我們還要注意什麼？

佩戴口罩只是預防呼吸道感染的其中一個方法，我們應同時認真地採取各項防範措施，預防感染：

1. 經常和正確地保持手部衛生。
2. 在接觸眼、鼻及口前應先潔手。
3. 遵守咳嗽禮儀。
4. 若身體不適時，應留在家中休息和避免與他人接觸。
5. 盡量遠離可能的傳染源：
   5.1 減少非必要的社交活動，及避免到人多擠逼的地方。如必須出席，應盡量縮短逗留時間。此外，較易患上感染併發症的高危人士，例如孕婦和長期病患者，建議佩戴口罩。
   5.2 盡量避免近距離接觸受感染患者。

選擇合適尺碼的外科口罩，兒童可選用兒童尺碼：

1. 在沒有成人監管下，2歲以下幼兒不應使用口罩（包括外科口罩及布口罩）。
2. 初生及2歲以下的嬰幼兒，若不恰當使用口罩會有窒息及其他健康的風險。他們會用手觸摸或扯掉口罩，因而增加感染的機會。
3. 建議最好避免帶2歲以下嬰幼兒參與不必要的社交活動或到兒童遊樂場等。如確實需要外出，應到人流較少的地方，並讓嬰幼兒與其他人保持適當的社交距離和避免觸摸外來的物件。
4. 照顧者接觸孩子前，要做好個人衛生措施。當餵哺嬰兒時，亦要先佩戴口罩，保持雙手清潔。

如欲獲得更多資訊，請瀏覽
衛生防護中心網站 **www.chp.gov.hk**

What else to note?

Wearing a mask is just one of the ways to prevent respiratory tract infections. We should also adopt the following preventive measures vigilantly to minimise the risk of getting infection:

1. Perform hand hygiene frequently and properly.
2. Perform hand hygiene before touching eyes, nose and mouth.
3. Maintain respiratory etiquette/ cough manners.
4. Stay at home if got sick and minimise contact with others.
5. Stay away from possible sources of infection:
   5.1 Minimise unnecessary social contacts and avoid visiting crowded places. If this is necessary, minimise the length of stay whenever possible. Moreover, persons at a high risk of having infection-related complications, e.g. pregnant women or persons with chronic illnesses are advised to wear a mask.
   5.2 Avoid close contact with the infected persons.

Choose the appropriate mask size. Child size is available for selection as indicated:

1. Face mask (including surgical masks and cloth face coverings) is not recommended for children under the age of 2 years without supervision.
2. For newborns and young children under 2, there would be a chance of suffocation or other health risks if face mask is not properly used. In addition, young children like to touch or pull the mask on their face which increase the chance of infection.
3. Parents are advised to let infants and young children stay at home as much as possible and avoid bringing them to unnecessary social gathering or playgrounds. If there is a need to go out, choose less crowded places and remember to keep the social distance between children and other people, and avoid touching things around.
4. Caretaker should ensure their own hygiene before handling young children. Keep your hands clean and wear mask when feeding your baby.

For more information, please visit the Centre for Health Protection Website **www.chp.gov.hk**

二零二零年五月修訂
Revised in May 2020

正確使用口罩 護己護人
Use mask properly Protect ourselves and protect others

衛生防護中心
Centre for Health Protection

衛生署
Department of Health

什麼是口罩？

佩戴口罩可遮掩鼻和口，阻隔液體與飛沫微粒通過。外科口罩（口罩）是一種較常用的口罩。

What is a mask?

A face mask covers nose and mouth. It provides a physical barrier to fluids and large particle droplets. Surgical mask (mask) is a type of face mask commonly used.

為什麼要佩戴口罩？

若佩戴得宜，口罩能有效預防經飛沫傳播的疾病。

Why do we need to wear a mask?

When used properly, masks can help prevent infections transmitted by respiratory droplets.

何時要佩戴口罩？

1. 保護自己：當我們需要照顧呼吸道受感染的患者時；或在流感大流行／高峰期期間進入醫院或診所。
2. 保護他人避免受感染：當我們出現呼吸道感染病徵時，如發燒、流鼻水、咳嗽或打噴嚏等。

When do we need to wear a mask?

1. To protect ourselves: When we need to take care of person with respiratory infection; or when we visit hospitals or clinics during pandemic or peak season for influenza.
2. To prevent the spread of infection to others: When we have respiratory symptoms, e.g. fever, runny nose, cough or sneeze.

怎樣佩戴口罩？

1. 選擇合適尺碼的口罩，兒童可選擇兒童尺碼。
2. 佩戴口罩前，應先潔手。
3. 要讓口罩緊貼面部：
   - 3.1 大部份口罩由三層物料組成，外層防液體飛濺，中層作為屏障阻擋病菌，內層吸收佩戴者釋出的濕氣和水分。佩戴者必須依照生產商建議使用口罩，包括如何存放及佩戴口罩（如分辨口罩的前後）。一般而言，有顏色／摺紋向下的一面向外，有金屬條的一邊向上。
   - 3.2 如選用綁帶式口罩，將綁帶繫於頭頂及頸後；如選用掛耳式口罩，把橡筋繞在耳上，使口罩緊貼面部。
   - 3.3 拉開口罩，使口罩完全覆蓋口、鼻和下巴。
   - 3.4 把口罩的金屬條沿鼻樑兩側按緊，使口罩緊貼面部。
4. 佩戴口罩後，應避免觸摸口罩。若必須觸摸口罩，在觸摸前、後都要徹底潔手。

怎樣脫下口罩？

1. 適時更換口罩。一般而言，口罩不可重複使用。另外，口罩如有破損或弄污，應立即更換。
2. 脫下口罩前，須先潔手。
3. 脫下綁帶式口罩時，應先解開頸後的綁帶，然後解開頭頂的綁帶；脫下掛耳式的口罩時，把口罩的橡筋從雙耳除下，並應盡量避免觸摸口罩向外部份，因這部份可能已沾染病菌。
4. 將脫下的口罩棄置於有蓋垃圾箱內，然後立即潔手。

How to wear a mask properly?

1. Choose the appropriate mask size. Child size is available for selection as indicated.
2. Perform hand hygiene before putting on a mask.
3. The mask should fit snugly over the face:
   - 3.1 Most masks adopt a three-layer design which includes an outer fluid-repelling layer, a middle layer serves as a barrier to germs, and an inner moisture-absorbing layer. Wearer should follow the manufacturers' recommendations when using mask, including proper storage and procedures of putting on mask (e.g. determine which side of the mask is facing outwards). In general, the coloured side / the side with folds facing downwards of the mask should face outwards with the metallic strip uppermost.
   - 3.2 For tie-on mask, secure upper ties at the crown of head. Then secure lower ties at the nape. For ear-loops type, position the elastic bands around both ears.
   - 3.3 Extend the mask to fully cover mouth, nose and chin.
   - 3.4 Mould the metallic strip over nose bridge and the mask should fit snugly over the face.
4. Avoid touching the mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.

How to take off a mask properly?

1. Change mask timely. In general, mask should not be reused. Replace the mask immediately if it is damaged or soiled.
2. Before taking off the mask, perform hand hygiene.
3. When taking off tie-on mask, unfasten the ties at the nape first; then unfasten the ties at the crown of head. For ear-loops type, hold both the ear loops and take-off gently from face. Avoid touching the outside of mask as it may be covered with germs.
4. After taking off the mask, discard it into a lidded rubbish bin and perform hand hygiene immediately.