



香港兒科護理學院  
Hong Kong College of  
Paediatric Nursing



香港兒科醫學會  
The Hong Kong Paediatric  
Society



香港兒童免疫過敏及  
傳染病學會  
The Hong Kong Society for  
Paediatric Immunology  
Allergy and Infectious  
Diseases



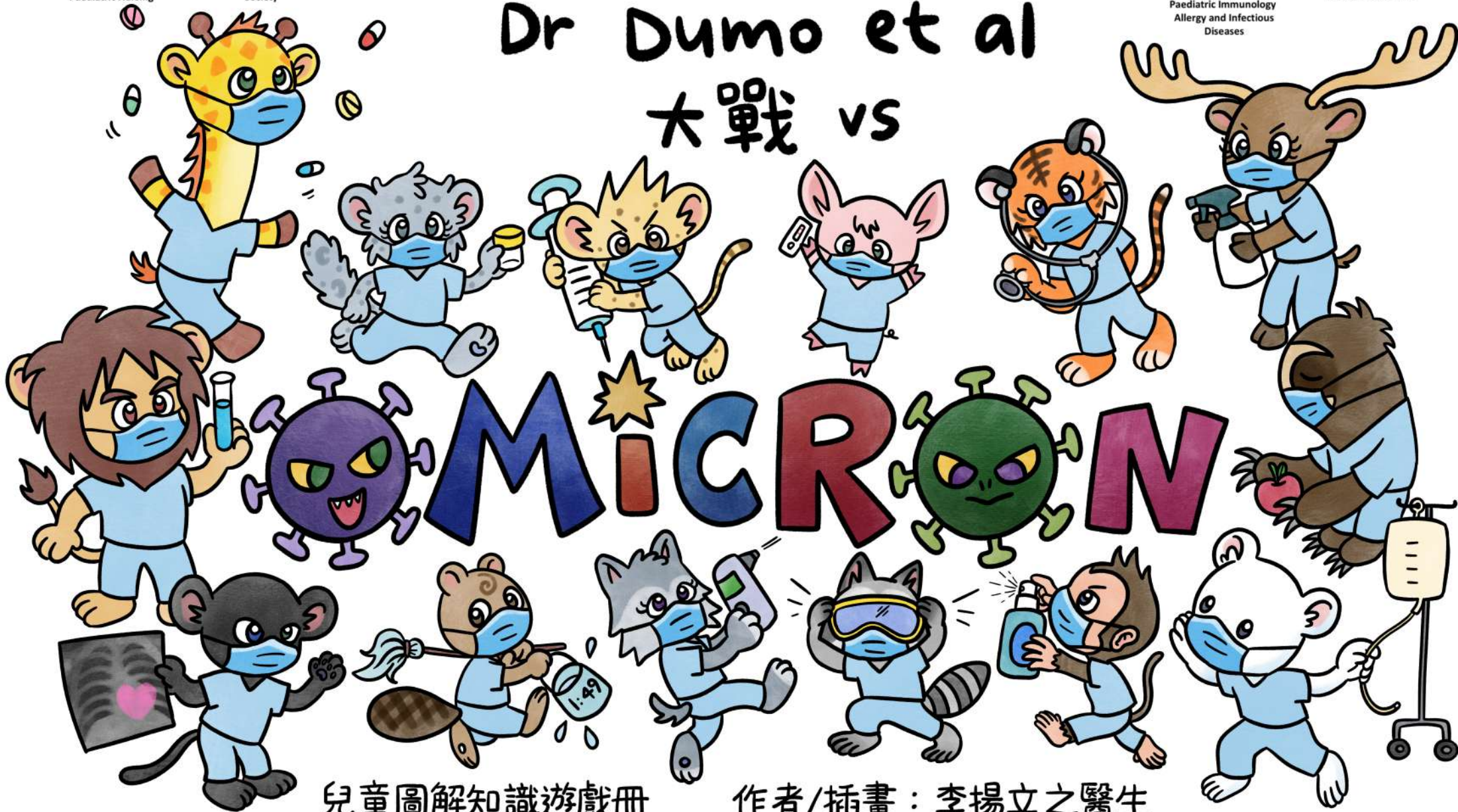
香港兒科護士學會  
Hong Kong Paediatric  
Nurses Association

# 抗疫小夥伴

Dr Dumo et al

大戰 VS

# MICRON



兒童圖解知識遊戲冊

作者/插畫：李揚立之醫生

An illustrated informative activity booklet for children by Dr Lucci Lugee Liyeung



# 新冠病毒 Omicron 知多少？

How much do you know about the Omicron variant?

The Omicron variant... (選出正確答案 Choose the correct answer)

1. A

透過飛沫和接觸傳播

... is transmitted by droplets or direct contact



B

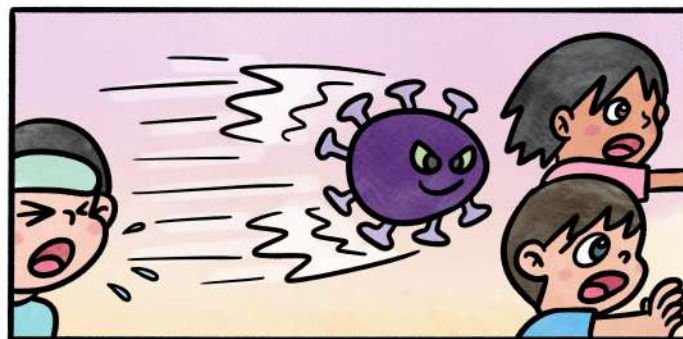
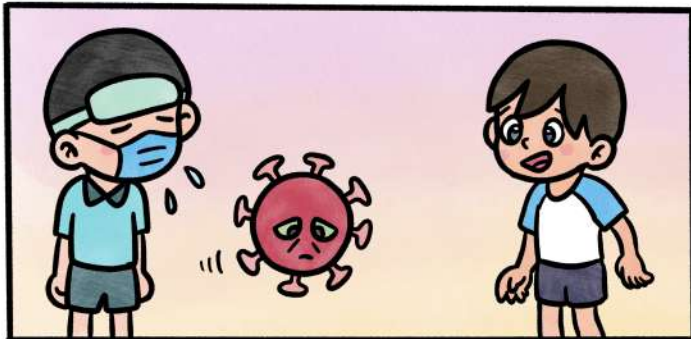
透過食雪糕傳播

... is transmitted via ice cream

2. A

傳播力非常低

... is not infectious



B

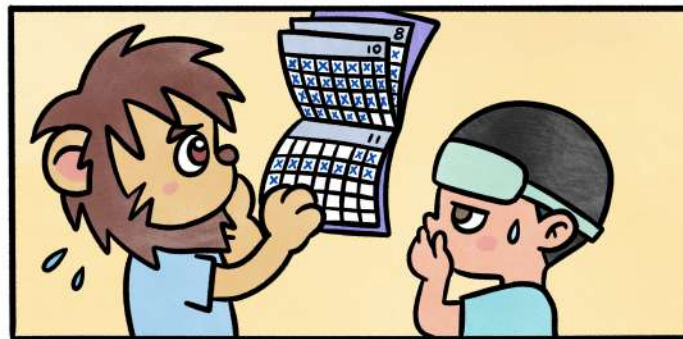
傳播力非常高

... is highly contagious

3. A

病徵於接觸病毒後  
二至十四天出現

Symptoms appear 2-14 days after exposure to the virus



B

病徵於接觸病毒  
後一年出現

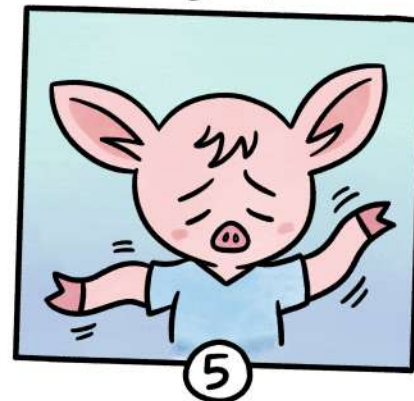
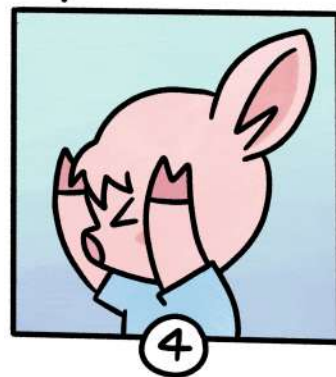
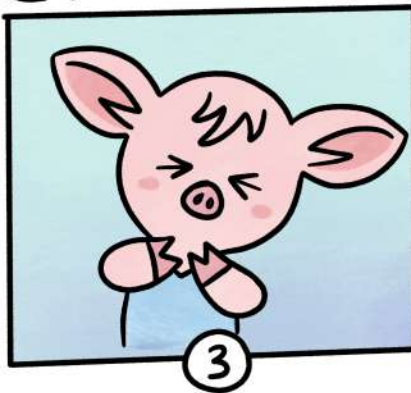
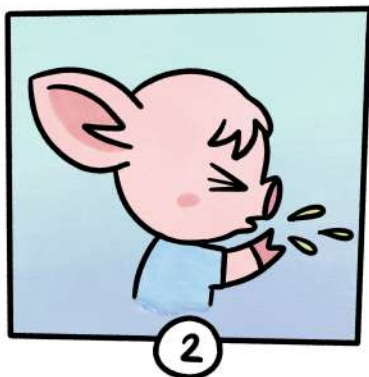
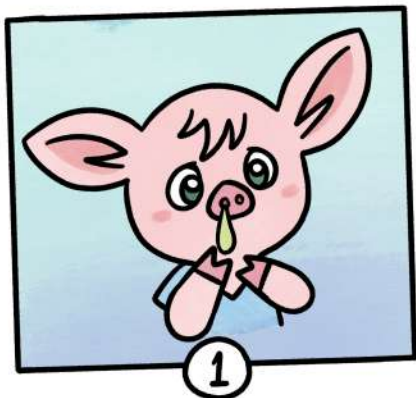
Symptoms appear 1 year after exposure



# Omicron 有甚麼常見的症狀？

What are common symptoms of the Omicron variant?

試把症狀和它的圖連結起來！ match the pictures with the symptoms!



A

頭痛  
headache

B

喉嚨痛  
sore throat

C

流鼻涕  
runny nose

D

四肢無力  
malaise

E

打乞嗝  
sneezing

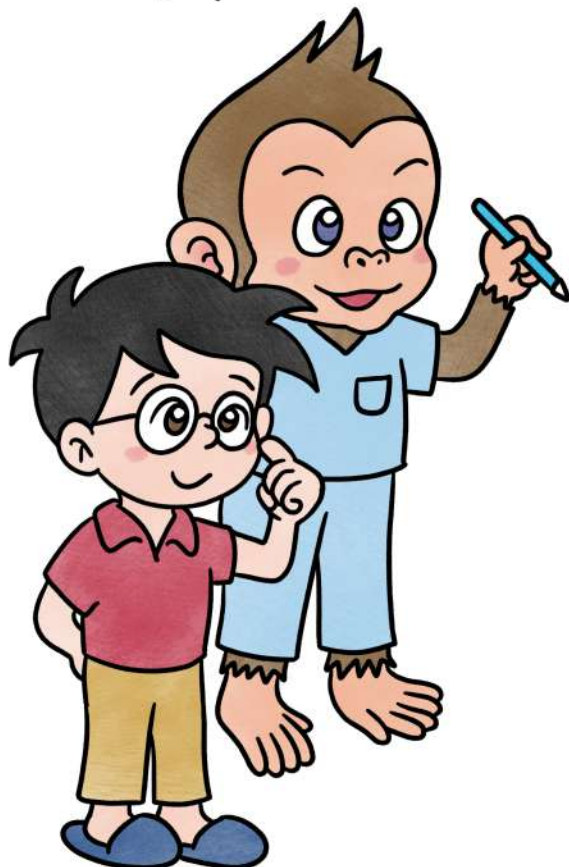


# 在家要定期觀察甚麼？

## What needs to be monitored at home?

首先記錄病徵開始日期時間

First, record the time and date when symptoms started



時間 Time	8am	10am	12pm	2pm	4pm	6pm	8pm	10pm	12am
進食 food									
飲水 water									
小便 urination									
大便 defecation									

數數進食，飲水，小便和大便的次數!  
Count the number of times for food and water intake, urination and defecation!



# 正常體溫是幾多度？ What is a normal temperature?

哪一個是正確答案？ Which one is the correct answer?



答案 answer: 2.

36.5°C - 37.5°C 是正常體溫

normal body temperature is 36.5°C - 37.5°C



# 如何保持良好家居衛生？

How to maintain a good home hygiene?

試列出這個家庭做到的項目。List out what this household has performed.



多打開窗戶保持空氣流通、使用HEPA 過濾器、以 1:99 漂白水清潔家居、以 1:49 漂白水清潔病童分泌物、確保廁所去水渠 U 型隔氣長期儲水、入屋前脫鞋  
Open windows for good ventilation, Use HEPA filters, Clean your house with 1:99 bleach, Clean secretions with 1:49 bleach, Shoes off inside the house,



# 病童如何保持個人衛生？

How to maintain a good personal hygiene?

## Bingo!

把你做到的項目圈起，如果能連成直、橫、斜一條線便贏了！

Circle the items which you have done. If you can connect a vertical, horizontal or diagonal line, you win!





# 個人物品怎處理？

## How to deal with personal items?

病童應有自己的個人衛生物品和毛巾，避免與家人共用。

Sick children should have their own towel and toiletries. Avoid sharing.

顏色 Colour:

1. \_\_\_\_\_



2. \_\_\_\_\_



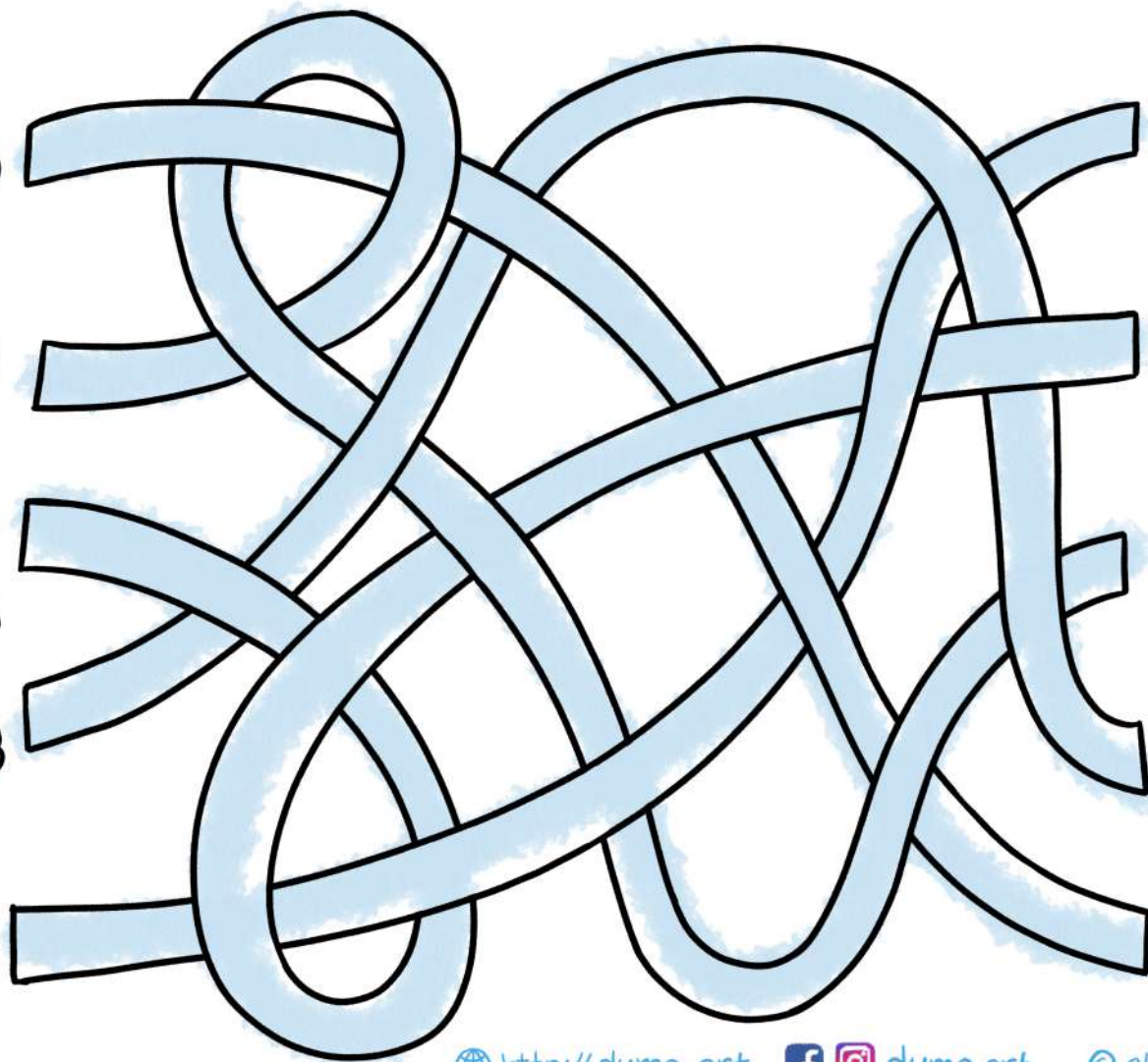
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_







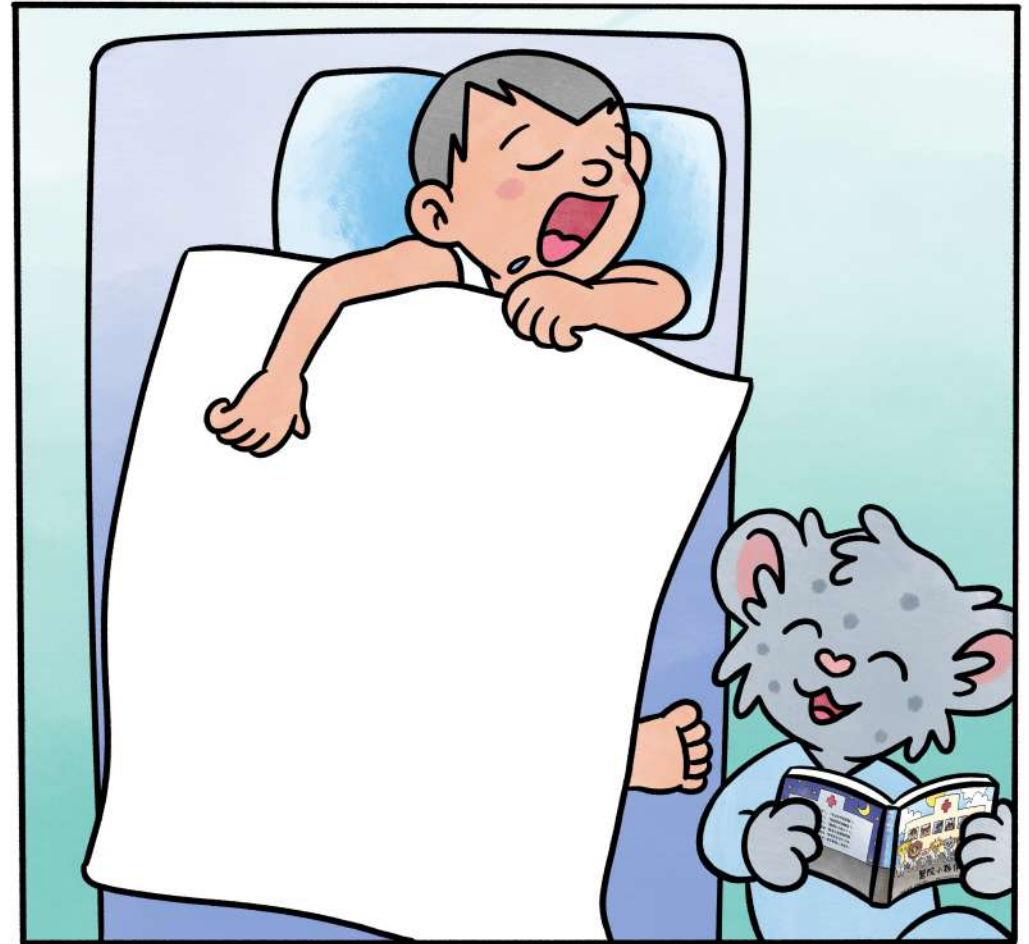
# 如何提升免疫力？

## How to boost your immunity?

保持健康生活習慣，多吃新鮮蔬菜生果，要有充足睡眠，適量活動。  
Live a Healthy Lifestyle: Eat more fruits and vegetables, have adequate sleep.



試把生果填上顏色！ Colour the fruits!



你的被單是怎樣的？ Design your blanket!



# 確診的話怎麼辦？

## What to do when tested positive?

家長毋須過份憂慮，患者大多數會慢慢康復，不用服用抗病毒藥。  
發燒會大約維持二至三天。請耐心等候當局作進一步安排。

Most cases would eventually recover without antivirals. Fever typically lasts 2 - 3 days.





# 什麼時候要馬上去急症室?

When do you need emergency medical attention?

圈出8個危急的症狀 Circle 8 symptoms that are emergencies



1. 不能被喚醒  
Inability to wake



2. 抽筋 seizure



3. 肚痾 diarrhoea



4. 神智不清 confusion



5. 出疹 Rashes



6. 呼吸困難  
difficulty to breathe



7. 心口痛 Chest Pain



8. 持續發高燒  $>38.5^{\circ}\text{C}$   
Persistent High Fever



9. 喉嚨痛 Sore throat



10. 打乞嗝 sneezing



11. 咀唇發紫 Lips Cyanosis



12. 心跳加速  
increased heart rate



# 為甚麼要打新冠疫苗？

Why do I need the COVID vaccine?



疫苗的作用是訓練你的免疫細胞，  
例如白血球等等。

Vaccines train up your immune cells,  
such as white blood cells.



令他們變得更強  
They'd become  
more powerful!

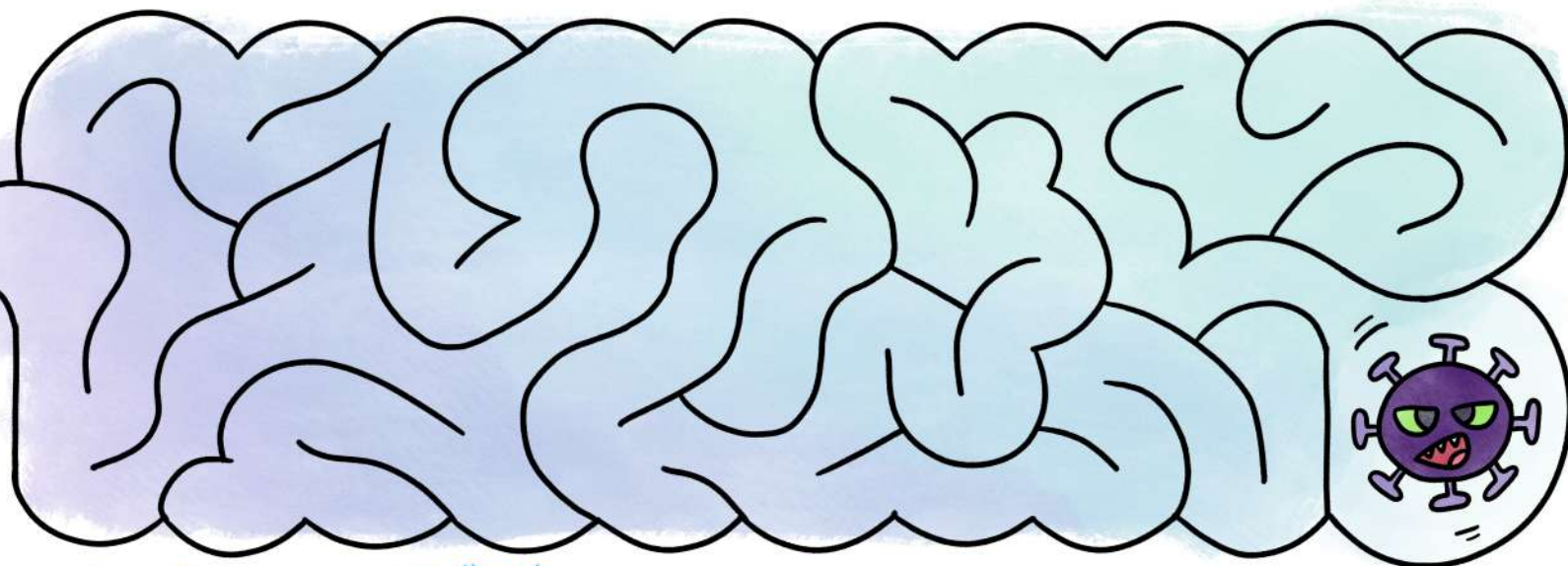


當遇到更惡的病毒時，  
免疫細胞便能為你抵抗疾病。

When coming across a stronger virus,  
your immune cells can help you fight the disease.



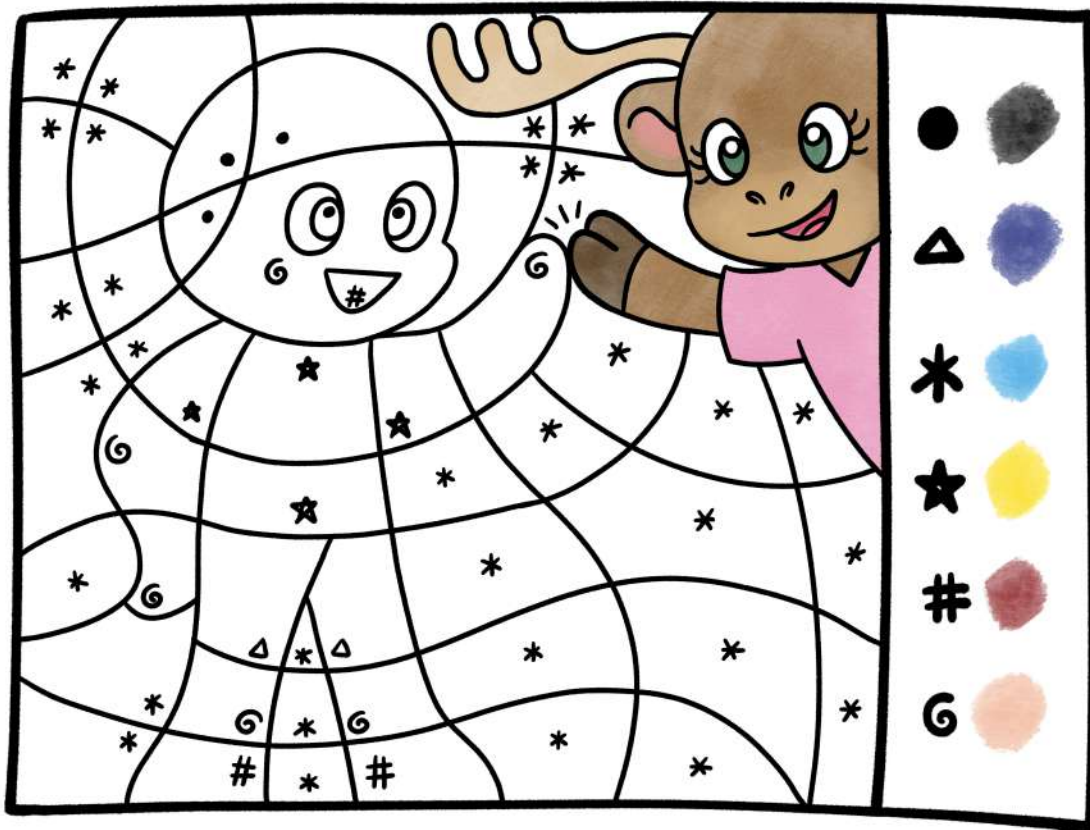
請替白血球找到病毒吧！  
Please lead the white  
blood cell to the virus!





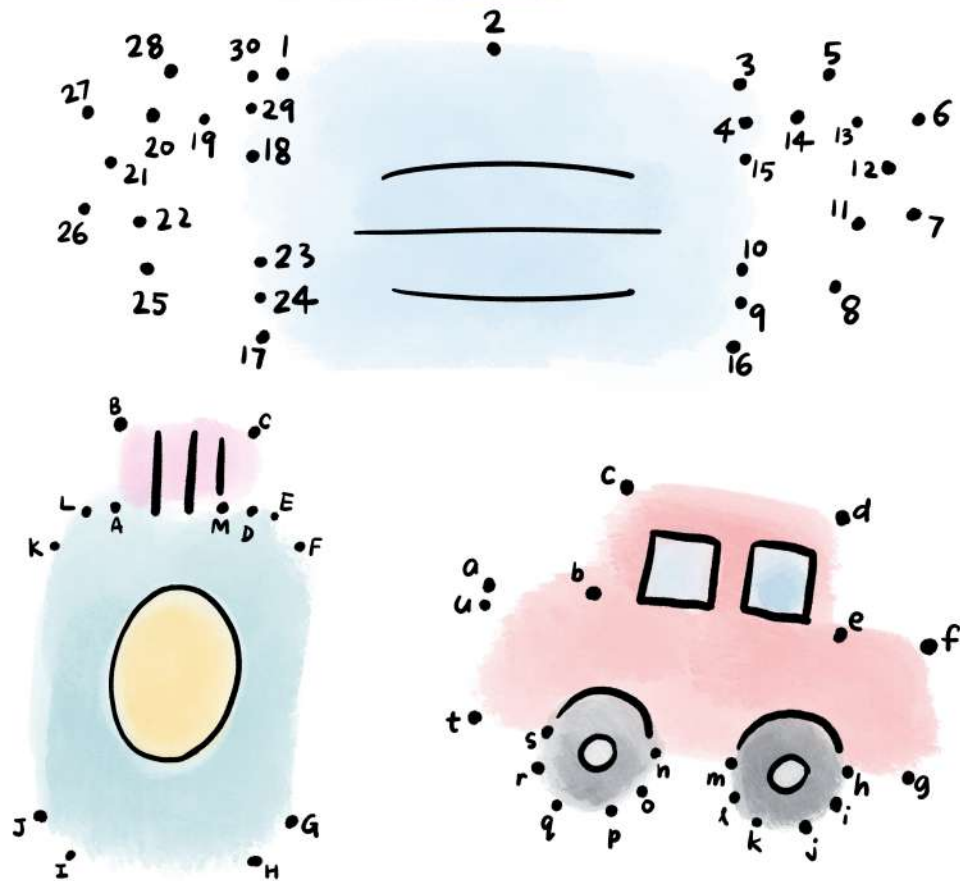
# 外出打疫苗要準備甚麼?

## What to prepare for vaccination?



要穿鬆身, 容易捲起衣袖的衣服或短褲, 再穿上外套  
打針位置於上臂 (科興) 或大腿 (復必泰)

Wear loose clothings with sleeves that roll up (Sinovac),  
or shorts (BioNTech). Bring a jacket too.



記得戴口罩, 酒精搓手液, 玩具或書本

Remember to bring your mask,  
alcohol hand rub, a toy or a book.

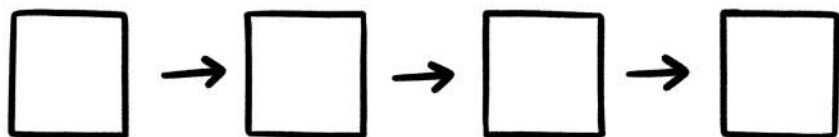


# 快速抗原測試怎樣做？

## How to do the Rapid Antigen Test?

試列出正確的次序

What is the correct sequence?



結果: Results:  陽性 positive  陰性 negative  無效 invalid



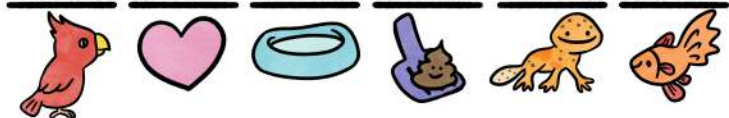
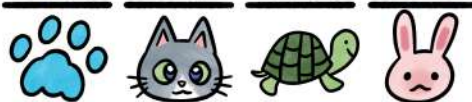
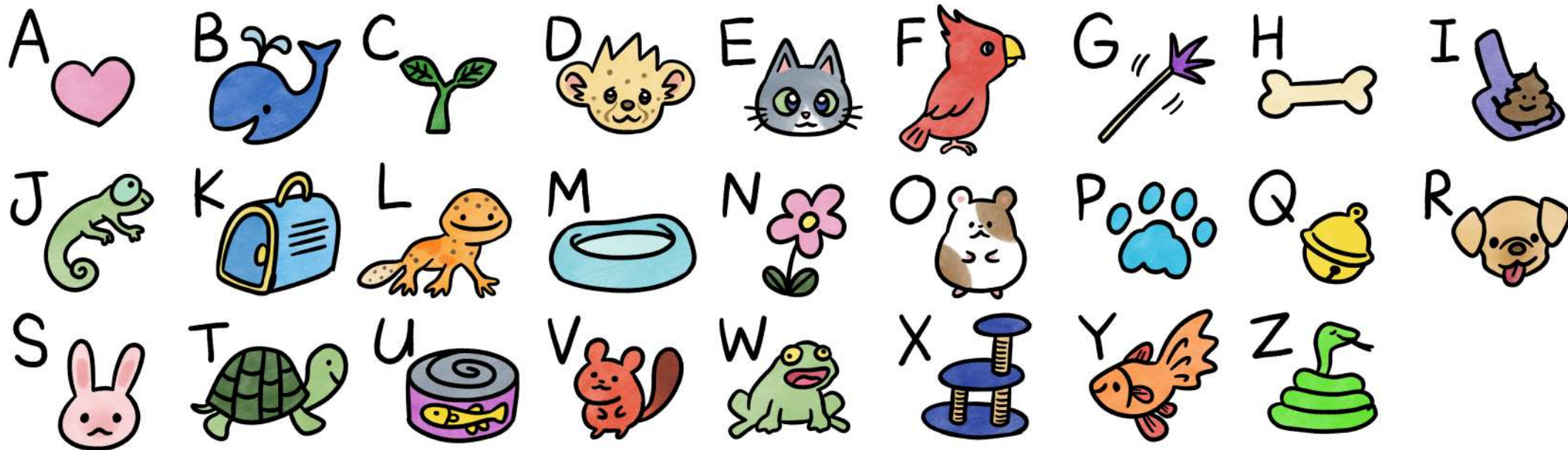
# 寵物也會傳染新冠病毒嗎？

## Can pets transmit the COVID-19 virus?

有些寵物都有機會感染新冠病毒而生病喔！

不過我們有責任好像照顧爸爸媽媽或哥哥姐姐弟弟妹妹般好好地照顧他們！

Some pets may catch COVID and get sick too! When they do, it is our responsibility to take care of them just like we would for our brothers, sisters, or parents!



Can you decode the secret message?

請緊記，毛孩是我們一世的家人喔！

# 作者簡介

## about the author

李揚立之醫生 Dr. Lucci

太陽升起後便是一名骨科醫生，  
專門處理小兒創傷及矯形。  
太陽下山後便是一名插畫師，  
專門繪畫兒童卡通風插畫。  
閒時還會打棒球，彈結他，  
但其實正職是七位貓主子的剷屎官，  
和流浪幼貓的暫託家庭。



<http://dumo.art>   [dumo.art](https://www.instagram.com/dumo.art)



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## 抗疫小夥伴簡介

about Dr Dumo et al

抗疫小夥伴是作者於2020年初  
新冠肺炎爆發時繪畫的作品。  
由獵豹醫生Dr Dumo 帶領的  
一班動物醫生，以簡單而輕鬆  
的方式把最實用的抗疫資訊帶給  
普羅大眾，深得大小朋友歡心。  
作品後來被翻譯了十多種語言，  
供世界各地小朋友閱讀。

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