

XSSH 大作戰  
ANTI-COVID-19

進出公眾場合與  
搭乘大眾交通工具  
請配戴口罩

Wear surgical masks.



使用肥皂勤洗手  
裡外上下至少 20 秒

Wash hands with soap.



每天定時量體溫

Track body temperature.



生病在家休息

Stay home when ill.



健康你我他 · 西松靠大家

Everyone plays a part!

西松國際部 XSSH International Dept.

# ANTI-COVID-19

Watch out when letting sneezes or coughs out!

## 呼吸道衛生及咳嗽禮節

打噴嚏或咳嗽時  
請戴口罩，或以衛生紙、衣物遮掩口鼻

Cover your mouth and nose with tissue or clothing.



光用手遮掩是不夠的

Don't cover with you hands.



健康你我他 · 西松靠大家

Everyone plays a part!

# ANTI-COVID-19

**若有出國旅遊，返國後**

**If the following  
symptoms occur  
within 14 days  
after a trip abroad**



# 14

# DAYS



**發燒** fever  
**呼吸困難** breathing difficulty  
**咳嗽少痰** coughs  
**肺炎** pneumonia

**請通報校護，或撥打防疫專線**

**please report to school nurses, or dial**

# 1922

**健康你我他 · 西松靠大家**

**Everyone plays a part!**



# XSSH 大作戰 ANTI-COVID-19

## 遵守用餐禮儀 維持安全距離

New Table Manners: Keep A Distance

定時開窗，對流空氣  
不親密互動，互接唾液

Keep ventilated.



用餐不交談，打菜不聊天  
不共飲共食，餐具勤清洗

Keep it clean.



健康你我他 · 西松靠大家

Everyone plays a part!

西松國際部 XSSH International Dept.

XSSH 大作戰

# ANTI-COVID-19

## 定期清潔消毒近身接觸的物品

### Clean out!



別忘記冷氣濾網喔!  
Don't skip  
the a/c filter!

健康你我他 · 西松靠大家

Everyone plays a part!

西松國際部 XSSH International Dept.



## 均衡飲食 規律運動

**Balanced Diets And Regular Exercise**



**良好的生活習慣是  
免疫力最強大的後盾**

**A healthy lifestyle  
will boost your  
immune system.**

**健康你我他 · 西松靠大家**

**Everyone plays a part!**

西松國際部 XSSH International Dept.