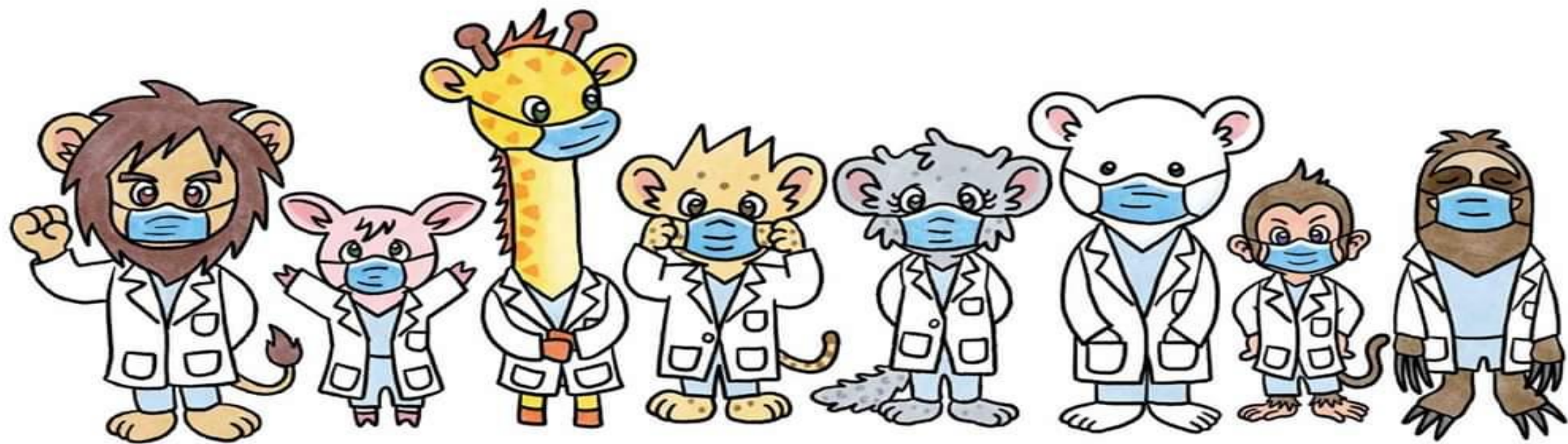


# 抗疫小夥伴

Dr Dumo et al



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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

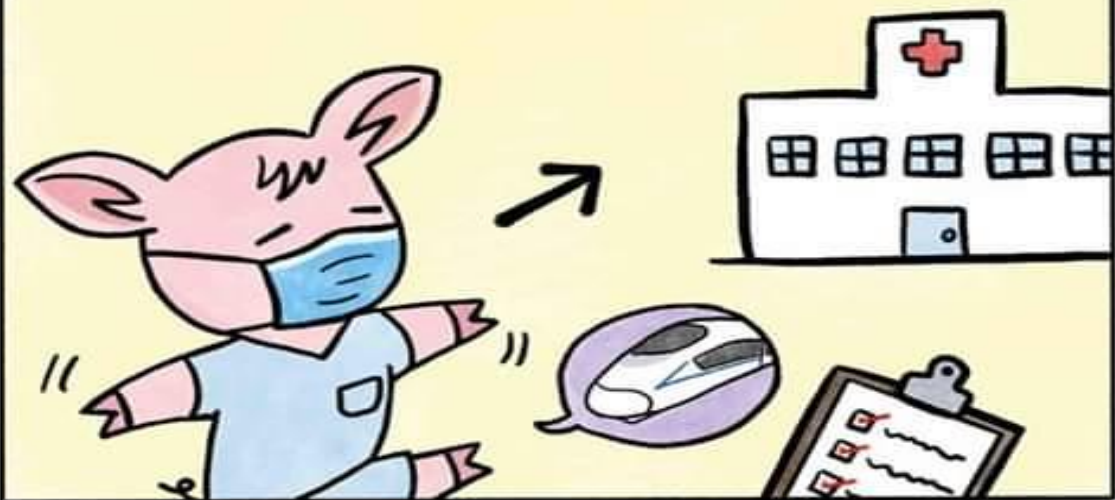


咳嗽  
cough



黃綠色膿痰  
yellowish/greenish  
thick phlegm

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. notify of  
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!)



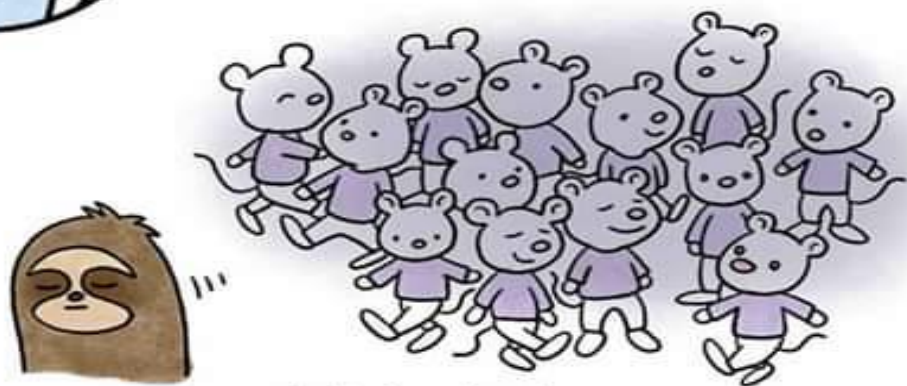
沖廁時蓋廁板  
Close the toilet lid prior to flushing





# 外出注意事項

## Outdoor Precautions



避免去人多擠迫地方  
Avoid crowded places



避免到濕市場  
Avoid wet markets



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



# 個人衛生 Personal Hygiene



打乞嚏要用紙巾遮口鼻  
cover up with tissue  
paper when sneezing



並把紙巾棄於  
有蓋垃圾筒內  
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  
2<sup>nd</sup> hand smoke



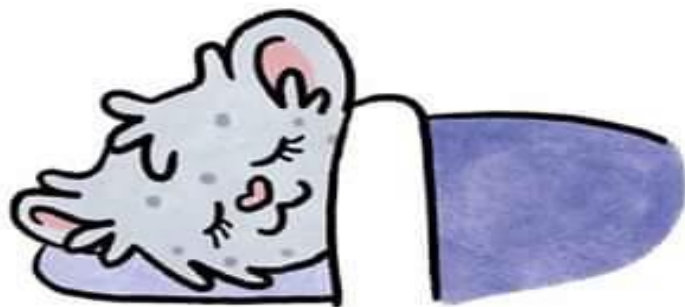
多吃蔬果  
eat more  
fruits & vegs



適量陽光  
Step out in the sun



定時運動  
Regular exercises



充足睡眠  
Adequate sleep





# 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



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



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



對摺棄掉  
fold & dispose

## 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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