



Severe Acute Respiratory Syndrome (SARS) prevention guidelines

嚴重急性呼吸道症候群 (SARS) 預防建議(英文)

For all persons:

- Maintain good personal hygiene. Wash hands after sneezing, coughing, blowing your nose or touching public equipment.
- Maintain good indoor ventilation by opening windows from time to time.
- Avoid visiting crowded places or traveling to locations where SARS cases are reported.
- Build up good body immunity by taking a proper diet, having regular exercise and adequate rest, and avoiding smoking.
- Consult your doctor promptly if you develop respiratory symptoms and tell your doctor where you have visited before you have the symptoms.

For all persons who work or live on campus (elementary school, kindergarten, and nursery school):

- Cleanse toys and furniture after using them.
- Keep hands clean and wash hands properly and thoroughly.
- Cover your nose and mouth when sneezing or coughing.
- When hands are dirty with respiratory secretions like nasal mucus, wash them with liquid soap.
- Wash hands with soap/ liquid soap and use a tissue paper to dry hands, then dispose the paper properly.
- Do not share towels.

For persons who take care of patients with respiratory tract infections:

- Consult your doctor promptly if you develop respiratory symptoms.
- Help patients follow instructions given by the doctors as in using the prescribed drugs and taking adequate rest.
- Adhere to good personal hygiene practices.
- Ensure good indoor ventilation by opening windows from time to time.
- Put on masks to reduce the chance of spreading infections to other persons around you.
- Persons caring for patients should also wear masks to reduce the chance of acquiring infection through the airways.

若有任何疑問，請不吝與我們聯絡
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