



## 抗疫小貼士 Health Tips Against Viruses

### 洗手要乾淨

洗手記得要用梘液和洗夠二十秒，才能有效清除手上病毒與細菌，減低感染風險。

### Wash Your Hands Properly

You should wash your hands with soap and rub for at least 20 seconds. This is one of the most effective ways to prevent the spread of germs.

