

關於新型冠狀病毒 About the novel coronavirus

目錄

Table of contents

- 1.關於新型冠狀病毒 About the novel coronavirus
- 2.常見病徵 Common Symptoms
- 3.家居注意事項 Household Precautions
- 4.外出注意事項 Outdoor Precautions
- 5.個人衛生 Personal Hygiene
- 6.提升免疫力 Boost Immunity
- 7.洗手七部曲 Proper Handwashing
- 8.如何正確戴口罩 How to properly don a facemask

一、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 : 14 天 days

治療:目前只有針對症狀或輔助治理

Treatment : Symptomatic or Supportive

二、常見病徵 Common Symptoms

如出現症狀,應盡快就醫並配戴口罩誠實告知醫護人員出遊及接觸紀錄

When symptoms occur, don a mask and seek medical advice promptly. notify of any relevant travel or contact history.

- 1.發燒 fever
- 2.無力 malaise
- 3.咳嗽 cough
- 4.黃綠色膿痰 yellowish/greenish thick phlegm

三、家居注意事項 Household Precautions

1. 返家後切記脫鞋和洗手 Remove shoes and wash hands upon arriving home
2. 保持家居清潔,包括寵物用品 Keep your home clean, including pets' belongings
3. 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!)
4. 沖廁時蓋廁板 Close the toilet lid prior to flushing

四、外出注意事項 Outdoor Precautions

1. 避免去人多擠迫地方 Avoid crowded places
2. 避免到濕市場 Avoid wet markets
3. 如感到不適,請避免外出 Avoid going out if you are feeling under the weather
4. 切忌進食野味 refrain from consuming game meat

五、個人衛生 Personal Hygiene

1. 打噴嚏要用紙巾遮口鼻 cover up with tissue paper when sneezing
2. 並把紙巾棄於有蓋垃圾筒內 and dispose of it in a covered bin
3. 戴口罩 mask up
4. 勤洗手 Ensure hand hygiene
5. 隨身攜帶酒精搓手液 Bring your own hand sanitizer
6. 勿揉眼睛或鼻子 avoid eyes or nose rubbing

六、提升免疫力 Boost Immunity

1. 每天八杯水 8 glasses of water prepay
2. 遠離二手煙 Stay away from 2nd hand smoke
3. 多吃蔬果 eat more fruits & veg's
4. 適量陽光 Step out in the sun
5. 定時運動 Regular exercises
6. 充足睡眠 Adequate sleep

七、洗手七部曲 Proper Hand washing

1. 指縫 Web spaces
2. 手掌 Palm
3. 指尖 Fingertips
4. 手背 Dorsum
5. 拇指 Thumb
6. 手腕 Wrist
7. 指甲 Fingernails



八、如何正確戴口罩 How to properly don a facemask

1. 建議使用外科口罩或正確尺寸的醫療用 N95。其他口罩(布、海綿、紙等)效果不足。

Surgical masks or correctly fitter N95 masks are recommended.

Other masks(cotton,paper,etc)do not provide adequate protection.

2. 顏色面朝外金屬線向上 → 戴前對摺一下 → 壓下鼻夾 → 摺面展開包好口鼻 → 戴/除口罩前後要洗手 → 對摺丟掉。

colored side faces out metal wire on top → fold once prior to wearing → press the wire on the nasal bridge → Spread out the mask to fully cover the mouth wash → hands before & after wearing/removing the mask → fold & dispose



對抗肺炎,你我有責!

we are all in this fight together against pneumonia!

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