



DECEMBER 十二月

# Handwashing Awareness Month 洗手宣傳月

## Topics Include:

- Why should you wash your hands?
- When should you wash your hands?
- How to wash your hands properly?
- If soap and water are not available, what to do?

Many diseases and health conditions are spread by not washing hands with soap and clean, running water. Germs from feces in human or animal can cause diarrhea, and they can spread and cause respiratory infection like adenovirus and hand, foot, and mouth disease. Germs can also get onto hands because people touched an object that someone coughed or sneezed on it without covering their mouth. Therefore, keeping hands clean is the best way to prevent spreading germs to other people and getting sick. If you want to learn more about this topic, please attend the Handwashing Workshop at NEMS Health Education Department.

許多疾病和健康狀況是通過不用皂液和清水洗乾淨的手來傳播的。來自人或動物糞便的細菌可引起腹瀉，並可能會傳播、引起呼吸道感染，如腺病毒和手足口病。當有人咳嗽或打噴嚏時、沒有遮住嘴巴，把病菌傳播到一個物品上，人們可以通過接觸該物品而將細菌傳播到自己的手上。因此，保持雙手清潔是防止細菌傳播給其他人和生病的最佳途徑。如果想了解更多關於這個題目，請參加東北醫療中心健康教育部的洗手講座。

## 課題包括：

- 為什麼洗手這麼重要？
- 什麼時候應該洗手？
- 如何正確地洗手？
- 如果沒有皂液和水，該怎麼辦？

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Clinic 三藩市波特羅區診所	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西 1870 Lundy 診所
<b>Date 日期</b>	12/5-12/28/2017 Every Tue & Thu 逢星期二、四	12/4-12/18/2017 Every Mon 逢星期一	12/5-12/26/2017 Every Tue 逢星期二	12/1-12/29/2017 Every Friday 逢星期五
<b>Time 時間</b>	10:30am – 11:30am 上午 10 時半 至 11 時半	2:00pm – 3:00pm 下午 2 時 至 3 時	11:00am – 12:00pm 上午 11 時 至 中午 12 時	2:00pm – 3:00pm 下午 2 時 至 3 時
<b>Location 地點</b>	1520 Stockton St. San Francisco, CA 94133	2629 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015	1870 Lundy Ave. San Jose, CA 95131
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese 英、粵語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).