

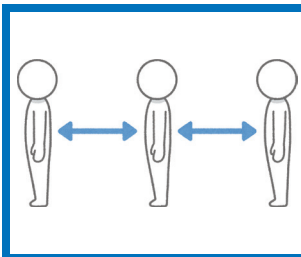
To prevent COVID-19 infection

預防感染新冠肺炎／預防感染新型冠狀病毒

Basic infection countermeasures to be taken by each person
個人基本防疫措施／個人基本防疫措施

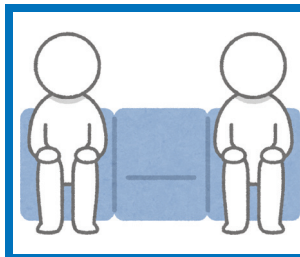
The 3 fundamentals of infection prevention 預防感染三個基本措施／預防感染的三個基本措施

Maintaining the social distancing
保持身體間距／保持身體距離



Maintain the 2M (minimum 1M) distance between individuals.
與他人之間的距離，盡量保持在2米（最少1米）
與他人保持2公尺以上（最少1公尺）的距離

Wearing a face mask
戴口罩／戴口罩



Handwashing
勤洗手／勤洗手

When talking to others, avoid being head-on as much as possible.

與人交談時，盡量避開面對面
與人交談時，盡量避免面對面



Wear a face mask when outing, staying indoors, and speaking with others even if you don't have any symptoms.

外出、在室內以及交談時，即使沒有症狀也要戴口罩

無論外出或在室內或是與人交談時，即使沒有症狀也戴上口罩



Immediately wash your hands and face when returning your accommodation. Change your clothes as soon as possible, and take a shower.

回去以後先洗臉洗手，盡快淋浴並換衣服

回到房間先洗手跟臉，儘快更換衣服並且洗澡

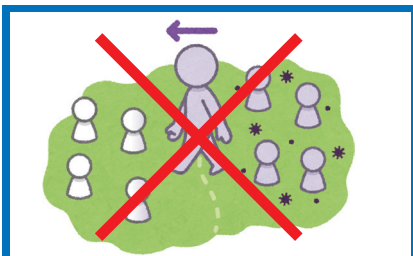


Wash your hands carefully with soap and water for about 30 seconds. (You may use a hand sanitizer.)

用水和肥皂仔細洗手約30秒鐘（也可以使用手部消毒液）

使用肥皂仔細洗手並持續30秒左右（或是使用手部消毒液）

Infection countermeasures when moving around 交通中的防疫措施／移動時的防疫措施



Avoid traveling to/from the high-prevalence areas.

盡量不要出入感染流行地區

避免出入感染者眾多的區域



Keep record of the place and the name of individuals you meet just in case you get infected.

記錄和誰在何地見過面，作為出現症狀時的備忘錄

紀錄曾經見過面的人跟見面地點以備不時之需



Take note of the infection situation in your area.

注意當地感染狀況

注意當地的感染狀況

Basic lifestyle rituals for everyday life 日常生活方面的基本生活方式／日常的基本生活方式



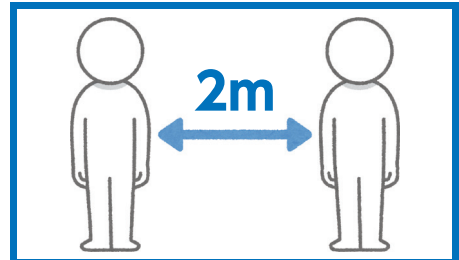
Wash and sanitize your hands often.
勤洗手、手部消毒／勤洗手·手部消毒



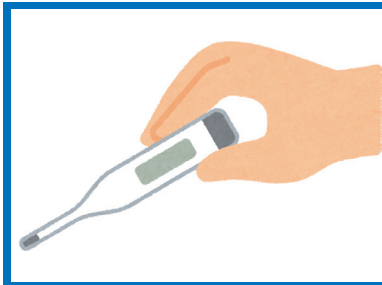
Adhere to cough etiquette.
彻底遵守咳嗽礼节／咳嗽時遮蓋口鼻



Avoid the "Three Cs" (Crowded places, Close-contact settings, Closed spaces)
“避免三密”（密集场所、紧密接触、密闭空间）／「避免三密」（密集，密接，密闭）



Maintain the social distancing.
与他人保持间距／保持與他人的距離



Take body temperature and do health checks every morning. (If you have fever or cold symptoms, take it easy and stay home to recuperate.)

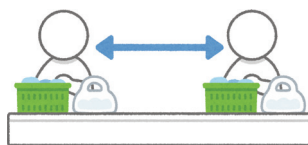
每天早上测体温、确认健康状况（有发烧或感冒症状时不要勉强在家静养）

每天早上測量體溫以及確認身體狀況（如有發燒或感冒症狀就在家休息）

Examples in your daily activities 日常生活不同场面的生活方式／各種日常中不同場面的生活方式

Shopping / 购物 / 購物

- Use online shopping.
网购／使用網路購物
- Go shop alone or with a small group when the store is not crowded.
选择人少的时间段避免多人前往／避開壅擠時段並避免多人前往
- Utilize electronic payment.
使用电子货币支付／使用電子貨幣支付
- Make a plan and shop quickly.
做好计划尽快买完／預先擬定計畫快速完成購物
- Maintain spacing at cash-register lines.
排队付款时保持前后间距／排隊結帳時與前後保持距離



When using a public transportation service 使用公共交通／使用大眾運輸交通工具

- Keep conversation to a minimum.
尽量避免交谈／儘量避免交談
- Avoid peak hours. / 避开拥堵的时间段 / 避開壅擠時段
- Try biking or walking as an alternative.
选择步行及或骑自行车 / 選擇步行或是騎乘自行車

When dining / 用餐 / 用餐

- Make use of a takeout and a food delivery service.
带走或叫外卖 / 外帶或外送
- Choose individual serving rather than sharing platters.
避免分餐，各自吃各自的料理 / 避免分食，各自享用各自的料理
- Sit side-by-side, not face-to-face.
不要面对面尽量并排坐 / 選擇側面座位避免面對面
- Focus on meal, keeping the conversation to a minimum.
享受食物，尽量食不语 / 專心用餐，盡量避免對話