



外籍勞工資訊通報

主 題：H7N9 個人之預防方法

- 一、勤洗手，雙手避免任意碰觸眼、鼻、口等黏膜。
- 二、保持空氣流通，咳嗽、打噴嚏需遮掩口鼻，若出現發燒、咳嗽、喉嚨痛等呼吸道症狀，應戴口罩並就醫。
- 三、避免接觸禽鳥及其分泌物，若不慎接觸，應馬上以肥皂徹底清潔雙手。
- 四、禽肉及蛋類必須完全煮熟後再食用。
- 五、料理生鮮禽畜肉品及蛋類後立即洗手，刀具、砧板也要徹底清洗後才能再度使用。
- 六、不要購買或飼養來源不明或走私的禽鳥。
- 七、非必要或無防護下，避免到生禽宰殺處所、養禽場及活禽市場。
- 八、禽畜業工作者於作業過程時，應穿戴個人防護設施，工作後，應做好清潔消毒工作。
- 九、一般民眾平時應養成良好個人衛生習慣、注意飲食均衡、適當運動及休息，維護身體健康。
- 十、有禽鳥接觸史、流行地區旅遊史的民眾，若出現發燒、喉嚨痛、咳嗽、結膜炎等症狀，請戴口罩儘速就醫，並主動告知接觸史、工作內容及旅遊史等。

【資料來源：衛生署疾病管制局】



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INFORMATION

TOPIC: THE PREVENTION OF H7N9

1. Wash hands often, don't touch eyes, nose and mouth by hands.
2. Keep the air fresh, cover the mouth and nose if cough or sneeze. Wear a mask and go to a doctor if you have fever, cough or sore throat.
3. Don't touch birds or its' excretion. Wash hands immediately if touched.
4. Meat and eggs should be well-cooked before eat.
5. Wash hands after cook raw meat and eggs. Knives and chopping board should be clean up completely before use again.
6. Never buy or raise birds if not sure where they are from.
7. Don't go to the place of killing, raising or market of birds and chicken alive.
8. Birds workers should wear protection clothes during work, clean and sterilize after finished work.
9. People should keep good life habit, balance diet, doing exercise and taking rest to keep health.
10. If ever touch birds or come from that area and have fever, sore throat, cough and Conjunctivitis should go to a doctor soon. Don't forget to wear a mask and explain to the doctor about work contents and traveling history.

Resource from: Centers for Disease Control