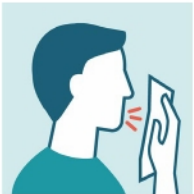Chinese

助力防止疾病蔓延

每日采取行动有助预防感冒和流感等呼吸道病毒的传播:

经常用肥皂和水洗手至少20秒钟 特别是在去完厕所后或通完鼻子，还有进餐前。

如果没有肥皂和水，请使用酒精含量至少为60％的酒精洗手液。

打喷嚏或咳嗽时用手肘或纸巾遮挡。

未洗手请勿触碰眼鼻口。

远离患病人员。

若您患病请留在家里

定期对用物和台面清洁并消毒。

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:

Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.
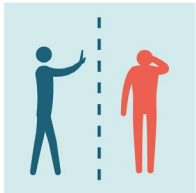
If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
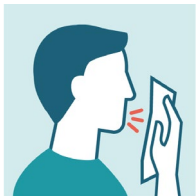
Cover your cough or sneeze into your elbow or a tissue.

Don't touch your eyes, nose or mouth with unwashed hands.

Stay away from people who are sick.

Stay home when you are sick.

Clean and disinfect objects and surfaces regularly.