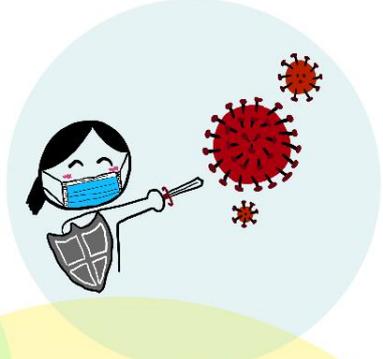
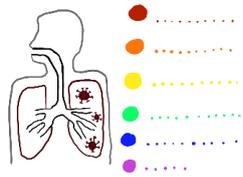


COVID-19 Prevention Guidelines



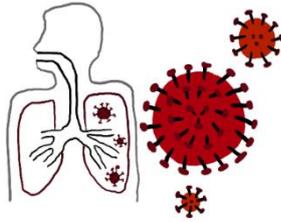
Easy Read

COVID-19 Prevention Guidelines (Easy Read)



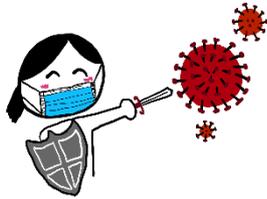
Content

Page



Chapter 1 : What is COVID-19

4-9



Chapter 2 : Prevention Guidelines

10-14



Chapter 3 : Wash Your Hands

15-21

1. When to Wash
2. How to Wash



Chapter 4 : Face Masks

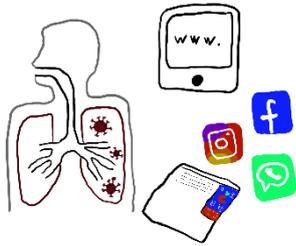
22-32

1. When to Wear
2. How to Buy
3. Comparison of Masks
4. How to Wear
5. How to Dispose



**Chapter 5 : Mental Health
How to Maintain Mental Health**

33-34



Appendix

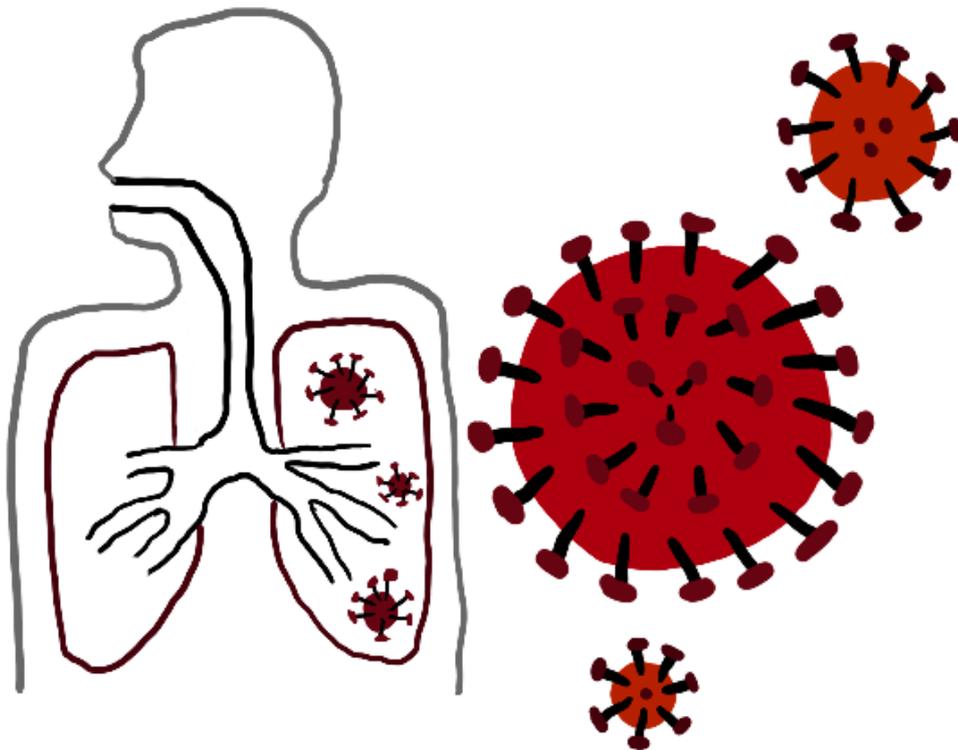
35-41

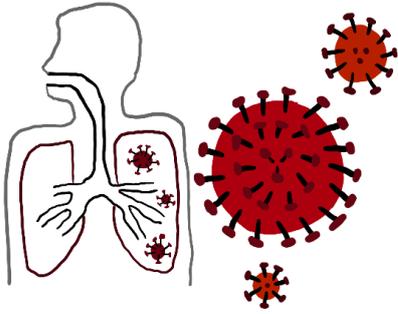
**Appendix 1 :
Timeline of COVID-19**

**Appendix 2 :
Useful Information on Prevention**

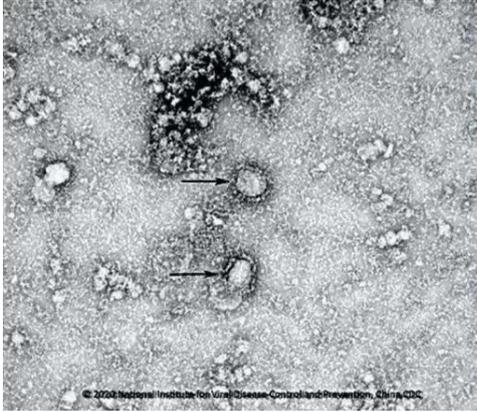
Chapter 1

What is COVID-19



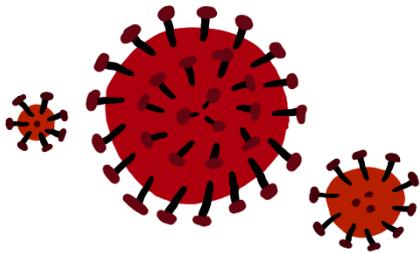


What is COVID-19



COVID-19 is a disease caused by a virus

SARS-CoV-2

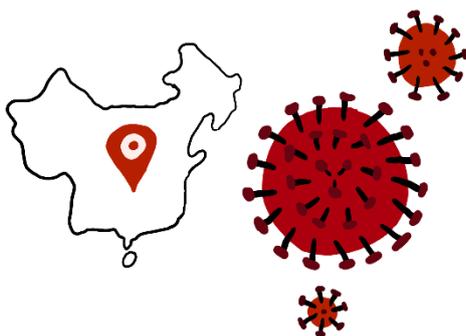


Name of Virus:

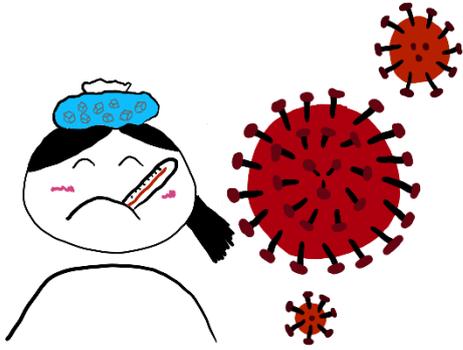
SARS-CoV-2



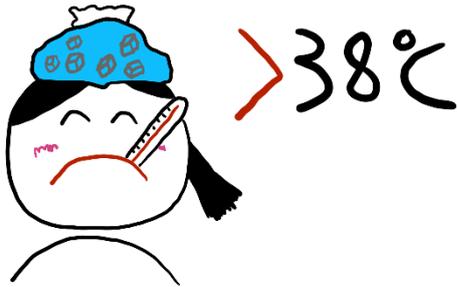
**It was first found in
December 2019**



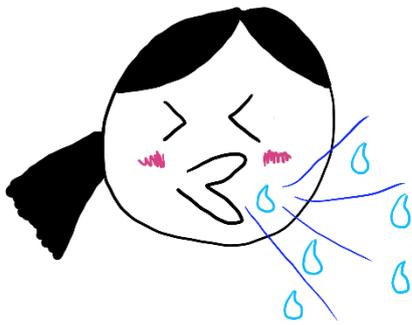
**It was first identified in
Wuhan, Hubei Province,
China**



Symptoms



Body temperature > 38°C



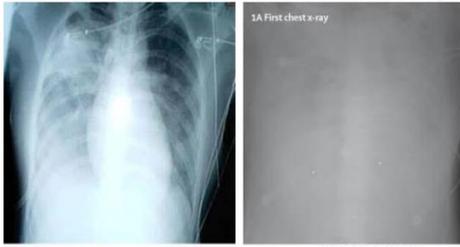
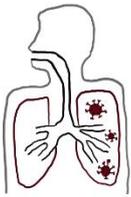
Coughing



Short of breath



Diarrhea

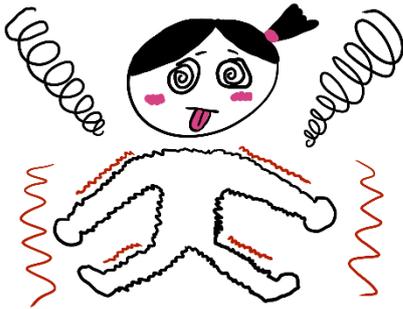


SARS重症

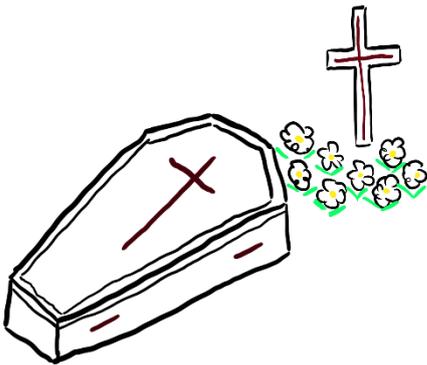
武漢肺炎重症患者

資料來源：Chen N, et al. Lancet 2020; published online Jan 29.

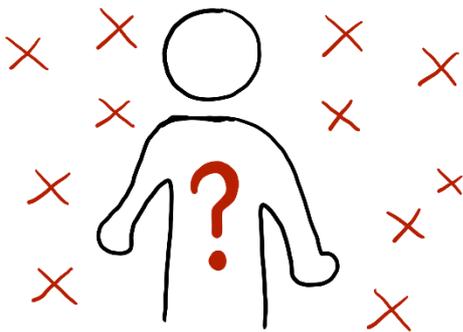
Shadows on lungs' X-ray



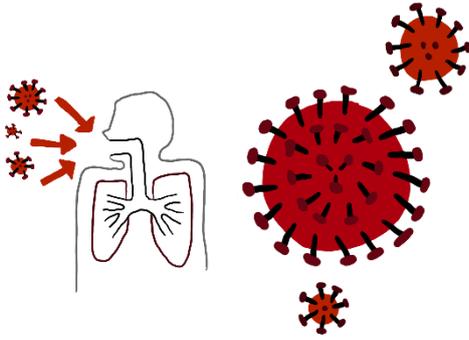
Weak in limbs



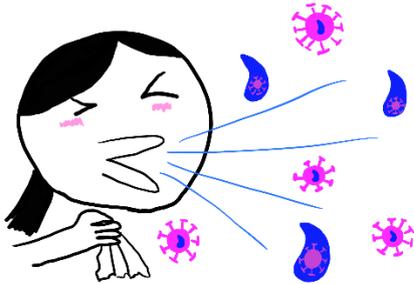
May caused death
if it's serious



Some might not show
symptoms at all



How is COVID-19 Spread



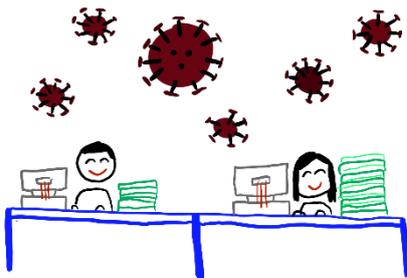
By aerosol droplets



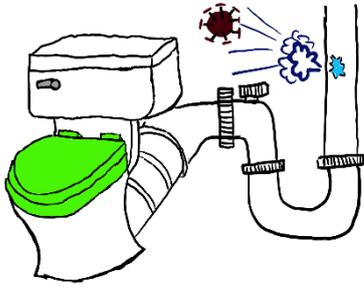
May contract it by having hotpot with others



May contract if living with someone who was infected



May contract if working with someone who was infected



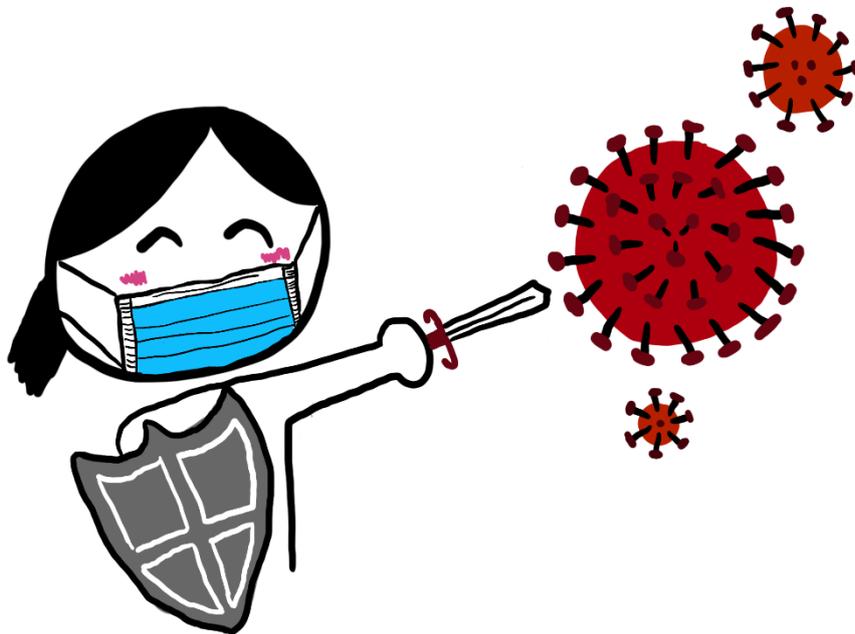
May contract if there is
a gas leak in sewage system
at home



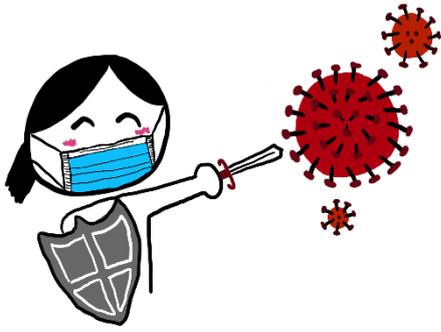
May contract by eating
wild animals/ game meats

Chapter 2

Prevention Guidelines



Prevention Guidelines



**Wash hands frequently
for at least 20 seconds
each time**



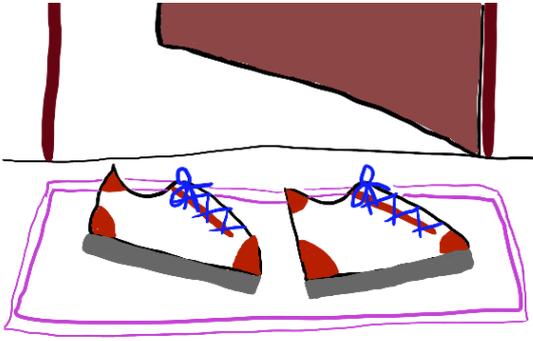
Wear a face mask properly



**Do not touch
the eyes or nose**



**Cover mouth and nose
during a cough or a sneeze
with tissue paper**



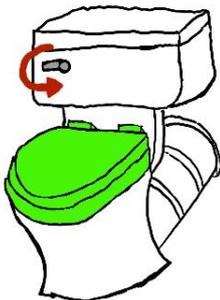
**Disinfect soles of shoes
before entering household**



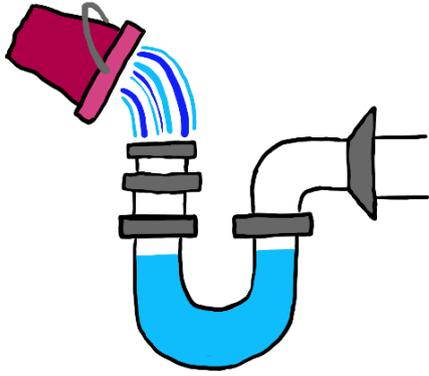
**Change immediately
after going out**



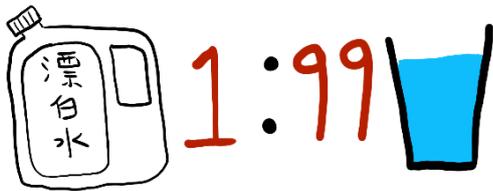
**Disinfect
any personal belongings**



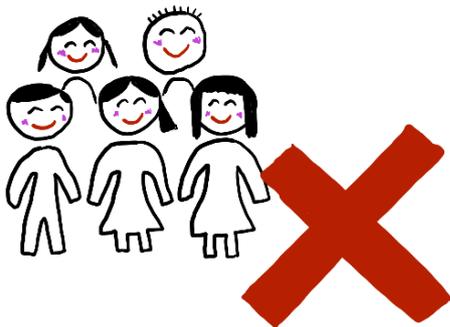
**Cover the toilet
when flushing it**



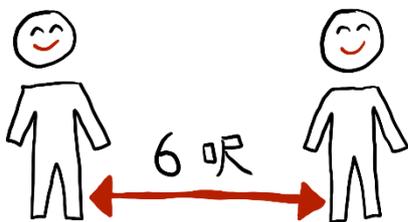
Pour water into the U-traps regularly



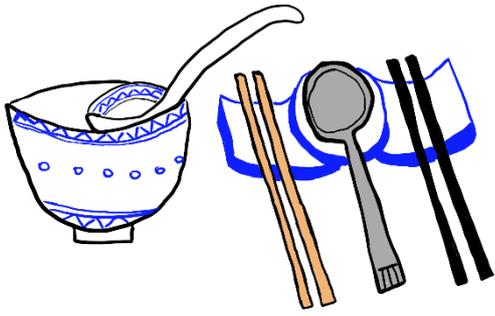
Use 1:99 bleach water to clean the house or objects



Avoid crowded places



Keep a distance of 6-foot (2 metres) when talking with others



Do not share utensils



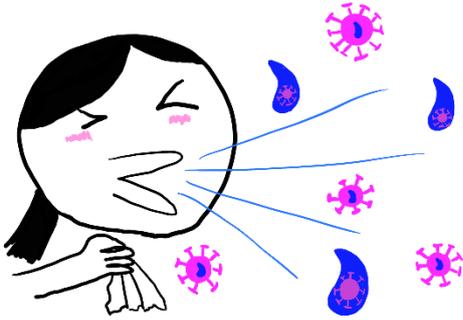
**See a doctor as soon as
symptoms show**

Chapter 3

Wash Your Hands



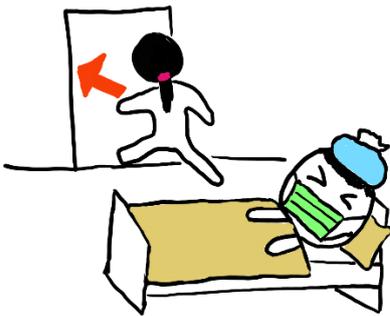
When to Wash



After coughing or
sneezing



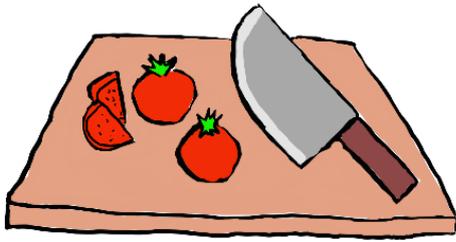
Before visiting a patient



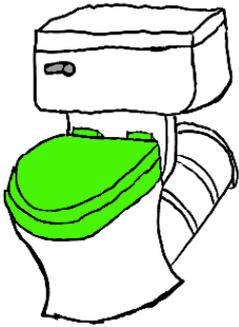
After visiting a patient/
leaving the patient's room



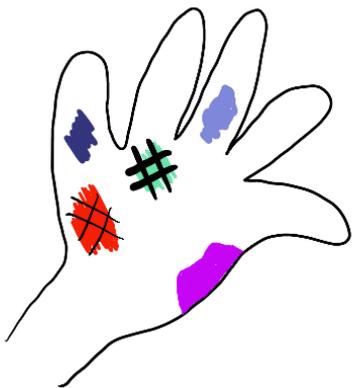
Before meal



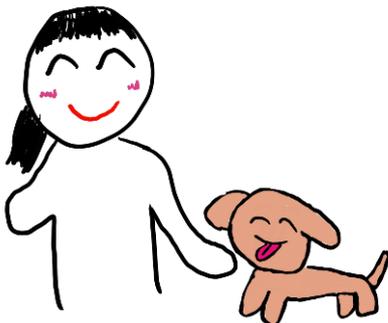
After handling food



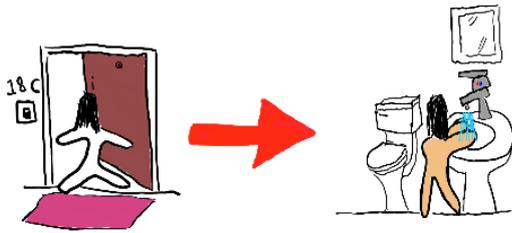
After toilet use



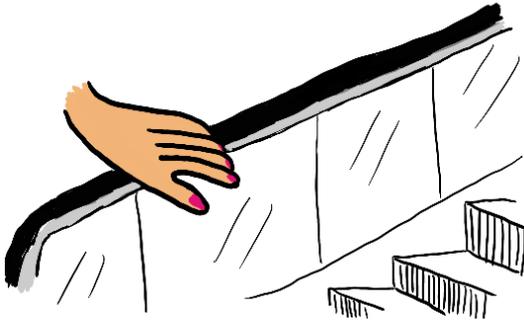
Dirty hands



After touching any animals



As soon as arriving
at home



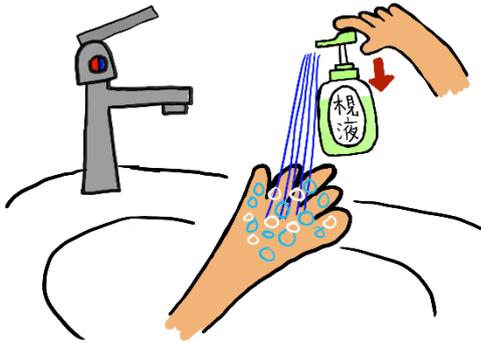
After touching
public facilities/objects



Carry hand sanitizers
around and use it to clean
hands if hand washing
is not possible at the time



How to Wash



Use water and soap



Wash for
at least 20 seconds



**Seven steps of
hand washing:**

1. Palms

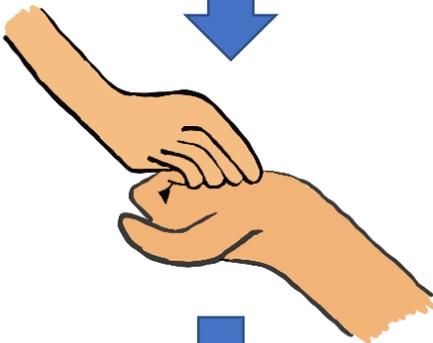




2. Backs of hands



3. Between the fingers



4. Backs of fingers

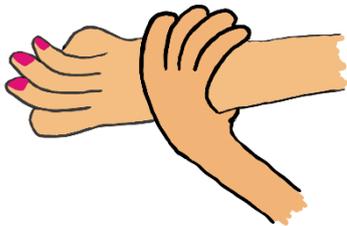


5. Thumbs





6. Fingertips



7. Wrists



Rinse thoroughly
with water



Dry with paper towel



Use paper towel to turn off
water tap

Chapter 4

Face Masks





When to Wear



When leaving home



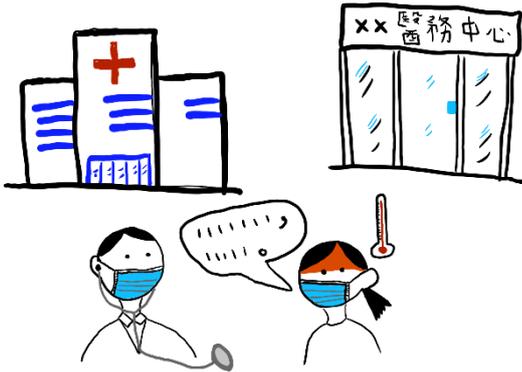
When in public transportation



During classes



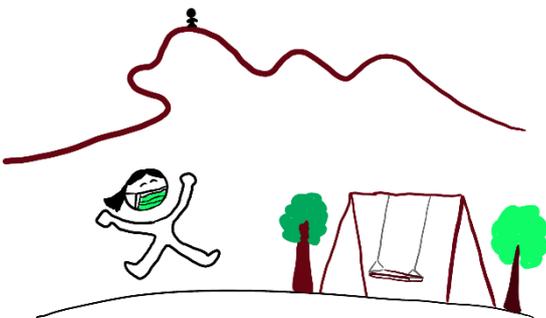
At work



At hospital/clinic



In shopping malls,
supermarkets or markets



In parks or during hikes

How to buy



At reliable pharmacy,
supermarkets or online shops



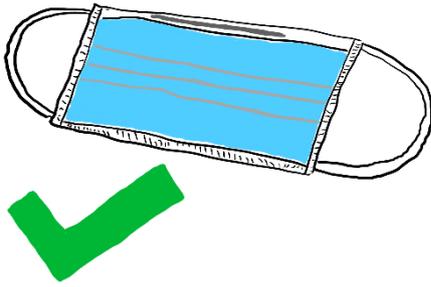
Consider which type to buy



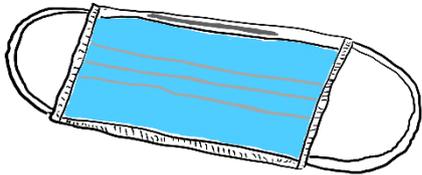
Consider the price



Comparison of Masks



1. Filtering bacteria effectively



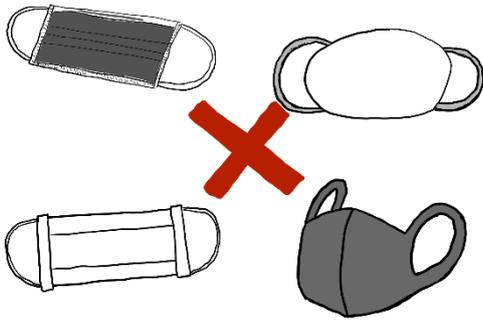
Surgical Masks

Filter bacteria and virus spread by aerosol droplets



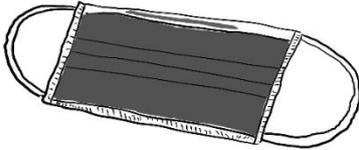
N 95 Masks

Filter airborne bacteria and virus



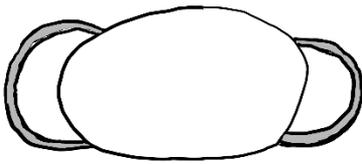
Comparison of Masks

2. Cannot filter bacteria/virus



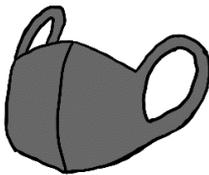
Activated Carbon Masks

Absorb smells and organic gas only



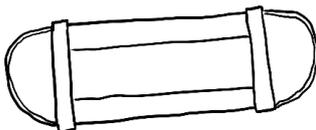
Cotton Masks

Filter large particles only



Sponge Masks

Filter pollens, dusts and suspended particles



Paper Masks

Filter large particles and droplets

How to Wear



1. Before

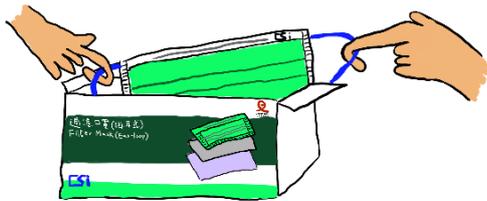
Wash hands with soap



2. Taking out the mask

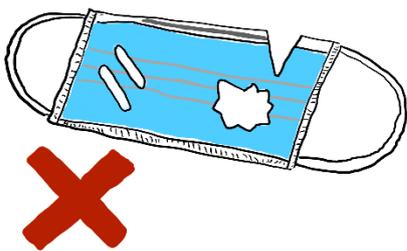
Use clear hands

Only touch the ear loops

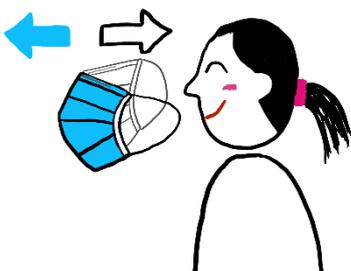


3. Check the mask

Open the mask and check for cracks or defects



The side with colour should face out,
the wire should be on top





4. **Wear the mask**

Put the ear loops over the ears



Pull the mask down to cover the chin.

Adjust the ear loops to ensure the mask fits snugly.



5. **Gently press on wire**

Press wire on top of nose



Use index finger to press on the wire on top of the nose



6. Check the mask

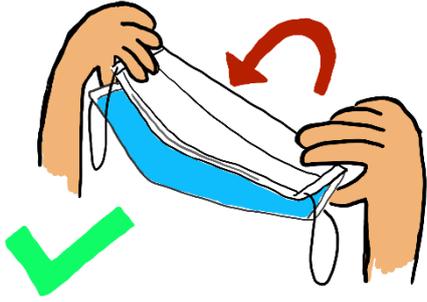
Check in the mirror to see if the mask fits properly



7. After

Wash hands with soap immediately

How to dispose



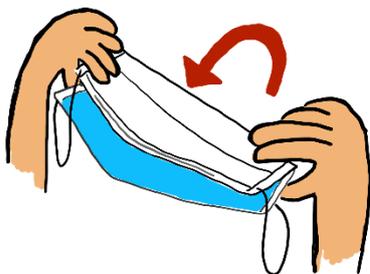
1. Before taking off

Wash hands with soap



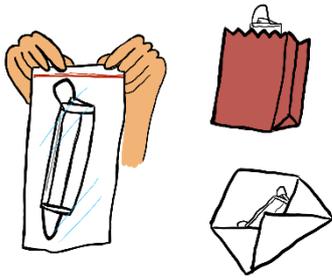
2. Take off the mask

Take off
by holding the ear loops



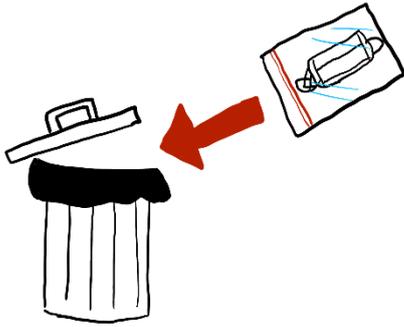
3. Fold the mask

Fold the mask inside out
Avoid touching
the outside of the mask



4. Seal the mask

Seal it in a ziplock bag, paper bag or used envelop



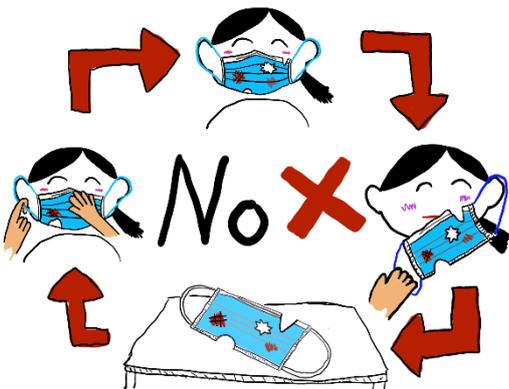
5. Dispose the mask

Dispose the mask
In a covered trash bin



6. After taking off

Wash hands with soap
again

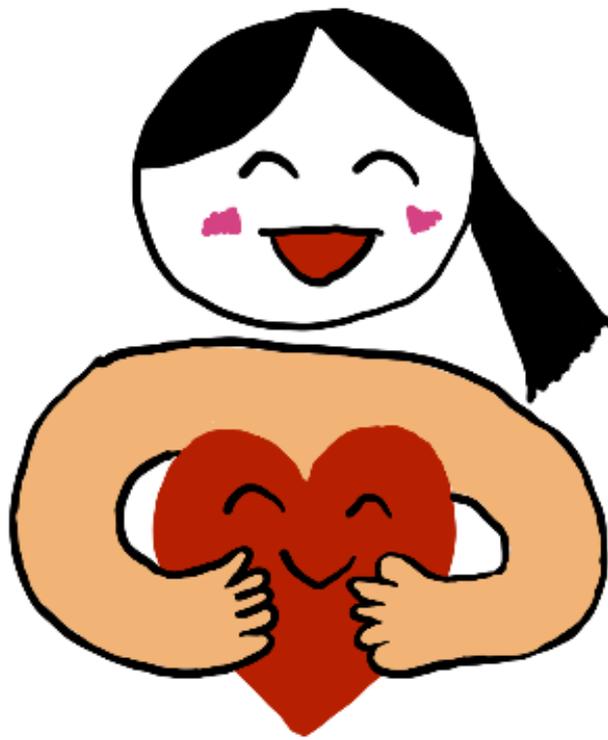


7. DISCARD all used masks

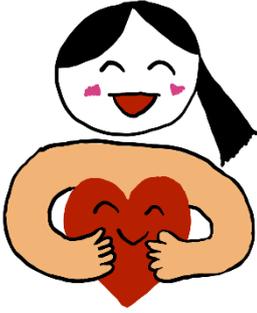
DO NOT reuse

Chapter 5

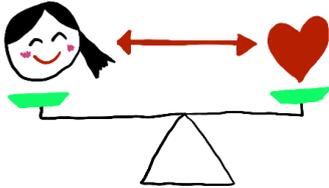
Mental Health



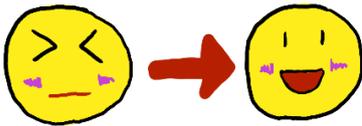
How to Maintain Mental Health



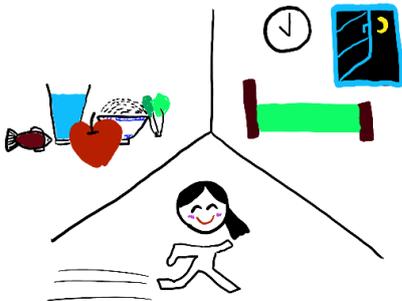
Be aware of body-mind-spirit balance



Self-regulation of emotions



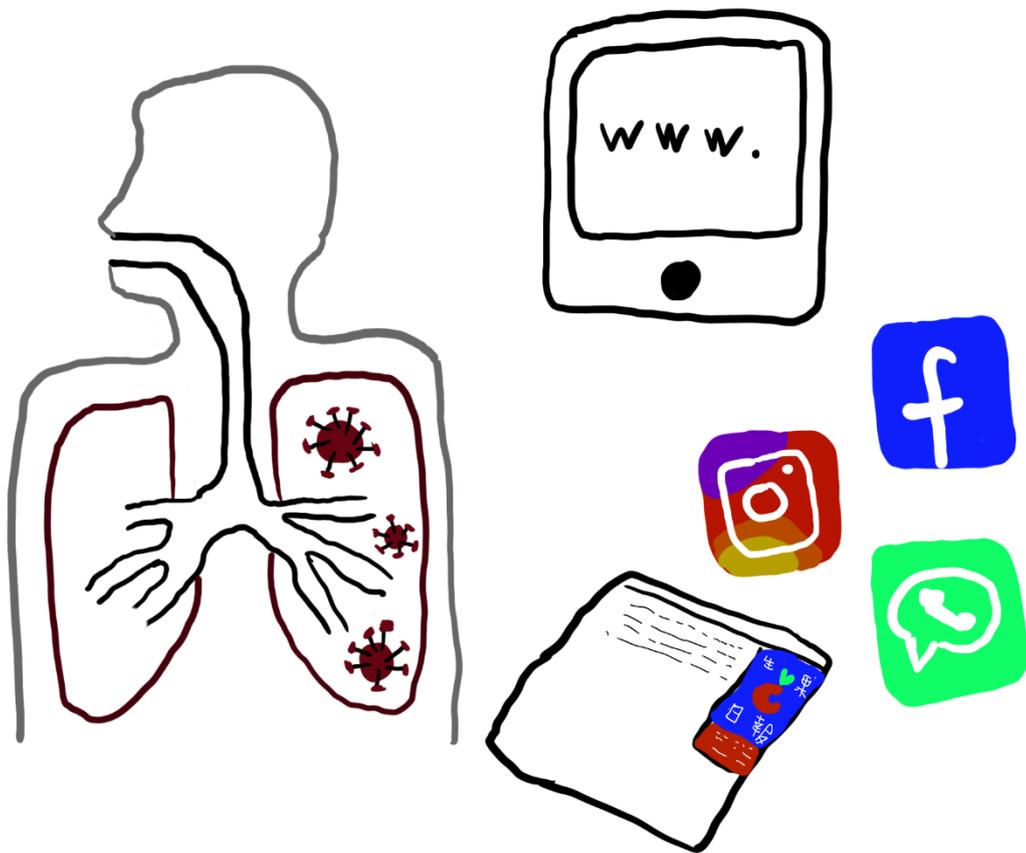
Set up regular timetable for daily lives

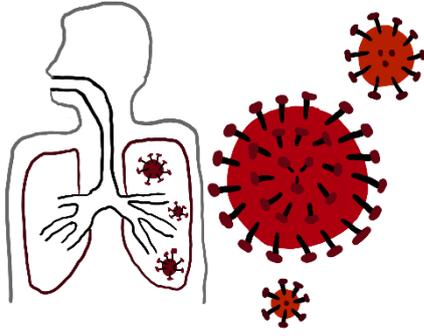


Care for friends and family

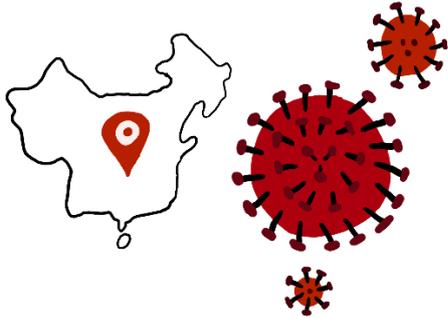


Appendix





Appendix 1 : Timeline of COVID-19



Wuhan, Hubei Province, China



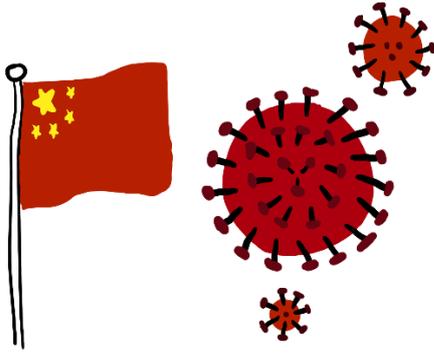
December 2019

- The disease was found at Wuhan South China Seafood Wholesale Market

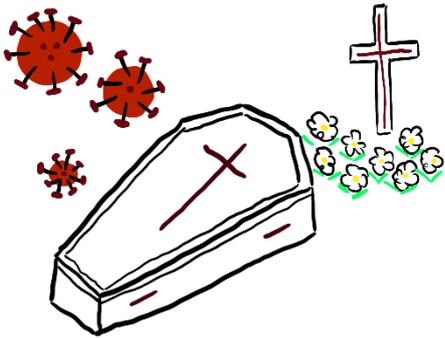


January 1, 2020

- Wuhan South China Seafood Wholesale Market was shut down for disinfection



China



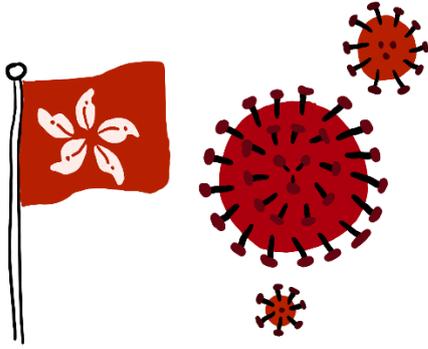
January 11, 2020

- **Announcement of first fatal case of COVID-19**

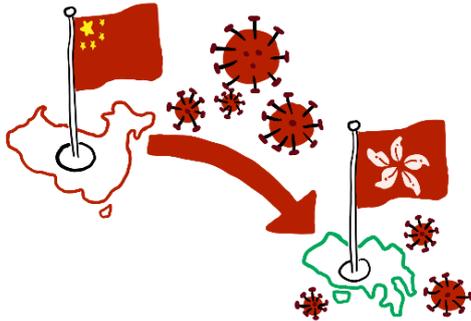


January 23, 2020

- **Announcement of “lockdown” of Wuhan**



Hong Kong



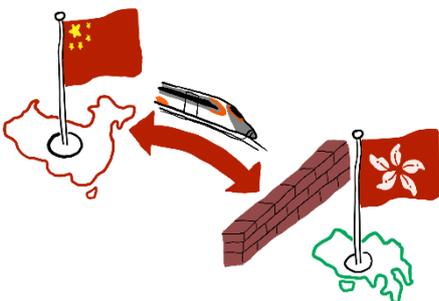
January 21, 2020

- **Announcement of first case of infection**



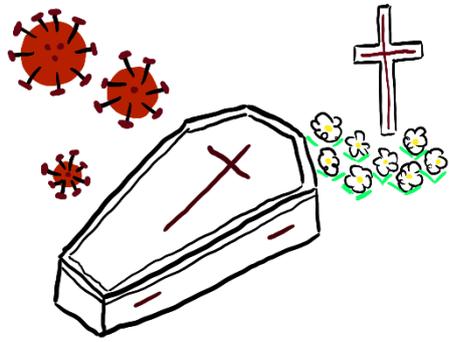
January 25, 2020

- **Announcement of suspension of classes before February 17 for kindergarten, primary schools and secondary schools**



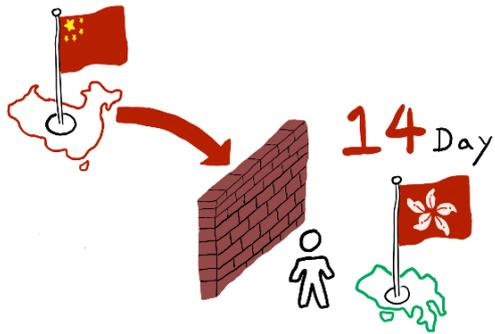
January 28, 2020

- **Announcement of border closures at High Speed Rail West Kowloon Station, suspension of all Hong Kong-China High Speed Rail and Ferry services**



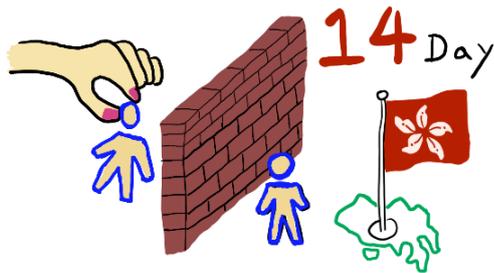
February 4, 2020

- **First fatal case of COVID-19 in Hong Kong**



February 5, 2020

- **Announcement of compulsory 14-day quarantine of people entering from China**



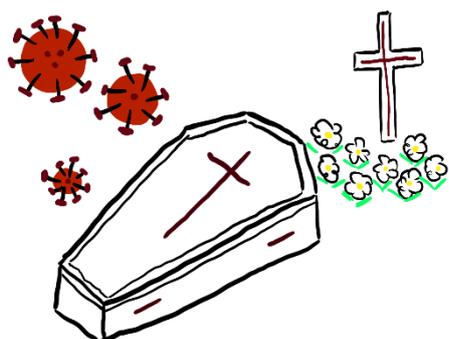
February 8, 2020

- **Implementation of compulsory quarantine**



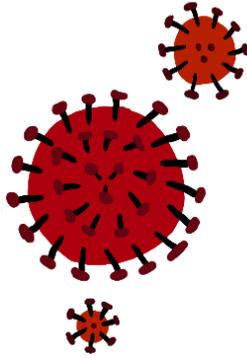
February 13, 2020

- **Announcement of suspension of classes continued until March 16**

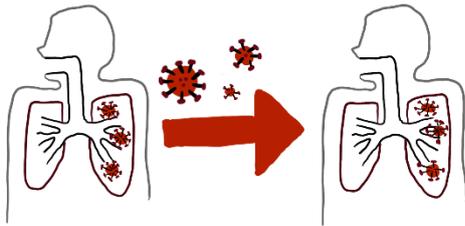


February 19, 2020

- **2nd fatal case of COVID-19**



World Health Organization



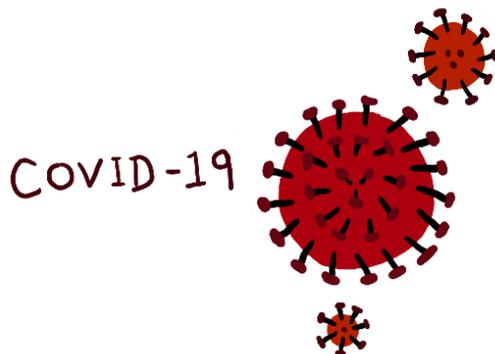
January 20, 2020

- Acknowledged that the virus can be transmitted human-to-human



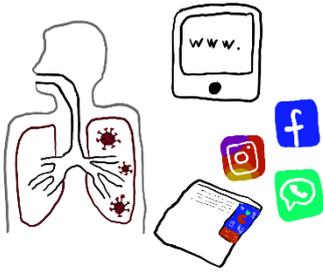
January 30, 2020

- Declared COVID-19 as Public Health Emergency of International Concern



February 11, 2020

- The novel coronavirus disease was named Coronavirus disease 2019 (COVID-19)



Appendix 2 : Useful Information of Prevention



**Hong Kong Special Administrative Region:
“Together, we fight the virus!” Website**

<https://www.coronavirus.gov.hk/eng/index.html>



Coronavirus in HK by vote4.hk 🙄

<https://wars.vote4.hk/en/>



World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

COVID-19 Prevention Guidelines (Easy Read)

Publication	:	Chosen Power (People First Hong Kong)
Text	:	Chan Tsun Kit
Illustration and Cover Design	:	Chow Tak Hung Simon
Easy Read Consultancy Team	:	Chung Wing Kin Hui Wai Man Lai Tai Yiu Tam Carman
Editor & Translator	:	Michele Chung@ The Common Humans
Date of Publication	:	February 2020