Prevention of

Pneumonia & Respiratory Infection

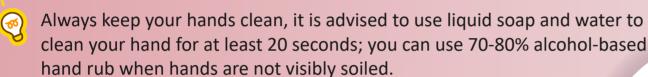
Health advice for pregnant women

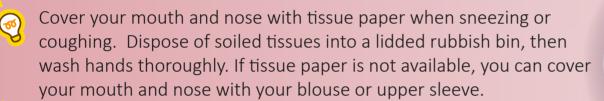


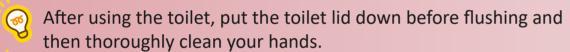
Open windows frequently, turn on the fan or exhaust fan to maintain good indoor ventilation if needed.

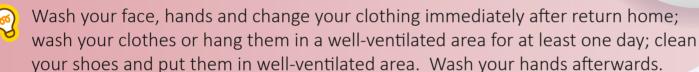
Clean and disinfect frequently touched surfaces, such as toys, utensils, furniture, washroom, bathroom and floor, with 1:99 diluted household bleach (by adding one part of bleach containing 5.25% sodium hypochlorite to 99 parts of water, use 70% alcohol for metallic surface). When it dries, rinse with clean water and wipe dry.

Maintain drainage pipes properly and regularly. Once a week pour about half a litre of water into each drain outlet (U-traps) to ensure environmental hygiene.









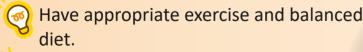


Wearing a surgical mask correctly can prevent respiratory tract infections.

You should wear a surgical mask every time you visit Maternal and Child Health Centre (MCHC) or hospital for antenatal checkup.

Nou should clean your hands before you put on the mask, and before and after you remove the mask.

Mask should face. outwards with the metallic strip on the top, position the elastic bands around both ears, extend the surgical mask to fully cover mouth, nose and chin; then mold the metallic strip over nose bridge and the surgical mask should fit snugly over the face.



Have enough rest.

Keep yourself clean and do not share personal items with others.



If you wish to know more about Severe Respiratory Disease associated with a Novel Infectious Agent. please visit Centre for Health Protection website.

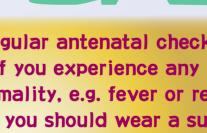


You need to have regular antenatal checkup during pregnancy. If you experience any discomfort or abnormality, e.g. fever or respiratory symptoms, you should wear a surgical mask and seek medical attention as soon as possible. DO NOT visit obstetrics clinic and MCHC. You should call the relevant obstetrics clinic or MCHC for special arrangement.









Department of Health