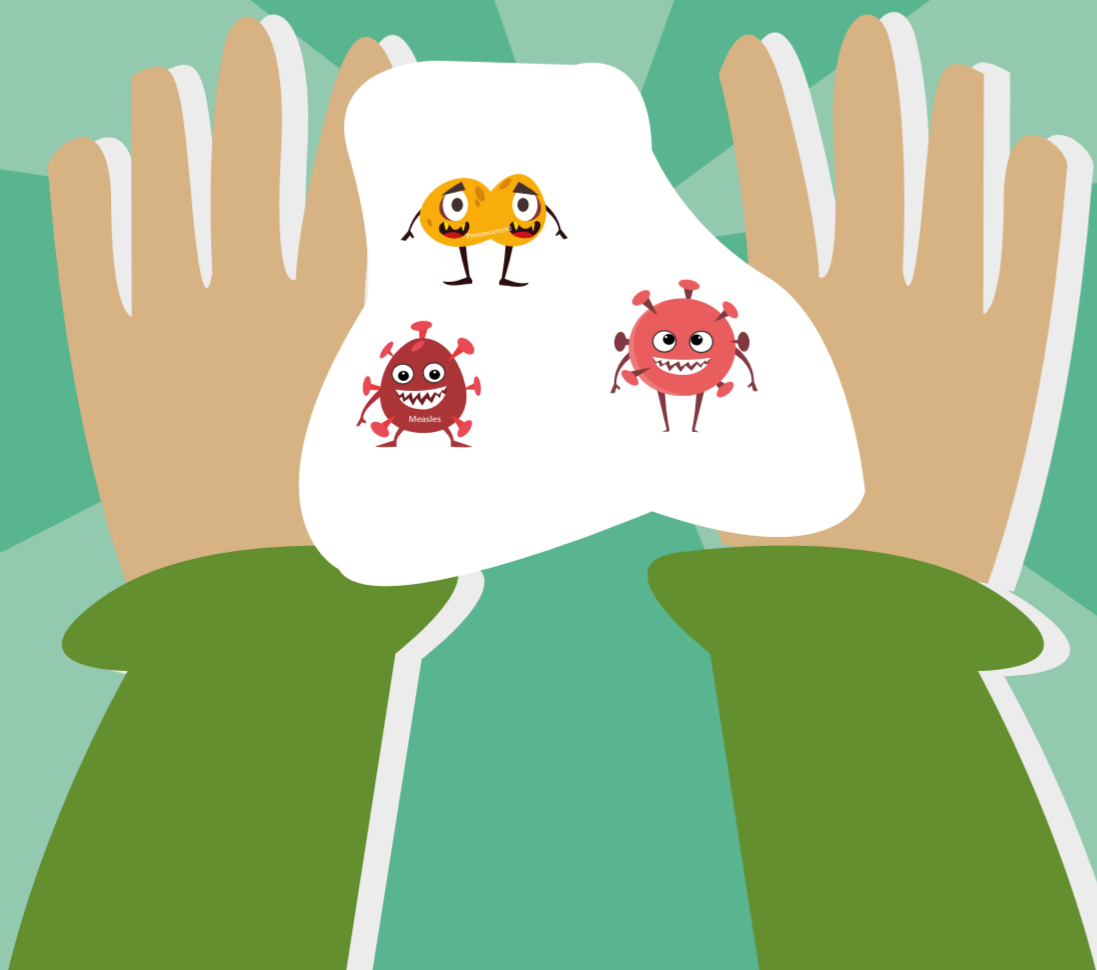
咳嗽或打噴嚏時用紙巾（或彎曲的肘部）遮住口鼻



COVER IT!
蓋住它！

*Germs can live for a few hours on a tissue!
Throw your tissue away as soon as possible.*

病菌可以在紙巾上存活數個小時！
盡快扔掉你的紙巾。



wash the germs off the hands.
洗掉手上的病菌



WASH IT!
洗手！

BIN IT!
扔進垃圾桶！



40 SEC **HAND-WASHING**

使用肥皂或 70-80% 酒精
Use soap or 70-80% alcohol hand sanitizer.

- 1 揉你的手掌
Rub your palms.
- 2 搓手背
Rub the back of hands.
- 3 搓手指間
Rub between fingers.
- 4 搓手指背
Rub between fingers.
- 5 搓拇指背
Rub back of thumb.
- 6 搓手腕
Rub wrists.
- 7 沖洗並擦掉肥皂
Rinse and rub the soap off.

擦乾淨
Wipe clean!

BEFORE 之前

- Touching your face 觸碰你的臉部
- Putting on and removing mask 戴上和摘下口罩
- Eating 進食
- Preparing food 準備食物
- Contact with people of high infection risk 與感染風險高的人接觸

AFTER 之後

- Coughing, sneezing and wiping nose 咳嗽、打噴嚏和擦鼻子
- Cleaning 清潔之後
- Touching dirty things, body fluids, animals 觸摸臟東西、體液、動物
- Touching or removing mask 觸摸或取下口罩
- Using the toilet 上廁所

Source: WHO Save Lives: Clean Your Hands in the context of COVID-19. WHO. 2020.

“ **First, wash your hands properly and often!**
第一，常常正確地清潔雙手！ ”

Do's →

該做的事



找到朝上方的一邊：
有金屬片或硬邊的一邊是上方
Find the top side,
where the metal piece
or stiff edge is



確保有顏色的一面朝外
Ensure the
colored-side faces
outwards



將金屬片或硬邊置於鼻上
Place the metal
piece or stiff edge
over your nose



遮住口鼻和下巴
Cover your
mouth, nose,
and chin



將口罩帶上臉上並調整
至兩邊不留縫隙
Adjust the mask to your
face without leaving
gaps on the side



避免觸摸口罩
Avoid touching the
mask



從耳後或頭後摘下口罩
Remove the mask from
behind the ears or
head



摘除口罩時，
使其遠離你和其他表面
Keep the mask away
from you and surfaces
while removing it



口罩使用後應立即丟棄，
最好丟進有蓋的垃圾箱中
Discard the mask
immediately after use
preferably into a closed bin



丟棄口罩後請洗手
Wash your hands
after discarding
the mask

Don'ts →

不該做的事



不要使用破損或濕掉的口罩
Do not use a ripped or
damp mask



口罩不要只戴在嘴巴或鼻上
Do not wear the mask
only over mouth or nose



不要戴寬鬆的口罩
Do not wear a loose
mask



不要觸摸口罩的表面
Do not touch
the front of
the mask



不要摘下口罩與他人交談或做
其他需要觸摸口罩的事情
Do not remove the mask to
talk to someone or do other
things that would require
touching the mask



不要將用過的口罩留在
他人可能接觸到的地方
Do not leave
your used mask
within the reach
of others



不要重複使用口罩
Do not re-use the
mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1.5m distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

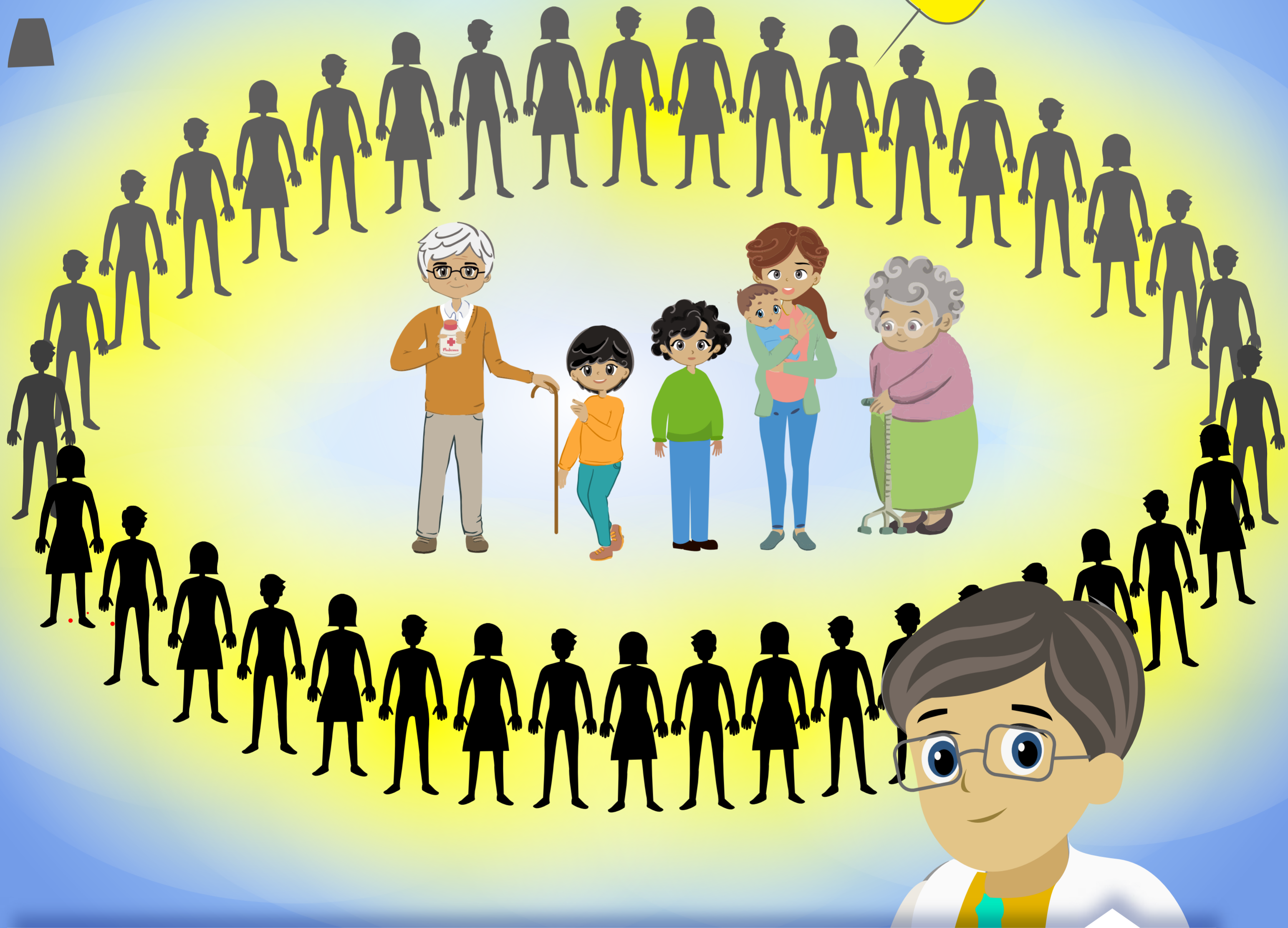
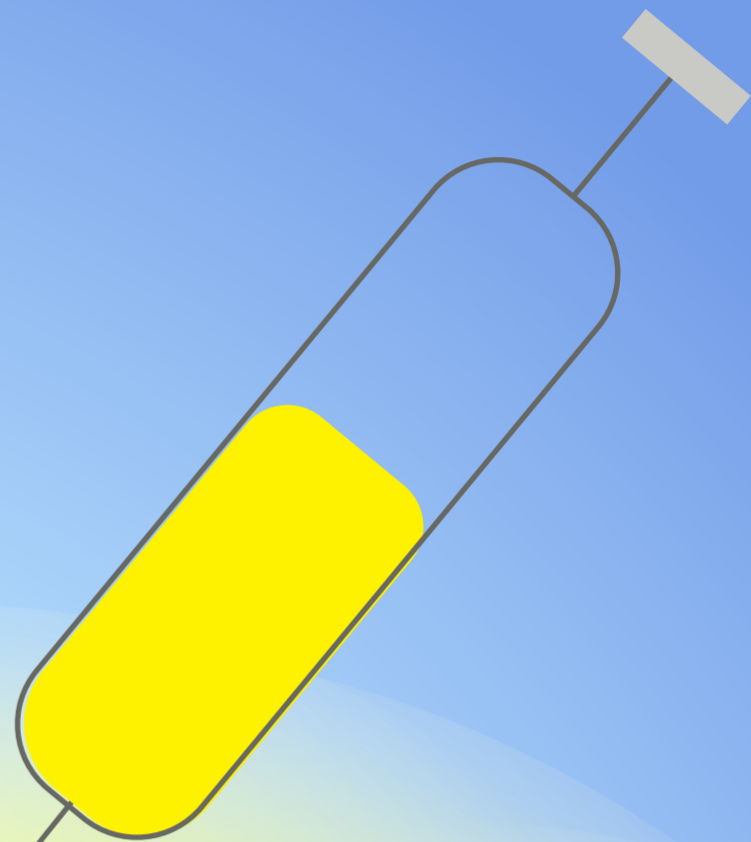
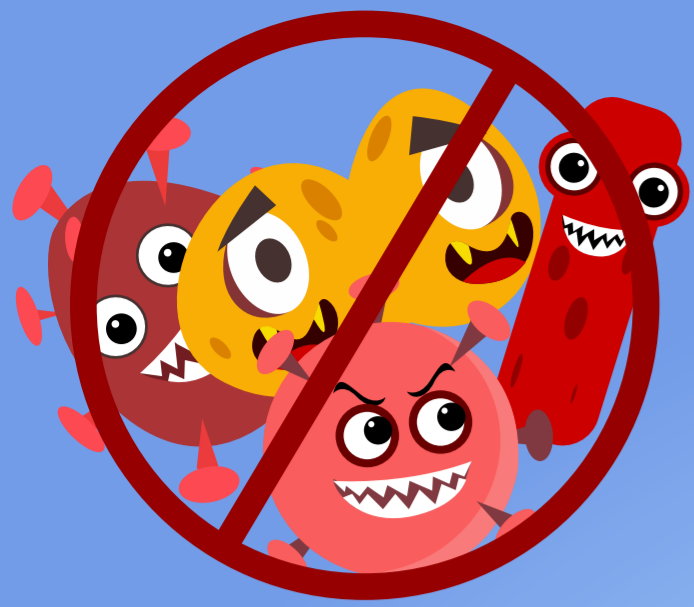
How to wear a medical mask safely.
New South Wales, Australia:
World Health Organization; 2020.
Licence: CC BY-NC-SA 3.0 IGO.
© NSW Health July 2020.

請記住，僅使用口罩並不能保護你不感染 2019冠狀病毒病。
即使戴著口罩也應與他人保持至少一米的距離，並應經常徹底洗手。

“ Wear a mask properly to block the germs from your nose and mouth!

正確佩戴口罩，防止病菌進入鼻子和嘴巴！

Source: Coronavirus disease (COVID-19): Masks. Who.int. (2022)



When most people get the vaccine, the community can be better protected from the germ. We must do our part by getting the vaccine to save the lives of people at high risk.

當大多數人接種疫苗後，就可以保護社區免受病菌感染了。我們必須盡自己的一份力，接種有效的疫苗來保護高感染風險的人和他們寶貴的生命！



Many respiratory diseases like COVID-19 infection can be prevented by vaccines. Vaccines give your body "immunity"—that means it teaches your immune system to fight germs. Even if someone still gets infected, the chance of having a serious illness after a vaccine is much lower!

很多呼吸道疾病，如 2019 新冠狀病毒，都可以通過接種疫苗來預防。疫苗讓你的身體有“免疫力”——這意味著它可以教會你的免疫系統對抗病菌。就算被感染了，接種疫苗後患有嚴重疾病的機率也會降低很多！



Every baby and child needs to get a number of childhood vaccinations.

Make sure you get them on time to prevent serious infections.

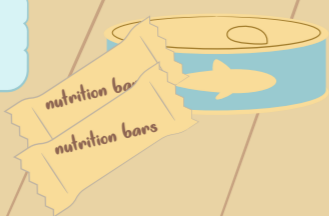
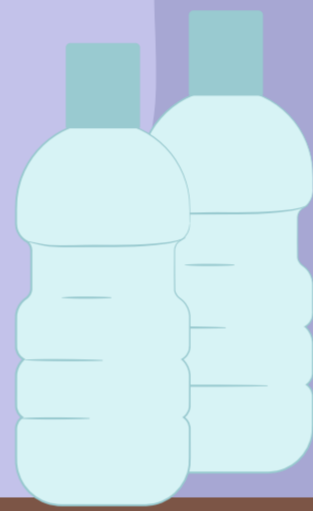
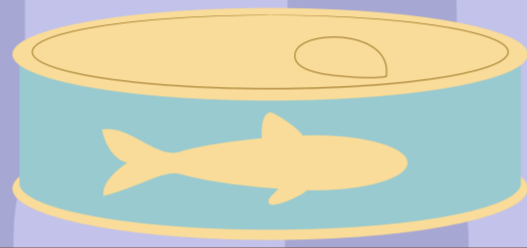
Around the world, vaccination saves 2 to 3 million children each year from deadly infections like measles, diarrhoea and respiratory infections.

每個嬰兒和兒童都需要接種兒童疫苗。

確保按時接種疫苗以防止嚴重感染。

在世界各地，疫苗接種每年可使 2 至 300 萬兒童免受麻疹、腹瀉和呼吸道感染等致命感染。

PREPARE 準備



Next PREPARE You and Your Home!
Get Ready to Fight Germs!
下一步要準備好你和你的家園！
一起跟病菌戰鬥吧！



Stay strict about preventing infections
嚴格認真地預防感染

Get up to date information from
trusted sources.
從可信來源獲取最新
信息

Avoid close contact with people who don't
live with you or have respiratory infection
避免跟不同住或患有呼吸道感染的
人有密切接觸

Emergency contact



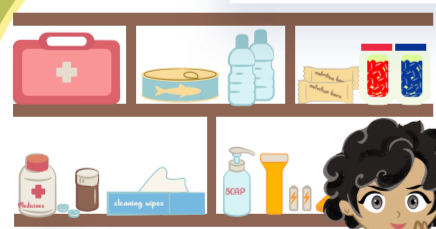
Emergency contact.
緊急聯絡人



Practice the safety plan and make sure it
works for those with high risk.
演練安全計劃，
確保高風險的人也受到保護。



Make an action plan (safety plan) -
if you or someone in your home is sick
制定行動計劃（安全計劃）如果
你或家中有人生病該怎麼辦。



Prepare things you need
to stay at home.
準備好留在家中所需
的物資



Pack a Go Bag for the hospital or isolation
準備好住院或隔離所需的物資



Look out for symptoms
of infection!
留意感染的病徵

Our Classroom and Home are READY to fight the Respiratory Outbreak!



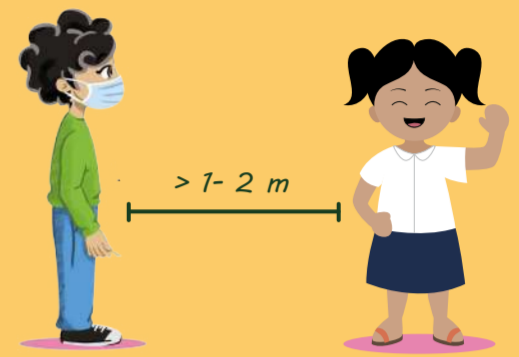
6W's



Wear a mask



Watch your distance



at least 1-2 m away

Wait for your turn to go to shared spaces



Wave. Don't shake hands or touch others



Cough or sneeze into

WHOA!



your elbow or a tissue

3 Don'ts

Don't touch your face or your mask



Don't share supplies, food or drinks

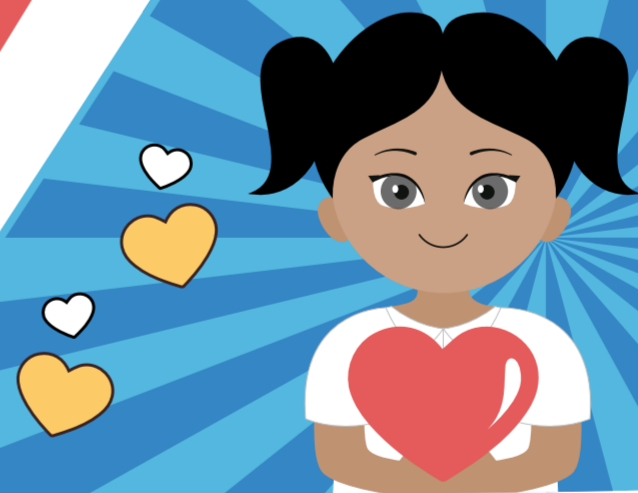


Don't go out (unless to get healthcare) if you are sick



3 Dos

to yourself and others



NEWS



Be aware of the latest news about the infection risks

Be connected to those who help you be well and safe



我們的教室和家庭 已準備好對抗呼吸系統疾病的爆發

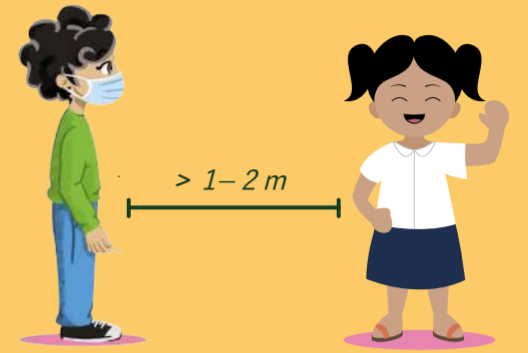
6W's



戴口罩
Wear a mask



注意你的人身距離



至少1-2米

等待輪流使用共享空間



揮手，不要握手或觸摸他人



咳嗽或打噴嚏時



用彎曲的肘部或紙巾掩住

3 不做

不要觸碰你的口罩



不要分享用品、食物或飲料



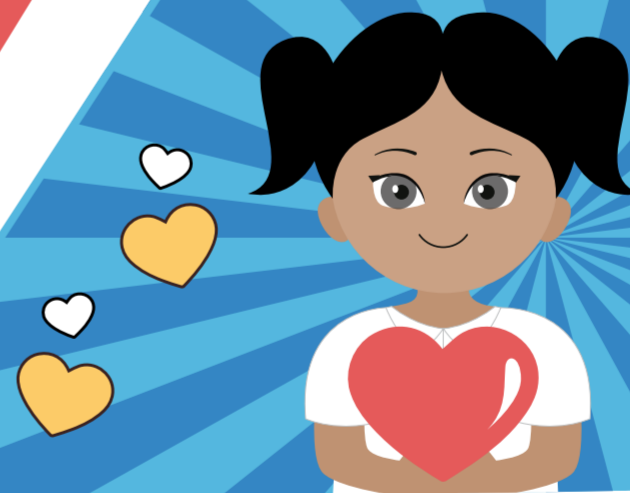
如果你生病了，請不要外出
(除非前往治療)



3 做

善待

自己和他人



NEWS

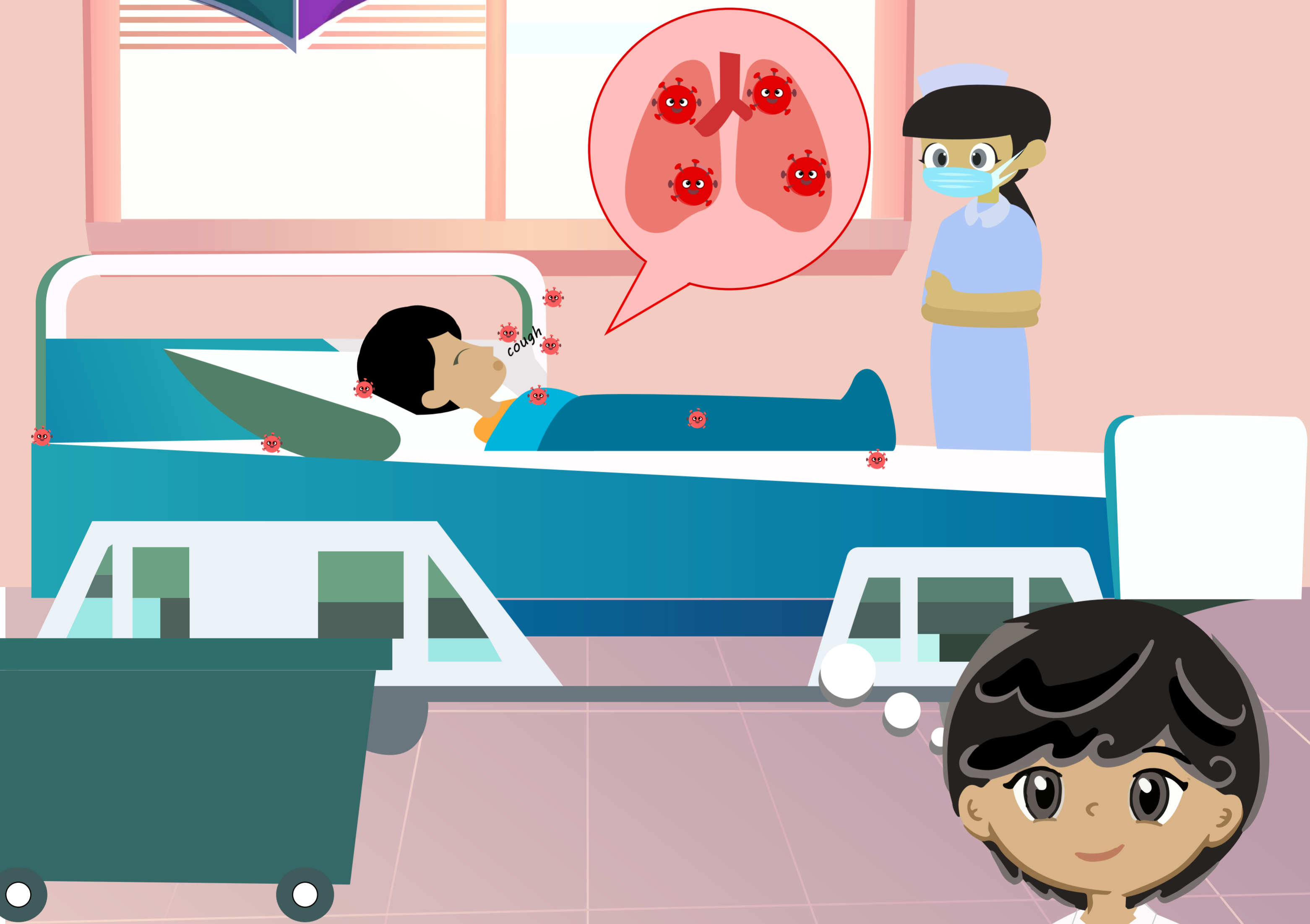
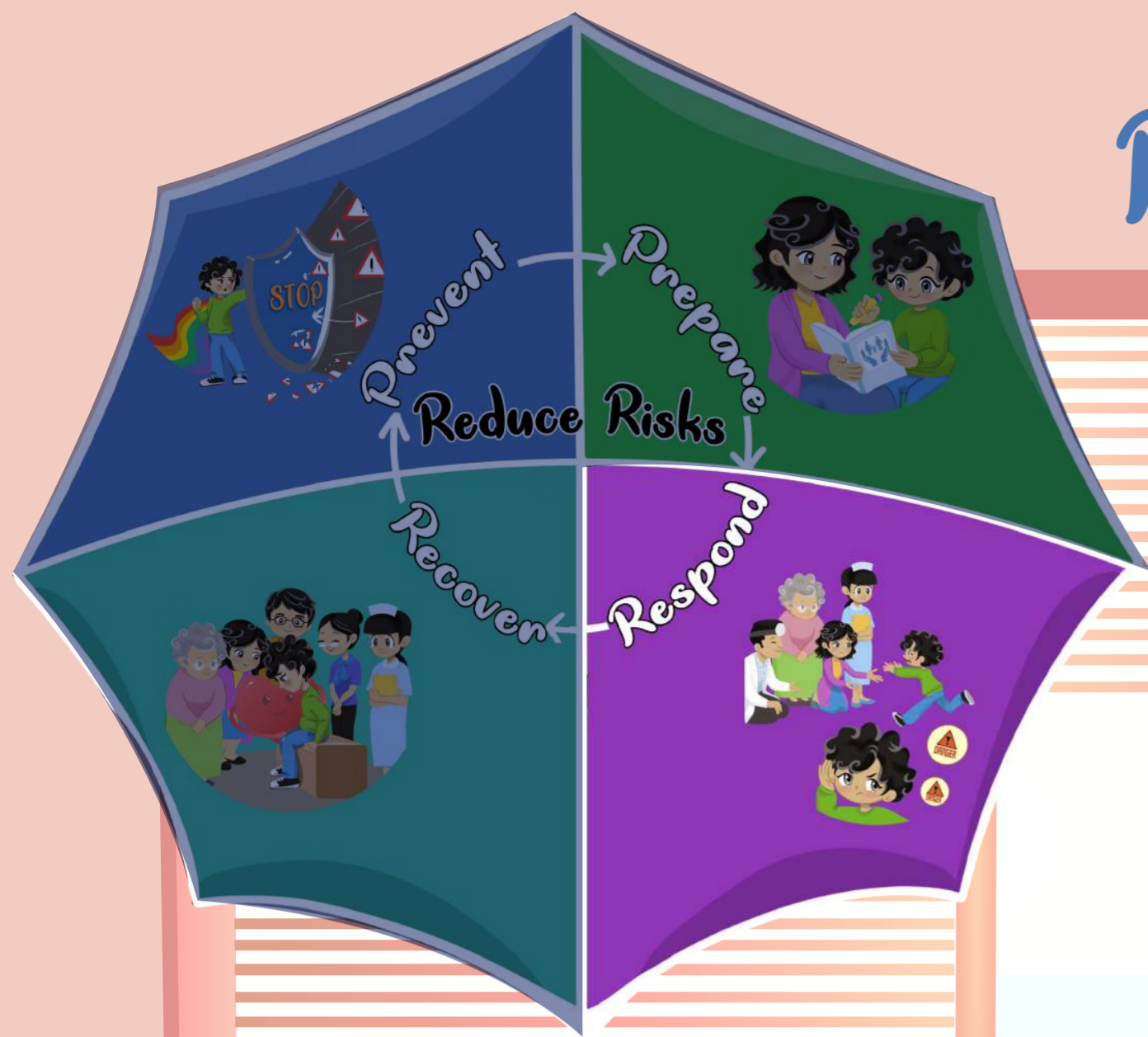


留意有關感染風險的最新消息

與幫助你身心健康和安全的人保持聯繫



RESPOND 反應



“ Even if you work really hard to fight germs, we all get sick sometimes.

Don't be scared. There are a lot of things that you, the doctors and nurses can do to help you get better soon.

有時候，就算你已經非常努力地對抗病菌，還是會生病的。不要害怕。你、醫生和護士，都有很多方法來幫你盡快康復的。

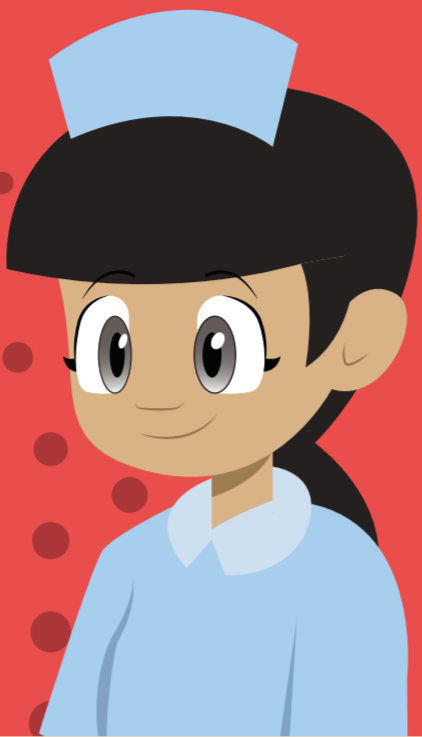
”

Respond early to infections



Get health care early

If you are unwell, call the health workers early, especially if you have risk factors (e.g. very young, elderly, or have chronic illness). Look out for serious warning symptoms. You will need emergency hospital care or call 999.



Watch out for serious symptoms

Drowsy / Seizure

blue lips high fever
difficulty in breathing fast heart rate
Reduced urine output low blood pressure



Take care of your mind



Wear a mask



Cough or sneeze into



your elbow or a tissue

Throw away used tissues in bins with a lid and a bag inside



Wash your hands



Avoid close physical contact



Keeping more than 2 meters away from others



more than 2 meters

Don't share personal items



Clean the shared spaces often.



Stay home

unless to get medical care

Open window and keep good air flow

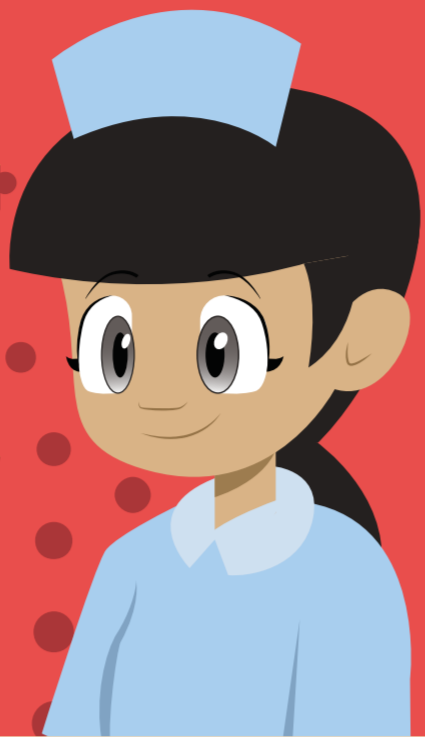


Follow doctor's or public health advice

儘早應對感染

儘早獲得治療

如你感到身體不適，儘快聯絡並獲取醫護服務，尤其如果你有高感染風險（如：年幼、年長、長期病患者）若嚴重症狀出現，立刻致電 999 並前往醫院急診室。



注意嚴重的症狀

嗜睡 / 癲癇

嘴唇發紫

呼吸困難

尿量減少

高燒

心率快

低血壓



照顧好你的思想



戴上口罩



咳嗽或打噴嚏時



用彎曲的肘部或紙巾掩住

把用過的紙巾扔進有蓋或有袋子的垃圾桶裡



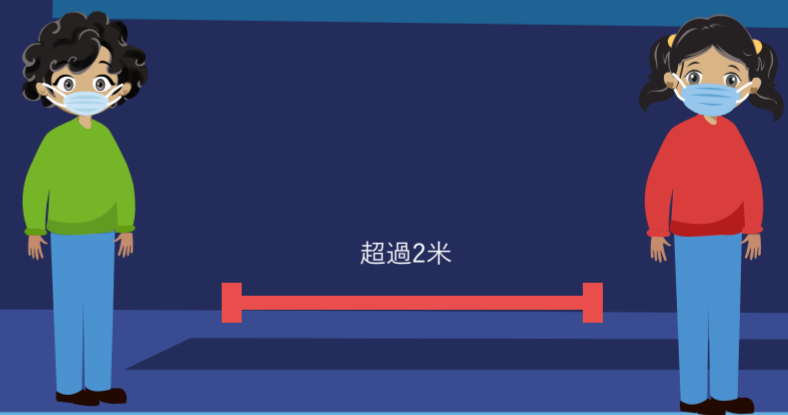
洗手



避免密切的身體接觸



與他人保持 2 米以上的距離



不要分享私人物品



經常清潔共享空間。

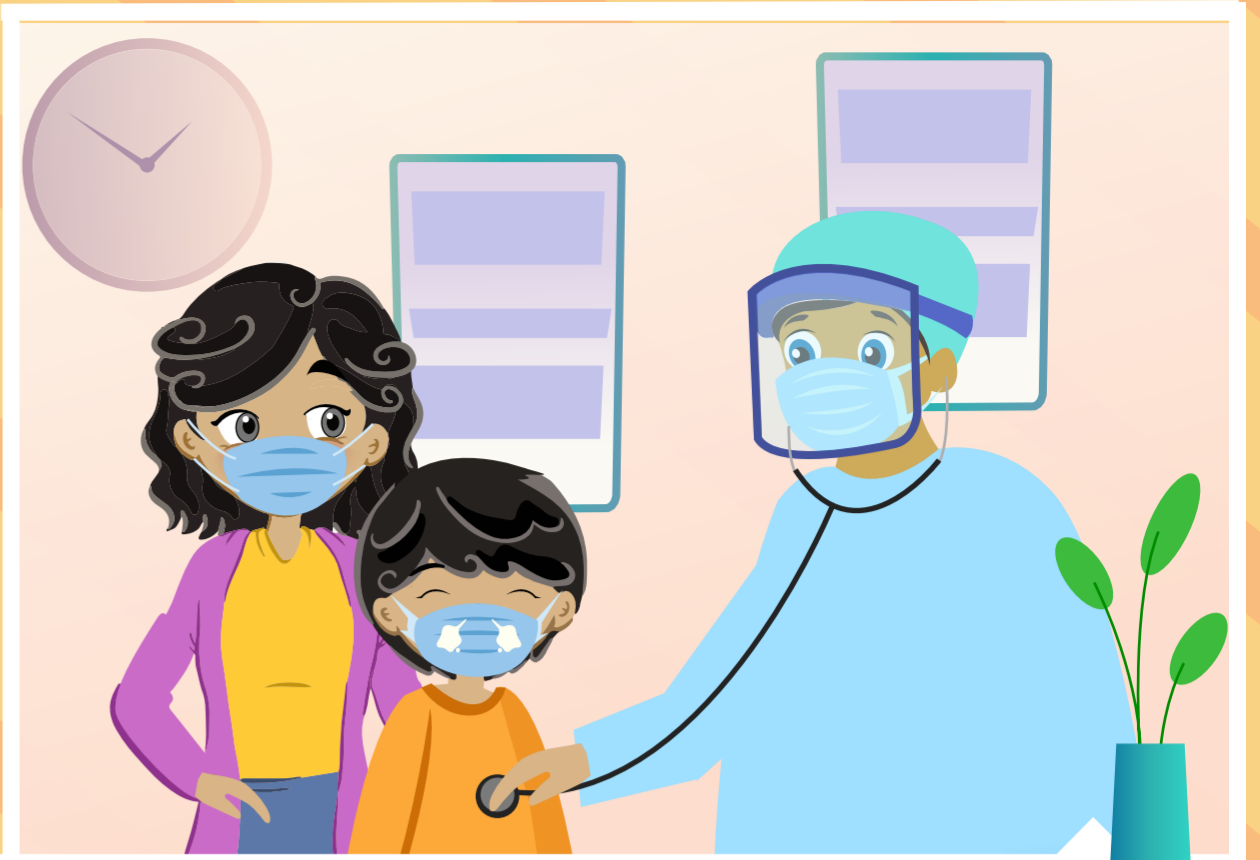


留在家中

除非前往接受治療

打開窗戶並保持良好的氣流

聽從醫生或公共衛生專員的建議

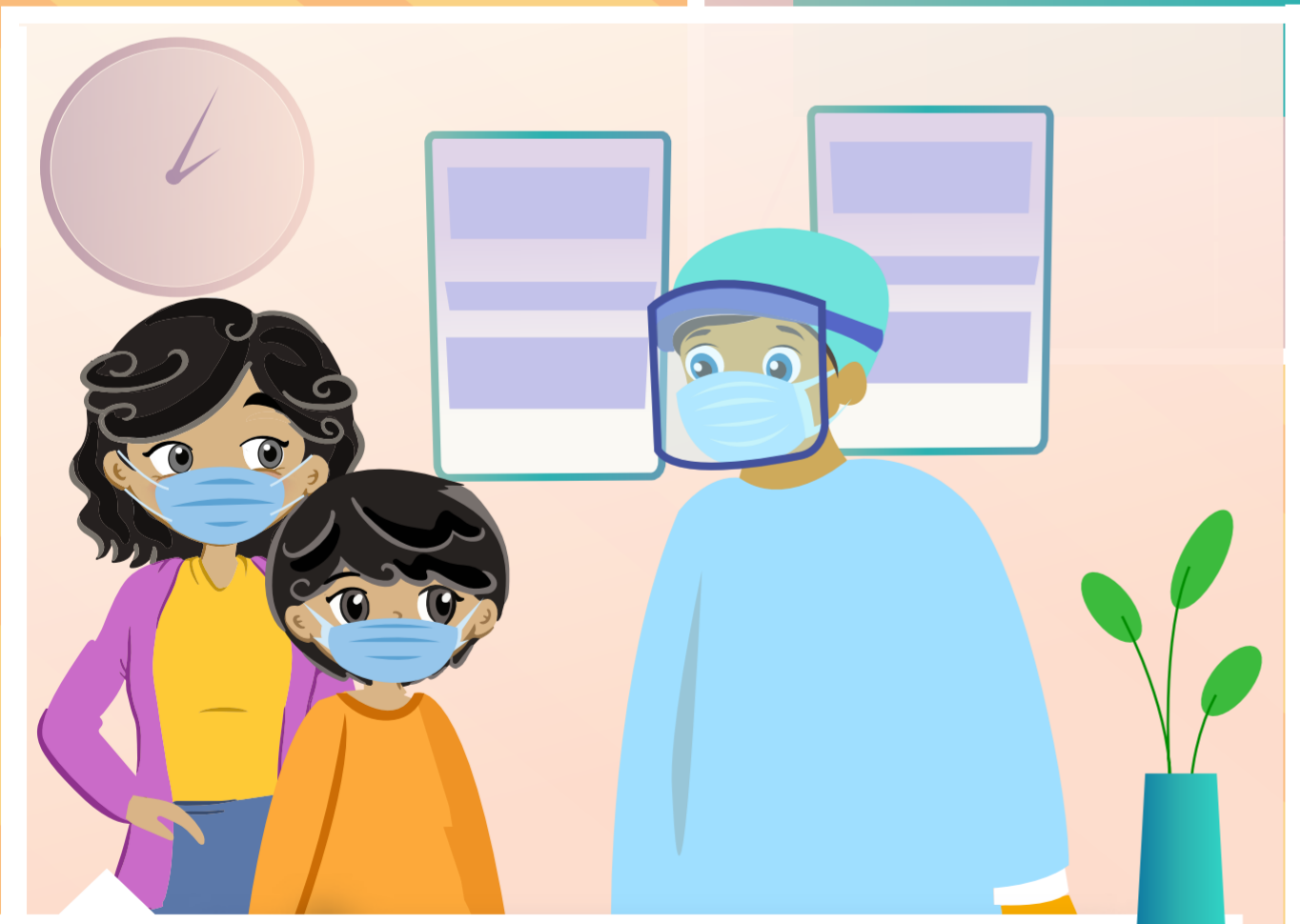


I'm glad you came early before you get more sick. When you are not feeling well, call and go to your doctor or nurse early. This can help prevent more serious health problems.

我很高興你能在病情變得嚴重之前來看病。如果感到不舒服，請致電並儘早去看醫生或護士。這可以幫助你預防更嚴重的健康問題。



"The test shows that you have COVID-19 infection. You can stay in our care center for a little while so that you get the health care that you need while preventing germs from spreading to others. It is safe there - we will take good care of you.
 檢測結果指出你感染了新冠狀病毒。你可以留在我們的護理中心接受治療，同時防止病菌傳播給其他人。你放心吧，那裡很安全的，我們會把你照顧好的。



Ok. I have to do my part in protecting my family and community from germs.

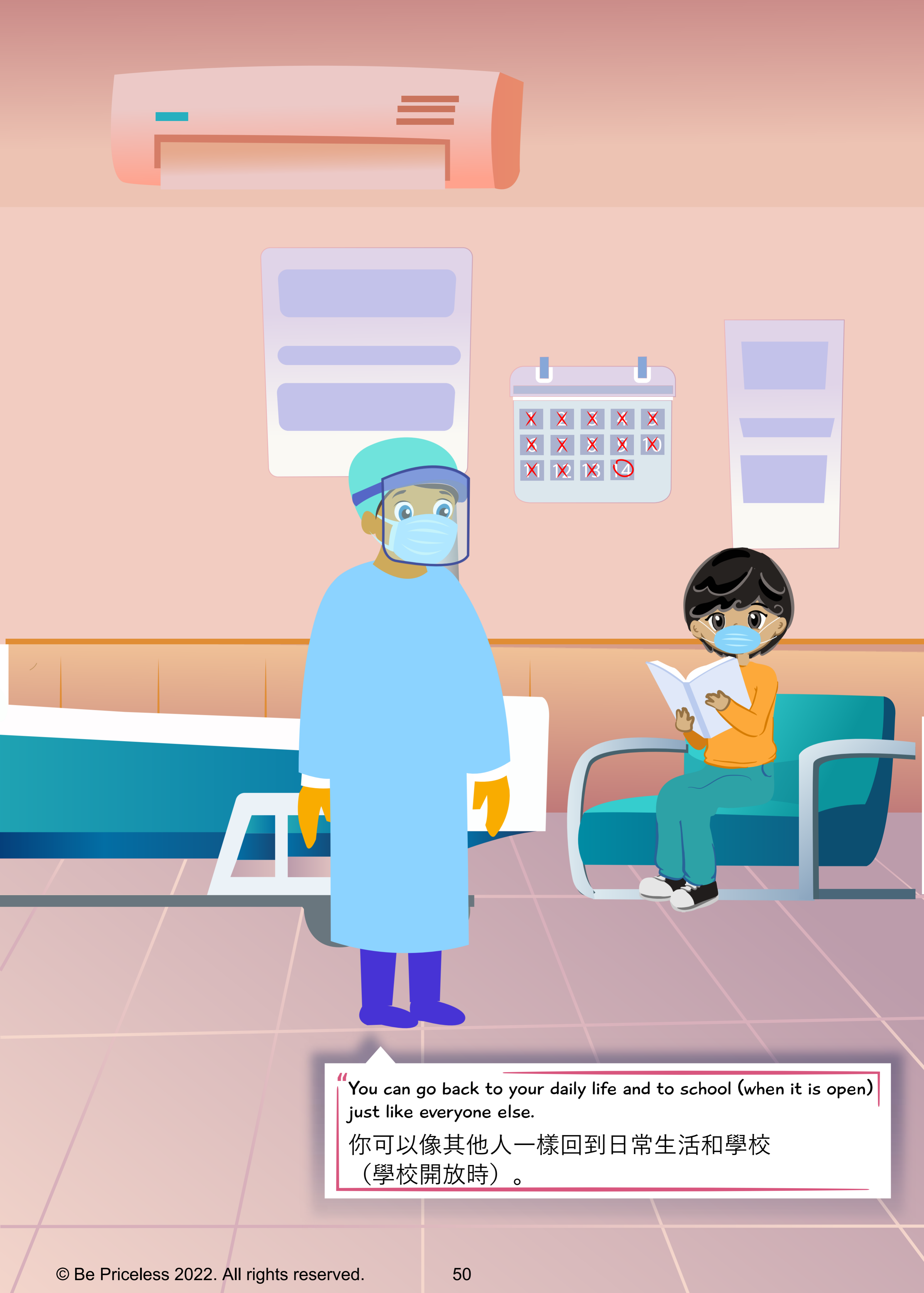
好的。我要儘自己的一份力保護我的家人和社區，讓大家都遠離病毒。



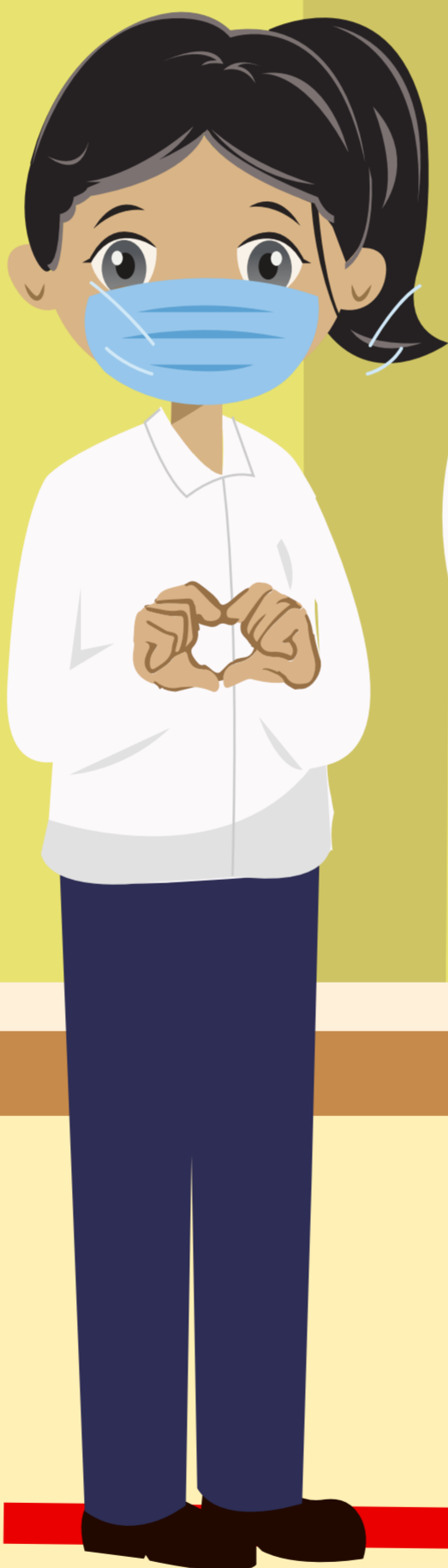
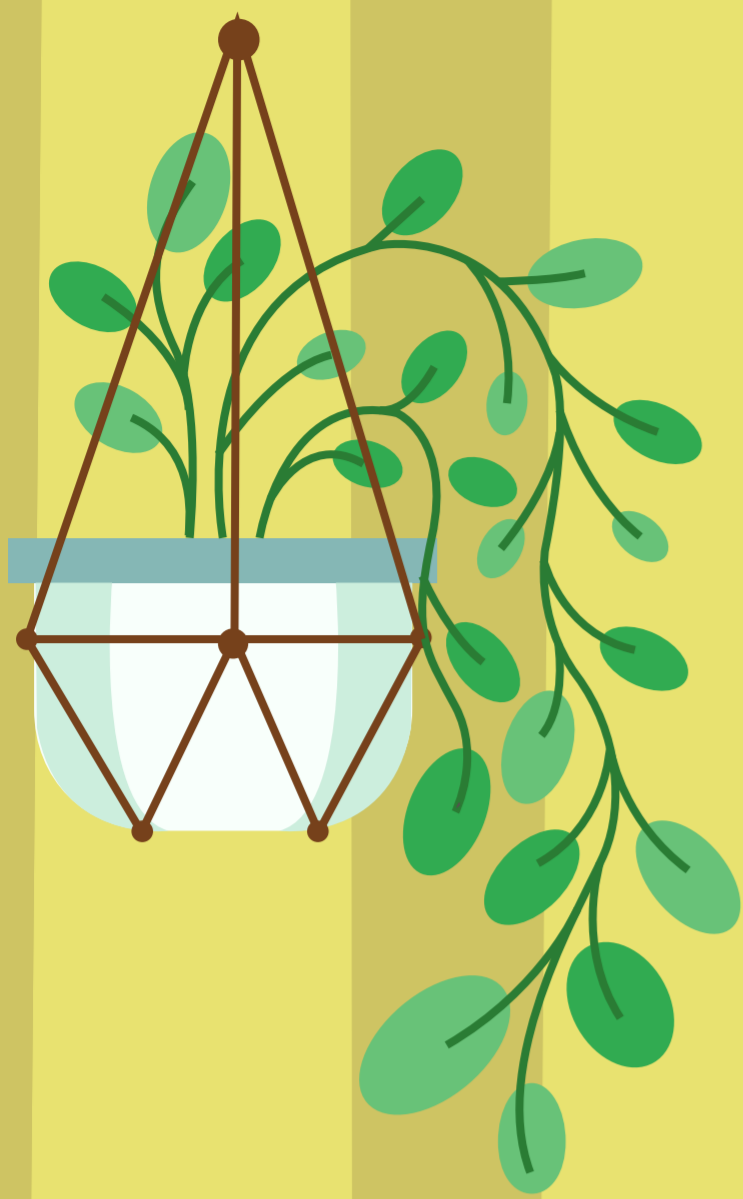
"You really are a germ fighting hero with integrity. 你確實是一個很棒的戰鬥病毒英雄！



“ The brave doctors, nurses and cleaners are working to help us. We have to protect them too by stopping the spread of germs. 勇敢的醫生、護士和清潔工正在努力地幫助我們。我們也要一起防止病菌的傳播來保護他們。 ”



“You can go back to your daily life and to school (when it is open) just like everyone else.
你可以像其他人一樣回到日常生活和學校（學校開放時）。



more than 2 meters
超過2米

more than 2 meters
超過2米

more than 2 meters
超過2米

RECOVER 恢復



“ I’m recovering well from the infection.
我已經康復了。 ”



“ How are you?
你好嗎？ ”



“ Welcome back!
歡迎回來！ ”

“
Was it boring at the hospital?
在醫院是不是覺得很無聊？
”



“
Yes, sometimes. I was grateful to get the care I needed...
but it was hard to stay happy. My mood was quite low sometimes.
有時候會。我很感恩自己能獲得治療...
但是要一直保持開心是很難的。
有時候，我的心情會低落。
”





“

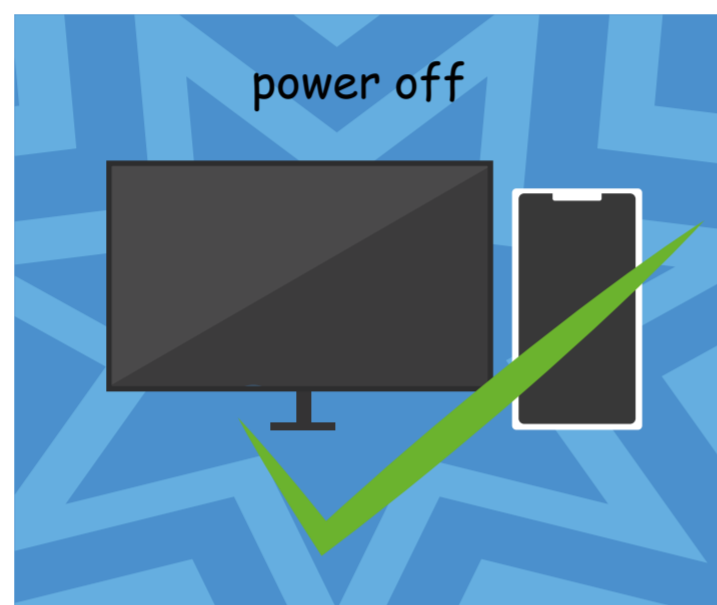
It's normal to feel down or have negative thoughts when you are unwell. There are many ways to help you feel better. Don't worry, things will be ok. You are **NOT** alone.

身體不舒服時會覺得沮喪（心情低落）或有消極想法都是很正常的。但還是會有很多方法可以幫助你心情平靜下來。不用擔心，一切都會好起來的。記得，你並不孤單。



ACTIONS FOR COPING WITH STRESS

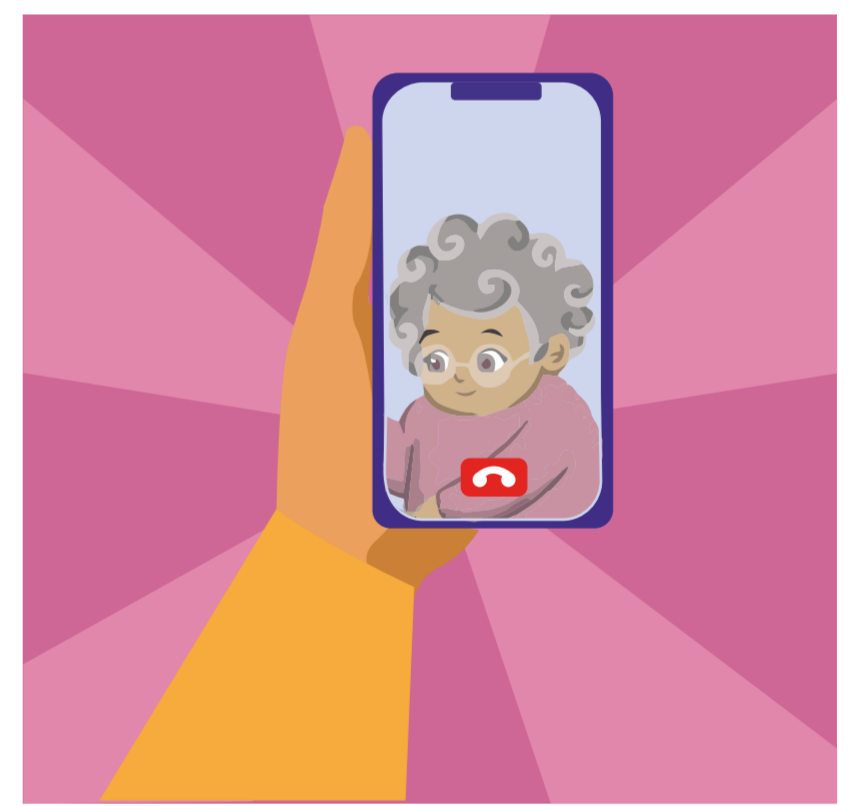
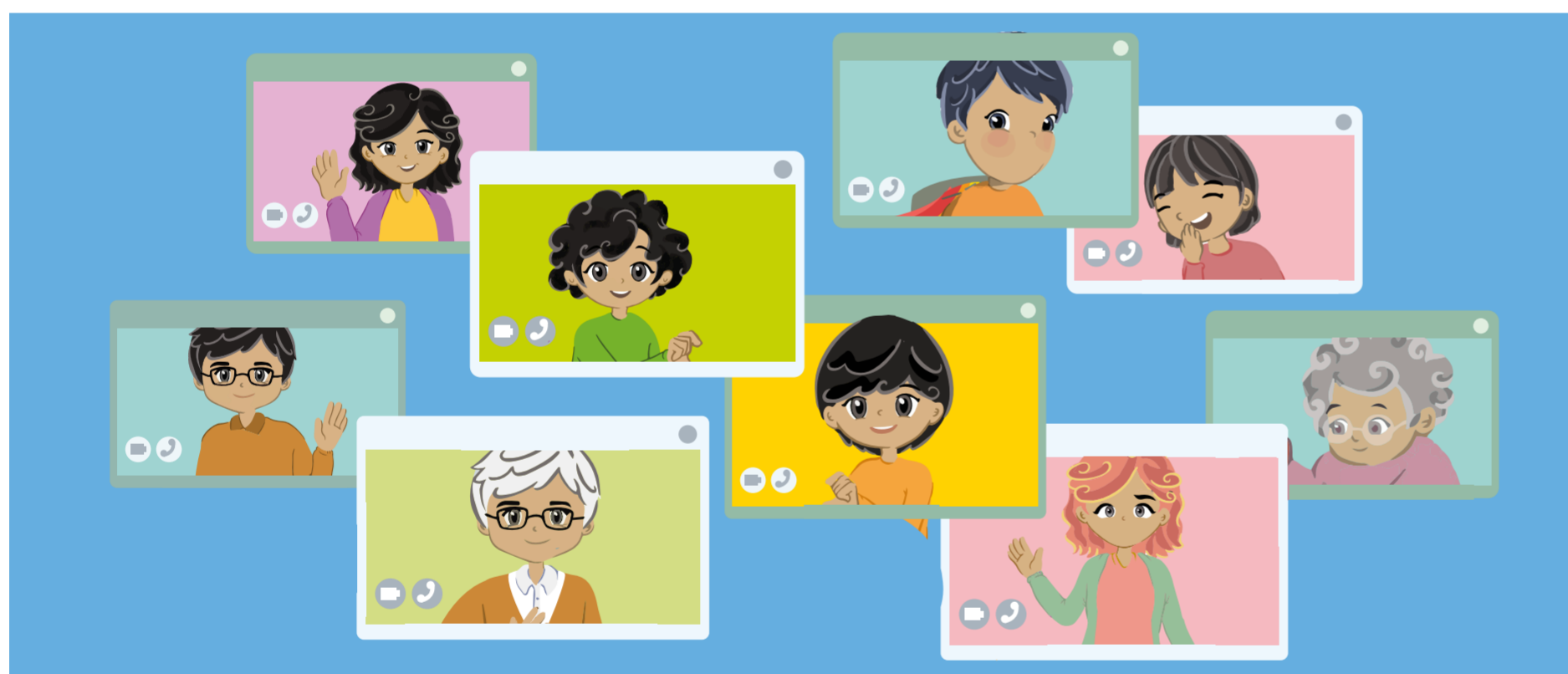
Stay informed



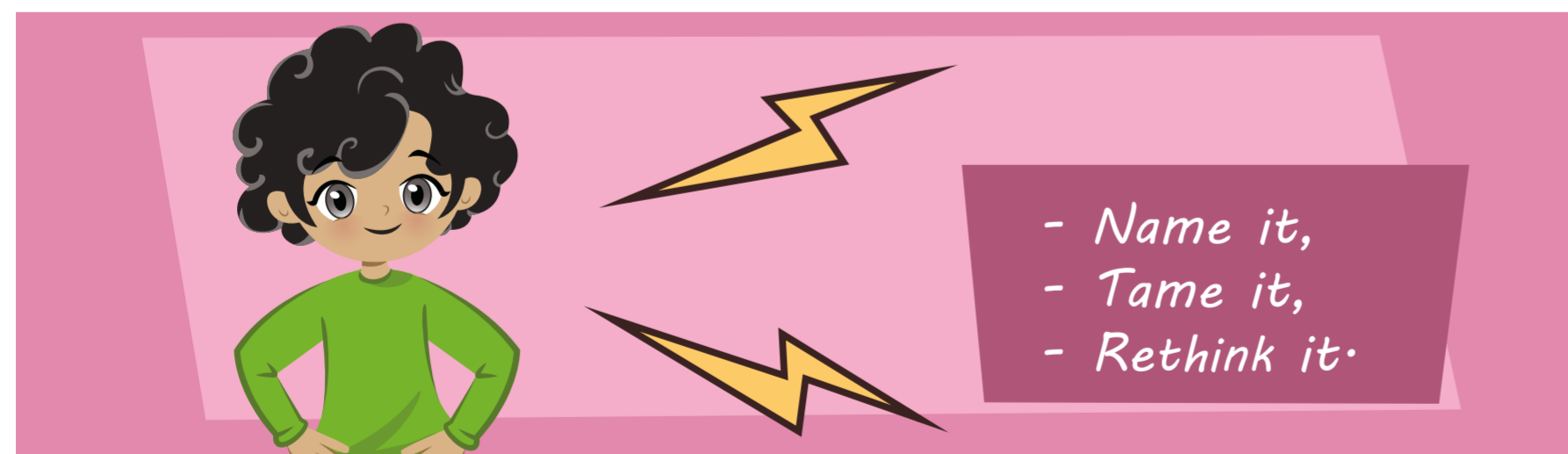
Self-care routines



Stay connected -with people who make you feel positive and supported.



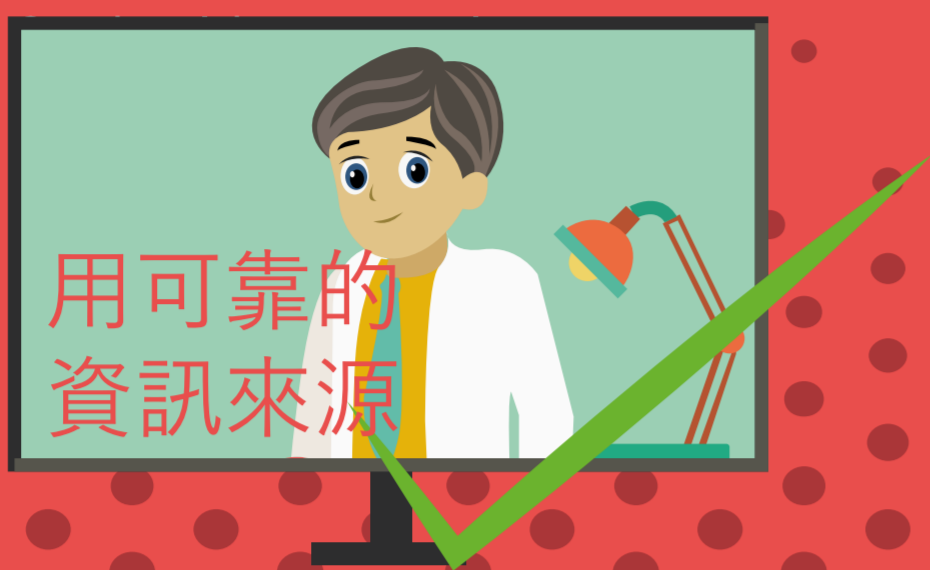
Use helpful ways to respond to stress.



應對壓力的方法



隨時了解



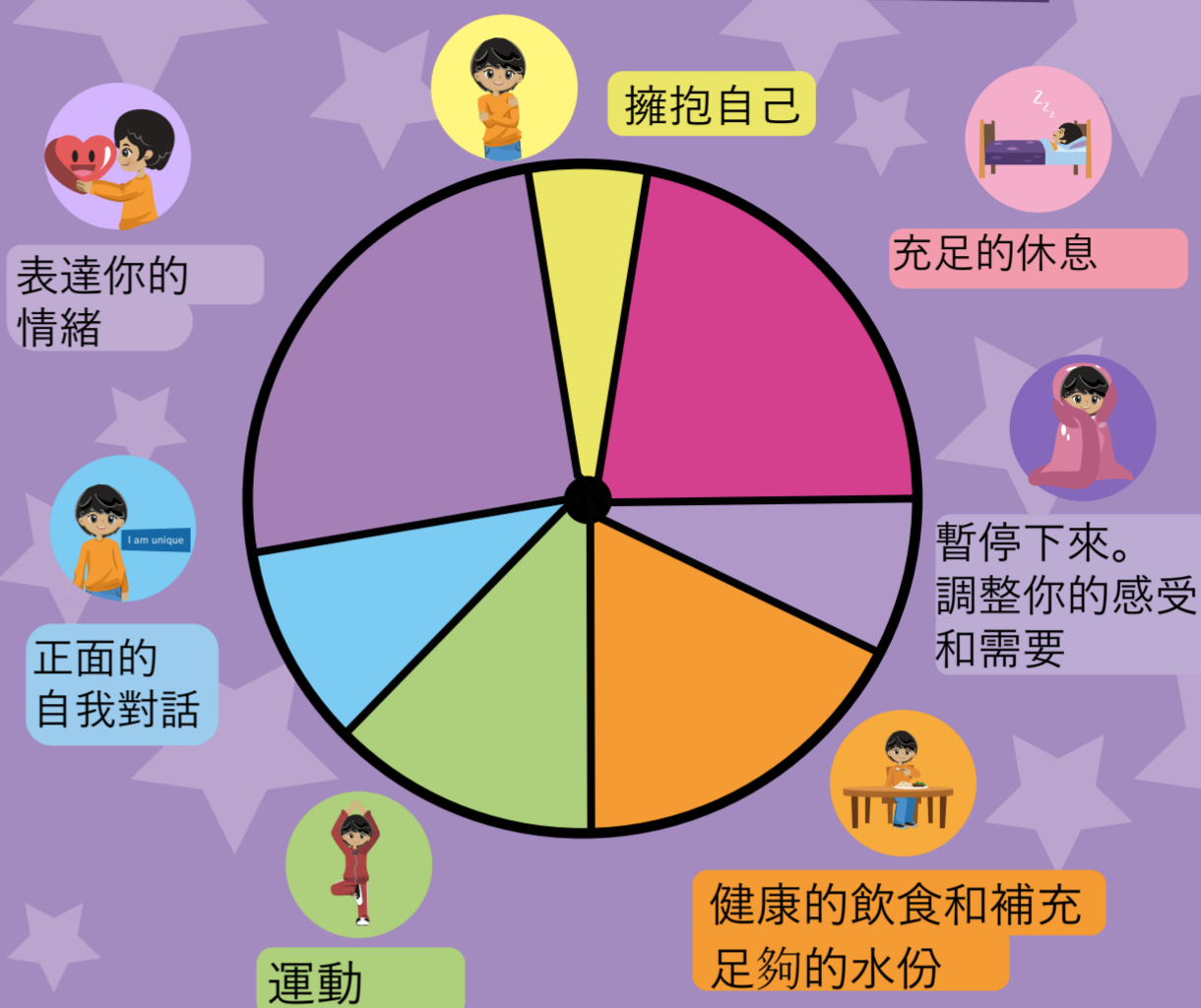
不要散播
謠言

適當使用一些電子娛樂來舒緩壓力



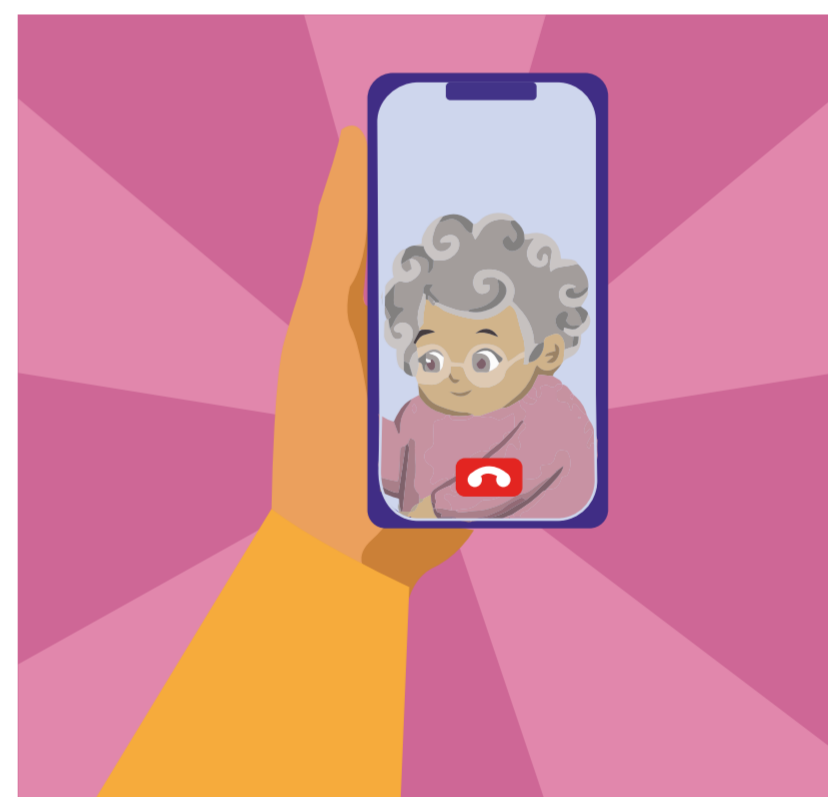
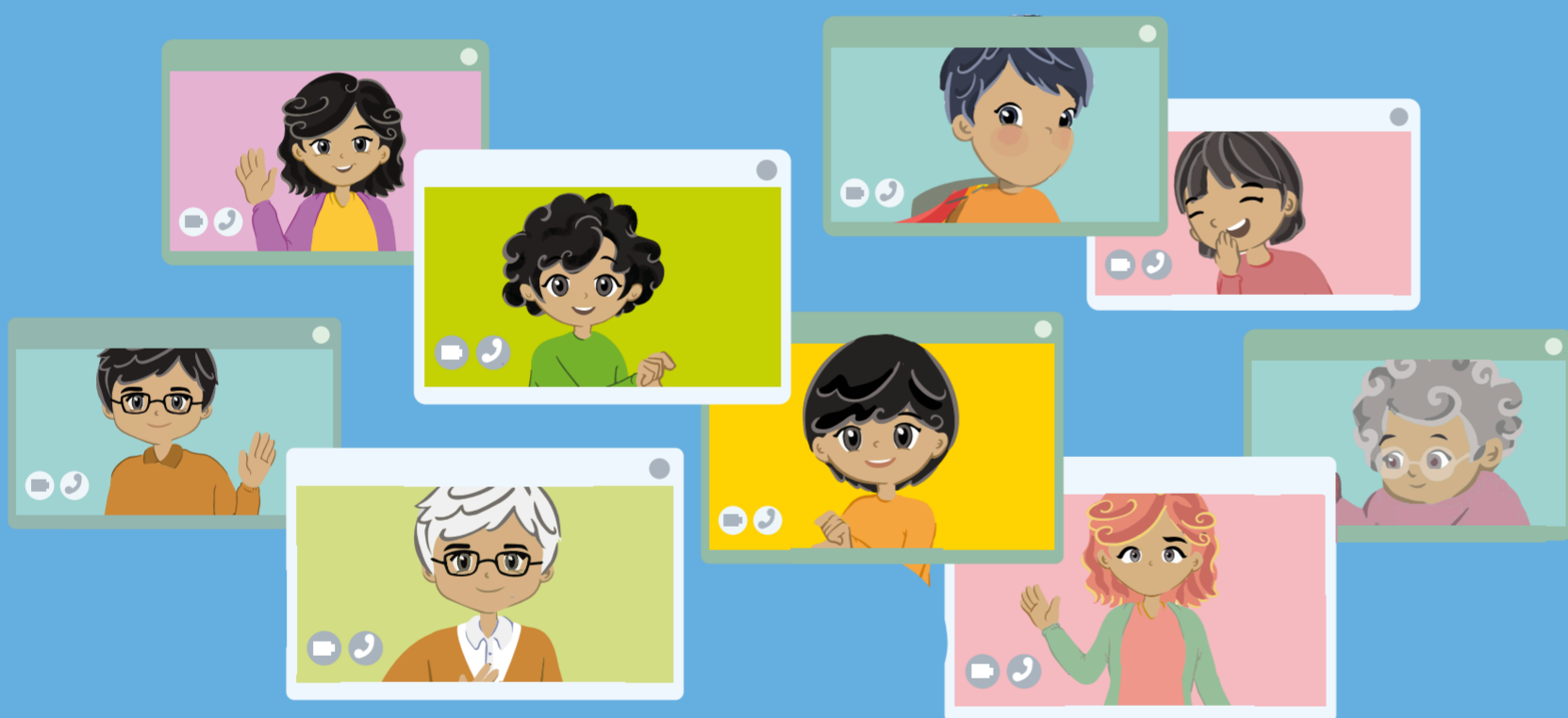
自我照顧習慣

我的自我照顧習慣



保持聯繫

與能讓你感到正面和支持你的人保持聯繫
表達愛心



用有效的方法應對壓力：



- 辨認它
- 平靜它
- 改觀它



- 跟信任的人傾訴

- 使用你的安全計劃





Willow

04:56



“ It has been hard for me and my family.
We needed support from each other.

這對我和我的家人來說都很艱難。
我們需要彼此的支持。



“ Self-care and being kind to yourself is really important.
Also ask for help if you need it.

自我照顧和對自己友善非常重要。
有需要時，你應該求助。



“ I was also worried that others would be mean to me for being infected before.

我擔心我的朋友會對我不友善...
因為我之前受到感染。

”

Germs can infect anyone! It's wrong to blame people. It's even worse to spread rumors about people or medicines and vaccines.

病菌可以感染任何人！不該責怪別人！
散佈關於別人、藥物和疫苗的謠言更加不對。

It's wrong to link COVID-19 infection with people who come from a certain country.

“把新冠狀病毒的感染和來自某個國家的人聯繫在一起是偏見－這是錯誤的。



“ **NEVER** blame anyone for having illness or special needs for their body or the mind.

永遠不要責怪任何生病或有特殊需要的人。
他們的身心需要更多的照顧。

We should all be fair. STOP UNFAIR views and actions - they spread inequity and infections. Stigma and discrimination hurt people who need care the most.

我們要公平待人。停止不公平的看法和行為-這會令不平等的情況和疫情惡化。偏見和歧視會傷害最需要照顧的人。





“Beware of signs of infections, have an action plan for what to do if you or others around you get infected.

留意受感染的症狀，建立一個行動計劃，準備你或周圍的人被感染後的應對方法。



“Let's do our part in stopping the outbreak.

我們一起盡自己的一份力防止疫情爆發吧！

“ Learn and share **TRUSTED** information about how to prevent the spread of germs!
學習並分享有關如何防止病菌傳播的可靠資訊！ ”



“ Stand together with those who need your help.
跟需要你幫助的人一起團結。 ”



Do good. Your actions and words matter!
Be kind to those who are infected or have recovered!

做善事。你的言行很重要！
善待那些受感染或已經康復的人！

”



Be a Germ Fighting Hero by caring for and protecting each other.
Let's stand together!



通過互相關懷和保護成為對抗病菌的英雄。
讓我們一起努力吧！

Disclaimer:

This product is for educational purposes only
and shall not replace the advice of health professionals or local authorities.
Always seek the advice and updated information from your local trusted sources.
Remember, knowledge is only able to protect if you turn it into helpful actions.
Be Priceless hereby disclaims all liabilities to any party for any direct, indirect or other
consequential damages arising from any use of this product.
In the event that there are any inconsistencies in the different language texts, the English
version will prevail.

免責聲明：

本產品只用於教育目的，
並不能取代衛生專業人員或你所在地區相關機構的建議
請從你所在地區獲取可信的建議和最新消息
請記住，只有將知識轉化為有用的行動，才能起到保護作用。
Be Priceless因此不會對任何一方因使用本產品而引起的任何直接、
間接或其他後果性損害承擔任何責任。
若內容的翻譯有任何差異，請以英文版本為準。



Remember that you are Priceless and Limitless
請記住你是無價和無限的！

