



2010年3月  
March 2010

# 全城清潔運動

## Get Moving • Clean Hong Kong

各位中西區居民：

中西區民政事務處為響應《全城清潔運動》，聯同中西區區議會、地區團體、非政府組織及有關部門，在區內展開了一系列的工作和活動。本處為加強與區內居民的溝通，特別編印《中西區民政事務處通訊》，提供實用的家居清潔貼士、健康飲食和清潔資訊，並匯報本處和有關部門所推行的全城清潔行動。我呼籲區內各界人士繼續支持和配合政府的工作，注意環境、家居和個人衛生，攜手构建一個健康清潔的社區。

衷心祝願您和家人在庚寅年家肥屋潤、身體健康、萬事如意、笑口常開!

中西區民政事務專員何吳靜靜

Dear Residents of the Central & Western District,

The Central & Western District Office has implemented a series of initiatives and measures as part of Government's Campaign "Get Moving • Clean Hong Kong", with the support and assistance from the Central & Western District Council, district bodies, non-governmental organisations and the relevant departments. Through this newsletter, we hope to share with our residents a few practical tips on health and hygiene, to let you know some of the work we have done, and to appeal for your support in creating a healthy and clean community.

Wishing you and your family a joyous and healthy Year of the Tiger!

With warmest regards,  
District Officer (Central & Western) Winnie Ho

響應  
**全城  
清潔  
運動**  
Get Moving. Clean Hong Kong



## 全城清潔運動 - 歲晚社區暨大廈清潔日



中西區民政事務處及中西區區議會於2010年2月6日舉辦上述活動，通過清洗區內的舊式樓宇及派發清潔包，宣揚家居和社區清潔訊息。參與活動的160名清潔大使，分別來自多個地區團體(正荊社、中西區樂民社、香港中西區婦女會、香港少青社、基督教崇真會救恩堂、摩星嶺之友、中西區半山業主聯會、香港中區大廈業主聯會、香港西區業主聯誼總會及環約新動力)。各清潔大使與本處的清潔承辦商合作，為區內20幢樓齡超過30年而且沒有法團的舊式樓宇，清洗

樓梯和走廊等公用地方。食物環境衛生署特別開放區內多個垃圾站，方便居民棄置大型家居廢物。

## Clean Hong Kong - Year-end Community cum Buildings Cleansing Day

The Central & Western District Office and Central & Western District Council launched the exercise on 6 February 2010 to promote domestic and community hygiene by cleansing the common areas of old buildings and distributing cleansing gift packs. The 160 volunteers from local organisations (ZJ Association, The Volunteers, Hong Kong Central & Western District Women Association, Hong Kong Society of Juvenile and Youth, Tsung Tsin Mission of Hong Kong Kau Yan Church, Friends of Mount Davis, Central & Western Mid-levels Owners Association, Multi-Storey Building Owners Association of Central District, Multi-Storey Building Owners Association of Western District and Wan Yeuk Power) joined the cleansing contractor of the Central & Western District Office to clean the common areas of 20 old buildings in the district. These buildings are over 30 years' old and do not have any form of management body. Several refuse collection points were opened by the Food and Environmental Hygiene Department during that particular weekend to facilitate the dumping of bulky domestic garbage.



## 歲晚社區及大廈清潔行動 — 向法團派發清潔用品

中西區民政事務處與中西區區議會在農曆新年前合辦上述活動，以鼓勵區內大廈加強清潔。中西區民政事務處向所有參與計劃的業主立案法團送贈清潔用品，以示支持。多達550個區內的業主立案法團參與是次行動。

## Year-end Community and Buildings Cleansing Operation - Distribution of Cleansing Packs to Owners' Corporations

The Central & Western District Office and Central & Western District Council launched the programme just before the Lunar New Year to encourage residents to step up their building cleansing efforts. All participating owners' corporations received cleansing packs from the Central & Western District Office in compliment for their support to the exercise. As many as 550 buildings have signed up for the campaign.



# 私人大廈清潔運動1:99防疫大行動

中西區民政事務處、中西區區議會和區內三個業主聯會再度合作，舉辦第二輪的“私人大廈清潔運動1:99防疫大行動”，以鼓勵區內大廈加強清潔。啟動禮已在2009年10月24日舉行。中西區民政事務處向每幢參與的大廈送贈20公升漂白水以示支持。共有多達699幢大廈報名參加是次行動。

## Private Buildings Cleansing Campaign

The Central & Western District Office, Central & Western District Council and the three building owners' associations in the district joined hands once again to launch the second round "1:99 Private Buildings Cleansing Campaign" to encourage local residents to step up their cleansing efforts. Each building received 20 litres of bleach from the Central & Western District Office in compliment for their participation. As many as 699 buildings have signed up for the programme.

## 健康講座

中西區民政事務處、中西區區議會和區內三個業主聯會在2009年10月24日合辦健康講座，安排衛生署的註冊護士向區內管理公司和法團的代表講解有關大廈清潔工作的重要訊息。

## Health Talk

A health talk was organised by the Central & Western District Office, Central & Western District Council and the three building owners' associations in the district on 24 October 2009. A registered nurse of the Department of Health briefed the representatives of the owners' corporations and management companies of the key points-to-note in carrying out cleansing work in their buildings.



# 西環邨長者歲晚清潔 及家居安全關懷行動



上述活動由中西區民政事務處、樂群社會服務處(社會企業)及香港基督教女青年會觀龍樓社區工作辦事處合辦，為約20個長者住戶清潔家居；檢查、清潔和維修坐廁和水龍頭；並為行動不便的長者在家居加裝浴室扶手、更換光管，以及檢查和維修家具。



改善室內照明，能為提升長者的生活環境。  
Better household lighting can brighten up the life of the elderly.

## Lunar New Year's Eve Cleansing and Home Safety Campaign for the Elderly in Sai Wan Estate



廚房是歲晚大掃除的重要一環  
We helped the elderly clean up their kitchens before the Lunar New Year.

Launched by the Central & Western District Office, Lok Kwan Social Service (which is a social enterprise) and Hong Kong YWCA Kwun Lung Lau Community Work Office, the programme has benefited some 20 elderly households in Sai Wan Estate. Services provided include domestic cleansing; the examination, cleansing and repair of toilets and water taps; installation of bathroom handrails for elderly with mobility problems; replacement of fluorescent light tubes; and examination and repair of furniture.



在廁所和浴室加裝扶手，以確保長者的家居安全  
We helped install handrails in the bathrooms of our elderly for better home safety.



師傅為長者維修破爛的家具。  
Broken drawers were repaired.

# 食物環境衛生署清潔行動

食物環境衛生署於去年十二月開始於中西區展開大規模的清潔行動，至今已清潔約100座舊樓的樓梯、走廊、天井、天台及後巷等公共地方。清潔行動會持續進行，以維持環境衛生。

## Cleansing Operations by the Food and Environmental Hygiene Department

The Food and Environmental Hygiene Department has launched a large-scale cleansing exercise in Central & Western District since last December. To-date, the Department has completed the cleansing of staircases, corridors, open yards, roof tops, rear lanes and other common areas of about 100 old buildings. This is an on-going effort to keep our environment clean.

### 清潔前 Before the cleansing operations



### 清潔後 After the cleansing operations



### 活動預告 Upcoming Event

中西區民政事務處將聯同中西區區議會，在本年三月，向區內中小學派發印有有關個人及環境衛生宣傳句語的文件袋和螢光筆。

The Central & Western District Office and Central & Western District Council will be distributing souvenirs, including A4-size file-holders and highlighters printed with messages promoting personal and environmental hygiene, to local secondary and primary school students in March.



## 成人 健康飲食 金字塔



## 長者 健康飲食 金字塔

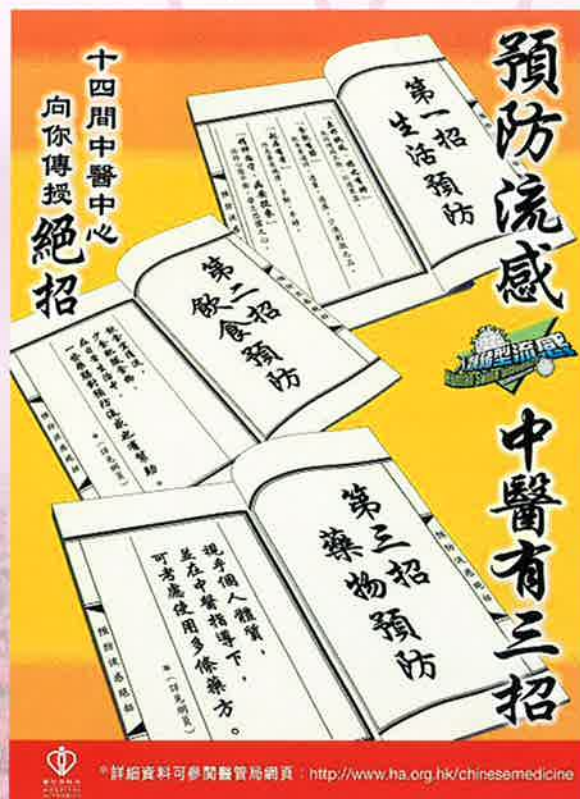


## 中醫藥預防冬季流感

### 預防方法

#### 一、生活起居預防

- (一)「虛邪賊風，避之有時」，及時增減衣物，以適寒溫。
- (二)「食飲有節」，飲食要適時、適量、適溫，少進刺激之品。
- (三)「起居有常」，作息要有規律，適量運動、早睡。
- (四)「精神內守、病安從來」，保持心態平衡「恐則氣下，驚者氣亂」，對流感產生恐懼之心，也可導致氣機逆亂，更易招致外感。



## 二、飲食預防

飲食宜清淡，少食肥膩食物（易化生積熱），所以在日常生活中，做一些簡單，美味的小藥膳，對預防流感也有幫助。

適應人群	組成（以下為壹人份量）	製作、食用方法	服用次數
冬春季節，氣候寒冷時服用	蘇葉生薑紅糖茶、蘇葉10克、生薑2~3薄片、紅糖適量	以清水一碗煮滾10~15分鐘，溫服	每周服2-3次， 流感高峰期每周3-5次
素體偏熱	1.蔥白15克、白蘿蔔30克、芫荽3克	以清水三碗，煲成一碗，溫服	
	1.桑葉3克、菊花3克、蘆根10克	沸水一杯浸泡代茶	
	1.鮮魚腥草30-60克	開水焯熟後，蒜汁加醋涼拌或蘸醬吃或蒜汁加醋涼拌	
素體多濕	1.綠豆60克、生甘草6克、生薏米20克（孕婦不宜）	以清水兩碗，煲成一碗，溫服	
	1.赤小豆15克、綠豆15克	以清水兩碗，煲成一碗，溫服	
	3.鮮馬齒莧30-60克	開水焯熟後，蒜汁加醋涼拌或蘸醬吃	

## 三、藥物預防（在中醫師指導下服用）

適應人群	功效	藥物（成人量）	處方服用天數
冬春季，氣候寒冷時預防方（體質偏性不明顯者）	輕宣外邪	紫蘇葉10克、荊芥10克、桑葉10克、菊花10克、甘草3克（雨濕較盛時，可加藿香10克）	2-3天
通用方（體質偏性不明顯者）	宣暢氣機	杏仁9克、白薏仁3克、柴胡9克、黃芩6克、蘇葉6克、蘆根15克、甘草6克	2-3天
素體有熱	清熱	桑葉6克、蘆根15克、銀花6克、崗梅根15克、佩蘭6克、甘草6克	3-5天
素體多濕	化濕	藿香9克、蘆根15克、蘇葉6克、蒼朮6克、木棉花12克、冬瓜皮12克	3-5天
素體偏虛	益氣扶正	太子參15克、白扁豆9克、北耆9克、佩蘭6克、銀花6克、甘草6克	3-5天

### 服用中藥預防感冒需要注意事項：

老人、幼兒、孕婦、有藥物過敏及慢性疾病患者應在醫師的指導下適當調整用量服用。患葡萄糖六磷酸去氫酵素(G6PD)缺乏症者不可服用銀花。

醫院管理局中醫藥組

有害用品	天然方法
洗潔精	洗碗：熱水、肥皂水、洗米水、煮麵水 洗鑊、茶壺、瓷磚：醋 洗抽油煙機及爐頭：熱肥皂水加麵粉、熱水加梳打粉 洗洗盆：檸檬或發粉 洗木家具：豆渣
空氣芳香劑	活性炭、切開檸檬或菠蘿、香草植物、乾花、香薰油
漂白劑	將衣物用沸水泡，然在陽光下曬
衣物柔軟劑	白醋
潔銅水	銀器：熱鹽水加梳打粉 黃銅器：鹽加醋加麵粉 紫銅器：檸檬汁加鹽 鉻：火油 鋁：檸檬汁
地氈水	稀白醋（一開二）
玻璃水	稀白醋（一開四）加乾報紙揩抹
消毒水	熱肥皂水、茶樹油、稀釋雙氧水
通水渠劑	先倒熱水，再倒白醋，再倒冷水
傢俬蠟	乾抹布加橄欖油
去污粉	白醋、鹽、檸檬、發粉 洗玻璃杯：鹽 洗玻璃樽：米或蛋殼 洗銀餐具：熱鹽水加軟乾布 洗廁所：白醋或發粉



取材自「在污染環境中活出健康幸福」  
盧冠廷、周兆祥講座

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