

同住家人須知

Points to note for household members



戴上口罩，與受檢疫人士
保持適當的社交距離（至少一米）
Wear a mask and maintain
appropriate social distance with
confinee (at least 1 metre)



監測健康狀況並在出現症狀時
及早就醫
Monitor health condition and
seek early medical attention if
symptoms develop



避免去擠擁的地方，乘坐公共
交通工具或在擁擠的地方時
戴上口罩
Avoid going to crowded places,
wear a surgical mask when taking
public transport or staying
in crowded places



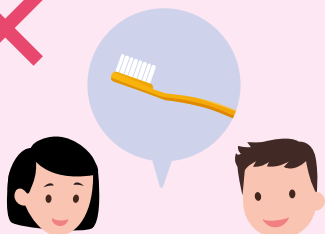
保持良好的個人衛生習慣，
尤其是手部衛生
Maintain good person hygiene
especially hand hygiene



建立良好的身體抵抗力並實行健康
生活方式。這可以通過均衡飲
食，定期運動和充足休息達成
Build up good body resistance
and maintain healthy lifestyle.
This can be achieved through
balanced diet, regular exercise
and adequate rest



保持空氣流通，並經常清潔消毒
（包括廁所和廚房）
Maintain good ventilation,
and frequent cleansing
and disinfection
(including kitchen and toilet)



避免與受檢疫人士共用
私人用品（例如牙刷）
Avoid sharing personal items
(e.g. tooth brush) with
the confinee



避免與受檢疫人士共享餐點
Avoid sharing meals
with confinee



不要吸煙和避免飲酒
Do not smoke and avoid
alcohol consumption