

# 全民抗疫 全城清潔

Fight Against Pandemic Keep Hong Kong Clean

各位中西區的街坊朋友：

中西區民政事務處為協助遏止人類豬型流感(甲型流感H1N1)在社區擴散，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一系列防疫工作。本處為加強與區內居民的溝通，特別出版《中西區民政事務處通訊》，並以《全民抗疫 全城清潔》為題，介紹實用的家居清潔貼士、健體招式和湯水食譜，並匯報部門為防疫而採取的全城清潔行動。我呼籲區內各界人士繼續支持和配合政府的防疫工作，注意環境和個人衛生，攜手對抗人類豬型流感。

衷心祝願您和家人健康、快樂！

中西區民政事務專員何吳靜靜, JP

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 efforts to control the spread of Human Swine Flu H1N1 in the community, 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 our fight against the pandemic.

Wishing you and your family the best of health!

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



## 小貼士：家居清潔篇 Tips: Home Cleansing

環境常清潔 醒神又自然

- 家具應定期拭抹。經常接觸的地方、傢俬物品、玩具、用具、廁所、浴室及地板須至少每天用1比99稀釋家用漂白水清潔消毒，待乾後，用清水清洗並拭乾。
- 若地面/家具/衣物被分泌物或排泄物污染(如嘔吐物、糞便或呼吸道患者的痰涎)，弄掉排泄物後，須用1比49稀釋家用漂白水消毒，待15-30分鐘後，用清水清洗並拭乾。
- 定期清潔地面，並視乎情況增加次數。清潔地面後要保持地面乾爽。
- 使用可清潔的地墊，保持地氈清潔，並須每日吸塵及定期清洗。
- 定期更換及清洗枕套、毛巾及衣服。
- 若有飼養寵物(如貓和狗)，更要增加清潔的次數。

Keep our Living Environment Clean

- Clean and disinfect frequently touched surfaces, furniture, toys, utensils, toilets, bathrooms and floor at least daily by using appropriate disinfectant (e.g. 1 part of household bleach in 99 parts of water). Wait until dry and then rinse with water.
- If places/utensils/clothes are contaminated by respiratory secretions, vomitus or excreta, use disposable towels to wipe them away. Then disinfect the surface and the neighbouring area with appropriate disinfectant (e.g. 1 part of household bleach in 49 parts of water). Leave for 15-30 minutes and then rinse with water.
- Clean the floor regularly and increase the frequency as the circumstances required, and keep it dry.
- Carpets should be kept clean by daily vacuum cleaning and regular washing.
- Clean and change bed sheets, pillow cases, towels and clothes regularly.
- If pets (such as cats and dogs) are kept, increase the frequency of cleansing.

## 小貼士：洗手篇 Tips: Hand Hygiene

洗手是一個簡單的衛生習慣。若能正確地洗手，是最能避免傳播感染的方法。  
Hand hygiene is a simple habit which, when done properly, is the best way to prevent infections from spreading.

### 如何潔手？

1. 開水喉沖洗雙手。
2. 加入肥皂，用手擦出泡沫。
3. 搓擦時切勿沖水，最少用二十秒時間揉擦手掌、手背、指隙、指背、拇指、指尖及手腕。
4. 用清水將雙手徹底沖洗乾淨。
5. 用乾淨毛巾或用紙徹底抹乾雙手，或用乾手機將雙手吹乾。
6. 潔淨雙手後，不要再直接觸摸水龍頭。在關上水龍頭前，可用抹布或紙巾包裹水龍頭，或先用水將水龍頭沖洗乾淨。

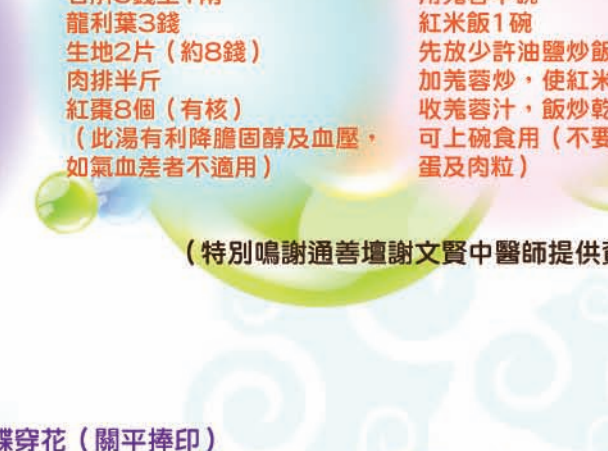
### 注意：

- 切勿與人共用毛巾或紙巾。
- 抹手紙用後應妥為棄置。
- 妥善放置毛巾，並應每日至少徹底清洗一次。如能預備多於一條毛巾經常更換，則更為理想。

### How to perform hand hygiene?

1. Wet hands under running water.
2. Apply liquid soap and rub hands together to make a soapy lather.
3. Away from the running water, rub the palms, back of hands, back of fingers, thumbs, finger tips and wrists. Do this for at least 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with a clean cotton towel, a paper towel, or a hand dryer.
6. The cleaned hands should not touch the water tap directly again. The tap may be turned off, by using the towel wrapping the faucet; or after splashing water to clean the faucet.

Please note:  
· Never share towels.  
· Dispose of used paper towels properly.  
· Store personal towels properly and wash them at least once daily. Preferably, have available more towels for frequent replacement.



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## 小貼士：湯水篇 Tips: Chinese Soup Recipes

(Chinese version only)

根據人類感染豬流感的特有症狀，中醫以清熱、解毒、利濕、振奮衛陽、抵禦外邪、扶養正氣為預防原則，提供中藥預防流感茶及食療保健預防湯。

### 保健預防湯材料：

- 花旗參5錢、淮山5錢、百合5錢、沙參5錢、玉竹5錢、芡仁5錢、瘦肉4兩

烹調：加水煲兩小時，用湯壺調味，每周至少飲用一至兩次

### 預防流感茶（體質虛寒）：

- 黃芪3錢、防風3錢、白朮3錢、銀花3錢、連翹3錢、霍香3錢、板藍根3錢、芡仁5錢、甘草1錢

水煎服，每日一劑

### 預防流感茶（體質熱盛）：

- 銀花3錢、連翹3錢、霍香3錢、芡仁5錢、板藍根3錢、甘草1錢

水煎服，每日一劑

(特別鳴謝香港資深註冊中醫師陳永光提供資料)

### 助肺健脾益湯

- (a) 川貝母5錢原粒煲 (人數少，份量3錢)
- 枇杷露3錢至5錢酌量加 (乾貨不寒涼)
- 海參1條
- 蜜棗4個

(此湯有潤肺、補脾及生津作用)

### 降膽固醇平胃火湯

- (a) 海參2條
- 石斛5錢至1兩
- 龍利菜3錢
- 生地2片 (約8錢)
- 肉排半斤
- 紅蘿蔔 (有核)

(此湯有利降膽固醇及血壓，如氣虛者不適用)

### 舌淡白者

- 用羌活半兩
- 紅米飯1碗
- 先放少許油鹽炒飯，再加羌活粉，使紅米飯吸收羌活汁，飯炒乾身即可上碗食用 (不要加鹽及肉粒)

(特別鳴謝香港中藥文寶中醫師提供資料)

## 小貼士：健體篇 (成功健身八式)

Tips: Physical Exercises

(Chinese version only)

### (一) 雙腳出洞

柔功十八雙推掌起式 - 雙腳合攏，雙手下垂，左腳打開至腳跟開位，雙手上提吸氣，手高舉至耳後，手尖放前方，下至與肩水平，曲膝下按至大腿，足墊3秒，立正。

### (二) 雙龍穿花 (開平擗印)

手擺左腰虛力向後，左右轉掌五次；每次曲膝坐腿，眼向後望。

### (三) 橫掃千軍 (摩擦)

左腳丁步往左方推出，沉肩，左手往右手跨位推往左方；右腳丁步往右方推出，手如抱球，用腰帶動旋向右方，右手往左腳跨位推向右方。

### (四) 大龍展翅

雙手交叉胸前，左腳扭步左方，右腳扭步，掌心向身體方向打開雙掌，前手下沉，後手舉高至肩以上水平，交叉雙手呼吸，打開雙手吸氣。

### (五) 雙龍出海

雙手交叉胸前，上馬虛步，提手至耳後吸氣，上步雙手放在腋下，沉肘，上步推掌呼氣。

### (六) 龍蛇吐信 (標指)

左腳踏左方，右手擺腰，左手順時針下按，右手往前標指，右腳踏右方，左手擺腰，右手逆時針下按，左手往前標指。眼望指尖。

### (七) 美人照鏡

平步，右手橫胸前，左手擺腰，左手向上至鼻位，左手手擺頭頂，右手下按至右腿位置，雙肩有拉扯感覺，眼向手望。

### (八) 獅子滾球

立正，手如抱球，上下掌心相對，旋轉三次，左手放右肩，右手放左肋骨位，開右腳站好，打開雙手，眼向左望。

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(特別鳴謝香港提供資料及夏李錦儀女士作出示範)

## 眾志成城：社區清潔日

中西區民政事務處和中西區區議會於7月18日舉行「中西區社區清潔日」，透過清洗區內的舊式樓宇及派發防疫包，呼籲區內居民注意個人、家居及社區的清潔，對抗人類豬流感。是次活動成功招募60位來自自新社、中西區樂民社、摩星嶺之友、香港少青社、中西區婦女會及基督教崇真會救恩堂的清潔大使，聯同中西區民政事務處的清潔辦事處，為區內20幢樓齡超過三十年並沒有大廈管理組織的舊式樓宇，清洗樓梯及走廊等公用地方。食物環境衛生署在當日更特別開放正街市垃圾站、西營盤街市垃圾站及第三街(高雅閣地下)垃圾站，以便居民棄置大型家居垃圾。

## A Concerted Effort : Community Cleansing Day

On 18 July, the Central & Western District Office and Central & Western District Council launched the Community Cleansing Day. It was a busy yet fruitful day. Sixty volunteers from a number of district organisations, assisted by a cleansing contractor, washed the staircases, corridors and other common areas of some 20 buildings in the district which are over 30 years old with no management body.



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## 關懷互愛：親親鄰居及隱蔽長者在中區

中西區民政事務處及中西區區議會與非政府組織合作，探訪區內約500名獨居/隱蔽長者，為他們提供有關流感的資訊，並替他們清潔家居及派發清潔/衛生物資。家居清潔員工作態度友善、落力認真，為了向有需要的長者提供服務，不時要上落多層樓梯至沒有升降機的長者住所工作。

## A Caring Community : Cleansing Services for the Elderly

The Central & Western District Office and Central & Western District Council have engaged a few non-governmental organisations to launch a programme specially tailored for the hidden and singleton elderly population in our district. We are visiting some 500 needy elderly in phases, to provide free household cleansing services and distribute cleansing and hygiene materials to them.



家居清潔員替長者清潔大廳和廚房的窗戶  
Domestic helpers are cleaning the living room and windows of an elderly's household



一般長者難以自行清理高處的抽風扇，經家居清潔員清理後，抽風扇煥然一新  
Cleaning ventilation fans is no longer a challenge to the elderly with the help of our domestic helpers



家居清潔員為長者清理浴室的地磚，讓長者沐浴時更覺舒適  
Shining tiles in the bathroom can bring comfort to the elderly



濾水器的濾芯使用了一段時間會散積和容易滋生細菌，而長者未必懂得如何清理。經家居清潔員清理後，濾芯的情況得以大大改善  
Polluted cartridges were replaced to improve the function of water filters

## 大廈衛生：舊式樓宇清洗行動

中西區內約有2,000幢樓齡超過30年的樓宇，當中部份欠缺管理組織，呼籲區內居民注意個人、家居及社區的清潔，對抗人類豬流感。是次活動成功招募60位來自自新社、中西區樂民社、摩星嶺之友、香港少青社、中西區婦女會及基督教崇真會救恩堂的清潔大使，聯同中西區民政事務處的清潔辦事處，為區內20幢樓齡超過三十年並沒有大廈管理組織的舊式樓宇，清洗樓梯及走廊等公用地方。食物環境衛生署在當日更特別開放正街市垃圾站、西營盤街市垃圾站及第三街(高雅閣地下)垃圾站，以便居民棄置大型家居垃圾。

## Building Hygiene : Old Buildings Cleansing Campaign

In June and September, the Central & Western District Office and Central & Western District Council engaged a contractor to clean the staircases, rooftops and other common areas of a total of 80 buildings which are over 30 years old with no management bodies.



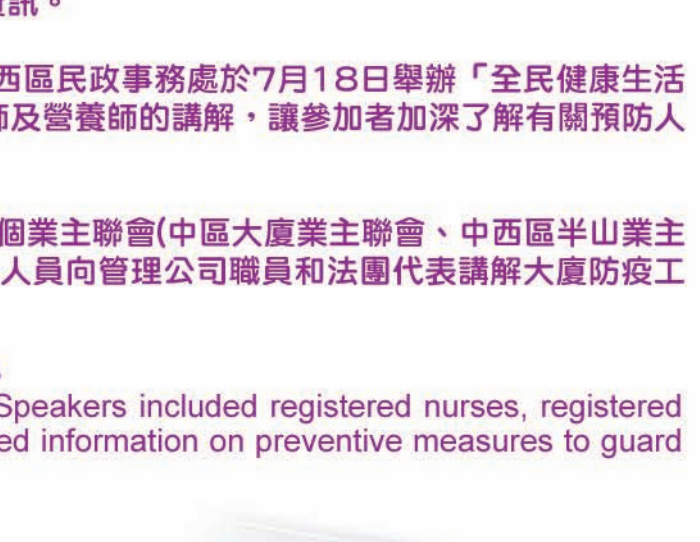
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## 群策群力：私人大廈清潔運動1:99防疫大行動

中西區民政事務處及中西區區議會與區內三個業主聯會(中區大廈業主聯會、中西區半山業主聯會及西區業主聯誼總會)攜手合作，鼓勵及發動區內大廈加強清潔工作。活動的啟動儀式於6月13日舉行，主辦團體前往其中一幢參與大廈進行宣傳工作。為表支持，中西區民政事務處向每幢參與大廈贈送20公升漂白水。反應熱烈，第一輪及第二輪計劃分別有超過300及700幢大廈參與。

## Public-private Sector Partnership : Private Buildings Cleansing Campaign

On 13 June, the Central & Western District Office and Central & Western District Council joined hands with three building owners associations in the district to launch the 1:99 Private Buildings Cleansing Campaign. The District Office provides 20 litres of bleach to each of the participating buildings to encourage owners of private buildings to keep the living environment clean. The campaign is well received and over 300 and 700 buildings have signed up for the first and second round respectively.



## 重點出擊：中西區衛生黑點巡查

中西區區議員於5月22日巡視了堅尼地城七個環境衛生受關注的地點，巡查後表示大致滿意各地點的清潔情況。區議員更向附近商舖派發「預防人類甲型豬型流感/H1N1」的海報，呼籲各商戶保持清潔及協助宣傳有關訊息。

## A Targeted Approach : Inspection of Hygiene Black Spots

On 22 May, Central & Western District Councillors inspected seven black spots in Kennedy Town and were generally satisfied with the hygiene conditions there. The Councillors took the opportunity to distribute posters to shop operators to promote the messages of personal and environmental hygiene.



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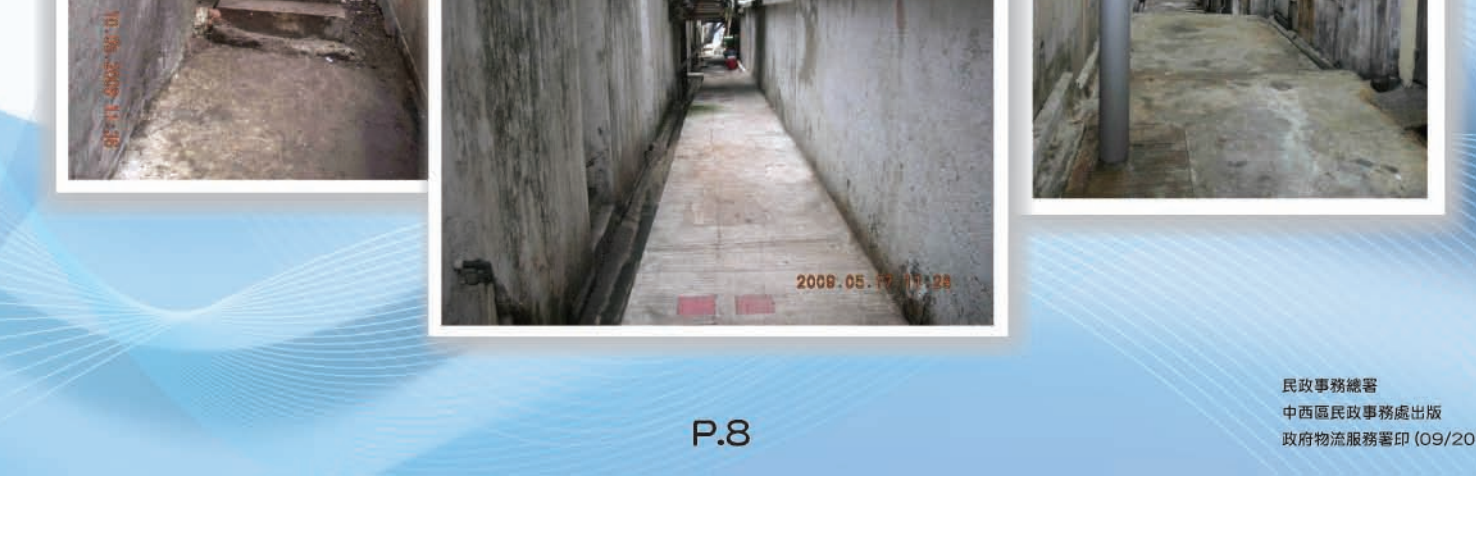
## 環境衛生：中西區清潔後巷大行動

食物環境衛生署(食環署)中西區辦事處在防疫警戒開始時，已全面加強區內的清潔行動，包括調撥資源隔日在繁化街道及小販集中區等公共地方以漂白水作消毒及清洗，並加強區內街市、公廁及垃圾收集站的清潔消毒工作。此外，食環署已在中西區共27個關注地點進行大規模清潔行動，包括公眾及私人後巷，期間清理約共9公噸廢物。

## Environmental Hygiene : Rear Lanes in the Wash

The Central/Western District Environmental Hygiene Office of the Food and Environmental Hygiene Department has stepped up its cleansing efforts since the onset of the Human Swine Flu. Targeted areas include busy streets, hawkers areas, markets, public toilets and refuse collection points. The Department has also launched large-scale operations to cleanse a total of 27 spots of concern, including public and private rear lanes. During the operations, some nine tonnes of rubbish were collected.

### 清潔前 Before



### 清潔後 After

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