

# 安全復課攻略

## Safe School Return



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### 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

### 感到擔心或焦慮？

Feel worried or anxious?



### 找信任的人傾訴

例如家長和老師

Talk to the one you trust, such as parents and teachers

### 正確洗手7步曲

7 steps on hand washing

用梘液洗手最少20秒，按7部曲將雙手徹底清潔，再用水沖洗

Wash your hands with soap and water for at least 20 seconds. Follow the 7 steps.



### 如發燒或身體不適

If you have a fever or don't feel well

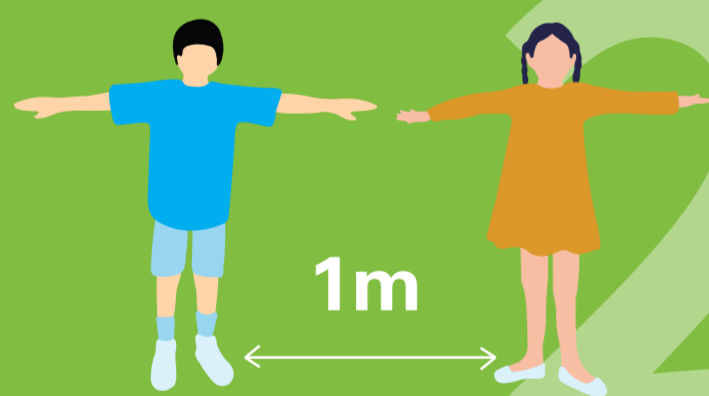
要告訴家長及老師，應留在家中，並盡早求醫

Tell your parents and teachers, stay home and see a doctor as soon as possible.

### 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

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桶。

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.



### 不要共用個人物品

Do not share personal items

不要共用餐具或分享食物

Do not share eating utensils and food.

### 不要因為疫情而欺負同學，要互相幫忙

Don't tease schoolmate due to coronavirus. Be supportive to each other.

### 善待自己、善待他人

Be kind to yourself and others.

### 將學到的正確防疫知識 分享給家人及朋友

Share what you've learned about preventing disease with your family and friends.

