

防範流感，請落實 咳嗽禮節和手部衛生

Influenza prevention, please implement coughing etiquette and hand hygiene

流感病毒小檔案

Profile of influenza virus

◆傳染途徑：飛沫傳染、接觸傳染
Route of infection: droplet infection,
contagious

◆症狀 Symptoms：

主要為發燒、頭痛、肌肉痛、疲倦、
流鼻涕、喉嚨痛及咳嗽等呼吸道症狀；
部份患者會嘔吐、腹瀉等

Mainly fever, headache, muscle pain, fatigue,
runny nose, sore throat and cough and
other respiratory symptoms;
Most patients with vomiting,
diarrhea

◆預防：接種流感疫苗、勤洗手、
戴口罩，避免出入人潮擁擠、空
氣不流通場所

Prevention: influenza vaccination,
washing hands, wearing masks, avoid
crowded out, poorly ventilated spaces.

◆治療：儘快就診(服用克流感)、多休息。
也應落實勤洗手、戴口罩等好習慣。

Treatment: treatment as soon as possible (taking Tamiflu),
more rest. Should also implement wash their hands, wearing
masks and other good habits.

