

同學們:

就快要進入秋天的季節了~加上空汙季來臨，進出公共場合或人潮聚集處

應戴口罩、保持適當社交距離，勤洗手、不摸口鼻揉眼睛，避免病源

感染上呼吸道，刺激氣喘發作。

在季節轉換或不穩定時，早晚溫差大，更要注意保暖喔！

★ 如患有氣喘疾病史之個案，應於家中準備氣喘藥物並隨身攜帶，以備不時之需。

★ 有氣喘相關症狀發作時勿獨處，須有家人或親友陪伴。



學務處衛保組 關心您 

Dear students,

It is about to enter the Autumn season which also called “Air pollution season”. Please wear a mask when entering or leaving public places or crowded places. Keep a proper social distance, wash your hands frequently, and do not touch your mouth, nose, or eyes, to avoid respiratory tract infection and the asthma.

As temperature will be unstable on seasonal change, temperature difference between morning and night is huge, so remember to keep warm!

★ If you have a history of asthma, you should prepare asthma medicine at home and carry it with you in case of emergencies.

★ Do not be alone when asthma related symptoms occur, and must be accompanied by family or friends.

Health Protection Team of Academic Affairs Office cares about you 