抗疫小夥伴

Dr Dumo et al

文/圖：李揚立之醫生
Author/Illustrator: Dr Lucci Lugee Liyeung

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關於新型冠狀病毒

About the novel coronavirus

首次發現於：中國武漢（2019年12月）
First discovered in: Wuhan, China (Dec 2019)

傳播途徑：飛沫/接觸
Transmission: Droplet/Contact

潛伏期：incubation period: 3-14天
days

治療：目前只有針對症狀或輔助治理
Treatment: Symptomatic or supportive
常見病徵
Common symptoms

發燒
fever

乏力
Malaise

乾咳
dry cough

氣喘
Shortness of breath

如出現症狀, 應盡快求醫並配戴口罩誠實告知醫護人員外遊及接觸紀錄
When symptoms occur, don a mask and seek medical advice promptly, report any relevant travel or contact history
家居注意事項

 Household Precautions

歸家後切記脫鞋和洗手
Remove shoes and wash hands upon arriving home

保持家居清潔，包括寵物用品
Keep your home clean, including pets' belongings

常開窗保持空氣流通（家有貓主子請小心！)
open windows for better ventilation (but keep a cautious eye on your cat!)

沖廁時蓋廁板
Close the toilet lid prior to flushing

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外出注意事項
Outdoor Precautions

避免去人多擠迫地方
Avoid crowded places

如感到不適，請避免外出
Avoid going out if you are feeling under the weather

切忌進食野味
refrain from consuming game meat

避免到濕市場
Avoid wet markets

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個人衛生

Personal Hygiene

打噴嚏要用紙巾遮口鼻
cover up with tissue paper when sneezing

並把紙巾棄於有蓋垃圾桶內
and dispose of it in a covered bin

戴口罩
mask up

勤洗手
Ensure hand hygiene

隨身攜帶酒精搓手液
Bring your own hand sanitizer

勿擦眼睛或鼻
avoid eyes or nose rubbing
提升免疫力
Boost Immunity

每天八杯水
8 glasses of water per day

遠離二手煙
Stay away from 2nd hand smoke

多吃蔬果
eat more fruits & veggies

適量陽光
Step out in the sun

定時運動
Regular exercises

充足睡眠
Adequate sleep
Proper Handwashing

1. Apply soap to hands.
2. Scrub hands for at least 20 seconds.
3. Rinse hands with water.
4. Dry hands with a clean towel.

Key Areas to Clean:
- Palm
- Fingertips
- Web spaces
- Back of hands
- Thumbs
- Wrist
如何正確戴口罩

How to properly don a facemask

建議使用外科口罩或正確尺寸的醫護用N95。其他口罩（布、海棉、紙等）效果不足
Surgical masks or correctly fitted N95 masks are recommended. Other masks (cotton, paper, etc) do not provide adequate protection

顏色面朝外，金屬線向上
coloured side faces out, metal wire on top

戴前對摺一下
fold once prior to wearing

壓下鼻夾
press the wire on the nasal bridge

摺面展開包好口鼻
Spread out the mask to fully cover the mouth and nose

戴/除口罩前後要洗手
wash hands before & after wearing/removing the mask

棄於有蓋垃圾桶內
dispose in a covered bin
關於作者

李揚立之 現職骨科專科醫生
也是一名插畫師，居於香港
希望可以透過圖畫加深小朋友的
衛生意識以減低恐懼
祝大家身體健康百毒不侵!

About the author

Lucci Lugee Liyeung is an Orthopaedic surgeon
as well as an illustrator based in Hong Kong
She hopes to improve health awareness
amongst children through her art

Stay healthy, stay strong!

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對抗肺炎,你我有責
we are all in this fight together against pneumonia!