

多文化家庭传染病预防教育计划
- 传染病预防管理指南计划 -

发送日	内容
6.12. (星期一)	<p>「预防M-FOX」</p> <ul style="list-style-type: none"> - 彻底洗手及避免用被污染的手接触眼、鼻、嘴等粘膜部位 - 请勿与陌生人或多数对象进行密切接触（皮肤接触、性接触等） - M-FOX疑似症状者请勿接触皮肤病变（皮疹或结痂等） - M-FOX疑似症状者请勿接触使用物品（床上用品、毛巾、衣服、洗漱台等） <p>「Monkeypox prevention steps」</p> <ul style="list-style-type: none"> - Practice good personal hygiene, including washing your hands + Wash your hands with soap and water regularly or use an alcohol-based hand sanitizer after contact with a person with suspected monkeypox - Keep contaminated hands away from the mucous membranes of the eyes, nose and mouth - Avoid close contact (skin contact, sexual contact, etc.) with stranger people or many others - Avoid direct contact with skin lesions(ind. a rash or scabs) on a person with suspected monkeypox - Avoid contact with objects and materials(ind. bedding, towels, clothing, or a bathroom sink) that a person with suspected monkeypox has used
6.19. (星期一)	<p>「发生M-FOX疑似症状（皮疹等）时的行动要领」</p> <ul style="list-style-type: none"> -立即向1339或实际居住地管辖保健所申报，并在防疫当局的介绍下告知。 -在诊断为M-FOX之前，不要与同居者等周围的人接触 -为彻底的手部卫生及保护家人、同居者等使用个人防护具（用长袖及裤子等包裹皮肤病变，尽量减少暴露、戴口罩、一次性手套等） -对可疑症状者的垃圾及床上用品进行单独管理(确诊后将垃圾单独作为废弃物分类排出，床上用品也单独洗涤) -避免与包括宠物在内的其他动物接触 <p>「What to do if you develop suspected symptoms of monkeypox」</p> <ul style="list-style-type: none"> - Immediately report suspected symptoms to 1339 or a public health center and follow advice - Avoid contact with people including those who you live with until you've been told what to do - Do not share towels, cups or bedding, and isolate at home if possible - Wash hands frequently with soap and water and use personal protective equipment to limit spread to family members and people you live with - Wear long sleeves and pants to cover skin lesions, a well-fitting mask and disposable gloves, etc. - Separately manage disposal of personal waste and bedding - If you are confirmed, personal waste should be kept separate from other waste and discarded in disposable rubbish bags You should launder your clothes and bedding separately from those of other members of the household - Avoid contact with animals including companion ones

<p>7.17. (星期一)</p>	<p>「夏季水因性·食源性传染病预防守则」</p> <ul style="list-style-type: none"> - 正确洗手生活化 - 饮用开水 - 食物要在充分的温度下烹饪，煮熟后食用 - 蔬菜、水果洗净后剥皮吃 - 卫生烹饪 * 烹饪器具分开使用，烹饪后消毒 - 出现腹泻症状时禁止烹饪和准备食物 <p>「Prevention rules for waterborne and foodborne infectious diseases in summer」</p> <ul style="list-style-type: none"> - Proper hand washing routine - Drink boiled water - Cook food at a sufficient temperature to cook it - Wash and peel vegetables and fruits before eating - Cooking hygienically * Use cooking utensils separately and disinfect after cooking - Do not cook or prepare food if you have diarrhea
<p>8.14. (星期一)</p>	<p>「疟疾预防守则及注意事项」</p> <ol style="list-style-type: none"> 1.蚊子的活动时间（晚上10点~凌晨4点）尽量避免户外活动 2. 穿长袖/长裤 3. 使用驱蚊剂和蚊帐 4. 防虫网整顿 5.居住在疟疾发生地区（访问）时，如果被蚊子叮咬后出现发热、恶寒等症状，请立即接受治疗 <p>「Malaria Prevention Rules and Precautions」</p> <ol style="list-style-type: none"> 1. Refrain from outdoor activities during mosquito activity hours (10 pm to 4 am) 2. Wear long sleeves / long pants 3. Use mosquito repellent and mosquito nets 4. Insect screen maintenance 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.