

我們還要注意什麼？

佩戴口罩只是預防呼吸道感染的其中一個方法，我們應同時認真地採取各項防範措施，預防感染：

1. 經常和正確地保持手部衛生。
2. 在接觸眼、鼻及口前應先洗手。
3. 注意咳嗽禮儀。
4. 盡量遠離可能的傳染源：
 - 4.1 減少非必要的社交活動，及避免前往人多擠逼或空氣流通欠佳的公眾地方。如必須進入，應盡量縮短逗留時間。此外，較易患上感染併發症的高危人士，例如孕婦和長期病患者，建議佩戴口罩。
 - 4.2 盡量避免近距離接觸受感染患者。
5. 若身體不適，應留在家中休息和避免與他人接觸。

如欲獲得更多資訊，請瀏覽
衛生防護中心網站
www.chp.gov.hk

What else to note?

Wearing mask is just one of the ways to prevent respiratory tract infections. We should also adopt the following preventive measures vigilantly to minimise the risk of getting infection:

1. Perform hand hygiene frequently and properly.
2. Perform hand hygiene before touching eyes, nose and mouth.
3. Maintain respiratory etiquette/ cough manner.
4. Stay away from possible sources of infection:
 - 4.1 Minimise unnecessary social contacts and avoid going to crowded or poorly ventilated public places. If this is necessary, minimise the length of stay whenever possible. Moreover, persons at a high risk of having infection-related complications, e.g. pregnant women or persons with chronic illnesses are advised to wear mask.
 - 4.2 Avoid close contact with the infected persons.
5. Stay at home if got sick and minimise contact with others.

For more information, please visit the
Centre for Health Protection Website
www.chp.gov.hk

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Revised in July 2017

正確使用口罩
護己護人

Use mask properly
Protect ourselves and
protect others

什麼是口罩？

佩戴口罩可遮掩鼻和口，阻隔液體與飛沫微粒通過。外科口罩是一種較常用的口罩。

What is a mask?

A face mask (mask) covers our nose and mouth. It provides a physical barrier to fluids and large particle droplets. Surgical mask is a type of face mask commonly used.

為什麼要佩戴口罩？

若佩戴得宜，口罩能有效預防由飛沫傳播的疾病。

Why do we need to wear a mask?

When used properly, masks can help prevent infections transmitted by respiratory droplets.

何時要佩戴口罩？

1. 保護自己：當我們需要照顧呼吸道受感染的患者時；或在流感大流行/ 高峰期期間進入診所或醫院。

2. 保護他人避免受感染：當我們出現呼吸道感染病徵時，如發燒、流鼻水、咳嗽或打噴嚏等。

When do we need to wear a mask?

1. To protect ourselves: When we need to care person with respiratory infection; or when we visit clinics or hospitals during pandemic or peak season for influenza.

2. To prevent the spread of infection to others: When we have respiratory symptoms, e.g. fever, runny nose, cough or sneeze.



怎樣佩戴口罩？

1. 選擇合適尺碼的口罩，兒童可選擇兒童尺碼。

2. 佩戴口罩前，應先潔手。

3. 要讓口罩緊貼面部：

3.1 口罩有顏色的一面向外，有金屬條的一邊向上。如口罩沒有顏色，應將摺紋向下的一面向外。

3.2 如選用綁帶式外科口罩，將口罩的綁帶繫於頭頂及頸後；如選用掛耳式外科口罩，把口罩的橡筋繞在耳朵上。

3.3 把口罩的金屬條沿鼻樑兩側按緊。

3.4 拉開口罩，使口罩完全覆蓋口、鼻和下巴。

4. 佩戴口罩後，避免觸摸口罩。若必須觸摸口罩，在觸摸前、後都要徹底潔手。



怎樣脫下口罩？

1. 口罩如有破損或弄污，應立即更換；並最少每天更換一次。

2. 脫下口罩前，須先潔手。

3. 脫下口罩時，應盡量避免觸摸口罩向外部份，因為這部份可能已沾染病菌。

4. 脫下的口罩應棄置，不可重複使用。將用過的口罩棄置於有蓋垃圾箱內。

5. 再次潔手。

How to wear a mask properly?

1. Choose the appropriate mask size. Child size is available for selection as indicated.

2. Perform hand hygiene before putting on a mask.

3. The mask should fit snugly over the face:

3.1 The coloured side of the mask face outwards with the metallic strip uppermost. For those masks without a coloured side, the side with folds facing downwards on the outside.

3.2 For tie-on surgical mask, secure upper tie at the crown of head. Then secure lower tie at the nape. For ear-loops type, position the elastic bands around both ears.

3.3 Mould the metallic strip over nose bridge.

3.4 Extend the mask to fully cover mouth, nose and chin.

4. Avoid touching the mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.



How to take off a mask properly?

1. Replace the mask immediately if it is damaged or soiled; and change it at least daily.

2. Before taking off the mask, perform hand hygiene.

3. While taking off the mask, avoid touching the outside of mask as it may be covered with germs.

4. Do not reuse a mask. Dispose of the used mask in a lidded rubbish bin.

5. Perform hand hygiene again.