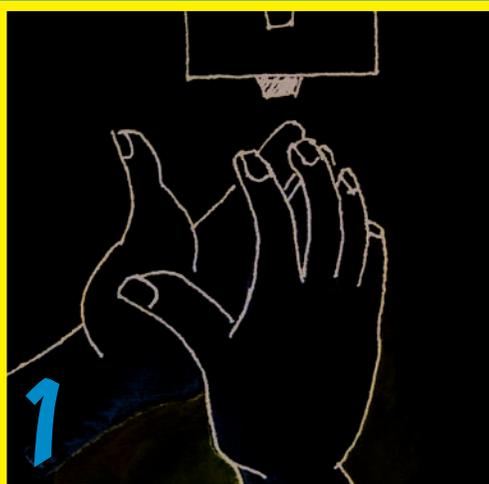


# 終結細菌， 保持健康

常用肥皂和溫水洗手

使用  
肥皂



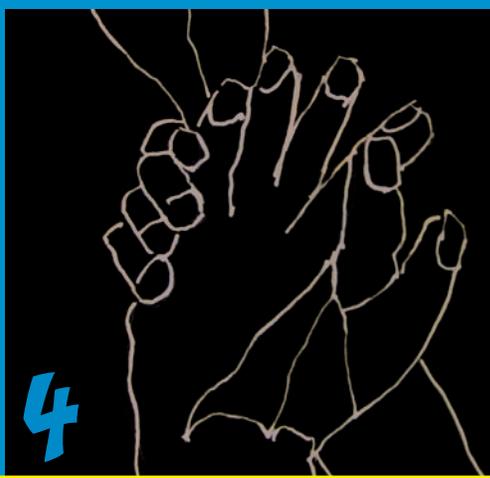
搓洗二  
十秒鐘



用清水沖  
洗乾淨



拭乾



咳嗽、  
打噴嚏時，  
要摀住  
口鼻



生病  
時，待  
在家中



[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

This publication was supported by Grant/Cooperative Agreement Number U90/CCU917012-08 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



COUNTY OF LOS ANGELES  
Public Health