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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

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### 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.

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### 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.



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### 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.



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### 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.

# 安全 復課攻略

## Safe School Return

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### 護己護人 養成良好衛生習慣

Protect yourself and others with good  
hygiene practices.

### 正確洗手7步曲

7 steps on hand washing

用規液洗手最少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



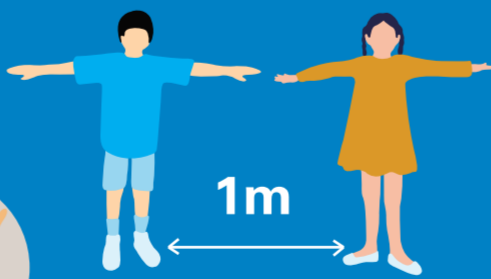
### 何時應洗手？

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

Keep at least 1 metre  
apart while in classroom, queuing  
for toilets or at tuck shop.

### 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**.



### 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.



Source:  
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 2. UNICEF, "How teenagers can protect their mental health during coronavirus (COVID-19)", UNICEF,  
 <<http://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>>, accessed 19 May 2020  
 3. UNICEF China, 中华人民共和国教育部应对新型冠状病毒肺炎疫情防控工作领导小组办公室, 中国疾病预防控制中心, "Safe School Return Campaign",  
 UNICEF, <<https://www.unicef.cn/en/covid-19/safe-school-return>>, accessed 19 May 2020  
 4. Centre for Health Protection, Department of Health of the Government of the Hong Kong Special Administrative Region of the People's Republic of China