

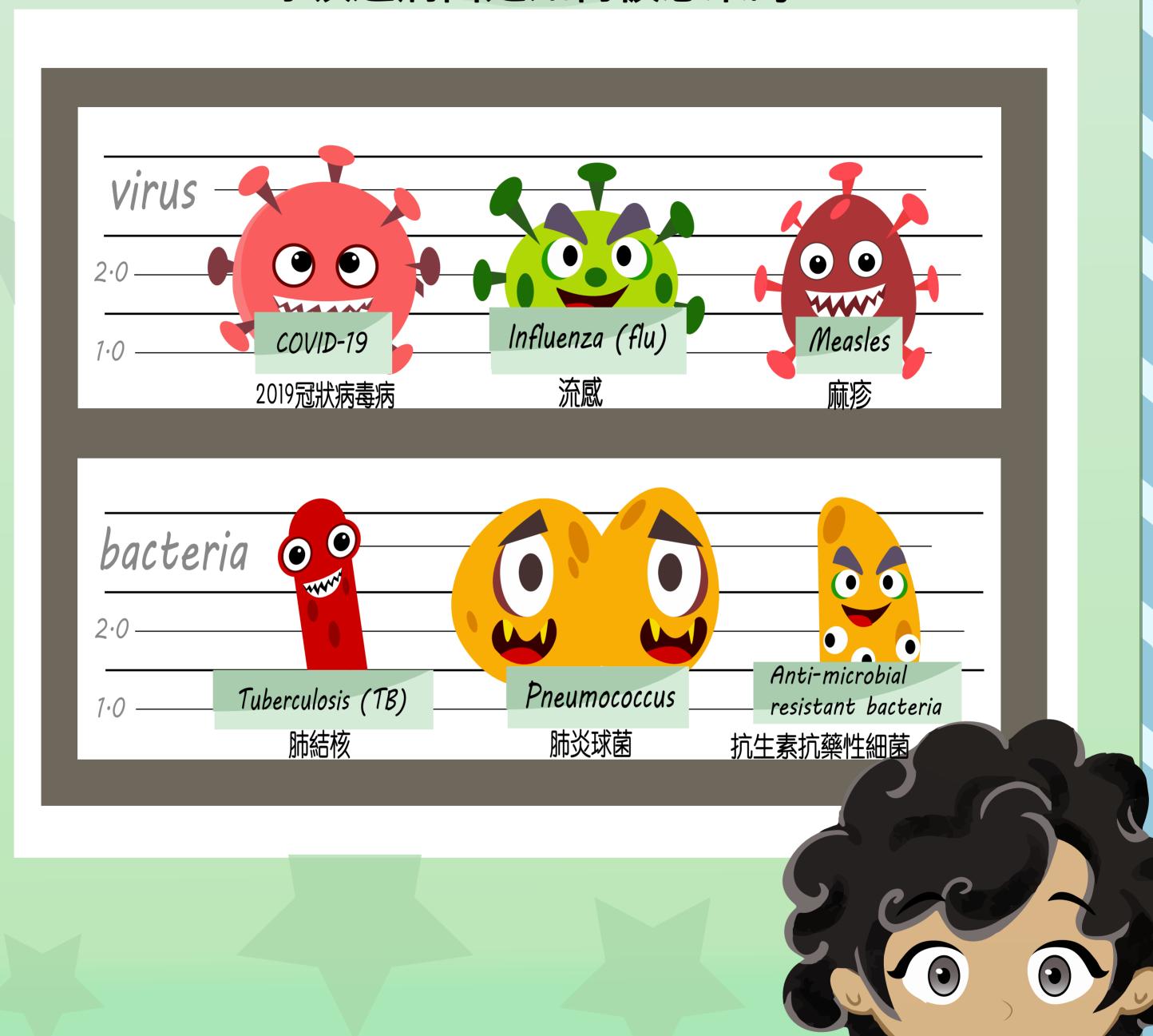


Germs are like tiny living things that live on you and in your environment. Most of the time, germs don't cause any problems.

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?

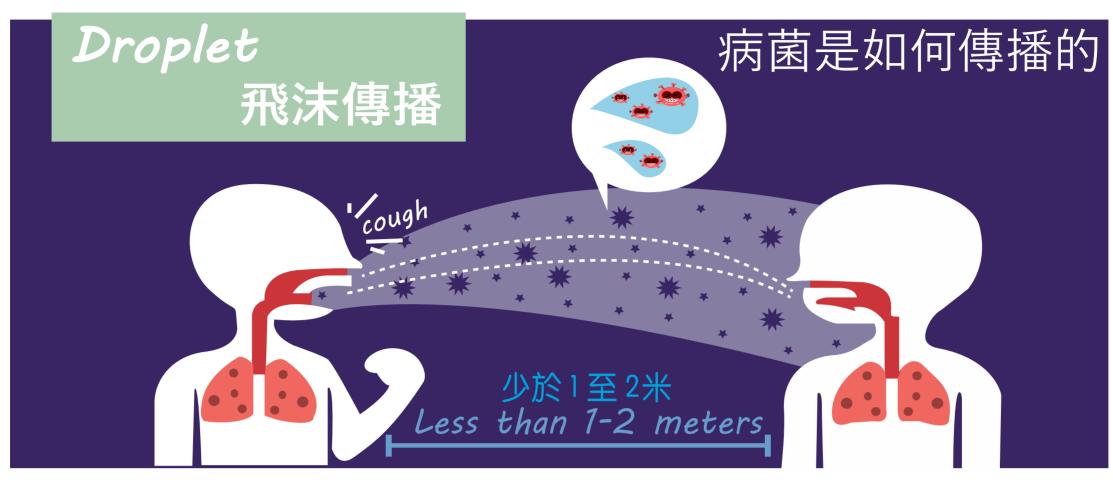
呼吸道病菌是如何被感染的?

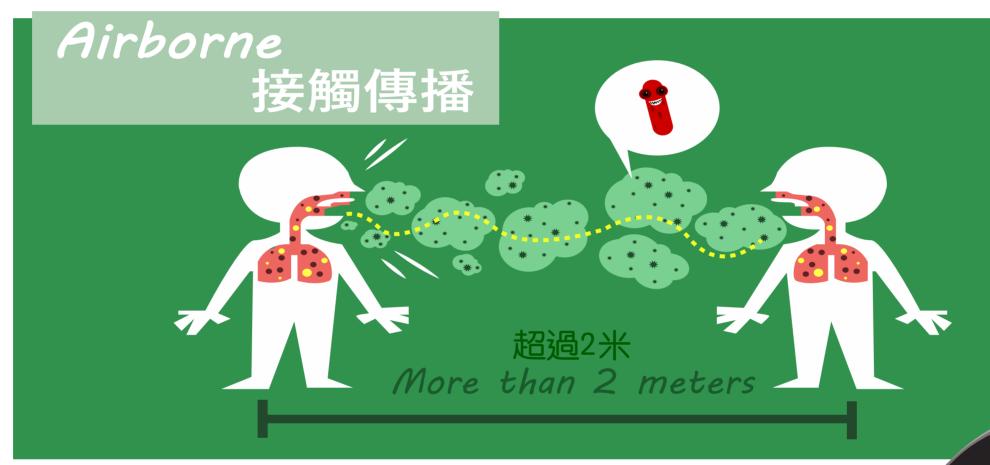


There are some BAD germs that can cause respiratory infections.

有一些病菌會引起呼吸道感染。

HOW DO GERMS SPREAD?





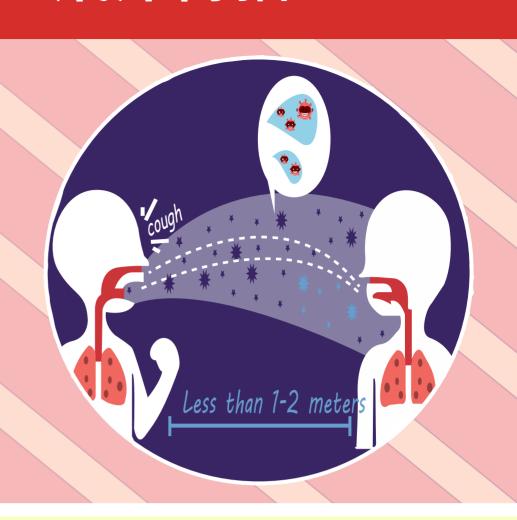


There are 3 common ways for respiratory germs to spread from one person to another.

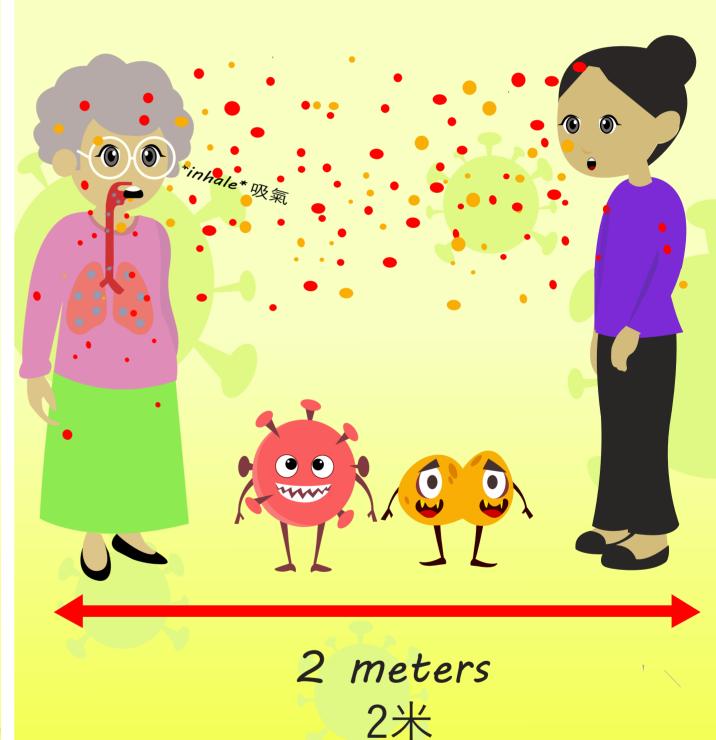
呼吸道病菌從一個人傳播到另一個人身上, 是有3種常見的傳播途徑的。

2 meters 2米

7·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

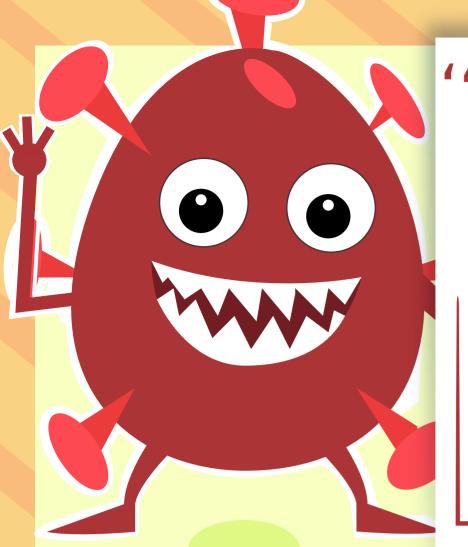
當一個人咳嗽、打噴嚏、大叫或吐口水時當一個 人咳嗽、打噴嚏、大叫或吐口水時,他們的嘴巴 和鼻子流出的液體就會變成飛沫。





The 2nd way germs spread is through CONTACT. 細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。

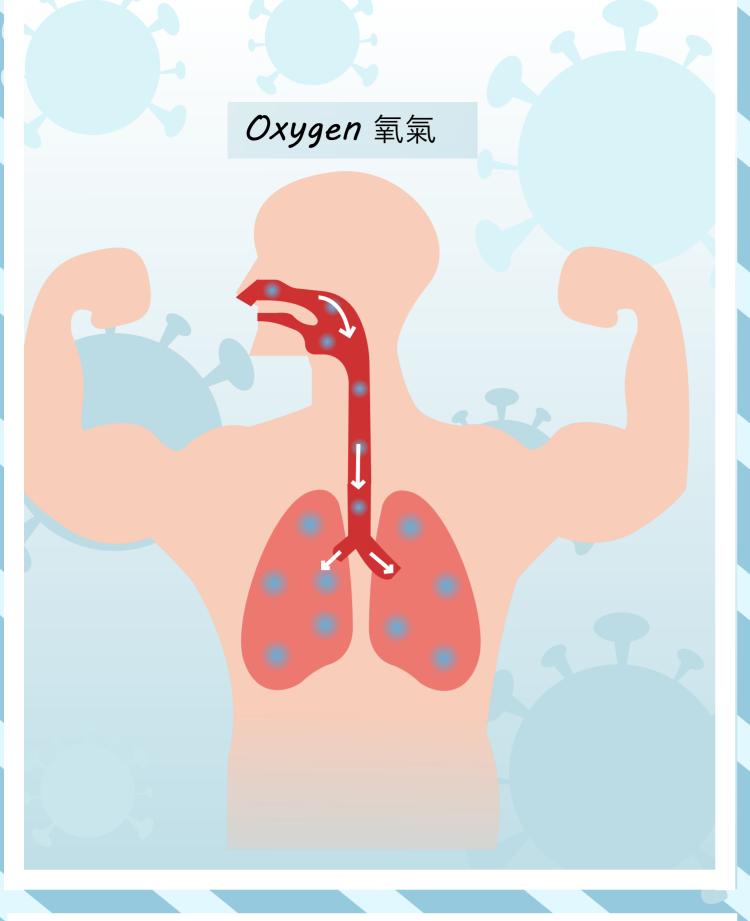
3-AIRBORNE 空氣傳播 More than 2 meters

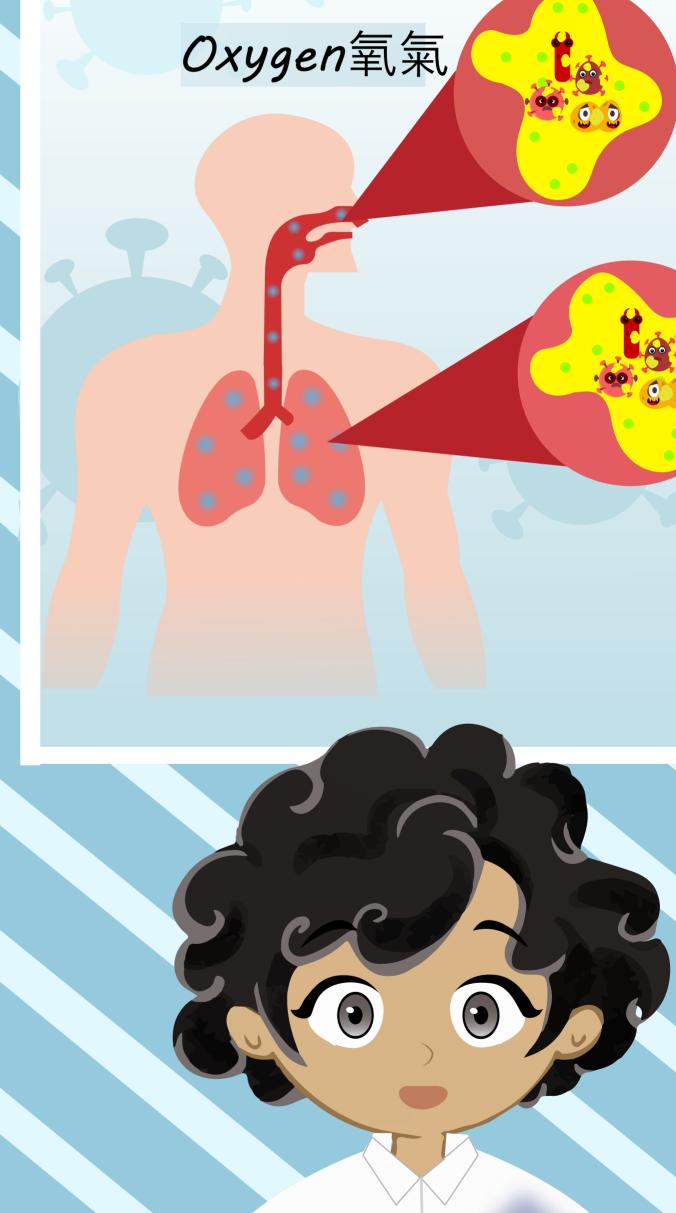
In some situations, the virus causing COVID-19 can also spread to more than 2 meters, especially when...

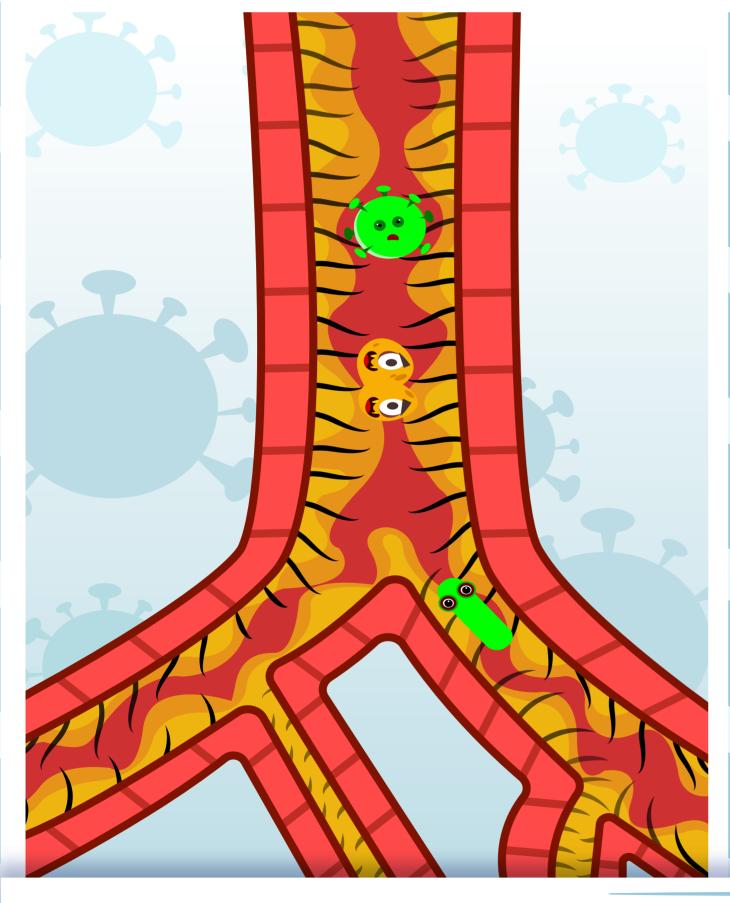
- 1. The person infected is breathing out strongly (eg. exercising, shouting)
- 2. The airflow is poor (e.g. closed windows)
- 3. The contact lasts a long time (eg. more than 15 minutes)

新冠狀病毒可以在某情況下可以傳播至 2 米或以上的距離,包括:

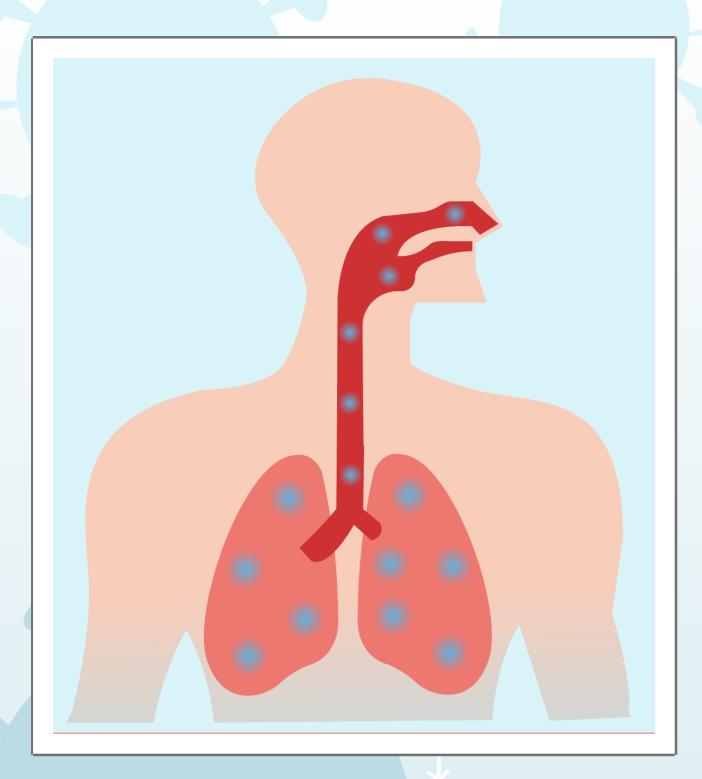
- 1. 受感染的人士正在用力呼吸 (如:運動、大喊)
- 2. 空氣流通差(如:關閉窗戶)
- 3. 長時間接觸被感染人士(如:多於 15 分鐘的接觸)
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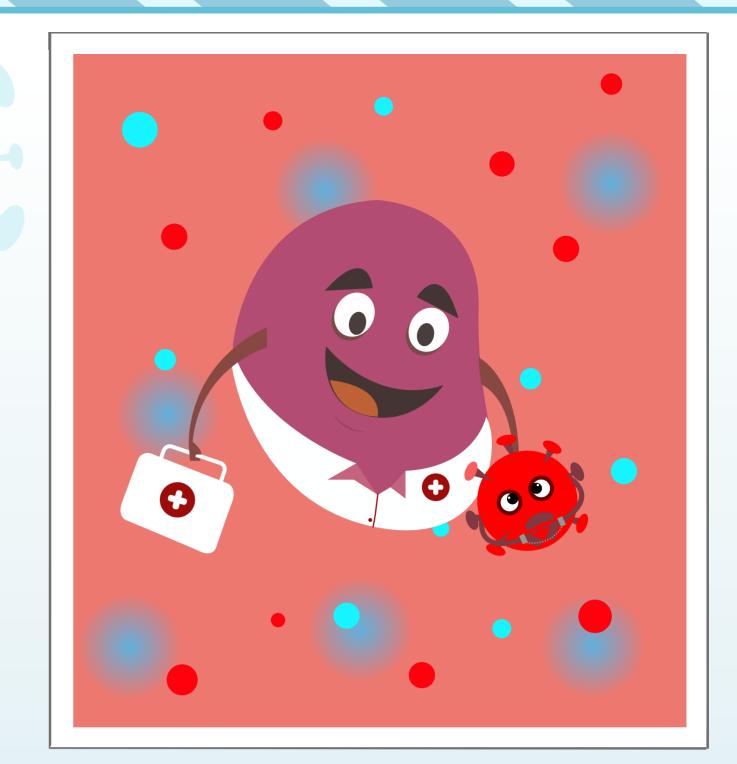


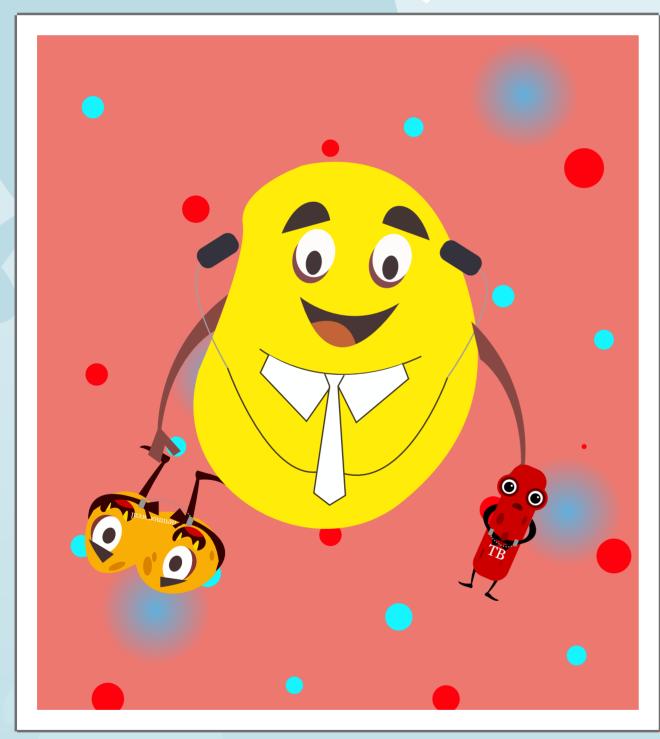




As you breathe in, oxygen is drawn into your nose, mouth, lungs and body giving you energy. But bad germs can also try to get into your body. 呼吸時,氧氣會進入鼻子、嘴、肺和身體,從而為你提供能量。但是病菌也可能會試圖進入你的體內。



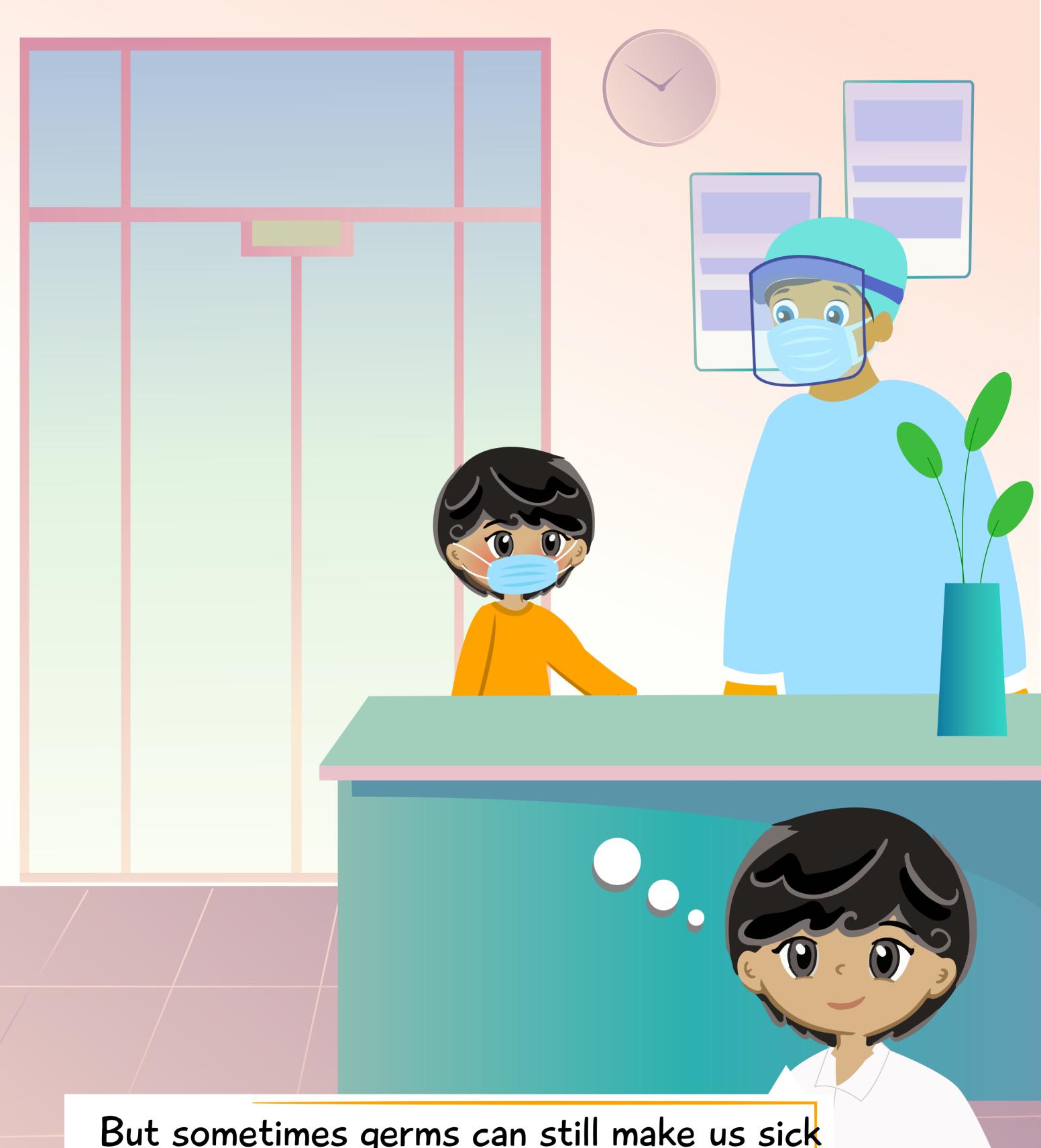






Your body is powerful at fighting off many germs! The hairs and mucus in your breathing system trap germs and your immune system fights off the ones who get into your body.

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

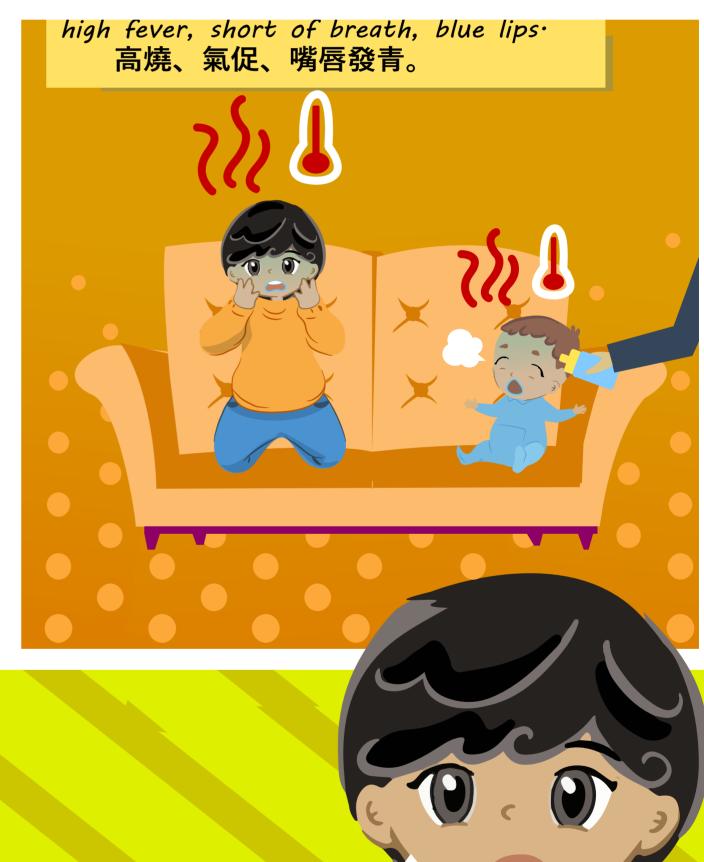
但有時候病菌依然會讓我們生病

一這就是感染。





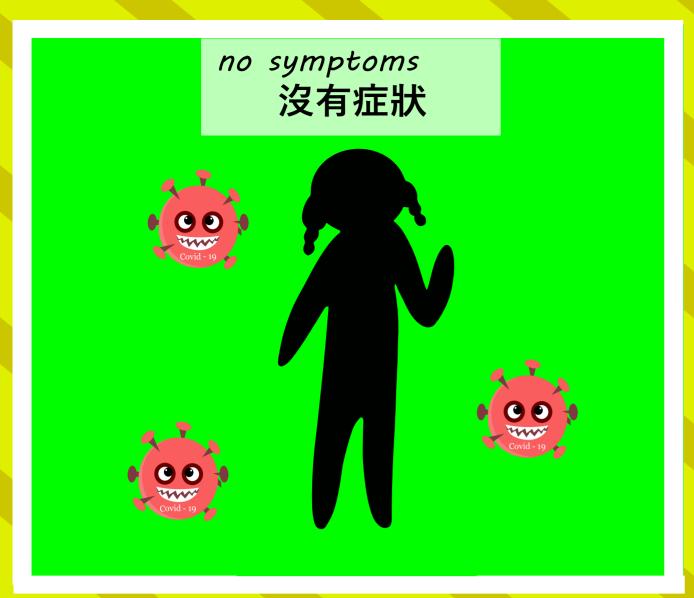


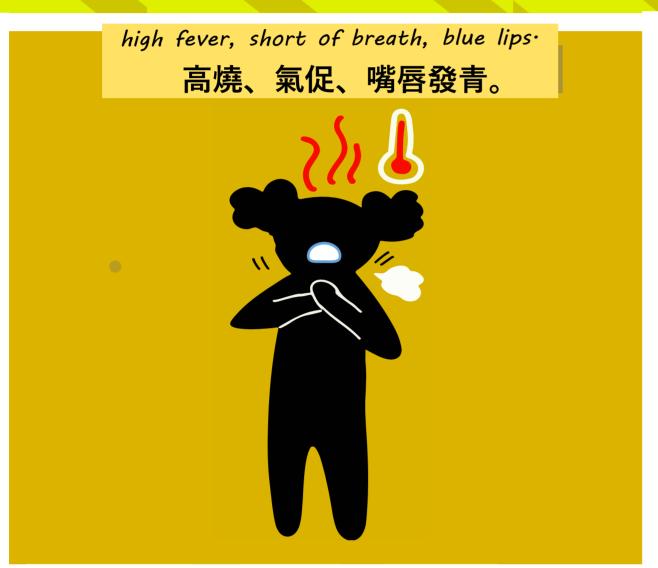


You may have fever, chills, body aches, cough, difficulty breathing, or other symptoms like diarrhoea and rash. For COVID-19 infection, some people also have a loss of the senses of smell or taste.

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。

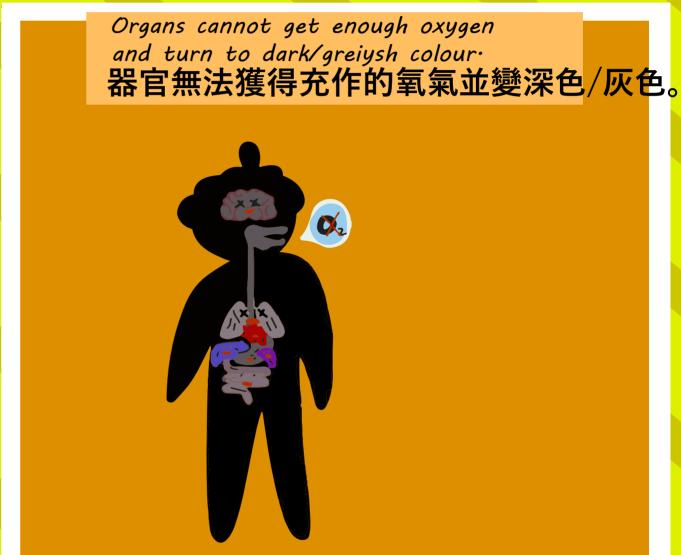
有些感染了新冠狀病毒的人會失去嗅覺或味覺。













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!

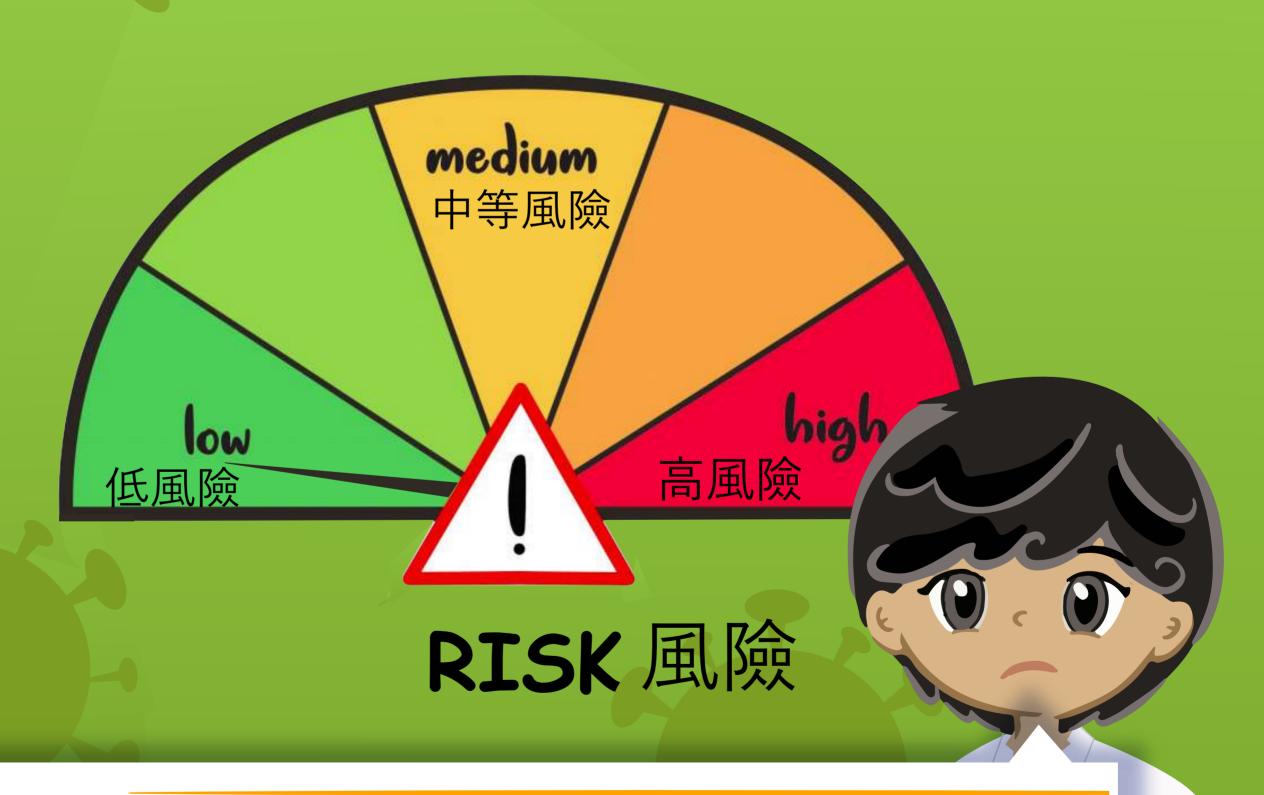
巴利威沙的人自興出記和新西

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 OOT No Risk!!! 低風險不代表沒風險!



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!



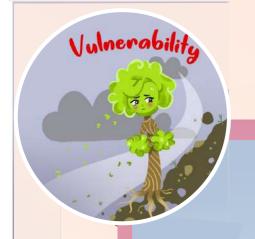


prevent infections can grow your capacity to face the infection risk!

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!



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Pregnant women. 孕婦



People who already have health problems. 長期病患者



Older people. 老人



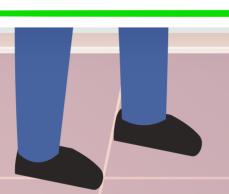
Babies and young children. 嬰兒和兒童



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細菌。

例如醫生、護士、清潔工等,

他們都是幫助照顧社區的人。

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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.

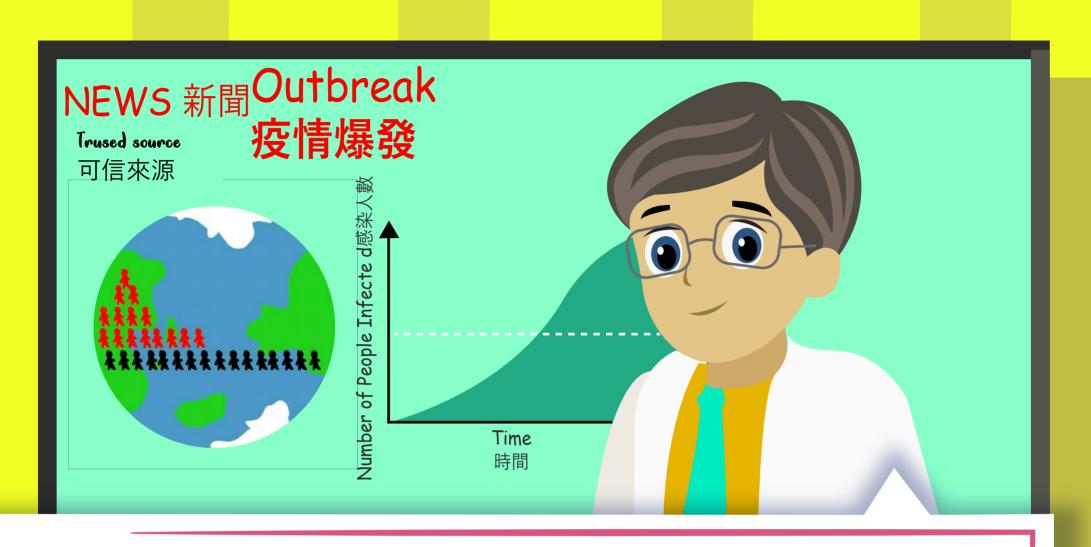
較低的能力也會增加感染風險

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。

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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。

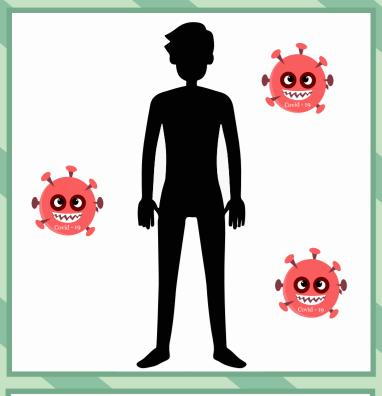
疫情爆發是指感染人數上升超過了正常水平。 它體現了人與人之間的真正聯繫,

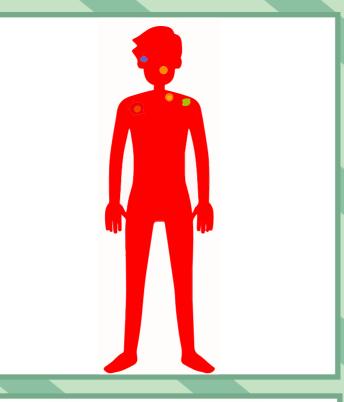
還有我們要互相保護的原因。



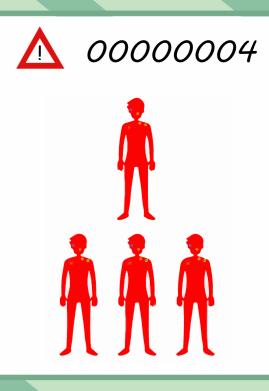
What is an outbreak?

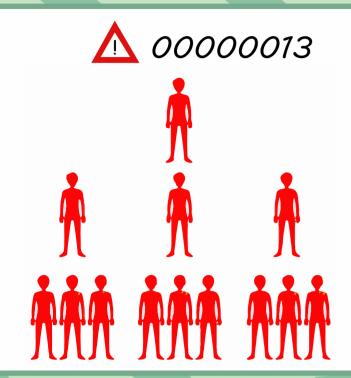
什麼是疫情爆發?

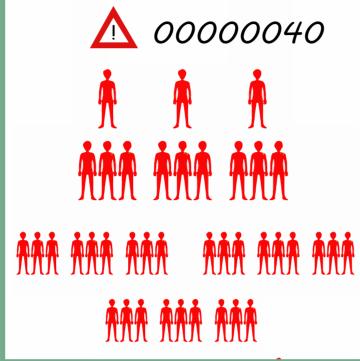


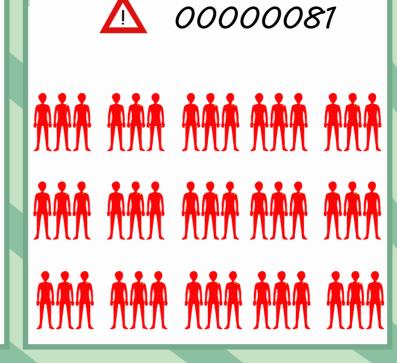


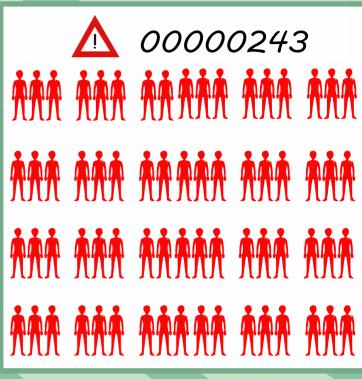


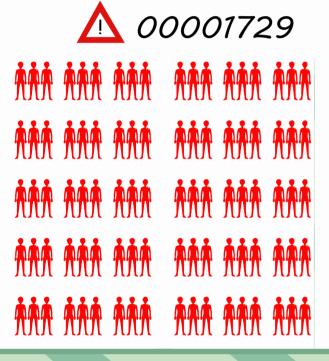


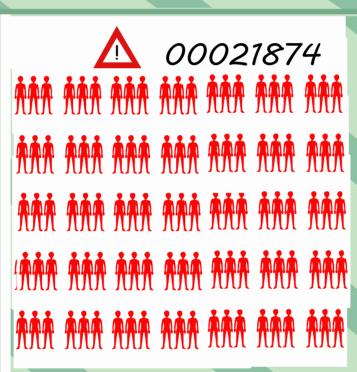






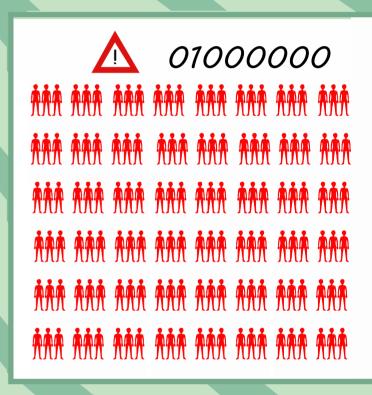








桥







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。

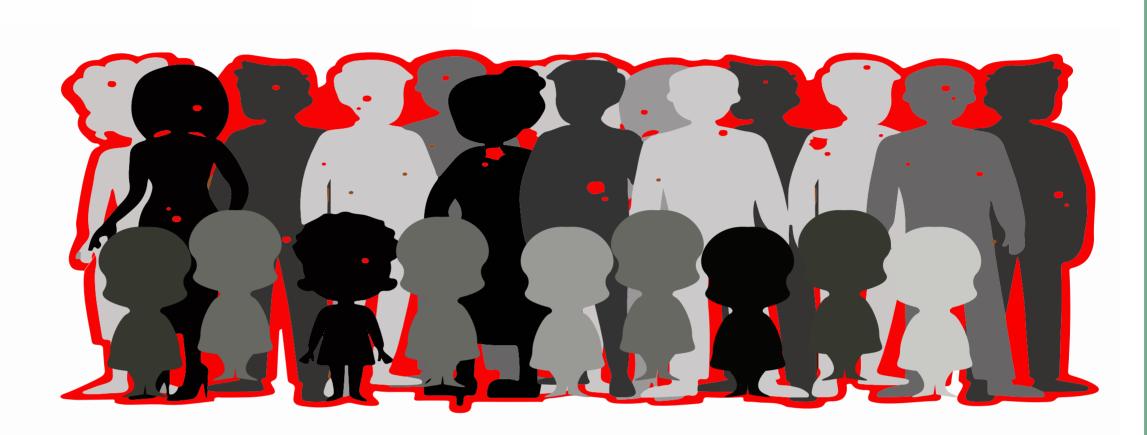
隨著疫情持續,病毒有可能變異,變得更容易傳播。

這會令疫情更難受控。 © Be Priceless 2022. All rights reserved.

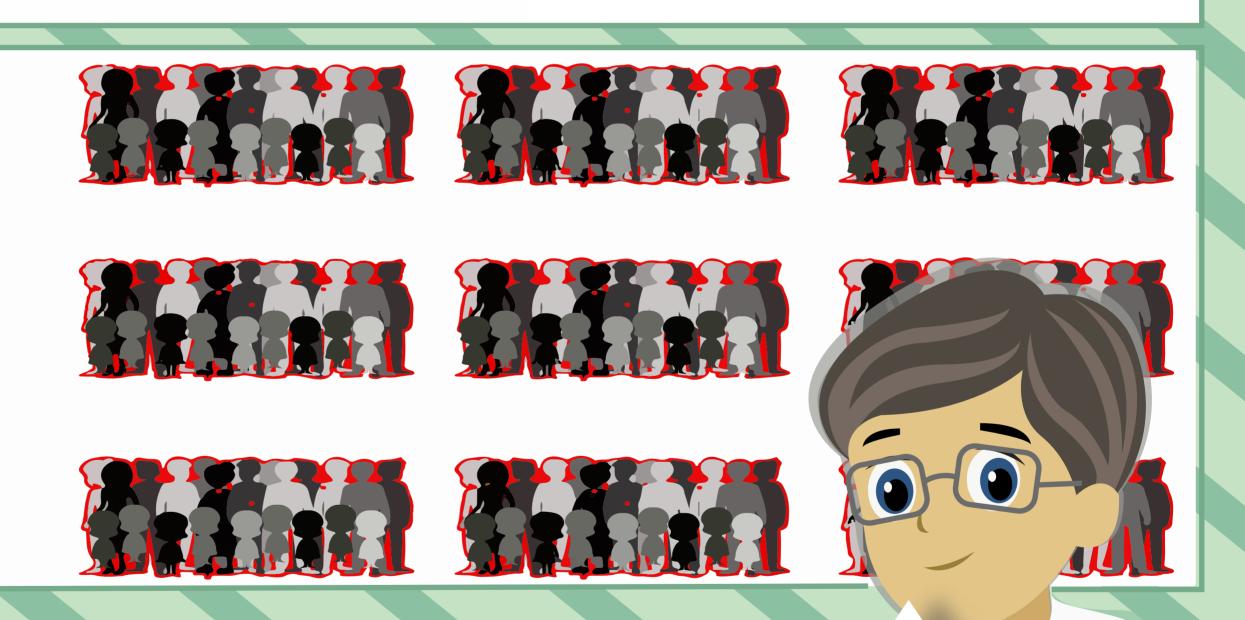










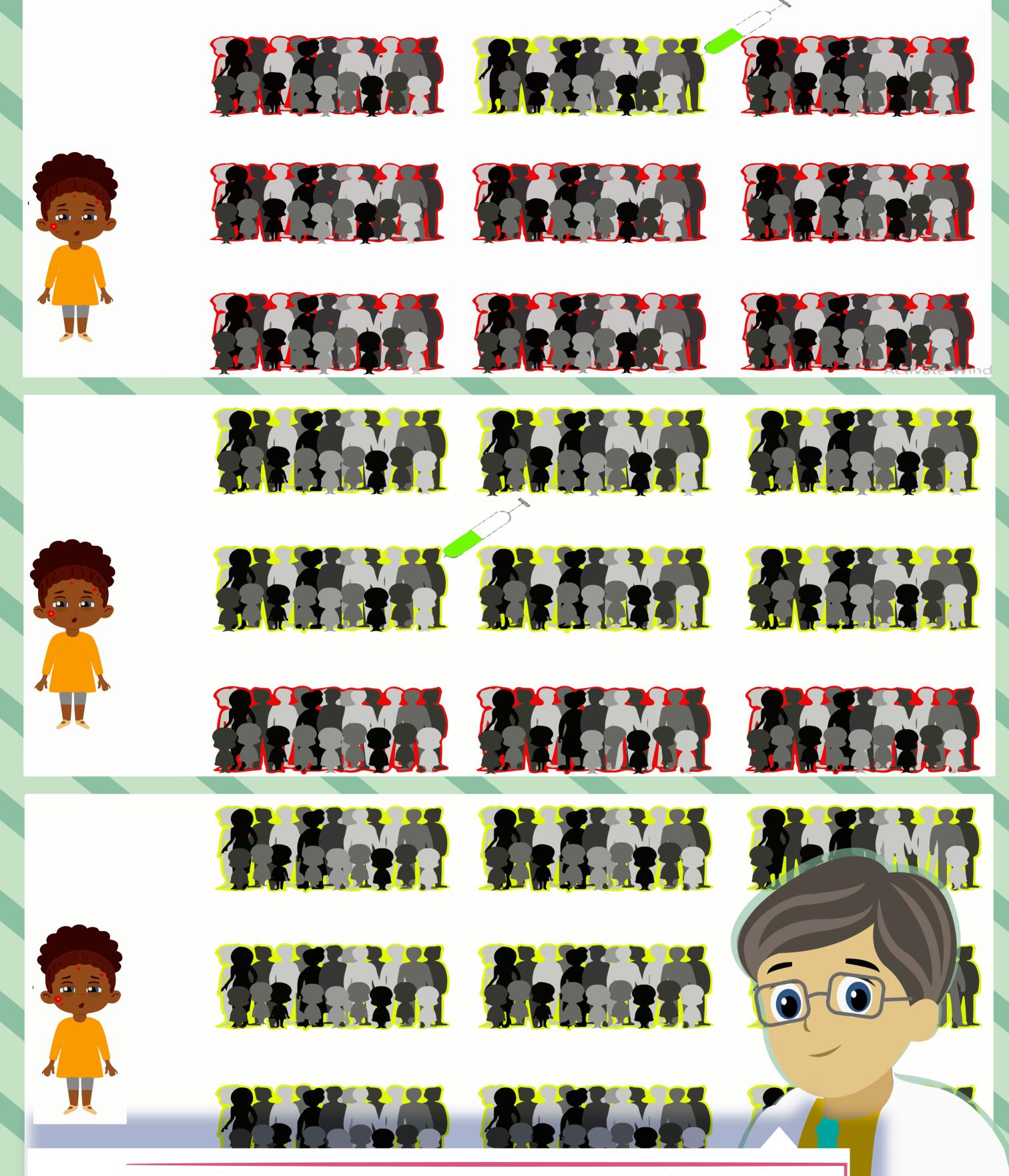


But the newer strains of the virus causing COVID-19 (e.g.Omicron) and the measles virus can spread much faster.

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冠狀病毒病疫苗

(2劑及接受其他加強劑)、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!





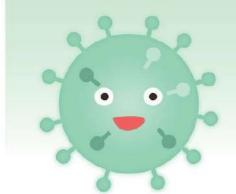
Great! Start with Prevention - STOP the germs from getting to us in the first place.

太好了!從預防開始-首先阻止病菌靠近我們。

Reduce Risks

ecovent Rosk

讓我們遠離呼吸道感染



Let's Stay Safe From Respiratory Infections!



• 有需要時,正確佩戴口罩

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

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
Ilexed
bows
tissue then

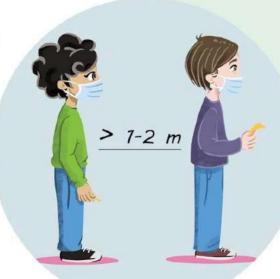
throw away safely and wash hands.



Clean Surfaces With Detergent

用清潔劑清潔物<mark>件表面</mark>

Physical Distancing More than 1-2 M



人身距離超過 1-2 米

84

Stay Home When You Feel Sick

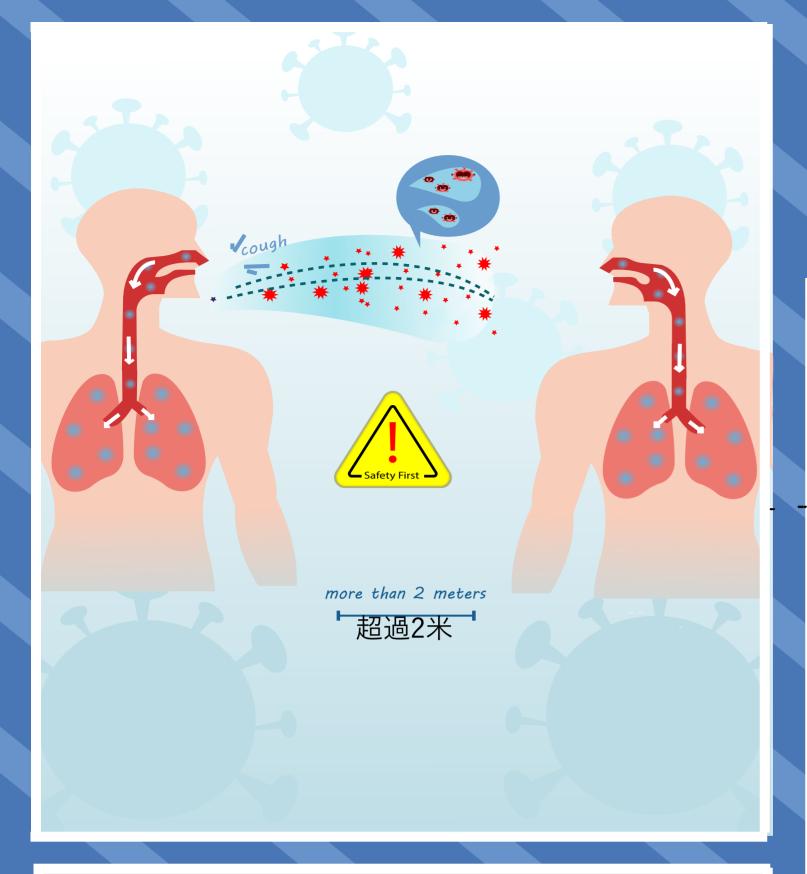
生病時,請留在家裡

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.



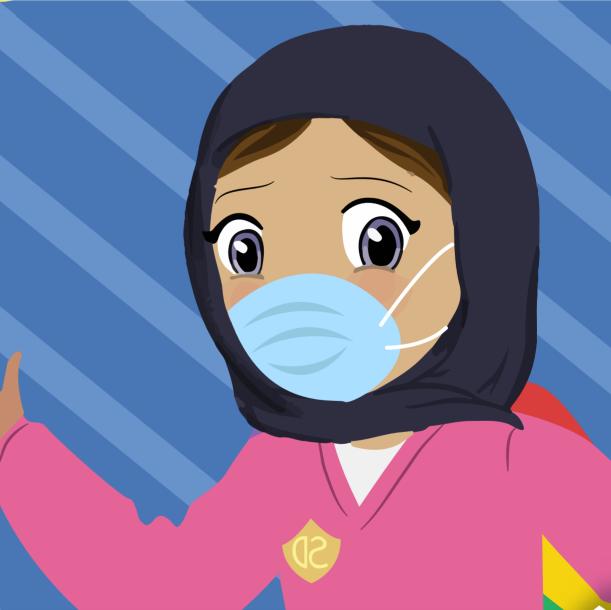
這些提示用於一般信息目的。 它不能取代健康專業人士的建議和你保護自己免受病菌感染的行動。 請關注最新的可靠消息。











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。



Also stay at home as much as possible. Avoid crowds and meeting people that you don't live with

不了,通過限制你接觸的人數和共享空間來降低接觸細菌。要盡量留在家裡,避免聚集和不同住的人見面。









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

wash the germs off the hands· 洗掉手上的細菌



COVER IT! 蓋住它!

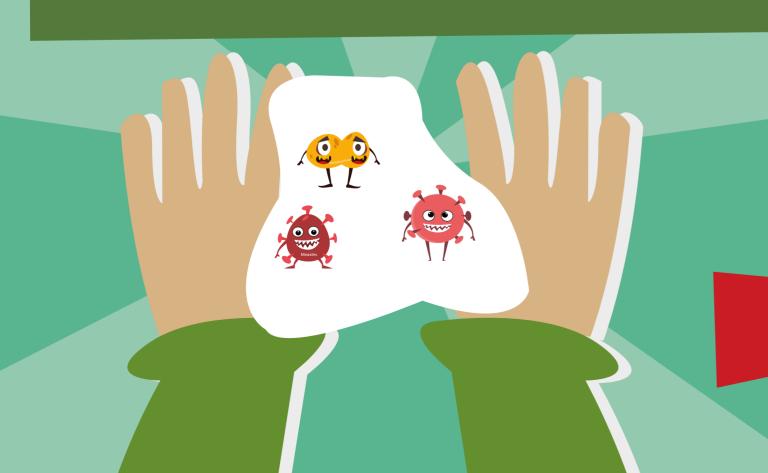
Germs can live for a few hours on a tissue!
Throw your tissue away as soon as possible:

細菌可以在紙巾上存活數個小時!盡快扔掉你的紙巾。



WASH IT! 洗手!

> **BINJ IT!** 扔進垃圾桶!





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

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



PREVENT 預防

感染和嚴重疾病 infection and serious illness

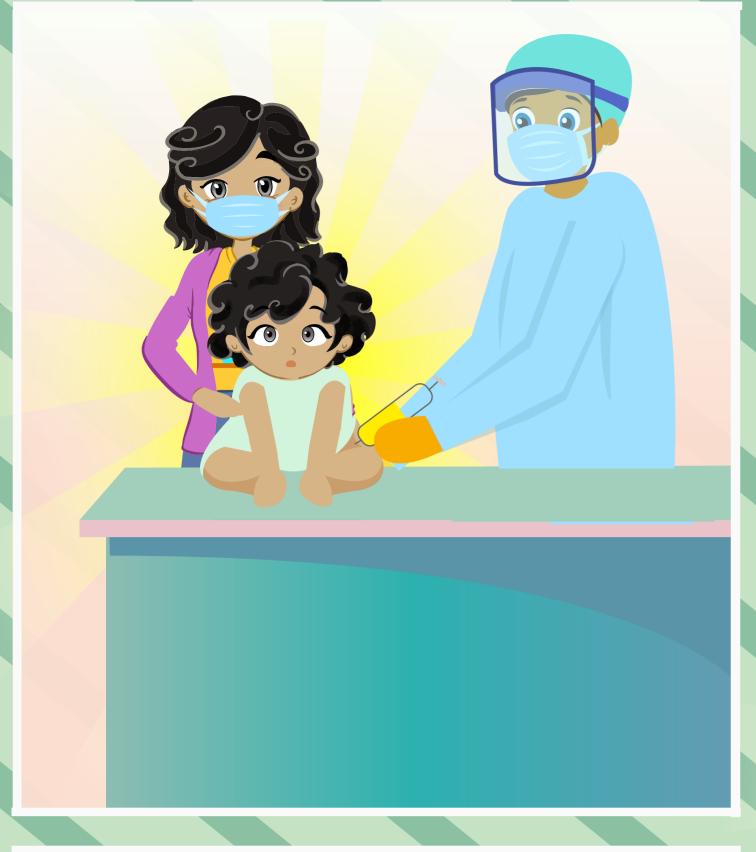


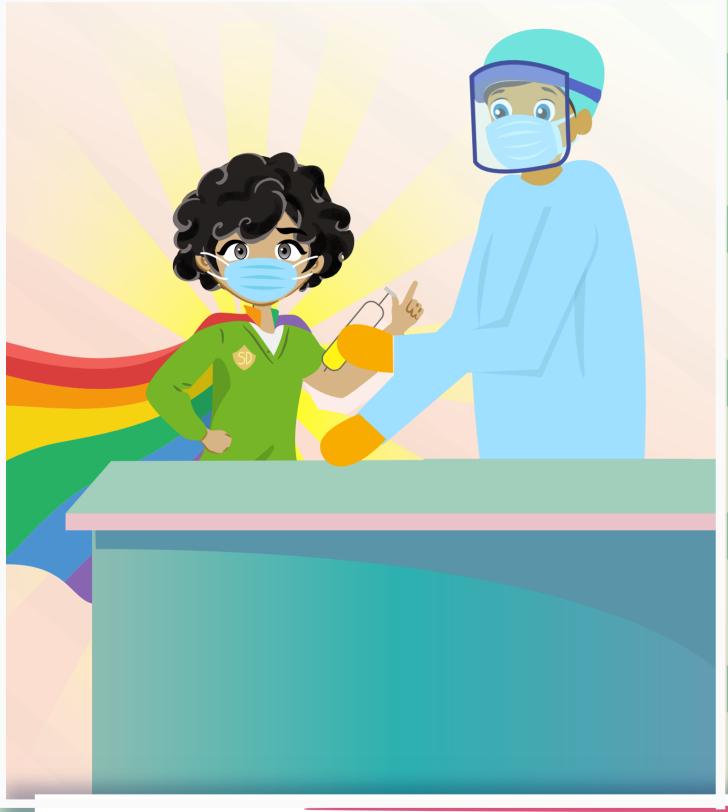
When most people get the vaccine, the community can be protected from the germ. This is called "herd immunity". We must do our part by getting the vaccine to save the lives of people at high risk.

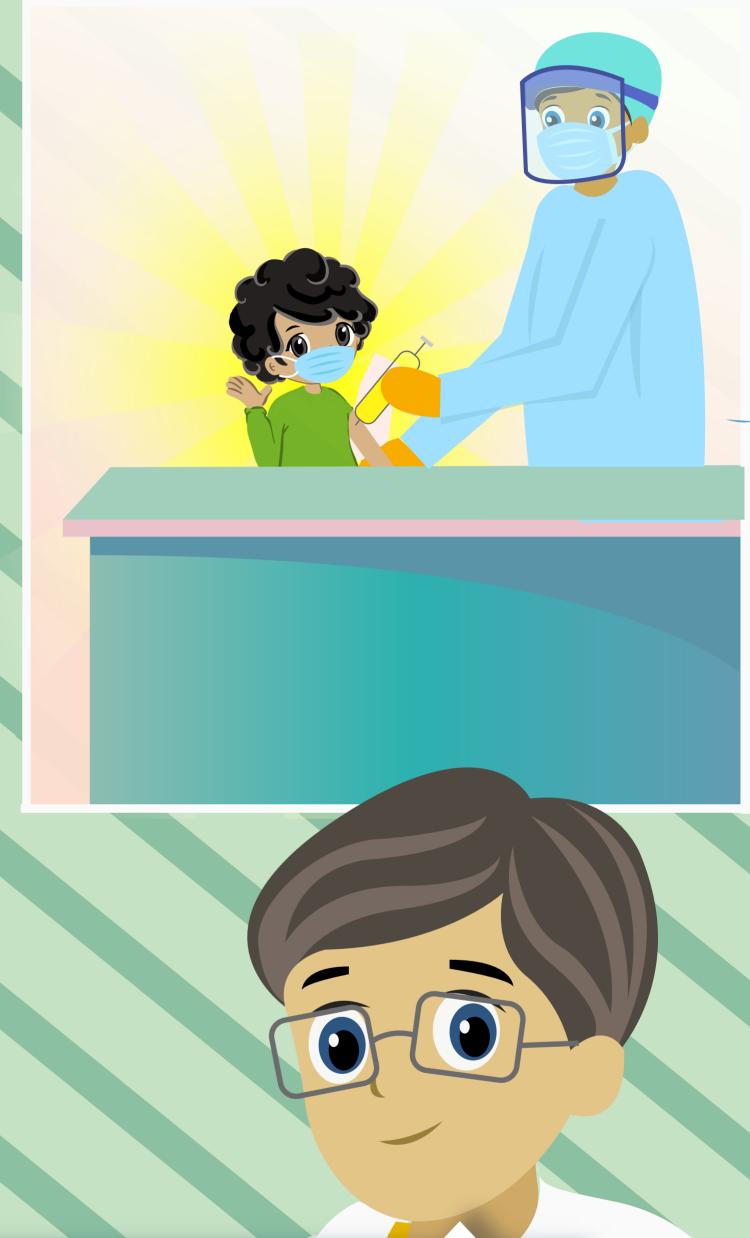
當大多數人接種疫苗時,就可以保護社區就可免受病菌感染了。 我們必須盡自己的一份力量,接種有效的疫苗來保護高感染風險 的人和他們寶貴的生命!



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冠狀病毒,都可以通過接種疫苗作預防。 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300萬兒童免於感染麻疹、腹瀉和呼吸道感染等致命感染。



PREPARE 準備



SOAP

Go-Bag 應急包



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. 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

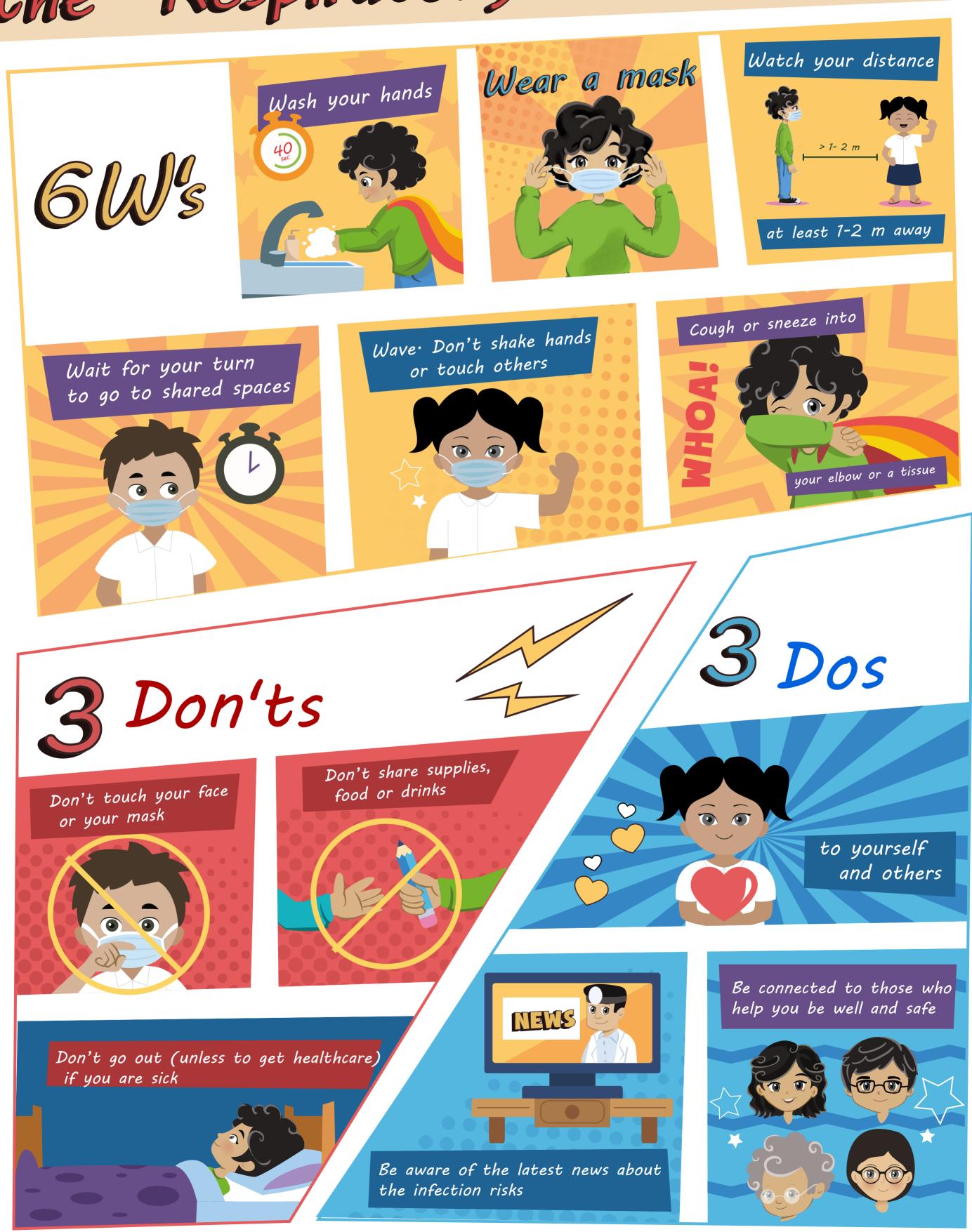


Pack a Go Bag for the hospital or isolation 準備好住院或隔離所需的物資



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

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



我們的教室和家庭 已準備好對抗呼吸系統疾病的爆發





Respond early to infections

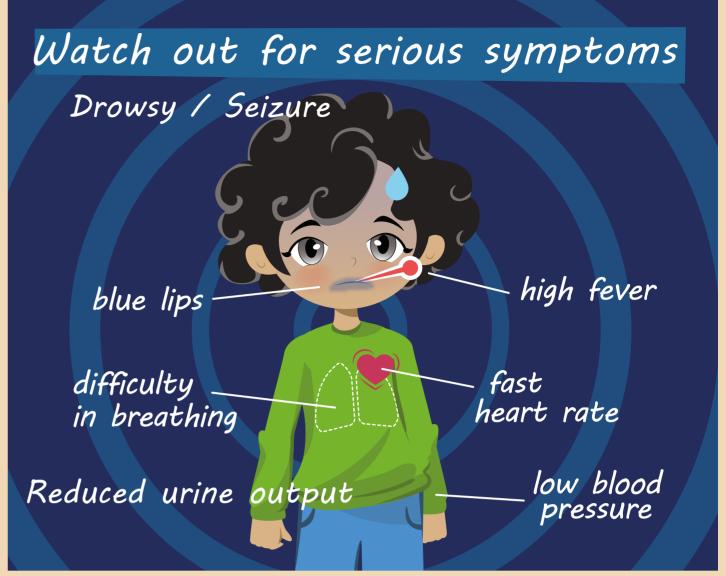










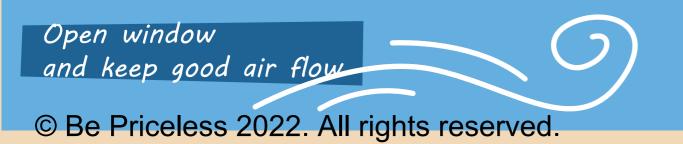


















儘早應對感染



















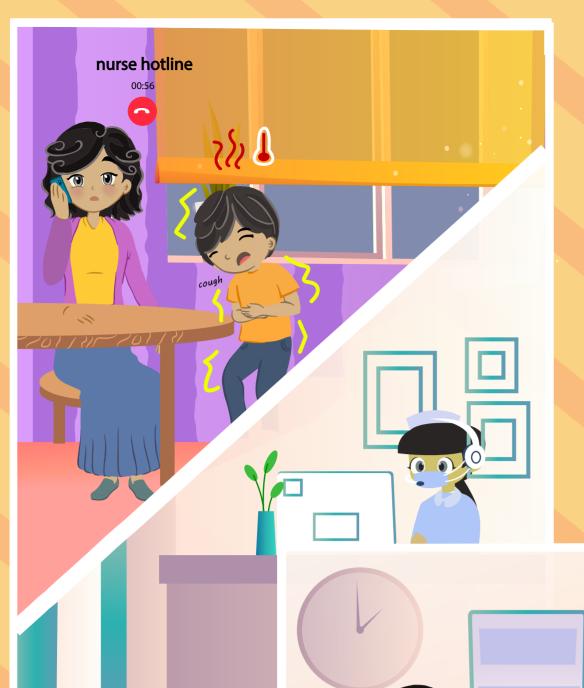








聽從醫生或公共 衛生專員的建議



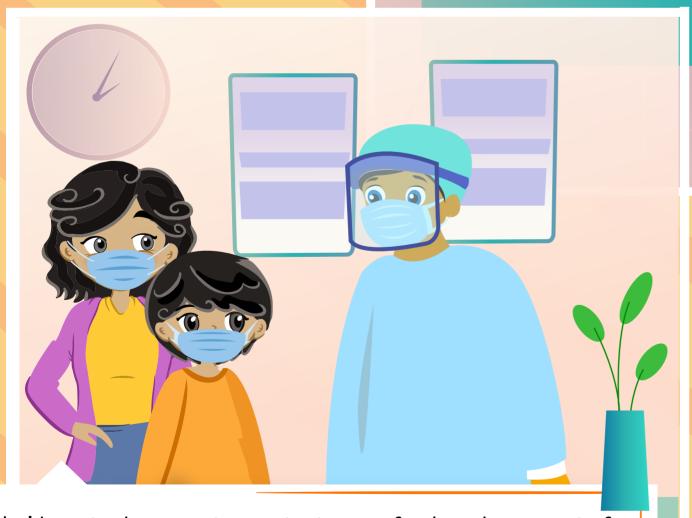
I'm glad you came early before you get more sick. When you are not feeling well, call and go to your doctor or nurse early. This can help prevent more serious health problems.

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 issafe there - we will take good care of you.

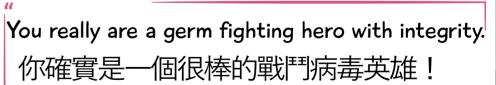
檢測結果指出你感染了新冠狀病毒。 你可以留在我們的護理中心接受治療,同時防止病菌傳播給其他人。 你放心吧, 那裡很安全的,我們會把你照顧好的。



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量保護我的家人和社區, 讓大家都能遠離病毒。











RECOVER 恢復







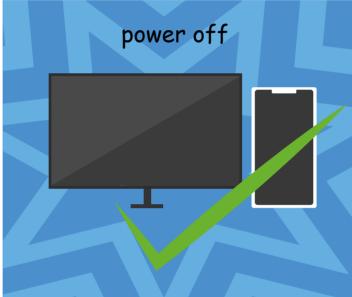
ACTIONS FOR COPING WITH STRESS



Stay informed

News



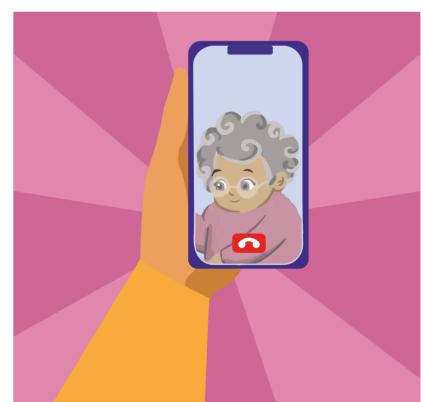


Self-care routines

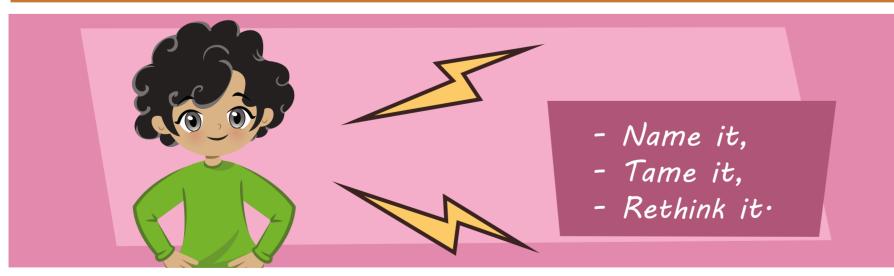


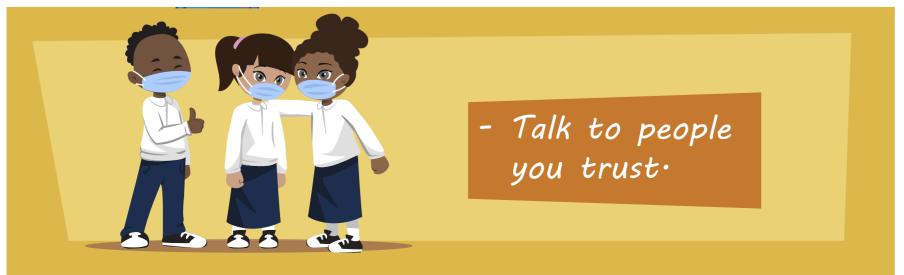
Stay connected -with people who make you feel positive and supported.





Use helpful ways to respond to stress.







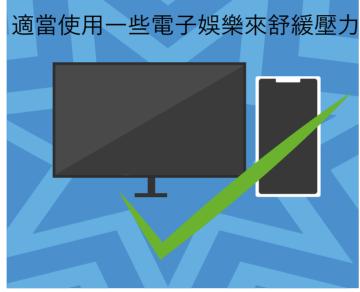
應對壓力的方法



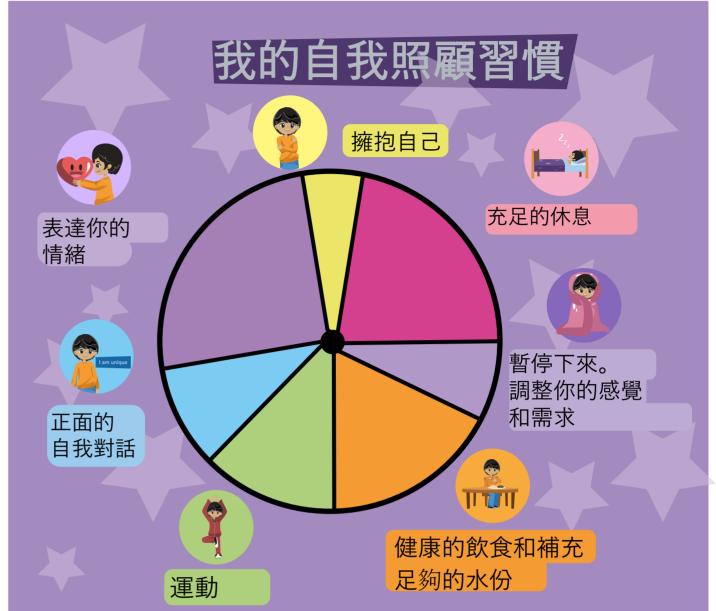
隨時了解

用可靠的資訊來源





自我照顧習慣



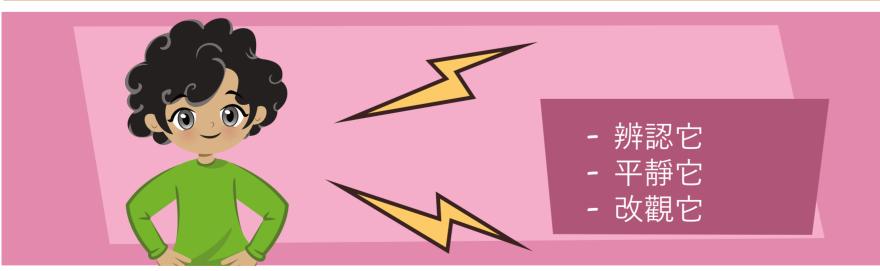
保持聯繫

跟讓你感到正面和支持的人保持聯繫表達愛心



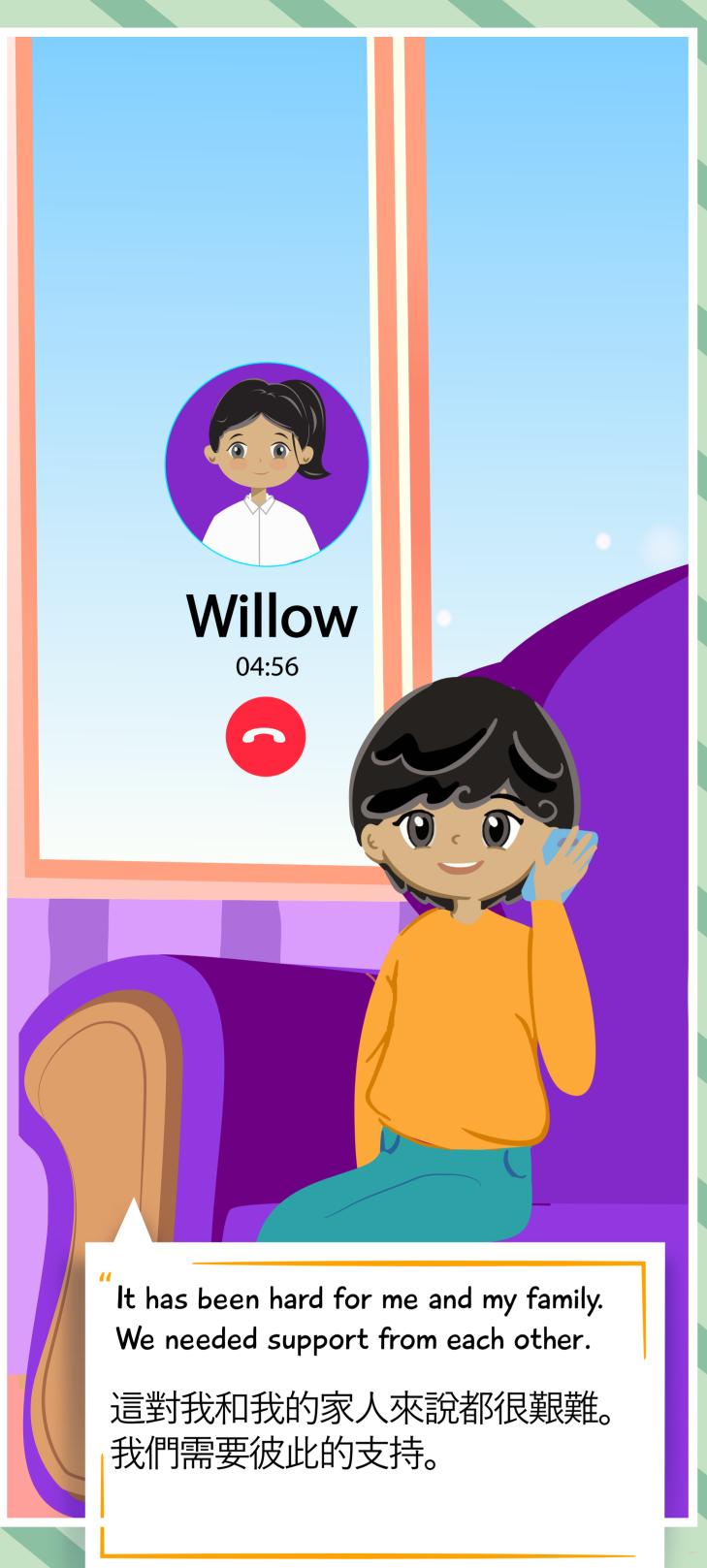


用有效的方法應對壓力:











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好... 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某個國家的人聯繫在一起是偏見 一這是錯誤的。



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—這些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對應方法。



Let's do our part in stopping the outbreak.

我們一起盡自己的一份力量防止疫情爆發吧!

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。

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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!

通過互相照顧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.

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