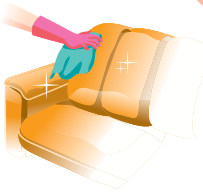


# 個人與家居衛生守則

A Guide to Personal, Home and Environmental Hygiene

# 潔淨保健康

# Keep Clean Be Healthy





# 個人衛生 你我關心

## Personal Hygiene

注意個人衛生是保持身體健康的要訣。下列指引，有助大家保持及改善個人衛生。

Personal hygiene is the first step to improving an individual's physical and emotional well-being. Here are some helpful tips on how you can maintain and improve your personal hygiene.



# 洗手不可缺

## Wash hands properly

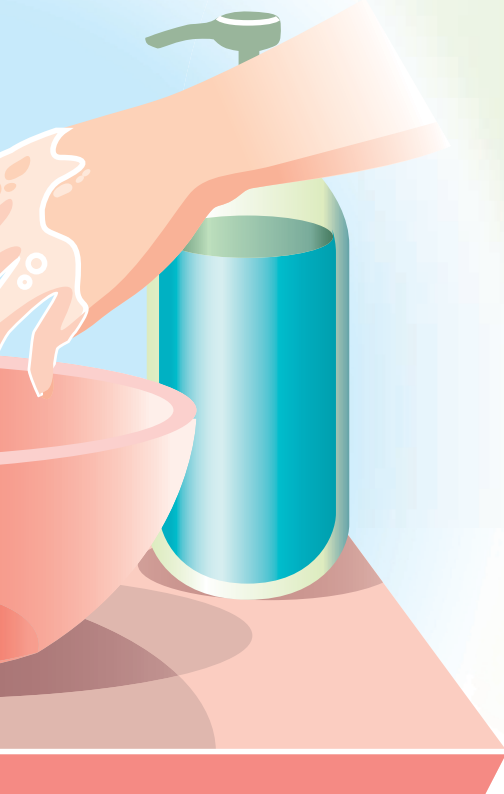
用梘液徹底洗手最少二十秒，能有效防止感染及傳播傳染病。

Washing hands thoroughly with liquid soap for at least 20 seconds can effectively prevent contracting and spreading communicable diseases.

### 我們應該在甚麼時候洗手？

- 如廁、咳嗽或打噴嚏後。
- 處理食物及進食前。
- 為幼童或病人更換尿片後。
- 處理糞便、呼吸道分泌物或其他體液染污的物件後。
- 探訪醫院及院舍之前後。
- 接觸動物或家禽後。





## When should we wash our hands?

- Immediately after going to the toilet.
- Before handling food or eating.
- After changing nappies.
- After handling articles soiled by faeces, respiratory or other bodily secretions.
- Before and after visiting hospitals or residential care homes.
- After making contact with animals or poultry.

- 病毒及細菌比較容易從眼、鼻的黏膜及口進入體內，在接觸眼、鼻及口前切記要洗手。

- 觸摸過公共物件，例如電梯扶手、升降機按鈕及門柄後要洗手。這些地方由於多人接觸，容易積聚細菌。

- Viruses and bacteria can enter the body easily through the eyes, mouth and mucous membrane of the nose. So, always remember to wash hands before touching the eyes, nose and mouth.

- Wash hands after touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs, which are commonly used by many people and can easily gather germs.

- 經常帶備手帕或紙巾，打噴嚏及咳嗽時用它來掩住口及鼻，然後立即洗手，以免把沾在飛沫上的細菌傳染他人。
- 切勿共用毛巾，自用抹手巾需妥善貯存，並每日最少徹底清洗一次。如能預備多於一條毛巾作經常替換，則更為理想。
- 廁所板要潔淨，如廁後要沖廁及洗手。為人為己，保持清潔。
- 用梘液洗手後，以清潔毛巾/紙巾或乾手機弄乾雙手，切勿用公共毛巾。
- 要有公德心，切勿將洗手的水滴弄濕地方或將紙巾亂棄在廢紙箱外。
- 用酒精搓手液消毒雙手。如雙手沒有明顯污垢時，可用含70-80% 酒精搓手液消毒雙手。把足夠份量的酒精搓手液倒於掌心，然後揉擦手掌、手背、指隙、指背、拇指、指尖及手腕，各處至少20秒直至雙手乾透。





- Always carry a handkerchief or some tissue paper. Cover your nose and mouth with it when sneezing or coughing. Wash hands immediately afterwards to avoid spreading germs via respiratory droplets.
- Towels should never be shared. Personal towels to be reused must be stored properly and washed thoroughly at least once daily. It is even better to have more than one towel for frequent replacement.
- Keep the toilet rim clean. Flush the toilet and wash hands after using the toilet. Keep it clean for your benefit and the benefit of others.
- Wash hands with liquid soap, then dry with a clean towel/tissue paper or a hand dryer. Do not use communal towels.
- Be considerate. Do not make the floor wet when washing your hands or discard used tissue paper outside the bin.
- Use alcohol-based handrub. When hands are not visibly soiled, 70-80% alcohol-based handrub is also effective for disinfection. Apply a palmful of alcohol-based handrub and cover all surfaces of the hands. Rub the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists for at least 20 seconds until the hands are dry.

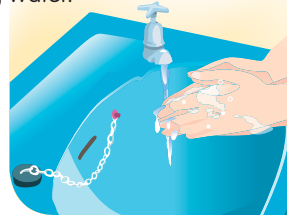
## 用正確方法洗手 病菌無從入手

用正確的方法洗手是保持個人衛生的良好習慣，能有效地防止傳染病傳播。如果雙手沾了糞便或呼吸道分泌物而沒有洗淨，便會很容易傳播疾病。

### Wash hands properly

Hand washing, done correctly, is an important personal hygiene practice to prevent the spread of communicable diseases. Many diseases can be spread easily if hands soiled with faecal matter or respiratory discharges are not properly washed.

**1** 開水喉沖洗雙手  
Wet hands under running water.



**2** 加入梘液，  
用手擦出泡沫

Apply liquid soap and rub hands together to make a soapy lather.



最少用二十秒時間揉擦手掌、手背、指隙、指背、拇指、指尖及手腕，揉擦時切勿沖水







6

雙手洗乾淨後，不要再直接觸摸水龍頭

Avoid direct contact between clean hands and the taps.



5

用乾淨毛巾或抹手紙徹底抹乾雙手，或用乾手機將雙手吹乾

Dry hands thoroughly with either a clean towel, a paper towel or a hand dryer.



4

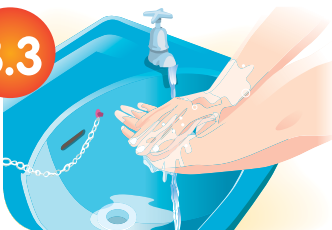
洗擦後，才用清水將雙手徹底沖洗乾淨

Rinse hands thoroughly under running water.



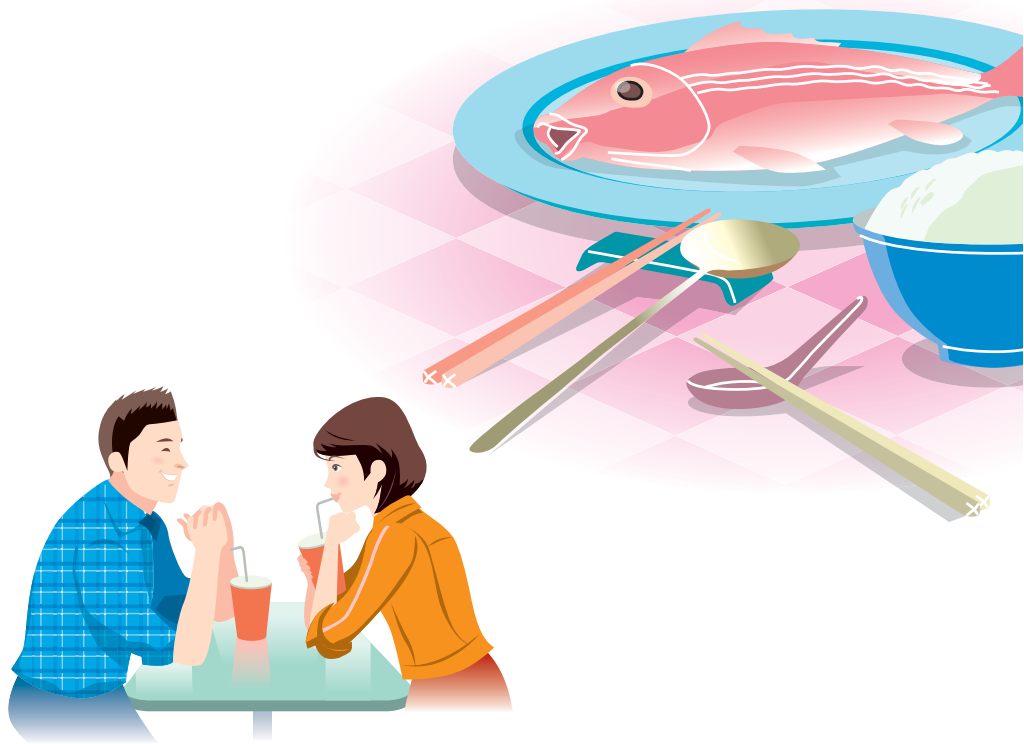
Away from the running water, rub the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists. Do this for at least 20 seconds.

3.3



## 飲食多講究

### Observe good food hygiene



#### 提防唾液的細菌感染食物

- 用膳時要用公筷及公匙。
- 不要與人共用飯盒及飲品。

#### 愛護環境衛生

- 要有公德心，切勿將食物屑碎或汁液遺留在公共地方。

#### Prevent germs in saliva from contaminating food

- Use serving chopsticks and spoons at meal times.
- Do not share lunch boxes and drinks.

#### Be considerate

- Do not drop food scraps and litter in public places. Be civic-minded.

## 提防吃下不潔食品染病

- 不要光顧無牌食物小販或不潔食肆。
- 不要買沒有正確標籤、過期或包裝破損的預先包裝食物。
- 不要買沒有蓋好的熟食或在室溫下貯存了一段時間的食物。
- 不要進食已變色、變味、外表異常或懷疑受到污染的食物。

## Don't eat dirty food

- Do not eat at unlicensed food stalls or unclean food premises.
- Do not purchase pre-packaged food that does not have proper labeling, has passed its expiry date or is in a damaged package.
- Do not buy uncovered food or food that has been stored at room temperature for some time.
- Do not eat food that looks, smells or tastes abnormal or could be contaminated.



## 回家即清潔

### Clean up when you return home

外出時，街道上或所接觸的物件可能沾有污垢或病菌，應提防這些污垢或病菌停留在身上或依附在衣履上。

- 出外回家後要立即洗手及洗臉。
- 將衣服清洗或掛在通風的地方最少一天。
- 將鞋清潔好，放到通風的地方並要洗手。





Dirt or germs can be found everywhere in the street, or on objects that you come into contact with outside. When you come home :

- Wash hands and face immediately.
- Wash clothes or air them in a well-ventilated place for at least one day to clear away dirt and germs.
- Clean shoes and put them in a well-ventilated place. Wash hands immediately afterwards.

## 有病要留神

Seek medical help if you feel unwell



為了保護自己，也為了防止  
把疾病傳染他人

- 如有不適，應速往就醫，有呼吸道感染病徵時，應佩戴口罩。
- 如有發熱，切勿上學或上班。
- 如需前往醫院或診所，應佩戴口罩。回家後，要洗澡及洗頭。



### Protect yourself and prevent others from contracting diseases

- Consult a doctor promptly if you feel unwell. Wear a face mask if you have symptoms of a respiratory tract infection.
- If you have a fever, do not go to school or work.
- Wear a mask when visiting hospitals or clinics. When you arrive home, take a bath and wash your hair.



# 健康生活勿遺忘

## Adopt a healthy lifestyle



- 不要吸煙或過量飲酒。
- 多做運動，並注意均衡飲食。
- 要有充分休息。
- 保持身體清潔，不與人共用個人用品。
- 勿隨地吐痰及亂拋垃圾，違例者會被重罰。
- Do not smoke or drink too much alcohol.
- Exercise regularly and maintain a healthy, balanced diet.
- Get plenty of rest.
- Do not share personal items.
- Do not spit or litter. Offenders are liable to a heavy penalty.





# 全城衛生 你我參加

## Treasure Our City Keep Hong Kong Clean

環境衛生與我們健康息息相關，誰也希望在一個清潔、衛生、安全的環境下生活。私人地方與公共地方的衛生同樣重要，而用戶與管理公司同樣有責任保持環境衛生。「香港是我家」，保持全城清潔，你我得益。

Environmental hygiene and health are closely related. We all want to live in a clean, hygienic and safe environment. Hygiene is equally important in private and public places. Both the users and management of these areas are responsible for keeping the environment clean. Hong Kong is our home. We all benefit by keeping our city clean.



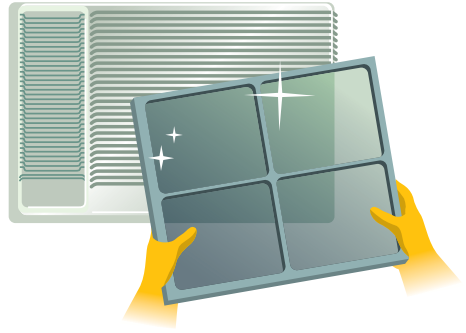


# 空氣夠流通 健康又輕鬆

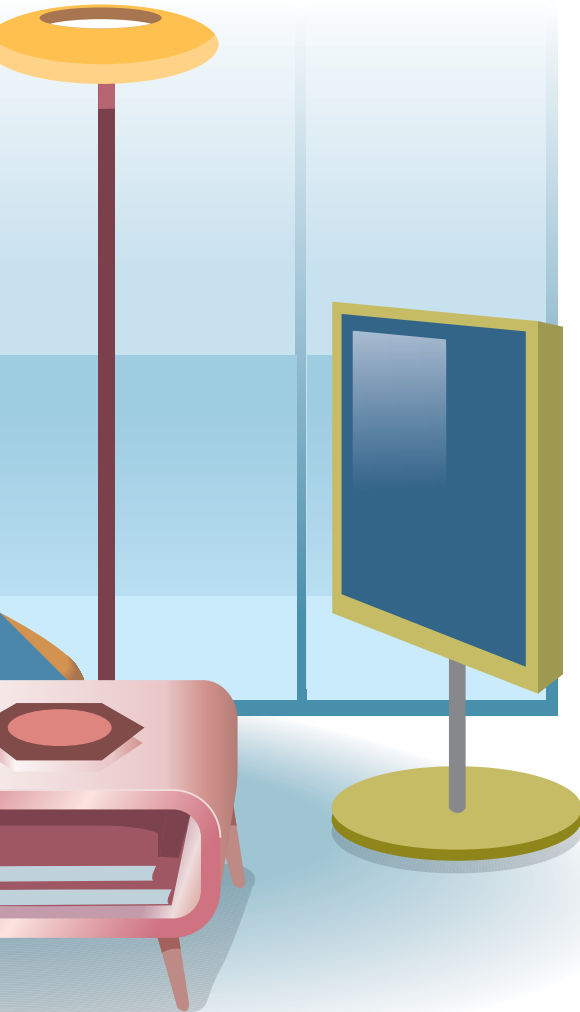
## Ensure good ventilation



- 經常打開窗戶，保持室內空氣流通。
- 使用風扇或抽氣扇，加強室內空氣流通。
- Keep windows open to maintain good indoor ventilation.
- Switch on fans or exhaust fans to enhance air flow.

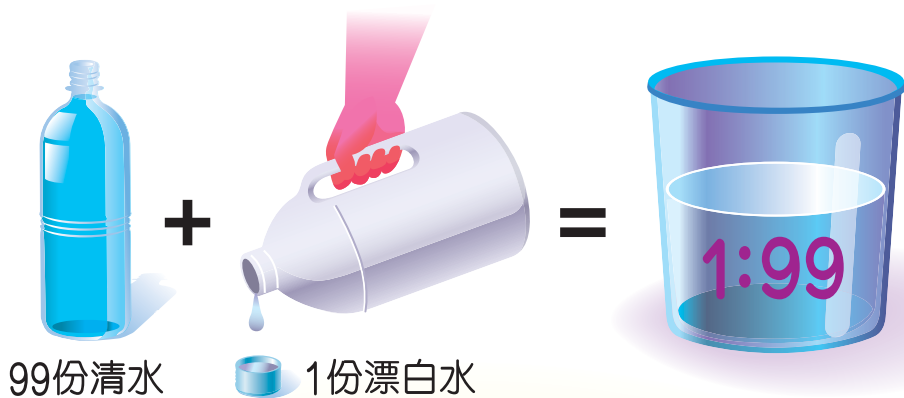


- 經常清洗冷氣機隔塵網，並檢查冷氣機有否滴水。
- 建立無煙的工作、休息及娛樂環境。
- Wash dust filters of air-conditioners frequently and check for drips from air-conditioners.
- Create a smoke-free environment for work, rest and play.



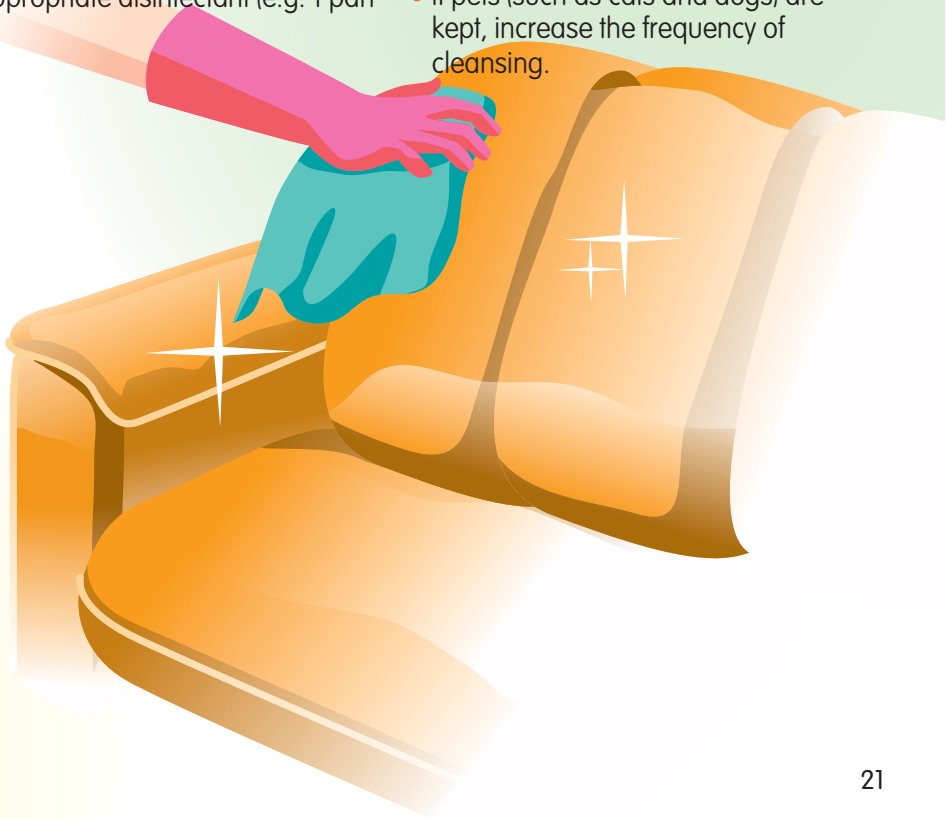
## 環境常清潔 醒神又自然

Keep your home clean



- 家具應定期抹拭，尤其是經常接觸的地方、傢俬物品、玩具、用具、廁所、浴室及地板須至少每天用 1 比 99 稀釋家用漂白水（非金屬表面可使用 1 份 5.25% 漂白水與 99 份清水混和，金屬表面可使用 70% 酒精）清潔消毒，待乾後，用水清洗並抹乾。
- 若地面/家具/衣物被分泌物或排泄物污染（如嘔吐物、糞便或呼吸道患者的痰涎），弄掉髒物後，須用 1 比 49 稀釋家用漂白水（非金屬表面可使用 1 份 5.25% 漂白水與 49 份清水混和，金屬表面可使用 70% 酒精）消毒，待 15-30 分鐘後，用水清洗並抹乾。
- 定時清潔地面，並視乎情況增加清潔次數。清潔地面後要保持地面乾爽。
- 使用可清洗的地墊，保持地氈清潔，須每日吸塵及定期清洗。
- 定時更換及清洗被單枕套、毛巾及衣服。
- 若有飼養寵物（如貓和狗），更要增加清潔的次數。

- Clean and disinfect frequently touched surfaces, furniture, toys, utensils, toilet, bath room and floor at least daily by using appropriate disinfectant (e.g. 1 part of 5.25% household bleach in 99 parts of water for non-metallic surface or 70% alcohol for metallic surface), wait until dry and then rinse with water.
- If places/utensils/clothes are contaminated by respiratory secretions, vomitus or excreta, use disposable towels to wipe them away. Then disinfect the surface and the neighbouring area with appropriate disinfectant (e.g. 1 part of 5.25% household bleach in 99 parts of water for non-metallic surface or 70% alcohol for metallic surface), leave for 15-30 minutes, and then rinse with water.
- Clean the floor regularly and increase the frequency as the circumstances required, and keep it dry.
- Carpets should be kept clean by daily vacuum cleaning and regular washing.
- Clean and change bed sheets, pillow cases, towels and clothes regularly.
- If pets (such as cats and dogs) are kept, increase the frequency of cleansing.





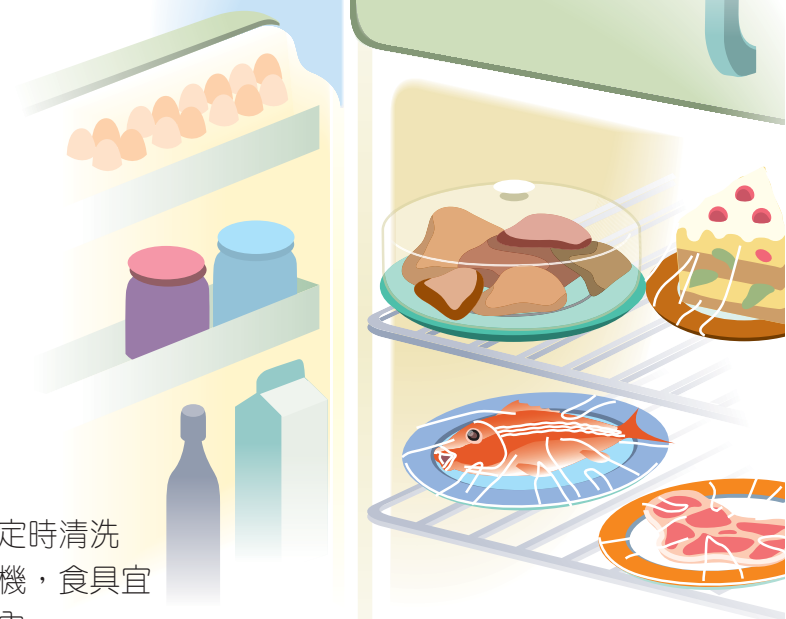


- 公用地方及設施要定期清洗、消毒及維修，例如樓梯、電梯、大堂、垃圾房、屋宇簷篷、抽風系統等。清潔次數愈多，保健功效愈大。
- Make sure that common facilities such as staircases, lifts, lobbies, refuse collection chambers, canopies and ventilation fans are cleaned, disinfected and maintained regularly.



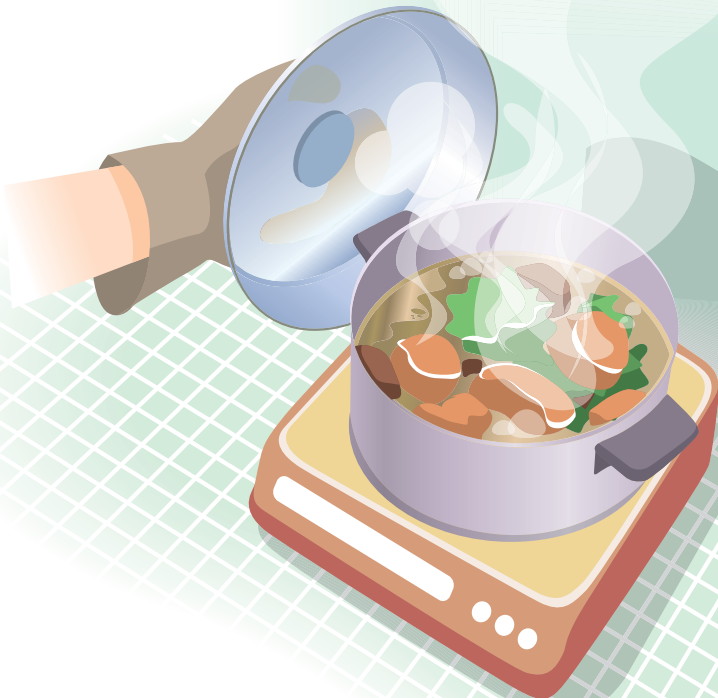
## 廚房保衛生 開心又放心

### Pay attention to food hygiene



- 保持廚房清潔，定時清洗抽氣扇及抽油煙機，食具宜放在乾淨的碗櫃內。
- 食物應放在有蓋的容器或雪櫃內，熟的食物放在雪櫃上格，生的食物放在下格，以免交叉污染。
- 生和熟的食物要分開處理，切勿使用同一砧板和刀，以免交叉污染。
- 肉類要徹底煮熟方可進食，高溫可以殺死細菌。
- 剩餘的食物最好棄置，如要保留，應放進雪櫃（攝氏 4 度或以下）；再進食時，必須徹底翻熱（攝氏 75 度或以上）。
- 雪櫃要保持清潔和良好運作，每星期要清洗雪櫃一次。

- Keep the kitchen clean. Wash the exhaust fan and range hood regularly. Store eating utensils in a clean cupboard.
- Store food in covered containers or the refrigerator. To avoid cross-contamination, store cooked food in the upper compartment of the refrigerator and raw food in the lower compartment.
- Prepare raw food and cooked food separately, using separate knives and chopping boards for each to avoid cross-contamination.
- Cook meat thoroughly before eating. A high temperature can kill germs.
- Leftovers should be stored properly in refrigerators (4°C or below) and thoroughly reheated to 75°C or above before being served again.
- Make sure the refrigerator is clean and works well. Clean it once a week.



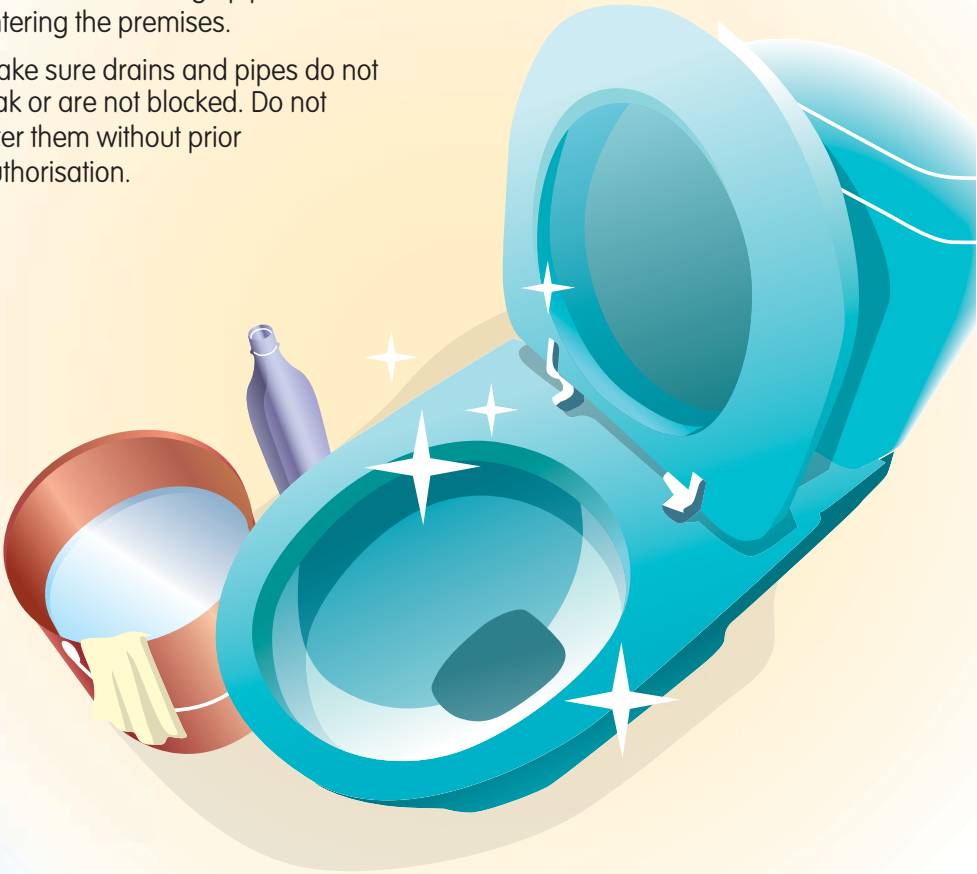
## 廁渠重維修 暢快樂無憂

### Maintain proper function of toilets, drains and pipes

- 每天用 1 比 99 的稀釋家用漂白水清洗廁所。家居廁所應備梘液及清潔毛巾以供洗手之用。公眾廁所要供應梘液及抹手紙或乾手機。
- 定期注水進排水口內，以防昆蟲及臭氣經排水口進入室內。
- 保持渠管暢通及沒有滲漏，切勿擅自將渠管改道。



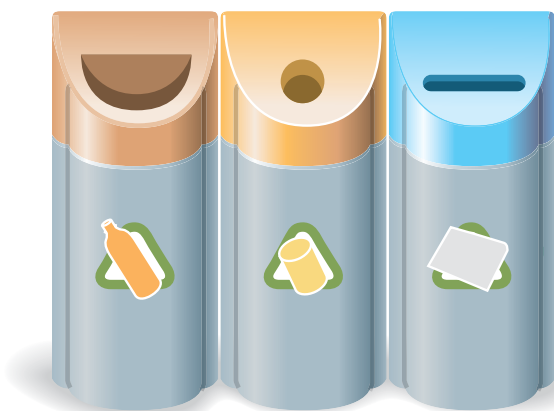
- Clean toilets daily with a diluted household bleach solution (1 in 99). At home, make sure there is liquid soap and a clean towel in the toilet to wash hands. For public toilets, liquid soap and disposable towels or hand dryers should be made available.
- Pour water into drain outlets regularly to prevent foul air and insects in the sewage pipe from entering the premises.
- Make sure drains and pipes do not leak or are not blocked. Do not alter them without prior authorisation.



# 廢物妥處理 衛生又完美

## Do not litter

- 垃圾要包好及放在有蓋的垃圾桶內。每天應清理垃圾桶一次。
- 分類棄置廢物，例如廢紙、膠樽、鐵罐等，有助減低環境污染。
- 注重公德，不要亂拋垃圾或隨地吐痰。在公眾地方多行一步，將垃圾放在垃圾桶。
- 為保持環境清潔，應定時帶寵物到附近的狗公園便溺。如寵物在其他地方便溺，應清理其排泄物，並放在指定的收集箱內。
- 清理垃圾後要洗手。



- Wrap up rubbish properly before putting it in a bin with a well-fitting lid. Empty the bin once a day.
- Dispose of refuse such as paper, plastic bottles and cans separately into appropriate collection bins to ease environmental pollution.
- Be considerate. Do not litter or spit. Put litter in a rubbish bin.
- Take your dog to dog parks regularly. Do not let it foul public places. Always clean up its mess and place in a dog excreta collection bin.
- Wash hands after handling refuse.



# 蟲鼠皆防治 安居齊樂業

## Prevent pest and rodent infestation

- 為杜絕蚊患：
  - 每星期最少一次清理盆栽底盤的積水及更換花瓶內的清水。
  - 地台凹陷的地方要填平，以防積水。
- 定期修剪植物及保持花槽整潔，以防鼠患。
- 清除室內及大廈公共地方的垃圾及雜物。



- To prevent mosquito breeding:
  - Change water for flowers and plants at least once a week, and do not leave water in trays or plates underneath the flowerpots.
  - Fill up uneven ground surfaces to prevent accumulation of stagnant water.
- Trim shrubs and keep flowerbeds clean and tidy to prevent rodent infestation.
- Clear up refuse or disused articles at home or in common areas of buildings.





- 定期在污水渠去水位置噴殺蟲水以杜絕蟲蟻滋生。
- 如用殺蟲劑，要依照包裝上的指示適當地使用及存放，避免吸入過量化學藥物及污染環境，清潔程序完成後要洗手洗臉。
- Spray insecticides into drain outlets of sewage pipes to prevent pest and ant breeding.
- For proper use and storage of insecticides, follow the instructions on the package to avoid excessive inhalation of chemicals and prevent environmental pollution. Wash your hands and face after use.

如發現垃圾黑點及地盤積水，  
應即致電

**1823電話中心**

Report rubbish black spots and  
stagnant water at construction sites  
by calling

**1823 Call Centre**



讓我們攜手合作  
建設衛生的香港

Let's join hands to create a healthy  
and hygienic environment  
in Hong Kong



衛生署24小時健康教育熱線

Department of Health  
24-hour Health Education Hotline

**2833 0111**

衛生署網址

Department of Health Websites

[www.chp.gov.hk](http://www.chp.gov.hk)

[www.cheu.gov.hk](http://www.cheu.gov.hk)

[www.dh.gov.hk](http://www.dh.gov.hk)

食物環境衛生署網址

Food and Environmental  
Hygiene Department Website

[www.fehd.gov.hk](http://www.fehd.gov.hk)

香港郵政  
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服務



食物及衛生局  
Food and Health Bureau



衛生署  
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