



香港胸肺學會



香港胸肺基金會



美國胸肺學院 (港澳分會)

Release on 17/2/2020

Joint recommendations of HKTS / HKLF / CHEST Delegation HK & Macau

In view of the current local condition and risk of COVID-19 pneumonia in Hong Kong, the Hong Kong Thoracic Society, Hong Kong Lung Foundation and CHEST Delegation Hong Kong and Macau would advise Hong Kong citizens to stay vigilant in maintaining personal hygiene and reducing the risk of infection. Our Societies' current recommendations to the general public are as follows:

1. This novel coronavirus is mainly transmitted via respiratory droplets and contact, so wearing surgical mask can effectively reduce the risk of spreading the infection. We encourage wearing surgical face-masks as far as possible in public or in crowded areas, without regard to whether there are respiratory symptoms or not.
2. To achieve best personal protection as well as protection for others, it is necessary to observe personal and environmental hygiene; avoid touching eyes, nose and mouth with hands, wear and handle face-mask properly (avoid touching the outside of masks), and ensure hand hygiene practice with frequent use of hand soap or alcohol-based handrub.
3. Persons who have respiratory symptoms including cough, shortness of breath, and fever, are urged to wear a surgical mask, avoid going to public or crowded areas, and to seek medical attention as soon as possible.

Hong Kong Thoracic Society

Hong Kong Lung Foundation

Chest delegation Hong Kong and

Macau



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【17/2/2020 發布】

香港胸肺學會 / 香港胸肺基金會 / 美國胸肺學院(港澳分會) 聯合建議

就近期本港出現新型冠狀病毒肺炎而存在之社區傳播風險，香港胸肺學會，香港胸肺基金會聯

同美國胸肺學院(港澳分會)向香港市民提出以下建議：

1. 該新型冠狀病毒肺炎之傳播途徑主要是透過呼吸道飛沫及接觸傳染，所以佩戴外科口罩可有效阻隔飛沫傳播。我們建議及鼓勵市民無論是否有呼吸道癥狀，都應在公眾地方或在人多擠逼的地方佩戴外科口罩，以減低疾病傳播之風險。
2. 為保護自己及保護他人，要正確佩戴和處置口罩，避免用手觸摸口罩外層，及避免用手觸摸眼鼻口，要經常保持雙手清潔，勤用梘液或酒精搓手液潔手，注意個人及家居衛生。
3. 當出現呼吸道感染病徵，如有咳嗽，氣喘或發燒等癥狀，應佩戴外科口罩，避免前往人多擠逼的地方，及盡早求診。

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