安全復課攻略
Safe School Return

1
認識健康知識
Learn how to keep yourself healthy

1. 早睡早起 Healthy sleep habits
2. 均衡飲食 Balanced diet
3. 保持輕鬆心情 Keep relax

2
如發燒或身體不適
If you have a fever or don't feel well

要告訴家長及老師，應留在家中，盡早求醫
Tell your parents and teachers, stay home and see a doctor as soon as possible.

6
將你學到的分享給家人及朋友
Share what you've learned about preventing disease with your family and friends.

3
感到擔心或焦慮？
Feel worried or anxious?

找信任的人傾訴
例如家長、老師、社工或專業人士
Talk to the one you trust, such as parents, teachers, social workers or professionals.

5
如你目睹朋友因疫情而受到歧視，請嘗試向他們提供支持
If you witness a friend being bullied due to coronavirus, try to offer support to them.

善待自己、善待他人
Be kind to yourself and others.

4
護己護人 養成良好衛生習慣
Protect youself and others with good hygiene practices.

正確洗手7步曲
7 steps on hand washing

用梘液洗手**最少20秒**
Wash your hands with soap for **at least 20 seconds**.

1. 手掌 Palms
2. 手背 Backs
3. 指隙 Interlace
4. 指背 Finger Back
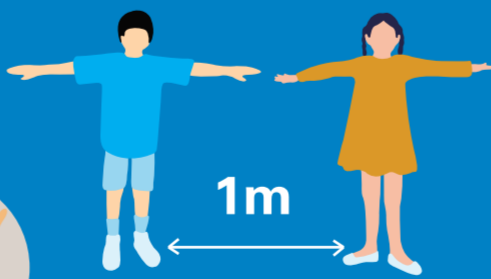5. 拇指 Thumbs
6. 指尖 Fingertips
7. 手腕 Wrists

何時應洗手？
When to wash our hands?

1. 進食及處理食物前 Before eating & preparing food
2. 如廁後 After using the toilet
3. 運動後 After sports
4. 打噴嚏及咳嗽後 After coughing or sneezing
5. 覺得雙手骯髒時 When your hands are dirty
6. 觸摸公共物件後 After touching public equipment

保持社交距離
Keep social distancing

不論在課室、洗手間或小食部排隊，應保持**最少 1 米距離**
1m
Keep **at least 1 metre** apart while in classroom, queueing for toilets or at tuck shop.

保持個人衛生
Practice personal hygiene

咳嗽和打噴嚏時用紙巾遮口鼻，如沒有紙巾，可用手肘內側遮掩。
將用過的紙巾掉入**有蓋垃圾筒**。
Cover your mouth and nose with tissue when sneezing and coughing. If you do not have a tissue, cough or sneeze into the bend of your elbow. Throw the used tissue into a **covered rubbish bin**.

不要用手觸摸眼、鼻或口。如需觸摸，一定要先將手清洗乾淨。
Do not touch your eyes, nose or mouth. If you need to touch, wash your hands first.

避免共用個人物品
Do not share personal items

例如避免共用**餐具**或分享**食物**
such as **eating utensils** and **food**.

unicef
聯合國兒童基金香港委員會