

多倫多全科醫院肝病中心
華人乙型肝炎互助團體
Toronto General Hospital Centre for Liver Disease
Chinese Hepatitis B Peer Support Group

How to protect yourself










The best way to prevent infection is to avoid exposure:

- You must practice physical distancing
- If you have COVID-19, you must stay home
- If you are in close contact with someone with COVID-19, you must stay home
- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth without washing your hands
- Avoid close contact with people who are sick
- Stay home when sick
- Cover your cough or sneeze with a tissue, then immediately throw the tissue into the trash and wash your hands
- If you don't have a tissue, sneeze or cough on your sleeve or arm
- Clean and disinfect frequently touched objects and surfaces

Wearing a mask or face shield may not protect you from COVID-19, but it can protect others from respiratory droplets and bacteria. The best protection is to stay at home, keep six feet away from others, and wash your hands frequently. For more information, please read "Toronto Public Health's Guide to Public Use of Masks and Face Masks."


新冠肺炎、傷風感冒、流行性流感和鼻敏感的不同癥狀



Different symptoms of new coronary pneumonia, colds, flu and allergy

癥狀	新型冠狀病毒肺炎(武漢肺炎) 癥狀範圍由輕到重	傷風 逐漸發作	流行性感冒 突然發作	季節性過敏 突然發作
 潛伏期	7 - 25日	少於14日	7 - 14日	數星期
 咳嗽	普遍 ✓ (通常為乾咳)	普遍 ✓ (輕微)	普遍 ✓ (通常為乾咳)	甚少 (通常為乾咳 除非引發哮喘)
 氣促	有時 ✓	不會 **	不會 **	不會 **
 打噴嚏	不會	普遍 ✓	不會	普遍 ✓
 鼻涕或鼻塞	甚少	普遍 ✓	有時 ✓	普遍 ✓
 喉嚨痛	有時 ✓	普遍 ✓	有時 ✓	有時 ✓ (通常較輕微)
 發燒	普遍 ✓	可能有短暫 時間發燒	普遍 ✓	不會
 容易疲倦	有時 ✓	有時 ✓	普遍 ✓	不會
 頭痛	有時 ✓	甚少	普遍 ✓	有時 ✓ (因為鼻竇痛)
 身體痠痛	有時 ✓	普遍 ✓	普遍 ✓	不會
 肚瀉	甚少	不會	小童有時會	不會

* 資訊仍隨疫情更新。
另外，括弧內原文為COVID-19，中譯採用香港通俗的稱呼。

** 傷風、感冒及流感都可能引發哮喘而氣促，
武漢肺炎則會直接導致氣促。

原文：
美國哮喘和過敏基金會
 Asthma and Allergy
Foundation of America

中文翻譯：
 肝臟中心
 livercenter.com.hk

資料來源: <http://www.livercenter.com.hk>