

**多文化家庭感染病预防教育计划**  
- 传染病预防管理信息发送计划 -

发送日期	内 容	发送 件数
6.15. (周二)	<p>「COVID-19 预防守则及注意事项」</p> <ul style="list-style-type: none"> <li>-在流动水中用香皂正确洗手30秒以上</li> <li>-外出后, 排便后, 用餐前·后, 擤鼻涕或者咳嗽, 打喷嚏后实施</li> <li>-遵守打喷嚏时的礼节</li> <li>-咳嗽的时候要用纸巾或者衣袖遮住口鼻</li> <li>-佩戴口罩</li> <li>-不要用未清洗的手触摸眼睛、鼻子、嘴</li> <li>★出现COVID-19疑似症状时, 不要访问医院等设施, 请到指定保健及诊所进行COVID-19的检查</li> </ul> <p>「COVID-19 Prevention Rules and Precautions」</p> <ul style="list-style-type: none"> <li>-Wash your hands with soap and running water for at least 30 seconds</li> <li>-After going out, having a bowel movement, before or after eating, blowing your nose, coughing, sneezing, etc.</li> <li>-Observe cough etiquette</li> <li>-Cover your mouth and nose with a tissue or upper sleeve when coughing</li> <li>-Wearing a mask</li> <li>-Avoid touching your eyes, nose and mouth with unwashed hands</li> <li>★If you have symptoms of covid-19, refrain from visiting facilities such as hospitals and visit a public health center screening clinic to test for covid-19.</li> </ul>	
7.12. (周一)	<p>「夏季水因性·食品媒介传染病预防守则」</p> <ul style="list-style-type: none"> <li>- 正确的洗手, 形成日常习惯</li> <li>- 将水煮开后饮用</li> <li>- 食物要在足够的温度下烹饪后食用</li> <li>- 蔬菜、水果要洗净、去皮后食用</li> <li>- 烹饪时要注意卫生</li> <li style="padding-left: 20px;">* 区分使用烹饪器具, 使用后要进行消毒</li> <li>- 如果有腹泻等症状发生时, 请停止烹饪及准备食物</li> </ul> <p>「Prevention rules for waterborne and foodborne infectious diseases in summer」</p> <ul style="list-style-type: none"> <li>- Proper hand washing routine</li> <li>- Drink boiled water</li> <li>- Cook food at a sufficient temperature to cook it</li> <li>- Wash and peel vegetables and fruits before eating</li> <li>- Cooking hygienically</li> <li style="padding-left: 20px;">* Use cooking utensils separately and disinfect after cooking</li> <li>- Do not cook or prepare food if you have diarrhea</li> </ul>	

<p>8.9. (周一)</p>	<p><b>「疟疾预防守则及注意事项」</b></p> <ol style="list-style-type: none"> <li>1. 蚊子活动的时间段（晚上10点~凌晨4点）不要在野外活动</li> <li>2. 穿长袖/长裤</li> <li>3. 使用驱蚊剂和蚊帐</li> <li>4. 定期清理防虫网</li> <li>5. 居住（访问）在疟疾发生地区时，被蚊子咬后，若出现发热、发冷等症状时需立即就医</li> </ol> <p><b>「Malaria Prevention Rules and Precautions」</b></p> <ol style="list-style-type: none"> <li>1. Refrain from outdoor activities during mosquito activity hours (10 pm to 4 am)</li> <li>2. Wear long sleeves / long pants</li> <li>3. Use mosquito repellent and mosquito nets</li> <li>4. Insect screen maintenance</li> <li>5. If you have symptoms such as fever or chills after being bitten by a mosquito while living (visiting) in an area where malaria has occurred, seek medical attention immediately.</li> </ol>	
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