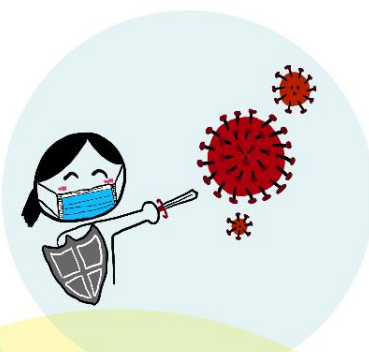
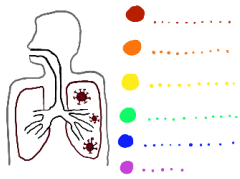


# COVID-19 Prevention Guidelines



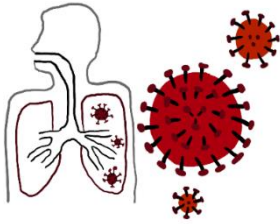
Easy Read

# COVID-19 Prevention Guidelines (Easy Read)



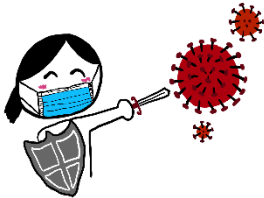
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**4-9**



### **Chapter 2 : Prevention Guidelines**

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### **Chapter 3 : Wash Your Hands**

**15-21**

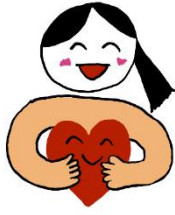
1. When to Wash
2. How to Wash



### **Chapter 4 : Face Masks**

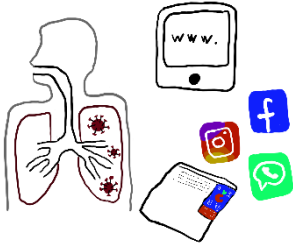
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2. How to Buy
3. Comparison of Masks
4. How to Wear
5. How to Dispose



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

**33-34**



## **Appendix**

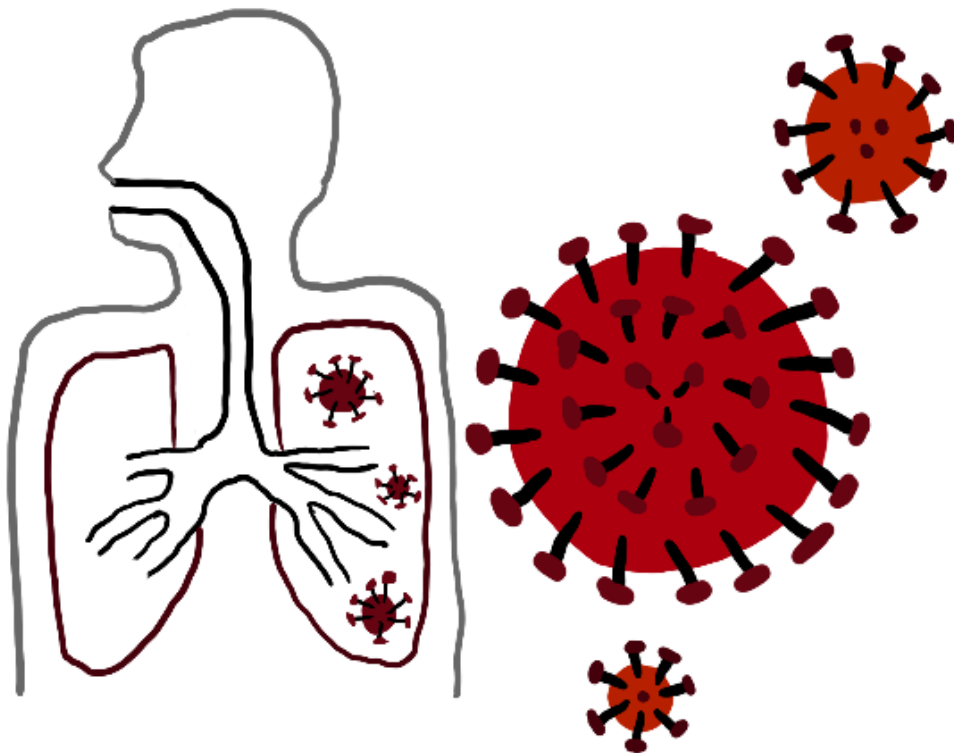
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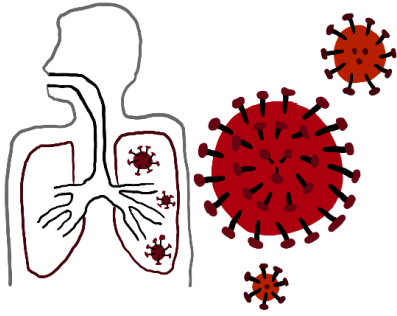
### **Appendix 1 : Timeline of COVID-19**

### **Appendix 2 : Useful Information on Prevention**

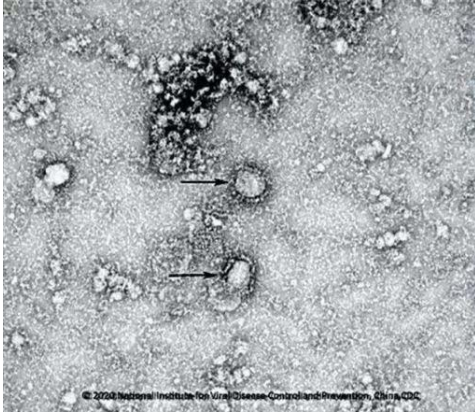
# Chapter 1

## What is COVID-19



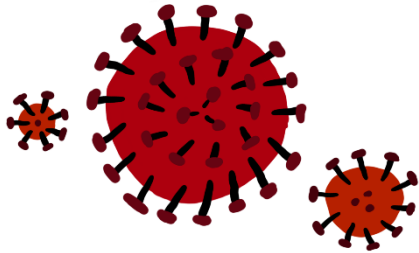


## What is COVID-19



COVID-19 is a disease  
caused by a virus

SARS-CoV-2

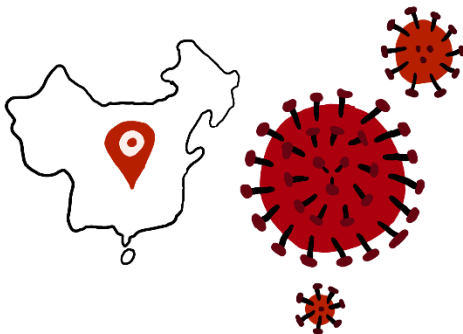


**Name of Virus:**

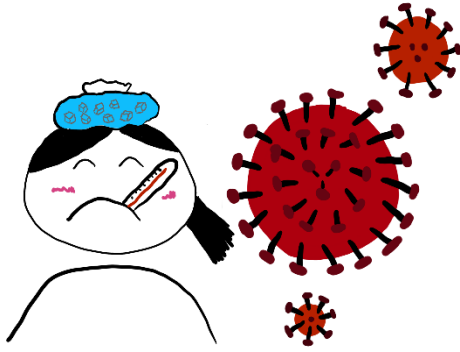
SARS-CoV-2



**It was first found in  
December 2019**



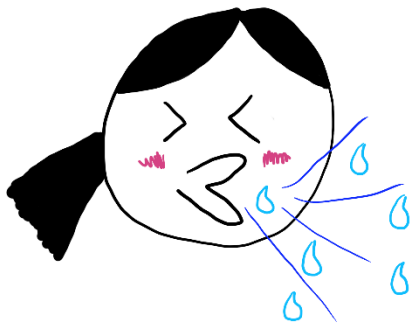
**It was first identified in  
Wuhan, Hubei Province,  
China**



## Symptoms



Body temperature > 38°C



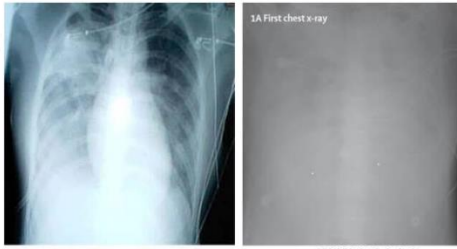
Coughing



Short of breath



Diarrhea

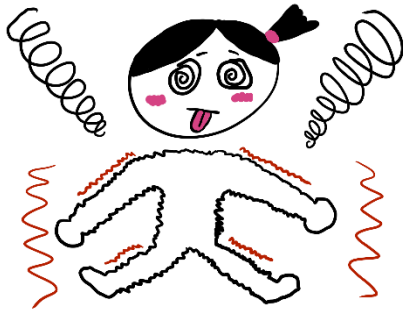


SARS重症

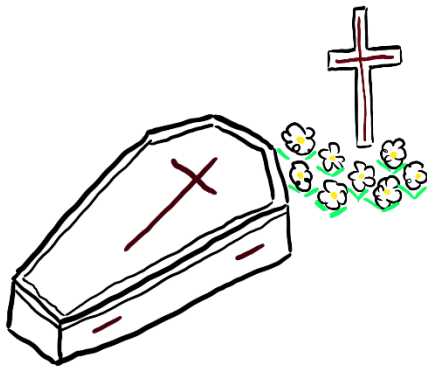
武漢肺炎重症患者

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

Shadows on lungs' X-ray



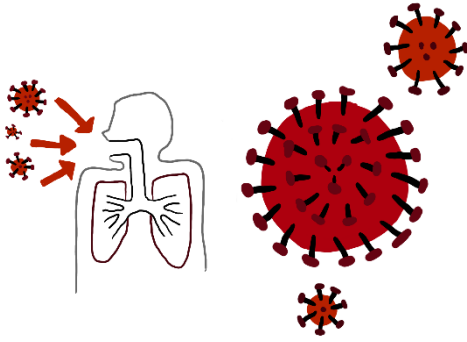
Weak in limbs



May caused death  
if it's serious



Some might not show  
symptoms at all



## How is COVID-19 Spread



By aerosol droplets



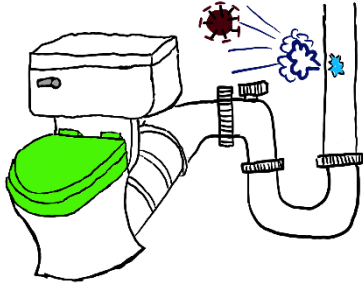
May contract it by having  
hotpot with others



May contract if living with  
someone who was infected



May contract if working with  
someone who was infected



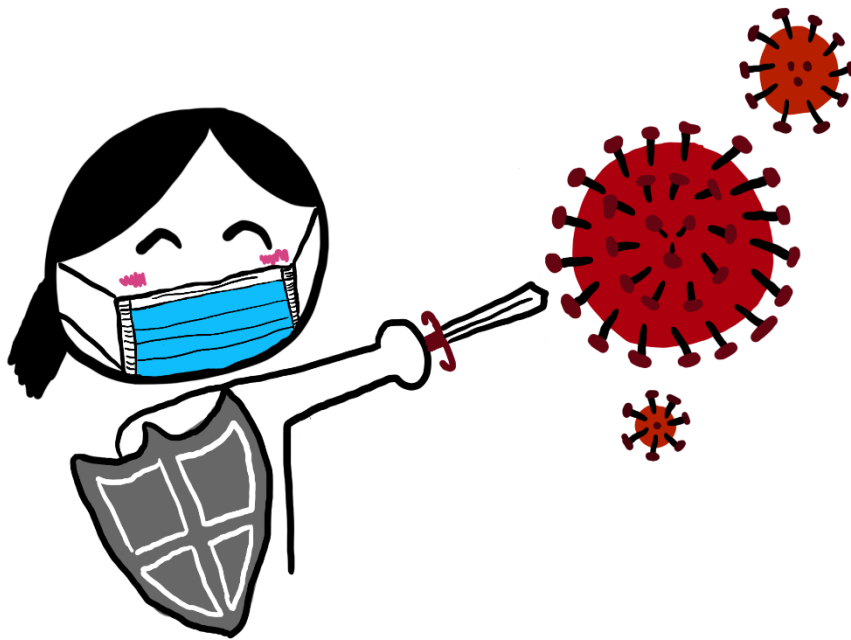
May contract if there is  
a gas leak in sewage system  
at home



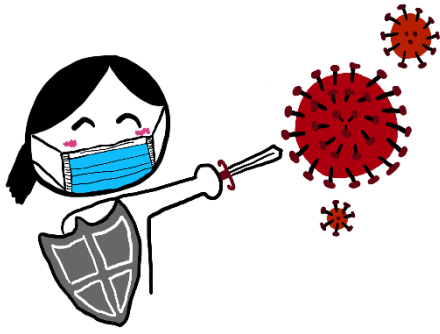
May contract by eating  
wild animals/ game meats

# Chapter 2

## Prevention Guidelines



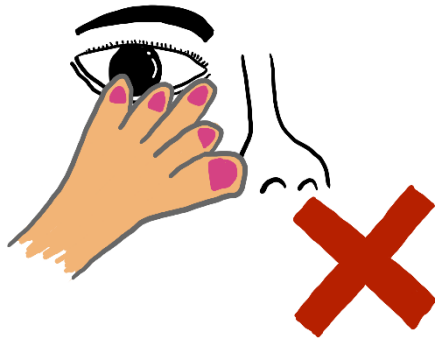
# Prevention Guidelines



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



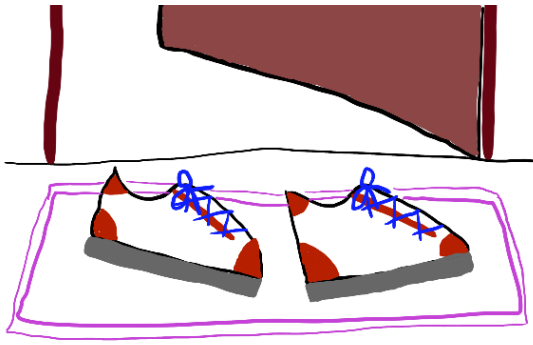
**Wear a face mask properly**



**Do not touch  
the eyes or nose**



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



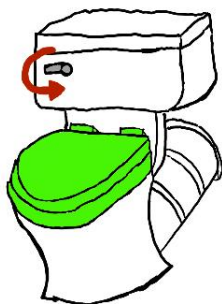
**Disinfect soles of shoes  
before entering household**



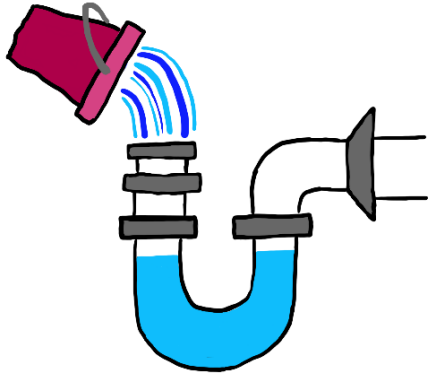
**Change immediately  
after going out**



**Disinfect  
any personal belongings**



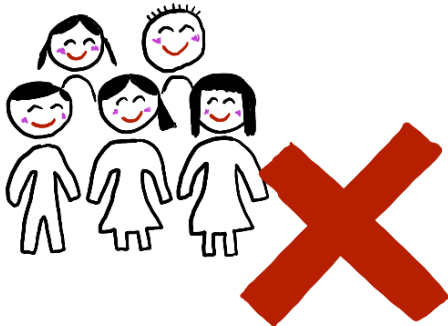
**Cover the toilet  
when flushing it**



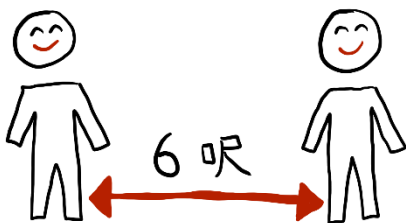
**Pour water into the U-traps regularly**



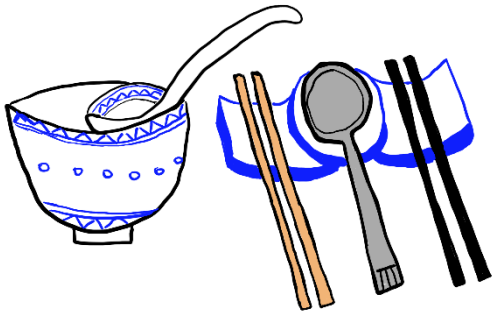
**Use 1:99 bleach water to clean the house or objects**



**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



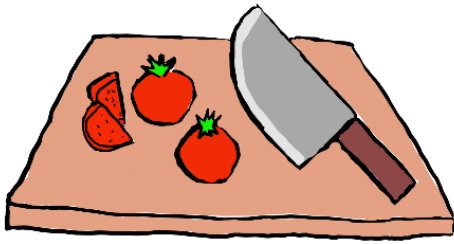
Before visiting a patient



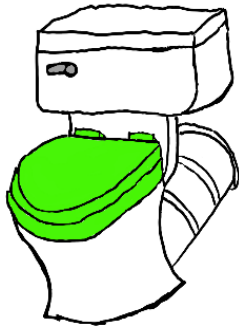
After visiting a patient/  
leaving the patient's room



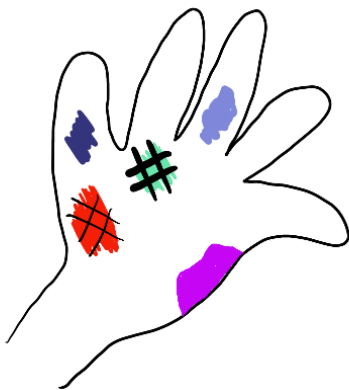
Before meal



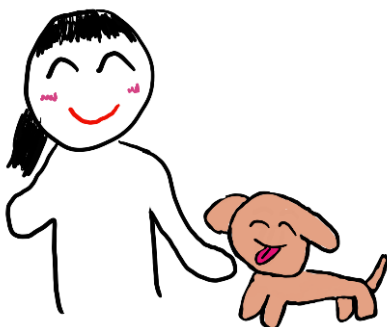
After handling food



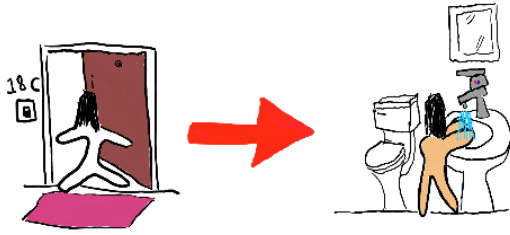
After toilet use



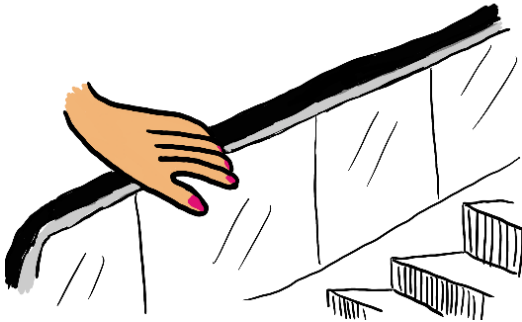
Dirty hands



After touching any animals



As soon as arriving  
at home



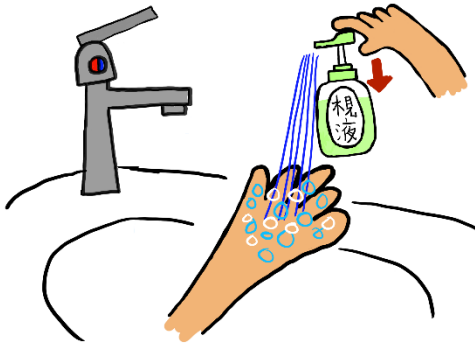
After touching  
public facilities/objects



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

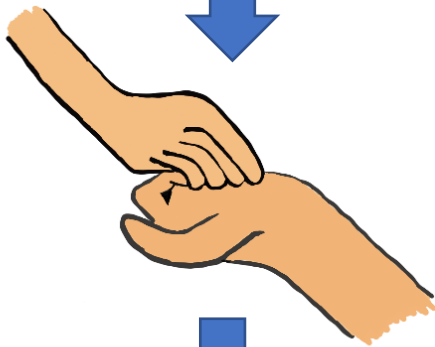




2. Backs of hands



3. Between the fingers



4. Backs of fingers

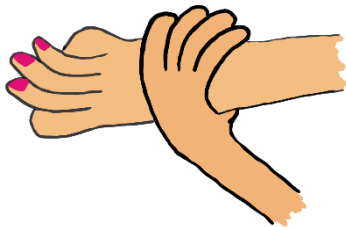


5. Thumbs





6. Fingertips



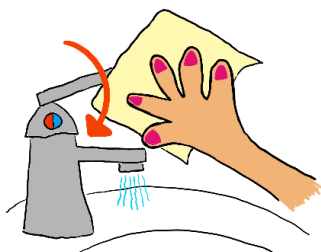
7. Wrists



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



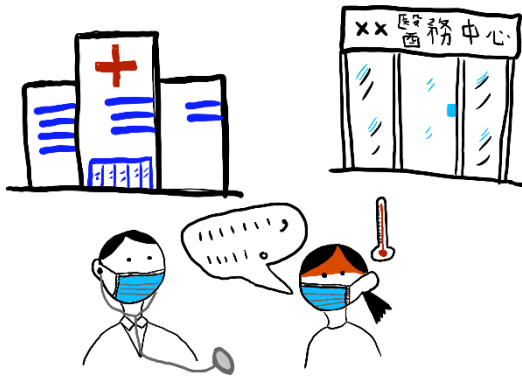
When in public transportation



During classes



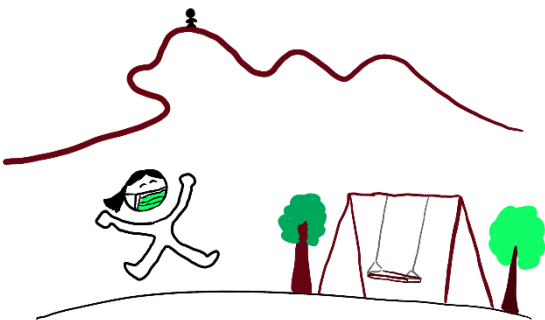
At work



At hospital/clinic



In shopping malls,  
supermarkets or markets



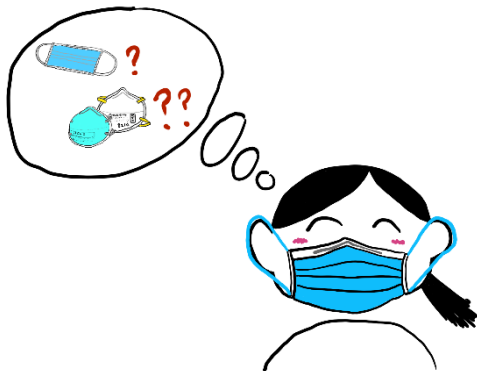
In parks or during hikes



## How to buy



At reliable pharmacy,  
supermarkets or online shops



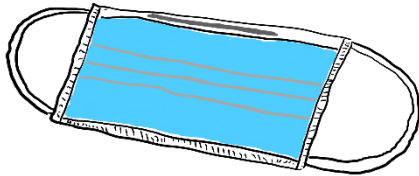
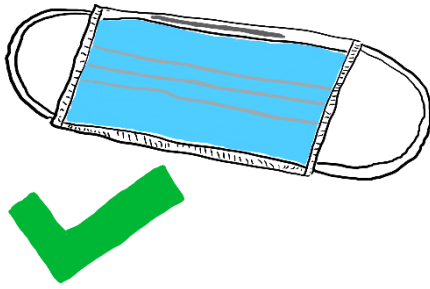
Consider which type to buy



Consider the price

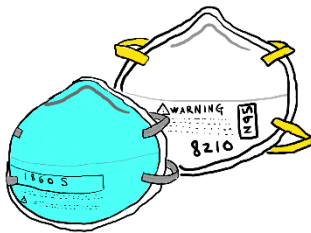
## Comparison of Masks

### 1. Filtering bacteria effectively



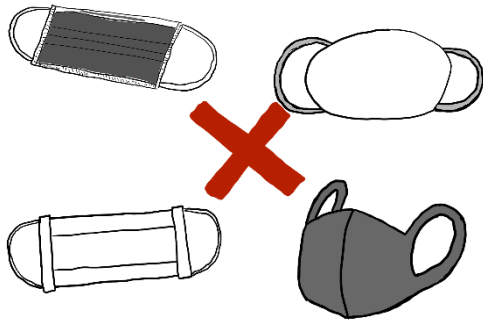
### Surgical Masks

Filter bacteria and virus spread by aerosol droplets



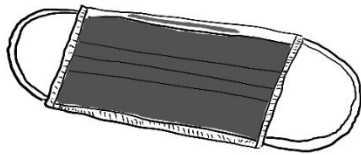
### N 95 Masks

Filter airborne bacteria and virus



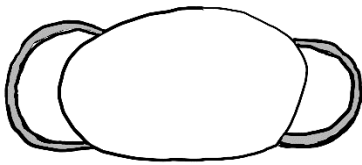
## Comparison of Masks

### 2. Cannot filter bacteria/virus



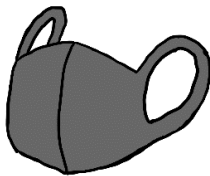
#### Activated Carbon Masks

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

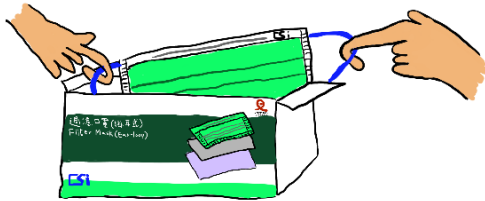
Wash hands with soap



## 2. Taking out the mask

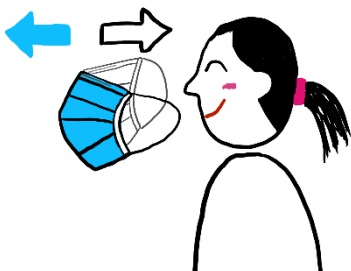
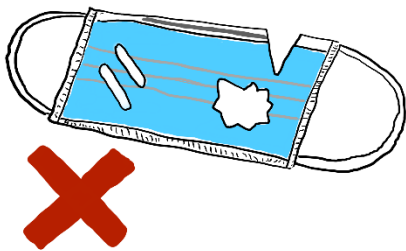
Use clear hands

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

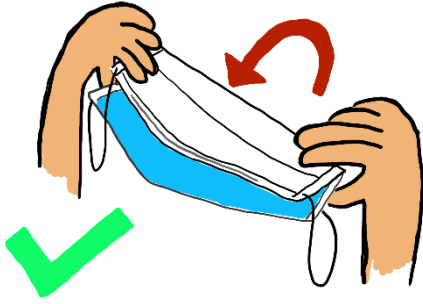
Check in the mirror to see if the mask fits properly



## 7. After

Wash hands with soap immediately

## How to dispose



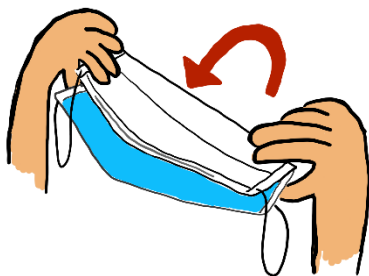
### 1. Before taking off

Wash hands with soap



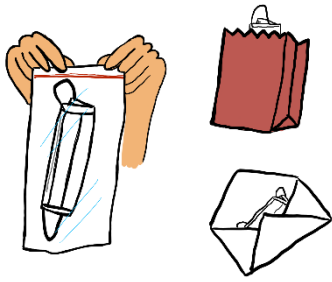
### 2. Take off the mask

Take off  
by holding the ear loops



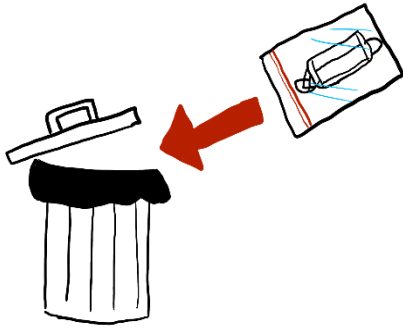
### 3. Fold the mask

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



#### 4. Seal the mask

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



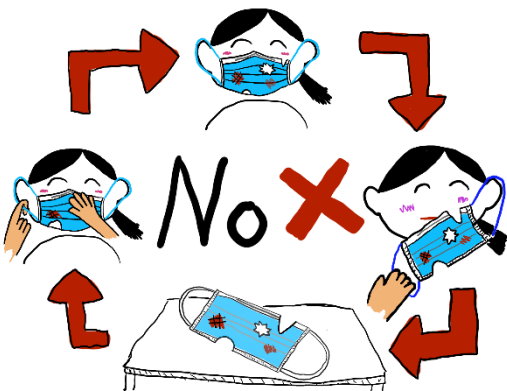
#### 5. Dispose the mask

Dispose the mask  
In a covered trash bin



#### 6. After taking off

Wash hands with soap  
again

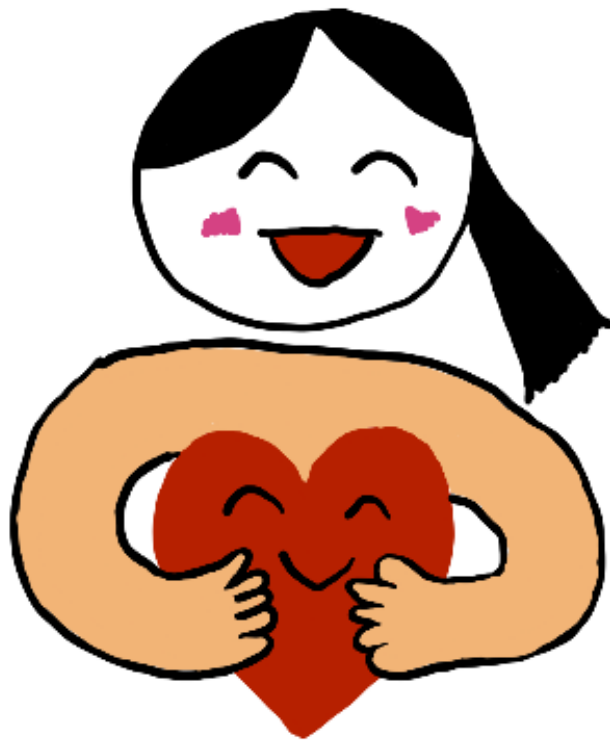


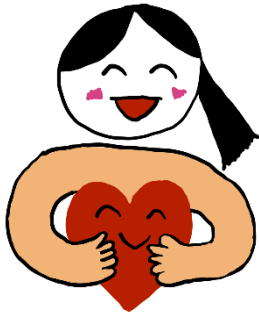
#### 7. DISCARD all used masks

**DO NOT** reuse

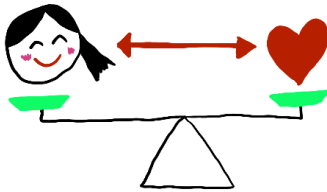
# Chapter 5

## Mental Health

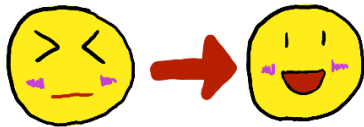




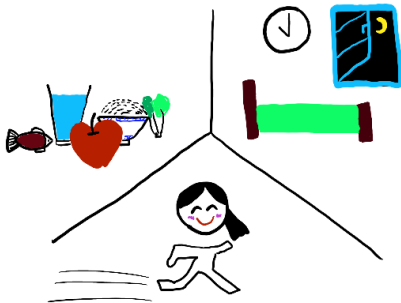
## How to Maintain Mental Health



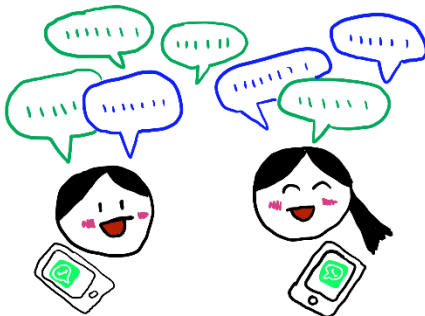
Be aware of  
body-mind-spirit balance



Self-regulation of emotions

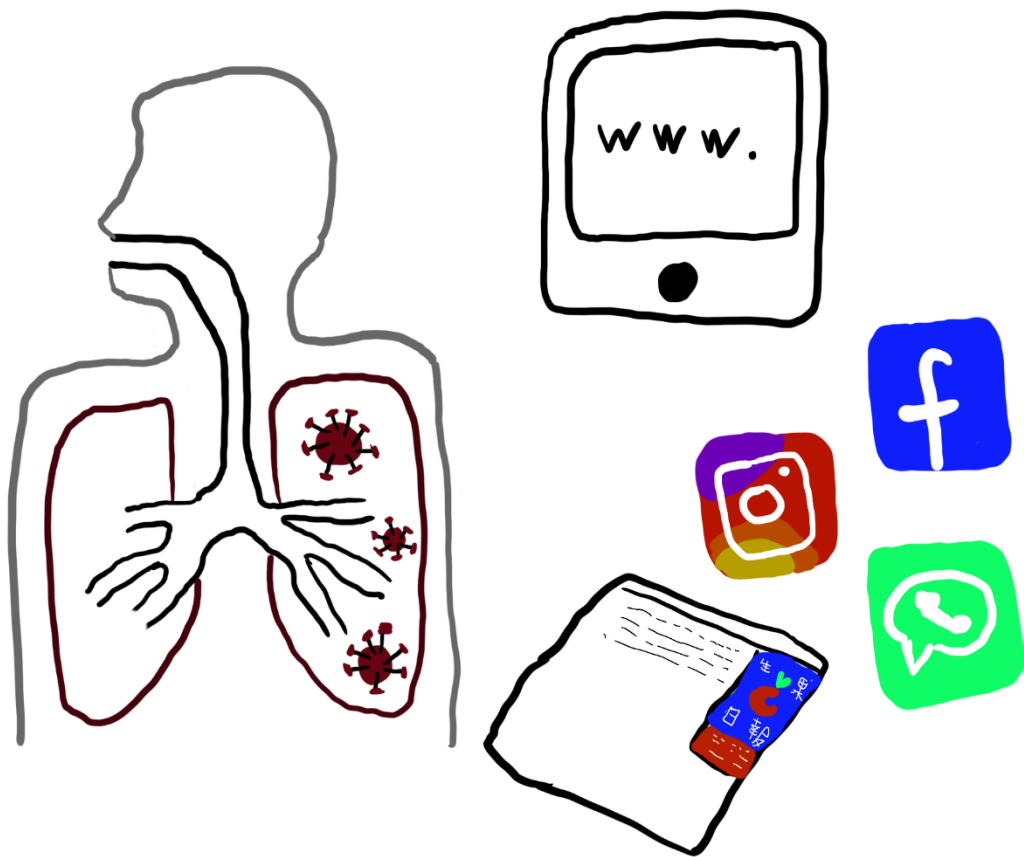


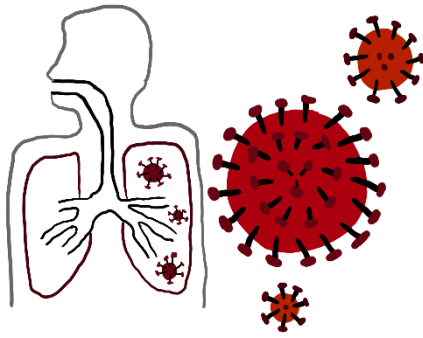
Set up regular timetable  
for daily lives



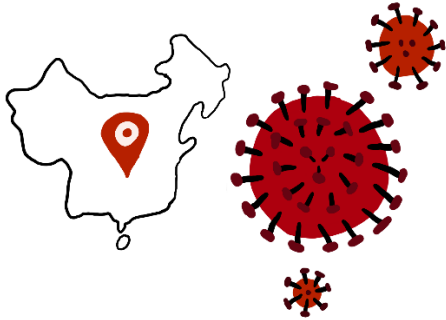
Care for friends and family

# Appendix





## Appendix 1 : Timeline of COVID-19



### Wuhan, Hubei Province, China



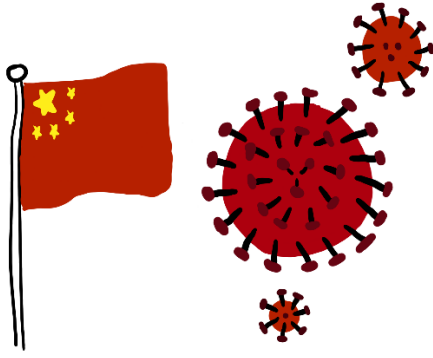
**December 2019**

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

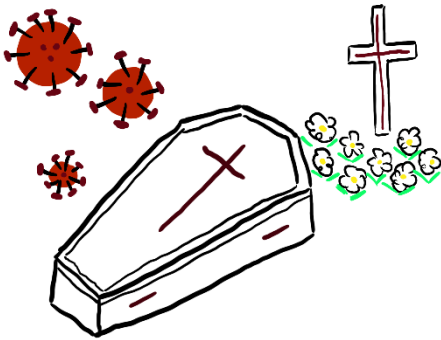


**January 1, 2020**

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



## China



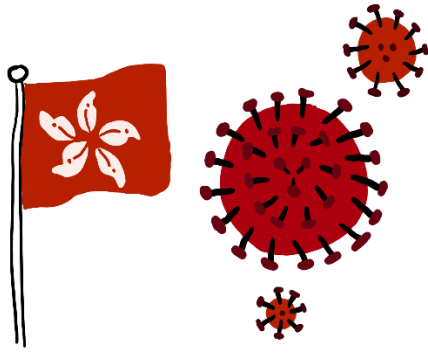
**January 11, 2020**

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

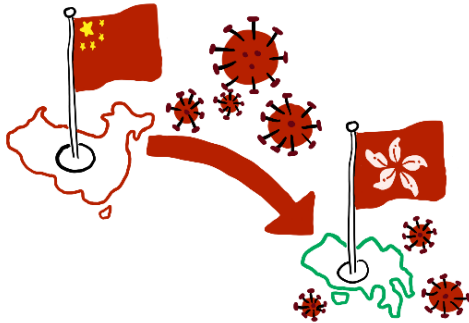


**January 23, 2020**

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



## Hong Kong



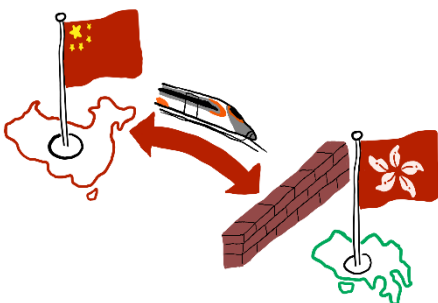
**January 21, 2020**

- **Announcement of first case of infection**



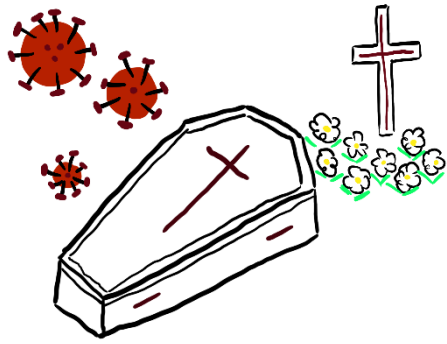
**January 25, 2020**

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



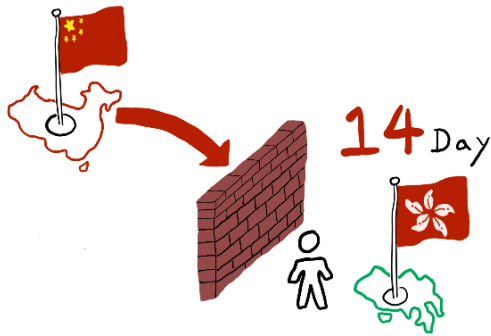
**January 28, 2020**

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



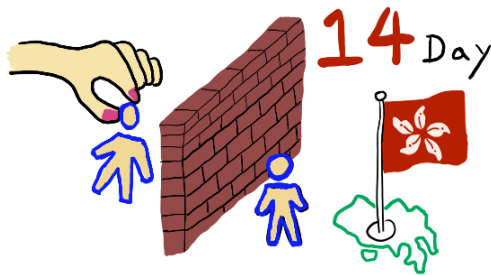
**February 4, 2020**

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



**February 5, 2020**

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



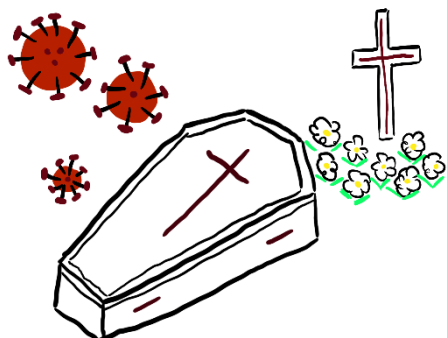
**February 8, 2020**

- **Implementation of compulsory quarantine**



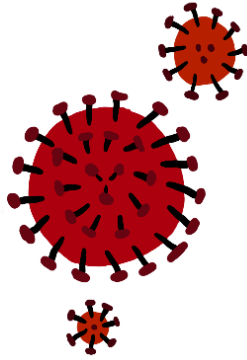
**February 13, 2020**

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

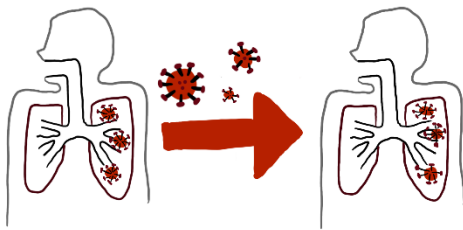


**February 19, 2020**

- **2<sup>nd</sup> fatal case of COVID-19**



## World Health Organization



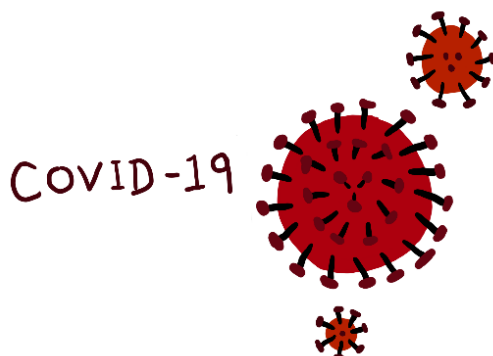
**January 20, 2020**

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



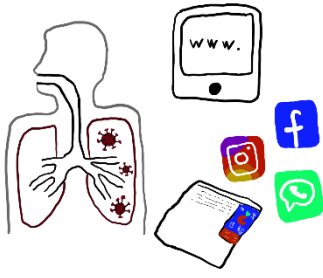
**January 30, 2020**

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



**February 11, 2020**

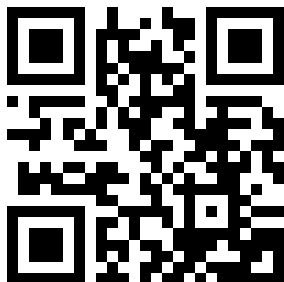
- **The novel coronavirus disease was named Coronavirus disease 2019 (COVID-19)**



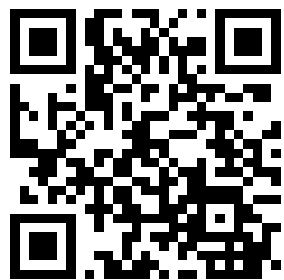
## Appendix 2 : Useful Information of Prevention



**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 )

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