



Maintaining Your Mental & Emotional Health during the Novel Coronavirus Outbreak

**Division of Industrial Organizational Psychology
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Focus on the controllable.

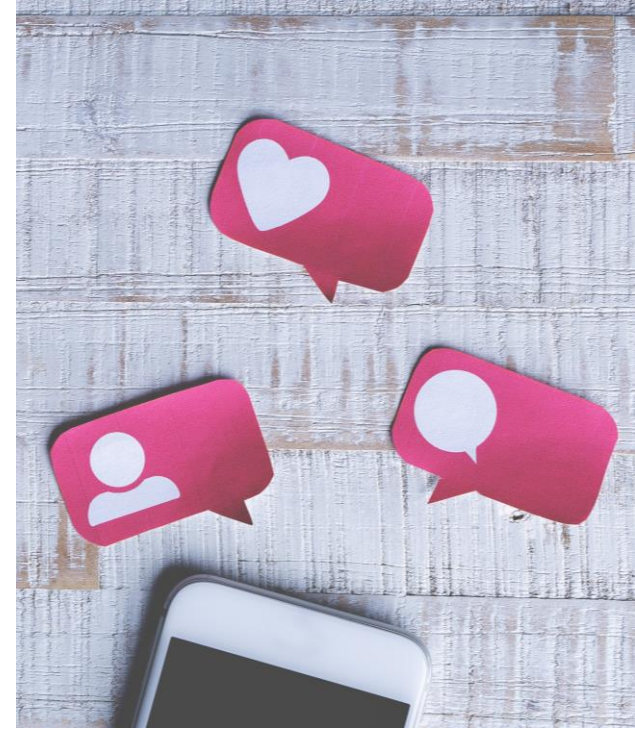


List out things that you can control (versus those being out of your control). Try to engage in activities that are controllable, especially those you are interested in but usually find it difficult to allocate time to.



Give your brain a break.

Detach/ Set a limit to yourself from watching the news about the situation all day long. Choose activities that are of good fit for you in your workplace or at home and spend a few minutes to let your brain calm down, relax, and energize.

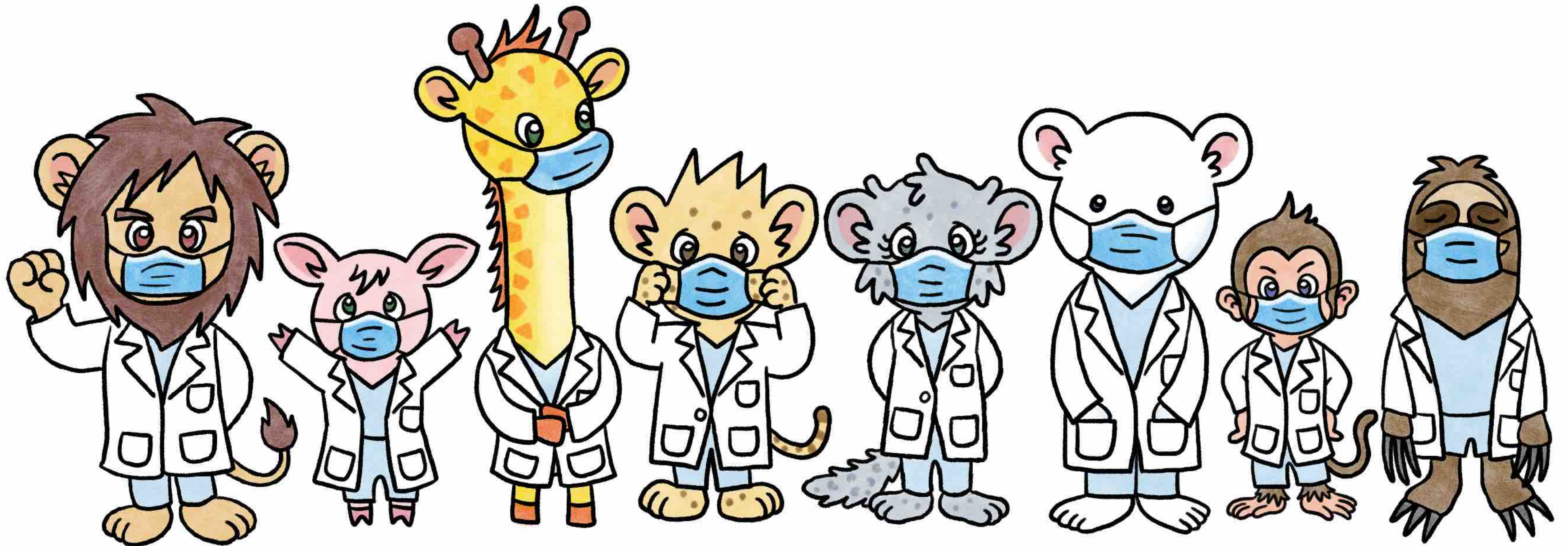


Cultivate your compassionate behavior.

Compassion is found to have both physical and mental health benefits. Stay connected with others in a meaningful way may speed up recovery from disease and even lengthen our lifespan. Find ways to help others during this difficult situation, as the act of giving could be as pleasurable as the act of receiving.

抗疫小夥伴

Dr Dumo et al



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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

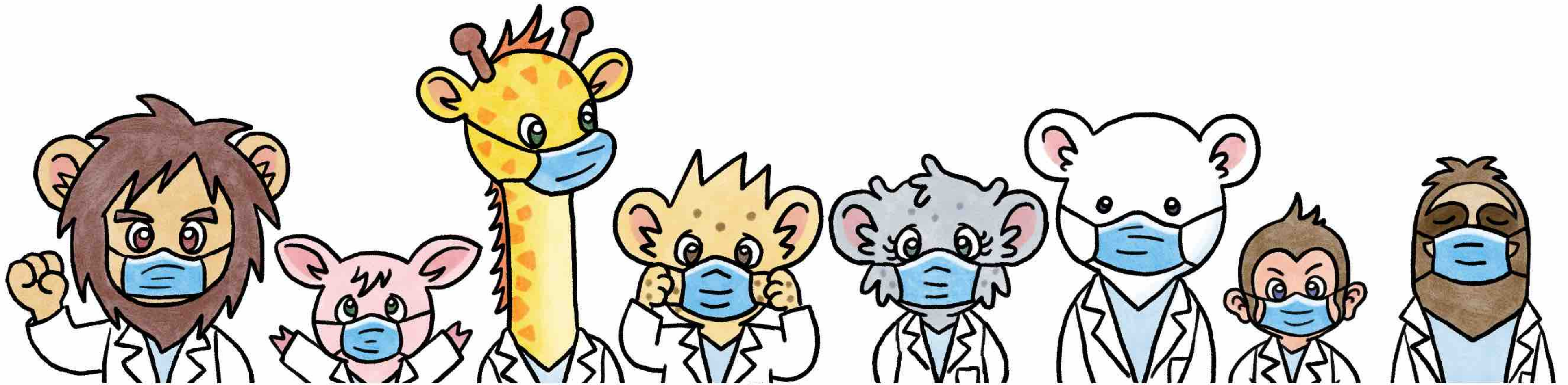
4 外出注意事項
Outdoor Precautions

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





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

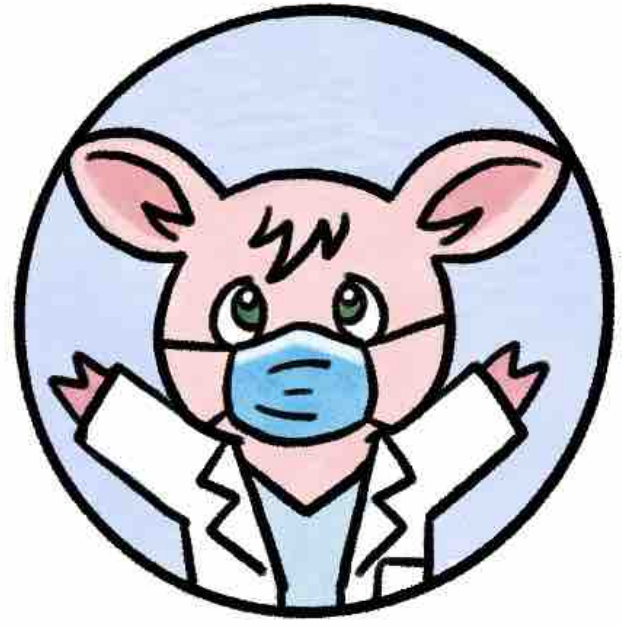


潛伏期 incubation period: 3-14 天 days

治療：目前只有針對症狀或輔助治理

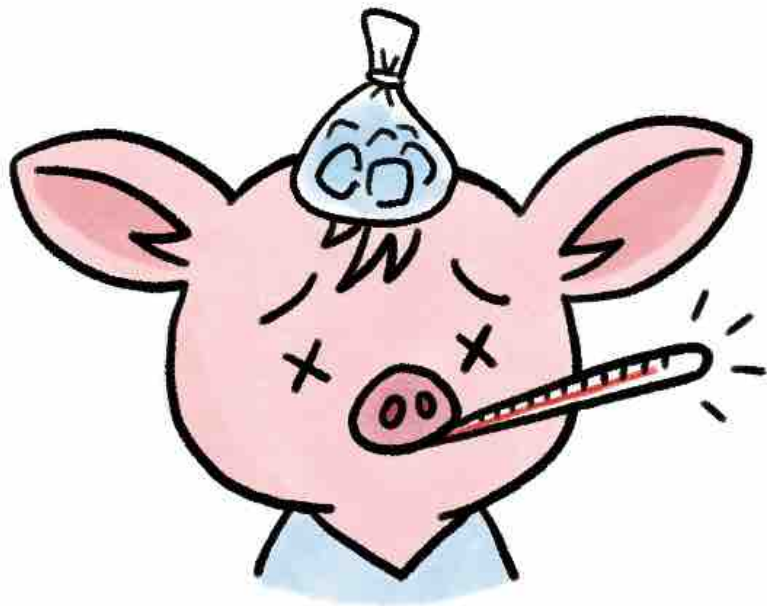
Treatment: Symptomatic or supportive



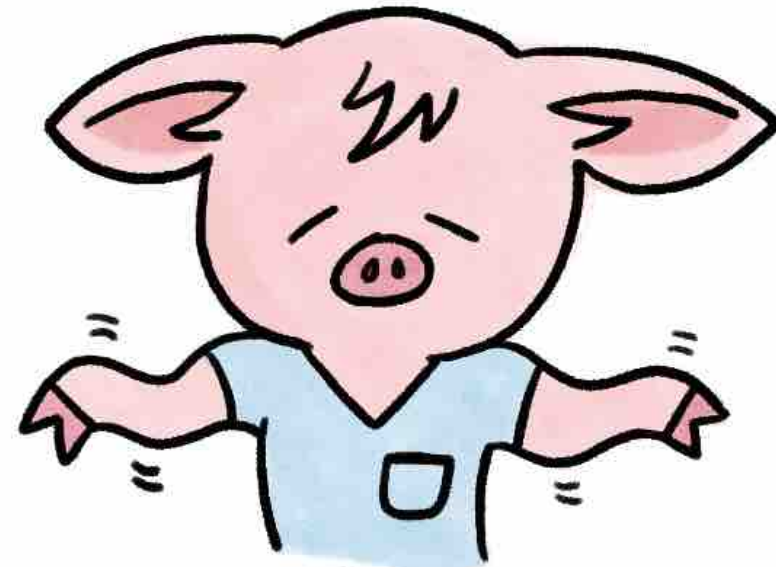


常見病徵

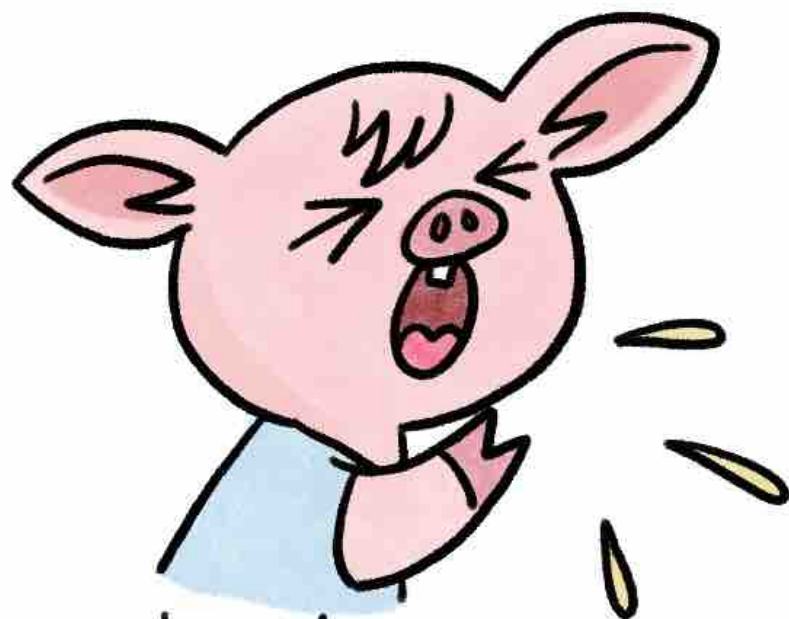
Common Symptoms



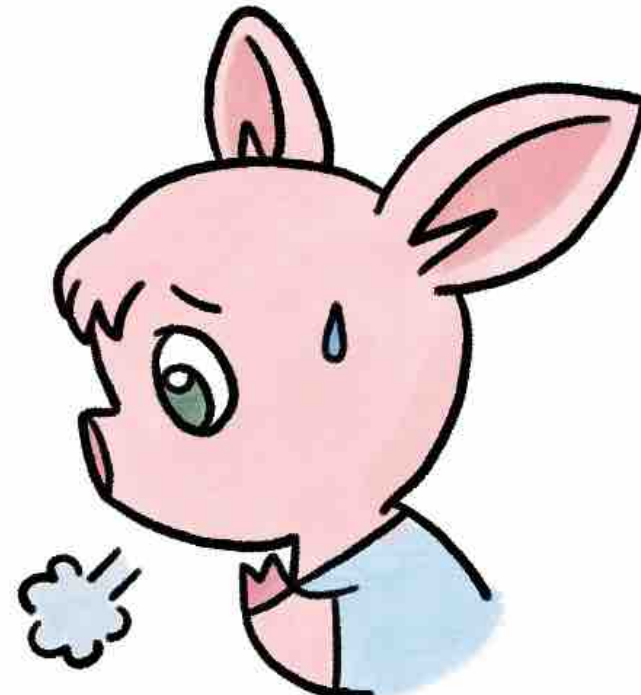
發燒
fever



乏力
Malaise



乾咳
dry cough



氣喘
Shortness of breath

如出現症狀，應盡快求醫並配戴口罩
誠實告知醫護人員外遊及接觸紀錄
When symptoms occur, don a mask and
seek medical advice promptly. report
any relevant travel or contact history





家居注意事項

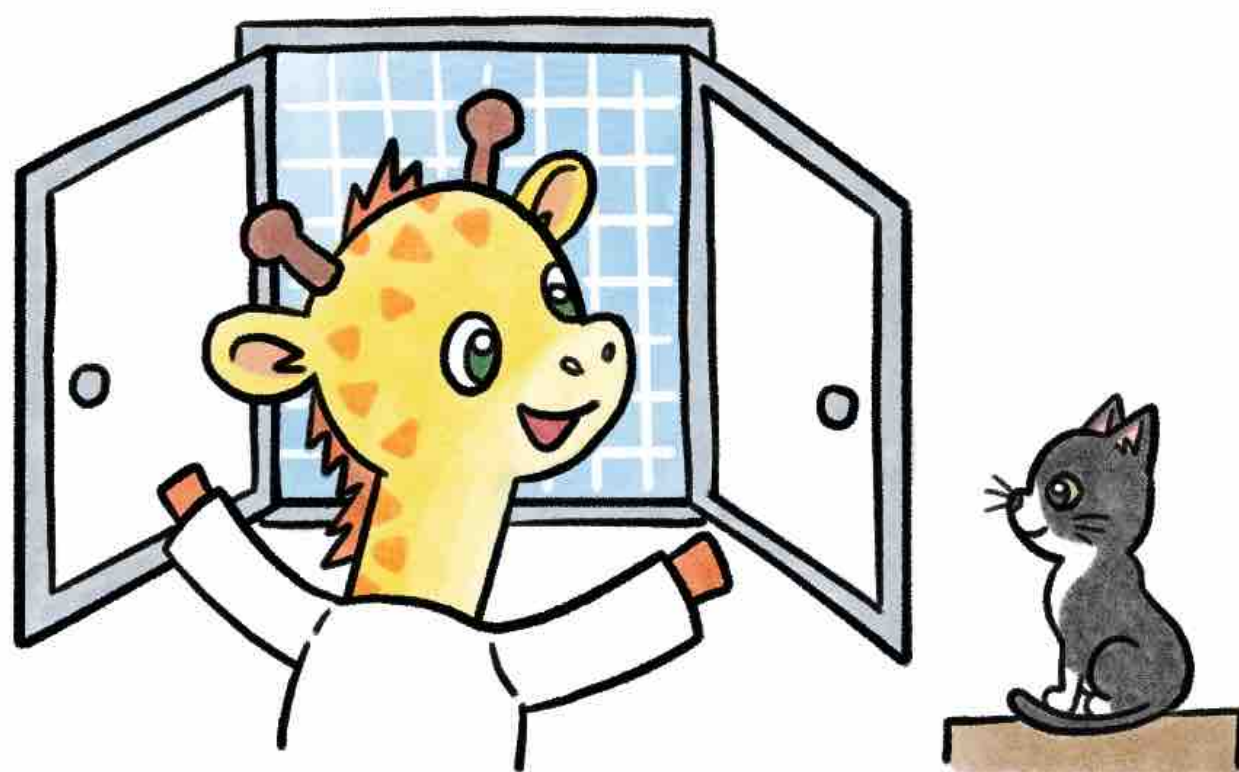
Household Precautions



歸家後切記脫鞋和洗手
Remove shoes and wash hands
upon arriving home



保持家居清潔，包括寵物用品
Keep your home clean, including pets' belongings



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!)

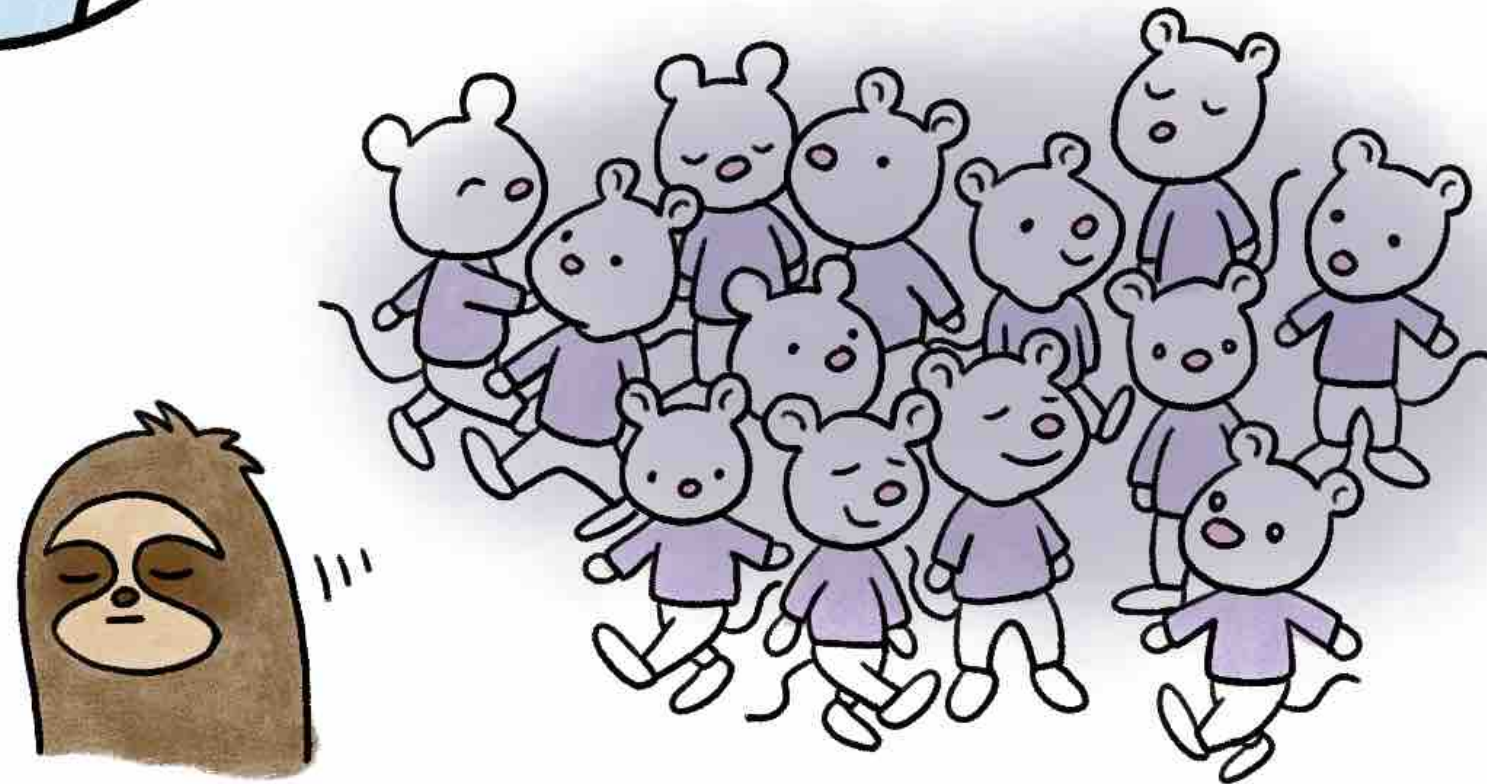


沖廁時蓋廁板
Close the toilet lid prior to flushing



外出注意事項

Outdoor Precautions



避免去人多擠迫地方
Avoid crowded places



避免到濕市場
Avoid wet markets



如感到不適, 請避免外出
Avoid going out if you are
feeling under the weather



切忌進食野味
refrain from consuming game meat





個人衛生

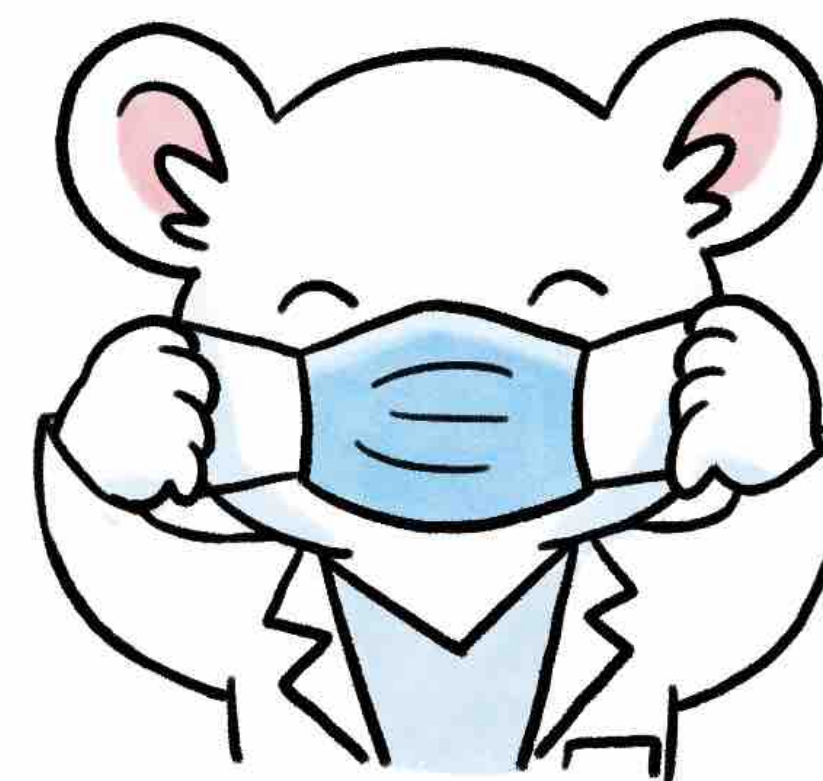
Personal Hygiene



打乞嚏要用紙巾遮口鼻
cover up with tissue
paper when sneezing



並把紙巾棄於
有蓋垃圾桶內
and dispose of it
in a covered bin



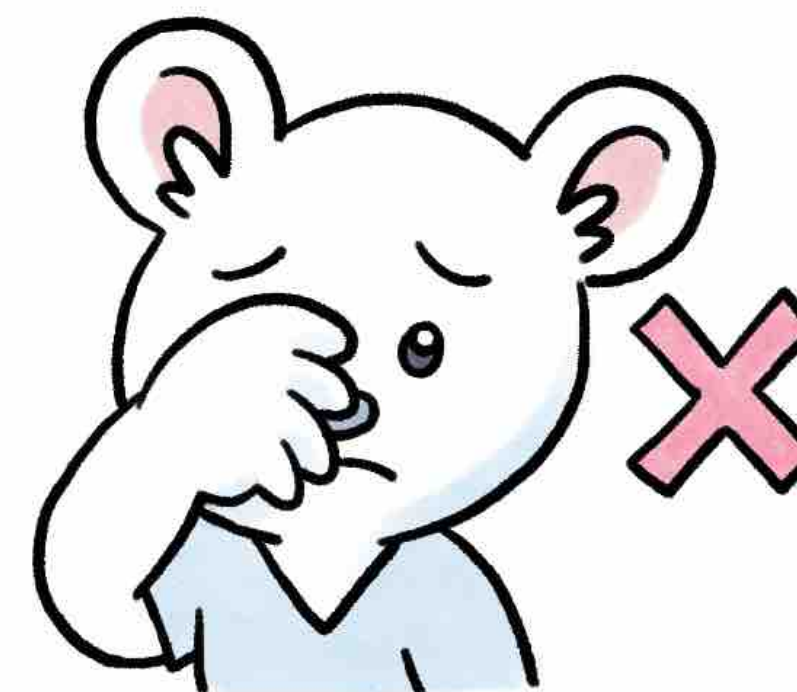
戴口罩
mask up



勤洗手
Ensure hand hygiene



隨身攜帶
酒精搓手液
Bring your own
hand sanitizer

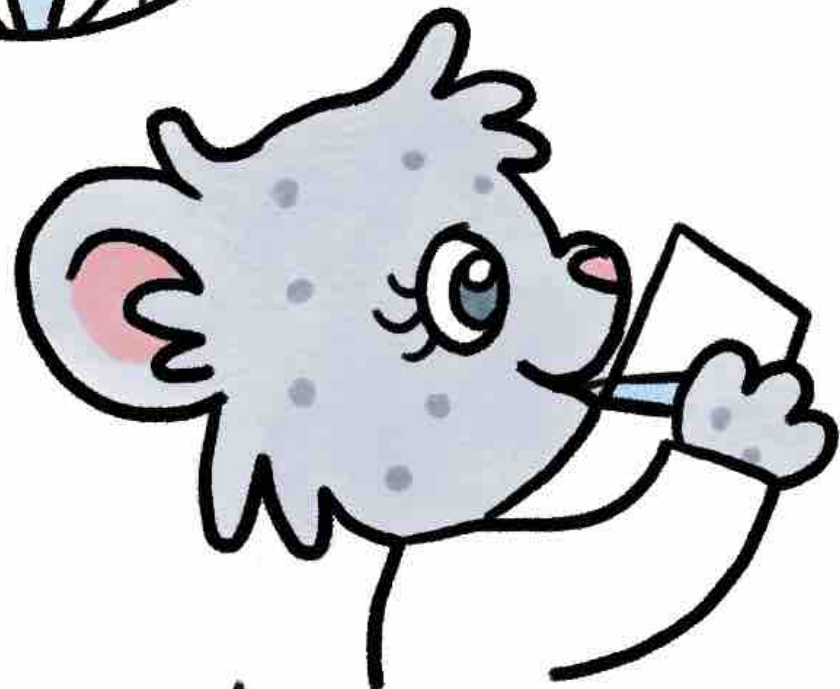


勿擦眼睛或鼻
avoid eyes or
nose rubbing

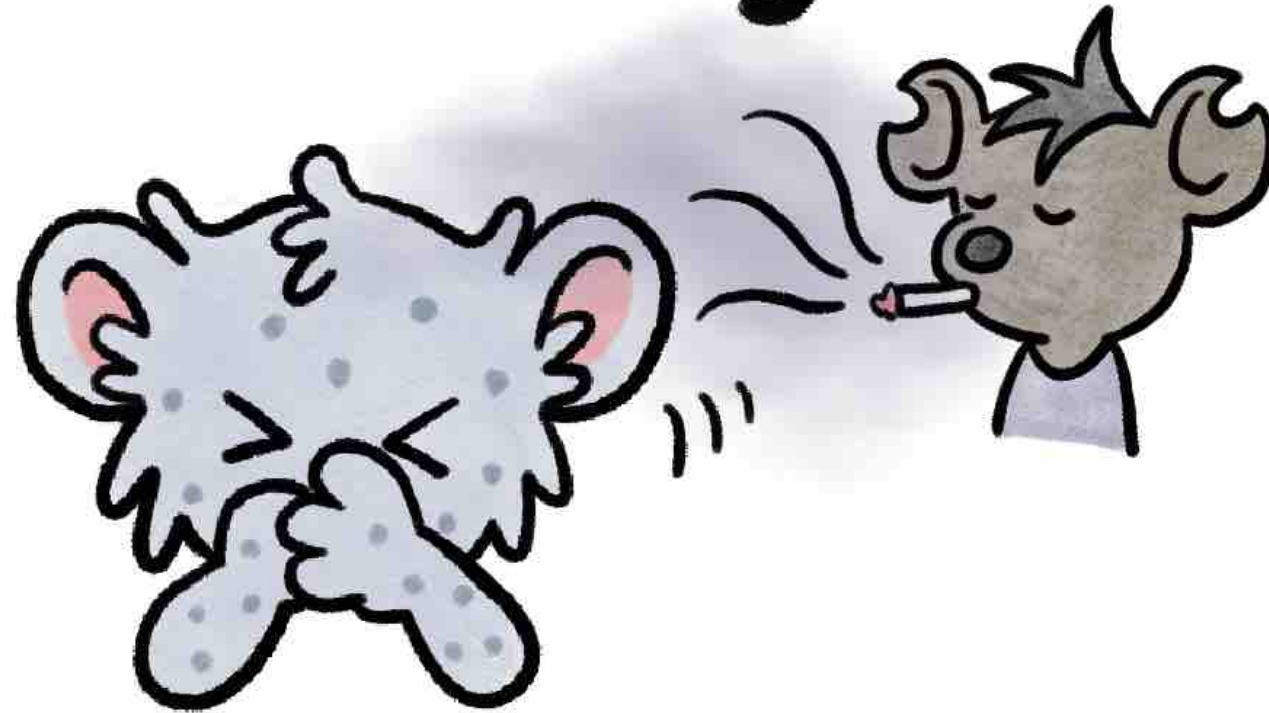


提升免疫力

Boost Immunity



每天八杯水
8 glasses of
water per day



遠離二手煙
Stay away from
2nd hand smoke



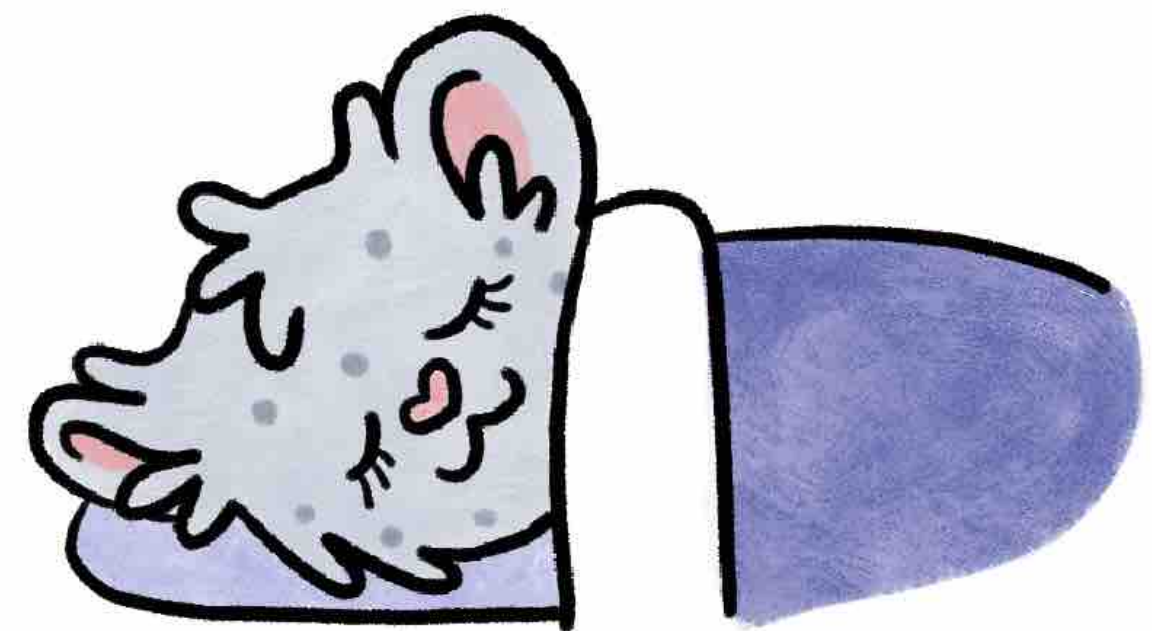
多吃蔬果
eat more
fruits & vegs



適量陽光
Step out in the sun



定時運動
Regular exercises



充足睡眠
Adequate sleep



洗手七部曲

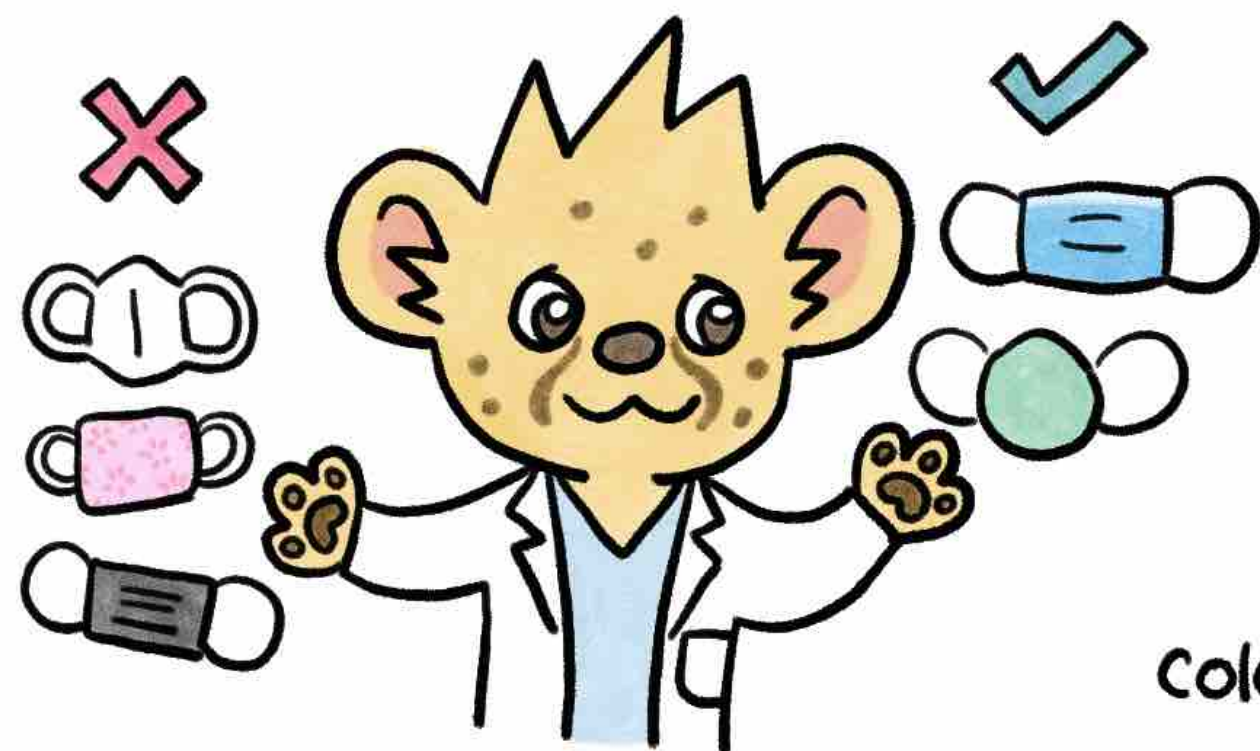
Proper Handwashing





如何正確戴口罩

How to properly don a facemask



建議使用外科口罩或正確尺寸的醫護用N95。其他口罩(布、海棉、紙等)效果不足

Surgical masks or correctly fitted N95 masks are recommended. Other masks (cotton, paper, etc) do not provide adequate protection



戴/除口罩前後要洗手
wash hands before & after
wearing/removing the mask



關於作者

李揚立之 現職骨科專科醫生
也是一名插畫師, 居於香港
希望可以透過圖畫加深小朋友的
衛生意識以減低恐懼
祝大家身體健康百毒不侵!



About the author

Lucci Lugee Liyeung is an Orthopaedic surgeon
as well as an illustrator based in Hong Kong
She hopes to improve health awareness
amongst children through her art

Stay healthy, Stay Strong!



對抗肺炎，你我有責

we are all in this fight together against pneumonia!

