

行義「防疫攻略」

Preventive Measures for Volunteering in Pandemic

外出前

Before going out

參與培訓或服務簡介，掌握相關服務的防疫要求。

Receive training or briefing before the event to familiarize yourself with the relevant anti-pandemic requirements.

密切留意服務機構的最新服務安排。

Pay attention to the latest arrangement of the service.

於服務當日，在家進行快速抗原測試，確保結果為陰性，並量度體溫，評估個人身體狀況是否適合參與服務。

Before leaving home for the service, conduct rapid antigen test and make sure the result is negative; check your temperature and assess whether you are fit to participate.

如出現呼吸道症狀、發熱、咳嗽、氣促或呼吸困難等，應立即求醫，停止參與任何義工服務，並通知服務機構。

Seek medical advice promptly if you are having respiratory symptoms, fever, cough, shortness of breath or dyspnea. Excuse yourself from the service and inform the organization concerned.

確保正確戴上外科口罩，另自備後備口罩，以便替換或送給有需要人士。

Wear surgical mask properly and prepare spare masks for replacement or giving to someone in need.

自備酒精搓手液。

Bring alcohol-based hand sanitizer.

預先下載「安心出行」應用程式，並載入電子針卡，或帶備疫苗接種紀錄（電子或紙本版）。

Download 'LeaveHomeSafe' application in advance and pre-load onto it or bring along your COVID-19 vaccination record (electronic or paper version).

到達服務地點後

Upon arrival at service location

馬上以洗手液清潔雙手，搓手最少20秒。

Wash hands with soap and water, and rub for at least 20 seconds.

視乎服務需要，佩戴其他所需防疫裝備，如面罩、手套、防護帽、保護衣等。

Depending on the service, wear appropriate protective equipment like face shield, gloves, protective cap, protective gown, etc.

如服務於室內進行，情況許可下，建議打開門窗及加強室內空氣流通。

Keep doors and windows open, if feasible, to maintain good ventilation for indoor service.

如服務場地空間有限，應減少參加者人數，避免過度緊密的人群聚集。

Reduce the number of participants and keep adequate social distance.

遵守服務機構訂立的防疫措施。

Comply with the anti-pandemic measures put in place by the service organization.

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服務期間

During service

必須佩戴口罩，經常保持雙手清潔，避免觸摸口、鼻或眼。

Wear surgical mask properly. Avoid touching your mouth, nose or eyes. Keep hands clean at all times.

打噴嚏或咳嗽時應用紙巾遮掩口鼻。

Cover your mouth and nose with tissue paper when sneezing or coughing.

留意服務使用者及其他義工身體狀況，如察覺其中有任何身體不適情況，應立即知會當值職員。

Pay attention to the physical conditions of the service recipients and other volunteers. If you notice any unusual situation, please inform the responsible persons of the service promptly.

避免進行需要身體接觸或涉及飲食的活動。

Avoid joining activities which involve physical contacts or eating.

離開服務地點前，妥善棄置防疫裝備，完成後以洗手液清潔雙手。

Dispose of used protective equipment properly. Clean hands with sanitizer afterwards.

如可行，離開前先更換口罩，謹記必須妥善棄置。

Change to a new surgical mask and dispose of the used one properly.

服務後

After service

回家後立即洗手、妥善棄置口罩及清洗衣物。

Wash hands with soap and water, dispose of your surgical mask properly and clean your clothes upon returning home.

盡快洗澡及洗頭，並換上潔淨衣物。

Take a bath and wash your hair as soon as possible and put on clean clothes.

清潔隨身物品，特別是手提電話，適宜以消毒酒精抹拭機面及機殼。

Clean and disinfect your mobile phone and other personal belongings with 70% alcohol.

如於服務後14天內出現任何疑似病徵，於通報過程中必須匯報曾參與的義工服務及通知服務機構，以便有關當局追蹤病源，減低社區爆發風險。

If you have any common symptoms of COVID-19 within 14 days after service, please report to relevant authorities, providing details of the volunteer service you have participated in to help trace the source of infection and to reduce the risk of community outbreak.