

# 擋住細菌，保持健康！

## 請經常以肥皂和溫水洗手

使用  
肥皂



洗手  
20秒鐘



沖洗乾淨



擦乾



## Stop Germs, Stay Healthy!

- Wash hands often with soap and warm water
- Wash for 20 seconds, rinse well, and dry
- Cover coughs and sneezes
- When sick, stay home

## 咳嗽及打噴嚏時請捂住嘴



## 生病時請留在家中



Public Health  
Seattle & King County



[www.kingcounty.gov/health](http://www.kingcounty.gov/health) 206-296-4600

可提供其他格式

CHINESE/ENGLISH HW 2006