

隔離病人出院 健康小貼士

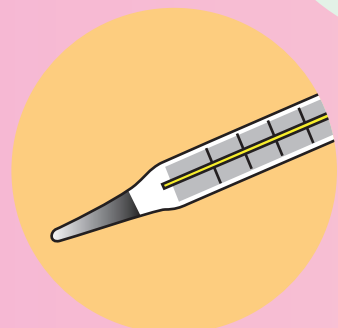
Health Tips: Discharge from Hospital
Isolation Care



多喝水
Drink more water



多休息
Take more rest



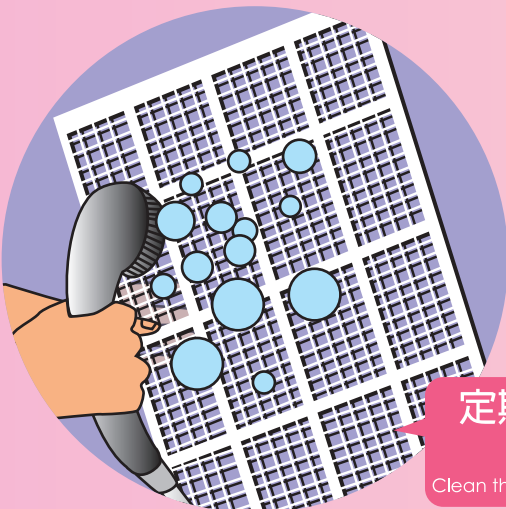
如發冷發熱請量度體溫
Measure your body temperature,
If you feel chills and rigor or feverish



清潔雙手
Practise hand hygiene



打開家中窗戶
Open the windows



**定期清洗冷氣機
之隔塵網**
Clean the filter of air conditioner

小貼士
Tips



隔離病人出院健康 小貼士

Health Tips:

Discharge from Hospital Isolation Care

1 一般隔離病人剛康復後出院，身體仍較虛弱，易受感染；故仍需要多休息，注意飲食健康，個人和環境衛生；以助康復，減低自己與別人交叉感染的風險。

After discharge from hospital and isolation care, it is recommended that you will continue to practise vigilant personal and environmental hygiene, so as to minimise the risk of inadvertent cross infection between yourself and others.

2 出院後如病情反覆或轉差，
If your condition deteriorates,

應盡快求診

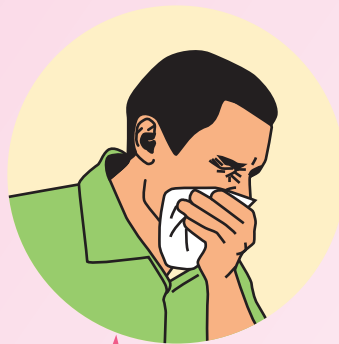
please consult your doctor immediately.

一般注意事項 General reminder

適用於「接觸性」傳染病人(如痢嘔等):

For patient after **contact** isolation (as for diarrhea and vomiting)

- 出院一週內宜食清淡食物。
Advice low fat light meal for a week.
- 餐前、服藥前、如廁後要清潔雙手。
Wash hand before meal or taking medicine and after toilet.
- 如廁後立即沖廁。
Flush after toileting.
- 保持家居清潔衛生，用1:99份漂水清潔廁所/地板/家具，待15-30分鐘後，用清水抹拭和乾布抹乾或風乾。
Maintain home hygiene by using 1:99 bleach to clean up toilet/floor/furniture. Wait 15-30 minutes before rinse by water and wipe dry or wind dry.
- 如嘔吐物/痰涎/糞質污染地方，先用吸水力強的即棄紙巾抹拭，移除污垢，再用1:49份漂水清潔，待15-30分鐘後，用清水抹拭和乾布抹乾或風乾。
Use absorbent and disposable tissue paper to clean up where contaminated by vomit/sputum/faeces. Then use 1:49 bleach to clean up, wait 15-30 minutes, then rinse by water and wipe dry.



用紙巾覆蓋口和鼻
Use tissue paper to cover your mouth and nose

帶上口罩
Wear mask



保持家居清潔衛生
Maintain home hygiene

適用於飛沫傳染病人

For patient after **droplet** isolation

- 多休息，多喝水。
Take more rest and drink more water.
- 避免到人群擁擠之地方。
Avoid overcrowded places.
- 帶上口罩。
Wear mask.
- 經常注意清潔雙手。
Practise hand hygiene.
- 注意咳嗽禮儀：如咳嗽打噴嚏時用紙巾覆蓋口和鼻，避免接觸飛沫鼻液，並要立即清潔雙手。
Use tissue paper to cover your mouth and nose when you are sneezing and coughing, avoid contact with droplet secretions, and wash hands immediately.
- 打開家中窗戶，保持空氣流通；定期清洗冷氣機之隔塵網。
Maintain good ventilation, open the windows and clean the filter of air conditioner regularly.
- 於流感高峰期，可考慮用1:99份漂水清潔地板家具。
At the peak influenza period, you can use 1:99 bleach to clean up the environment.
- 如痰涎鼻液污染地方，先用吸水力強的即棄紙巾抹拭，移除污垢，再用1:49份漂水清潔，待15-30分鐘後，用清水抹拭和乾布抹乾或風乾。
Use absorbent and disposable tissue paper to clean up when contaminated by sputum/snivel. Then use 1:49 bleach to clean up, wait 15-30 mins, then rinse by water and wipe dry.
- 如發冷發熱，請量度體溫，一般耳探攝氏38度或口探攝氏37.5度為發熱界線。
If you feel chills and rigor or feverish, please measure your body temperature. (over 38 degree of ear temperature and 37.5 degree of oral temperature are defined as fever)