

預防退伍軍人病

Prevention of Legionnaires' Disease



避免吸煙
Avoid smoking



避免飲酒
Avoid alcohol drinking



每季拆下及清洗
水龍頭和花灑頭的過濾網
Remove strainers in water taps
and shower heads quarterly
for cleaning



非經常使用的出水口或喉管
使用前排水最少1分鐘
Drain the infrequently used
water outlets or pipework
before use for at least 1 minute

較高患病風險的人士必須特別留意

People at higher risk should pay more attention

- **50歲以上**
Aged over 50 years
- **免疫力弱**
With weakened immunity
- **有長期病患，如癌症、糖尿病、慢性肺病或腎病**
With chronic illnesses such as cancer, diabetes mellitus, chronic lung or kidney disease
- **正服用類固醇或免疫抑制藥物**
Taking corticosteroids or drugs that suppress body immunity



免疫系統受抑制的人士應使用無菌的水或經煮沸的水作飲用、刷牙及漱口用途

Immunocompromised persons should use sterile water or boiled water for drinking, tooth brushing and mouth rinsing

