



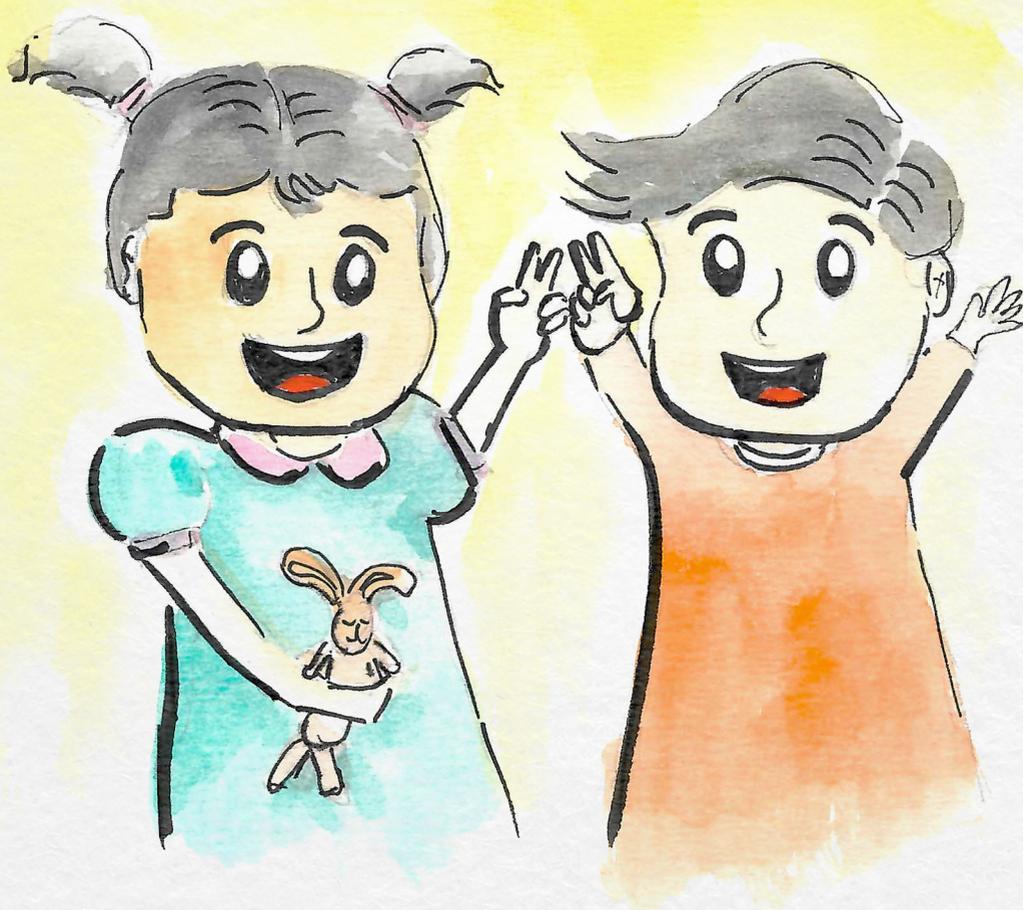
國際獅子總會中國港澳三〇三區

LIONS CLUBS INTERNATIONAL DISTRICT 303 HONG KONG & MACAO, CHINA



# COVID-19 兒童心理指南

Caring for Children with COVID-19  
A Psychological Guide





自2022年2月香港本地疫情告急，新冠變種病毒Omicron在社區迅速傳播，確診數字持續上升，家長及兒童面對病毒與憂慮兩面夾擊，加上出現症狀或確診後被迫居家隔离或入院接受治療，增加恐懼與無助的感覺，極需要適切的心理支援幫助緩解壓力。有見及此，國際獅子總會中國港澳 303 區推出本COVID-19 兒童心理指南 (中英文版本)，涵蓋兒童繪本故事、兒童心理家長指南及相關實用資料，以輕鬆的方式說明兒童與家長面對受感染或懷疑感染時需要的心理準備，讓家庭成員安心在家或醫院康復，以及作為家長照顧兒童的指南。

The new coronavirus variant Omicron has been breaking out in the Hong Kong community since early February 2022. With the rising number of confirmed diagnoses, psychological support is desperately needed for both parents and children to relieve stress and seek appropriate solutions.

Lions Clubs International District 303 – Hong Kong Macao, produced a COVID-19 Children's Psychological Guide, which includes a Children's illustrated story, covering both Chinese and English versions, videos, plus parental guides, and reference links under COVID. It explains in an easy way the psychological preparation that children and parents will face when they are infected or suspected of being infected, either rehabilitation at home or in the hospital, and serves as a guide on childcare under the challenging situation.

### 關於國際獅子總會中國港澳三〇三區

國際獅子總會於1917年在美国芝加哥成立，是目前世界最大、最活躍的國際服務團體，分佈於超過208個國家和區，全球設有不同的分區，每分區管理不同的獅子會屬會，全球約有46,000個獅子會屬會，共有會員約140萬人，在2007年7月5日國際「金融時報」(Financial Times) 評選國際獅子總會屬下的「國際獅子會基金」為「全球最佳的非政府組織」；獅子會亦是受中國政府承認的國際慈善服務組織之一。中國港澳 303 區提供多元化服務，除了國際獅子會的五十大推廣範疇（糖尿病、環境、飢餓、兒童癌症、視力）外還包括教育及青少年服務等等。

### About Lions Clubs International - District 303, China Hong Kong and Macao

Lions Clubs International was established in Chicago, USA in 1917. It is currently the largest and most active international service organization in the world. It presents in more than 208 countries and regions around the globe. Each district manages different Lions clubs. There are about 46,000 Lions clubs around the world, with a total of about 1.4 million members. On July 5, 2007, the Financial Times selected the "Lions Clubs International Foundation" under the Lions Clubs International as "the world's most important foundation". "Best NGO"; Lions Club is also one of the international charitable service organizations recognized by the government of People's Republic of China. Apart from the core service areas advocated by Lions Club International, District 303 - Hong Kong and Macao, China also provides diversified services including various educational and youth services / foundations.

## 兒童繪本故事 CHILDREN'S ILLUSTRATED STORY

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## 兒童面對肺炎懶人包 COVID-19 PARENTAL RESOURCES KIT

資料由臨床心理學家鄒凱詩女士提供

The information is provided by Ms Daisy Chow (Clinical Psychologist)



# 我在家中隔離後康復了!

I have recovered after quarantined at home



「大家好，我是晴晴，今年五歲。」晴晴說，「今早一起床，喉嚨很痛、頭也很痛，還有一些鼻水。」爸爸問：「晴晴，你不舒服嗎？讓爸爸摸摸你的額頭？」

"Hello, my name is Sophie. I am five years old," Sophie said. "When I woke up this morning, I had a nasty sore throat, a headache and a runny nose too." Daddy asks, "Sophie, are you feeling unwell? Let Daddy touches your forehead?"



爸爸摸了摸她的額頭說：  
「哇！你額頭好燙啊！讓我用  
溫度計測量一下你的體溫吧。」

「謝謝你，爸爸。」  
晴晴回答。

Daddy touches her forehead. "Wow!  
Your forehead feels very hot! Let me  
use a thermometer to measure your  
body temperature."

"Thank you, Daddy,"  
Sophie replies.



爸爸量完體溫後說：「嗯，你真的在發燒啊！媽媽快點在櫃子裡，  
拿一個新冠肺炎快速測試來為晴晴檢測一下。」

After Daddy measures her temperature, he gasps, "Oh no, you have a high  
fever! Mommy, please fetch the COVID-19 self-screening kit from the  
drawer for Sophie to test."



二十分鐘後，爸爸看了結果後說：「晴晴，檢測有結果了！你可能感染了新冠肺炎。但我們還是要麻煩舅舅，把你的唾液樣本拿去政府的化驗所才能確認是否確診。」

Twenty minutes later, Daddy looks at the results and says, "Sophie, the result is out! You may have COVID-19. But we still need to ask your uncle to bring your deep throat saliva specimen to the government to confirm your diagnosis."

晴晴淚流滿面，結結巴巴地說：「爸爸……我會死嗎？」

「親愛的，當然不會！」  
爸爸解釋。

Sophie breaks into tears and stammers, "Daddy... Will I die?" "Of course not, honey!" Daddy explains.





爸爸說：「別擔心，新冠肺炎其實並沒有你想像的那麼嚴重。但是，接下來的十數天，我們將需要在房間裏隔離。」

"Don't worry; COVID-19 is not as bad as you might think. However, we will need to be quarantined in my bedroom for the next ten days or so." Daddy explains.

晴晴一臉疑惑，問道：  
「隔離是什麼意思啊？」

Sophie looks puzzled and asks  
What does "quarantine" mean?"



「隔離的意思是我和你都必须待在睡房裡。不可以到房間外跟媽媽和弟弟吃飯或玩耍。」爸爸耐心地解釋道。

"'Quarantine' means you and I have to stay inside the bedroom. We cannot eat or play with your mommy and little brother," Daddy patiently explains.

「什麼？那如果我要上廁所呢？該怎麼辦啊！」  
晴晴倒吸一口涼氣。

"Huh? What if I want to go to the toilet? What can I do?"

Sophie gasps.



爸爸解釋說：「我們上廁所時都必須戴上口罩。用完廁所之後，我會用漂白水去消毒。」

Daddy explains,  
"Both of us have to wear masks when we go to the toilet. After you are done, I will use bleach to sanitize for you."



你記著喇，每次上完廁所，  
都要在沖水前蓋好馬桶蓋，  
然後用洗手視液徹底洗手。

Please remember to close the  
toilet lid before you flush,  
and then use soap to wash  
your hands thoroughly.





爸爸說：「我都明白你的擔心和不開心。但我知道你都不想吧把新冠肺炎傳染給媽媽和弟弟的吧，對不對？」

晴晴回答說：「當然啊，爸爸。」

Daddy says, "I understand that you are worried and unhappy. But I don't think you want to pass the virus to your mommy and little brother, isn't it?"

Sophie replies, "Of course, Daddy."



爸爸安慰她說：「別擔心，爸爸會一直陪伴著你。讓我們計劃一下接下來這十數天，你想爸爸陪你做些什麼？」

晴晴心情更愉悅了，說：「太好了，爸爸！我想和你一起畫畫，做模型，煮飯仔和騎膊馬！嗯……還有……。」

爸爸笑著說：「好吧……我答應你，我們會一起玩過痛快！」



Daddy reassures her. "Don't worry; Daddy will be with you all the time. Let's plan what we will play in the next ten days or so?"

Sophie feels more cheerful and says, "That's good, Daddy! I want to draw with you, build models with you, play pretend games with you, and piggyback ride on you! Um..... also....."

Daddy smiles and says,  
"Okay... I promise you that I will play lots with you!"



爸爸迅速地將日常用品、衣服、工作用的東西和玩具搬進房間。

Daddy quickly grabs daily necessities, clothes, things for Daddy's work, and Sophie's toys into the room.



然後他轉向晴晴說：「晴晴，跟媽媽和弟弟說再見吧，我們要進到房間隔離了！」

He then turns to Sophie and says, "Say bye to your mommy and little brother; we have to go into the room to quarantine."

媽媽說：「晴晴，記著要多休息啊！你會很快康復的！」

Mommy says, "Sophie, please take more rest! You will be recovered soon!"

晴晴忍不住流下了眼淚說：「媽媽，我不捨得你呀！」

Sophie cannot hold her tears. "Mommy, I will miss you a lot!"

「傻孩子，媽媽會每日都會跟你視像見面的！」  
媽媽安慰她說。

"Sweetie, I will have a video call with you every day!"  
Mommy reassures her.



然後爸爸把晴晴抱進房間並把門關上。

Daddy then carries Sophie into the room and closes the door.

爸爸，為什麼我和你在家  
裡都要戴上口罩呢？

如果我們不戴口罩，你會很容易把病  
毒傳染給我！接著我又可能傳染給媽  
媽和弟弟。所以，即使進餐我們都需要  
輪流分開吃，不可以一起除掉口罩。



Daddy, why do both of us have to  
wear masks at home?

If we don't wear our masks, you will easily pass  
the virus to me! After that, I might pass the  
virus to your mommy and brother. Therefore,  
even when we eat, we have to take turns because  
we cannot take off our masks at the same time.

你一說起吃飯，我肚子有點餓了！」晴晴驚呼，「房間裏沒有食物，我們這十數天都沒東西吃了嗎？」

Speaking of food, I am a little hungry!" Sophie exclaims. "But there is nothing to eat in the room. Are we going to starve ourselves these days?"

爸爸咯咯地笑著回答說：「哈哈……當然不會！媽媽會為我們準備好食物並放到房門外，然後敲門告訴我們！」

Daddy giggles and replies, "Haha... of course not! Mommy will prepare food for us and leave it at the door. She will knock on the door to let us know when the food is ready."

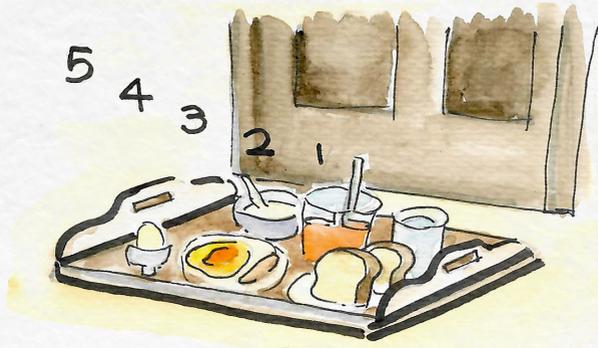




媽媽站在外面喊道：「爸爸、晴晴，我放了早餐在房門外了。」  
晴晴跳起來說：「好嘞！有東西吃了！我現在去開門拿！」

Mommy stands outside and yells, "Sophie, I have just left the breakfast at the door."

Sophie jumps up and says, "Yeah! Time to eat! Let me open the door."



「晴晴，等等！」

爸爸打斷，「在開門之前，我們必須戴上口罩並數五聲。這樣，病毒就不會輕易傳播給媽媽和弟弟。我們一起從1數到5，好嗎？」

爸爸和晴晴對着大家，一起數數：「1...2...3...4...5...」

"Sophie, wait!" Daddy interrupts. "We have to wear our masks and count to five before opening the door. In that way, the virus won't be easily spread to your Mommy and little brother. Let's make a count from 1 to 5 together, okay?"

Daddy and Sophie look at each other and count together. "1...2...3...4...5...."



爸爸站起來說：「好吧，我們可以開門去拿早餐了！」

Daddy stands up and says, "Okay, we can open the door and grab our breakfast!"

「在這些日子裡，當爸爸工作或與同事進行視像通話時，我會安靜地坐著玩玩具或自己畫畫。但是，我有時候都會和爸爸的同事打招呼和聊天！」晴晴說。

"During these days, when Daddy had to work and had video calls with his colleagues," Sophie says, "I would sit quietly and play with toys or draw on my own. However, sometimes I would also say hello and chat with his colleagues when they had video calls!"



「爸爸每天都會定時為我量體溫、記錄大小便的次數、用餐的份量及身體症狀。他還經常提醒我用規液洗手。」

"Daddy measured my body temperature regularly, recorded the frequency and quantity of urine and stool, how much I had eaten as well as symptoms. He also often reminded me to wash my hands with soap."





晴晴繼續說：「當爸爸工作完成後就會跟我玩！」  
雖然病了需要隔離有點悶，但我很高興有爸爸整天陪著我。

"When Daddy finished his work, he would play with me! Even though sometimes I felt a little bored when quarantined, I was glad to be with Daddy the whole day."





「晴晴，媽媽用視像找你啦！」爸爸高興地說。

晴晴很高興見到他們。「媽咪，我好想你 and 弟弟！」

媽媽回答說：「我們一樣很掛念你啊！不如媽媽現在繼續說昨天還未完的故事給你聽，好嗎？」

"Sophie, your mommy is on video call now," Daddy says happily.

Sophie is delighted to see them. "Mommy, I miss you and my little brother a lot!"

Mommy replies, "We miss you a lot too! Let's continue the story that we didn't finish yesterday, okay?"

好啊！我想知道那怪物後來怎麼樣！

Yeah! I want to know what happened to the monster afterwards!



幾天過去了。晴晴說：「數天後，我的喉嚨已經不再痛了！退了燒又止了鼻水。但是爸爸說為了其他人安全，我還要留在房間內隔離多一會。其實隔離這十數天，有時候我和爸爸都沒有事情要做，會懶在床上聊聊天。我們覺得安靜的休息其實都很幸福啊！」



A few days have passed. Sophie says, "A few days later, my sore throat, fever, and runny nose are gone. But Daddy said we have to be more considerate and quarantined in the room for a little longer. Actually, Daddy and I sometimes got nothing much to do during these days and would lie on the bed and chat. We think that taking a rest quietly is actually quite happy!"

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10

晴晴和爸爸在房間裡隔離了很多天，爸爸終於收到了通知。

爸爸說：「晴晴！我剛接到政府的通知，可以帶你到診所做檢查了！」

Sophie and Daddy have been quarantined in the room for many days, and Daddy finally receives a notice.

Daddy says, "Sophie! I just received a notice from the government and will bring you to the clinic for a checkup!"





好啊！  
我終於可以出外走走了！  
Horray! I can finally go out!

晴晴很興奮，  
衝到門口。她一開門，爸爸立刻把她抱起了。

Sophie is very excited and rushes to the door. When she tries to open the door, Daddy immediately carries her away.



等一等！我們要先洗澡和  
換上乾淨的衣服。

Please wait! We have to shower and  
put on a set of clean clothes before  
leaving our room!



爸爸解釋道：「在我們離開房間之前，我還需要戴上一雙手套並把房間進行消毒。床單、枕套和被套也需要清洗乾淨。所有傢俱都要用漂白水抹一遍，並打開窗戶以增加室外空氣流通。」

晴晴一頭霧水問：「什麼？為什麼有這麼多事情要做？」

Daddy explains. "I also need to wear a pair of gloves and sanitize the room before we leave. The bedsheet, pillowcase, and blanket cover also need to be washed. I will also use bleach to sanitize all the furniture and open the windows to increase outdoor airflow."

Sophie is confused. "Really? Why there are so many things to do?"

爸爸解釋說：「因為清潔後，病毒就不會留在房間裏面！其實在你每晚睡覺後，我都有用漂白水將玩具和傢俱消毒清潔！」

Daddy explains, "If we sanitize the bedroom properly, viruses will be removed. I sanitized your toys and furniture with bleach every night after you slept."





爸爸和晴晴清潔好房間，  
馬上洗澡換過衣服，便去  
找醫生叔叔檢查。

After Daddy and Sophie  
showered, got dressed, and  
sanitized the room, they go to  
the doctor for a check-up.



在診所，醫生說：「我剛給你做了新冠  
病毒檢測，恭喜你，你完全康復了！」

At the clinic, the doctor says, "I just did  
the COVID screening test for you, and  
congratulations, you are fully recovered!"



晴晴從椅子上跳了起來說：

「太好了我可以回家抱抱媽媽和弟弟了！」

Sophie jumps up from her chair. "Hurray! I can cuddle Mommy and my little brother when I get home!"



雖然大部份新冠肺炎患者都可以自行在家中隔離後康復，  
但有少部份的小朋友都需要入院接受治療。

Even though most patients with COVID-19 can be recovered at home, a minority of children may need to be hospitalized.



# 如果我需要在醫院隔離， 我該怎麼辦？



What can I do  
if I need to be hospitalized?

熙熙正在與晴晴進行視像通話。

Nathan is on a video call with Sophie.

熙熙，你還好嗎？

Nathan, are you okay?

晴晴，我和你之前一樣，  
感染了新冠肺炎。

Sophie, same as you before,  
I got COVID-19.



熙熙重重地呼吸著說：「我呼吸有點困難，感到非常疲倦。媽媽說一會兒救護車會來把我送到醫院。」

晴晴安慰熙熙說：「別擔心！醫院的醫生和護士都很好的。你會像我一樣，好快就會康服！等你痊癒了，我們再一起玩吧！」

Nathan breathes heavily. "I have difficulty in breathing and feel extremely tired. Mommy said an ambulance is on its way to pick me up to the hospital."

Sophie reassures Nathan. "Don't worry! The doctors and nurses in the hospital are excellent. Just like me, you will be recovered very quickly. When you are recovered, let's have a playdate!"



救護車很快就到了，接熙熙和媽媽到醫院去。

The ambulance arrives shortly afterwards and picks up Nathan and Mommy to the hospital.

在救護車上，救護員正試圖安慰熙熙說：「我們將在十分鐘左右到達醫院。你看起來有點緊張？」

On the ambulance, the ambulance medic is trying to comfort Nathan. "We will arrive at the hospital in around ten minutes. You look a little nervous?"



熙熙抬頭看著他，回答說：「嗯……一點點。為什麼你們都戴著超人的斗篷和面具？」

Nathan looks up to him and replies, "Umm... A little bit. Why are you all wearing superman's cape and mask?"



救護員突然大笑起來說：「哈哈，這是一件保護衣，用來防護及阻擋細菌病毒入侵我身體。不如我給你一個謎語猜一猜好嗎？為什麼超人穿著很緊身的衣服？」

The ambulance medic bursts out laughing. "Haha, this is a protective gown so that viruses won't go into my body. Do you want to solve a riddle? Why is superman wearing a very tight outfit?"



熙熙想了一會兒，還是想不出答案：「嗯…好難猜啊…」

救護員給出了答案說：

「哈哈……因為救人要緊啊！」

Nathan thinks for a while but cannot come up with an answer.  
"Umm... this isn't easy...."

The ambulance medic gives out the answer.

"Haha... because it is essential to save lives!"



救護員耐心地和熙熙聊天，他現在沒有那麼緊張了。

The ambulance medic chats with Nathan patiently, and he is less nervous than before.



**熙熙被迅速送往醫院病房。醫生立即進行詳細的身體檢查。**

Nathan is sent to the hospital ward quickly. The doctor performs a detailed physical examination immediately.



「醫生，我為什麼要住院？」 熙熙問醫生。

"Doctor, why do I have to be hospitalized?"  
Nathan asks the doctor.

醫生回答：「如果你留在醫院，我和護士可以定期為你檢查，讓你可以早一點康服復，快一點回家去。」

The doctor replies, "If you stay in the hospital, nurses and I can check on you regularly. So that you will recover more quickly and go back home."





醫生繼續說：「別擔心，你也可以在醫院裏畫畫、閱讀或玩玩具。有什麼需要你可以請護士姐姐幫忙就可以了。」

The doctor further explains. "Don't worry; you can draw, read, or play in the hospital too. If you need anything, give the nurse a shout, and they will be available for help."

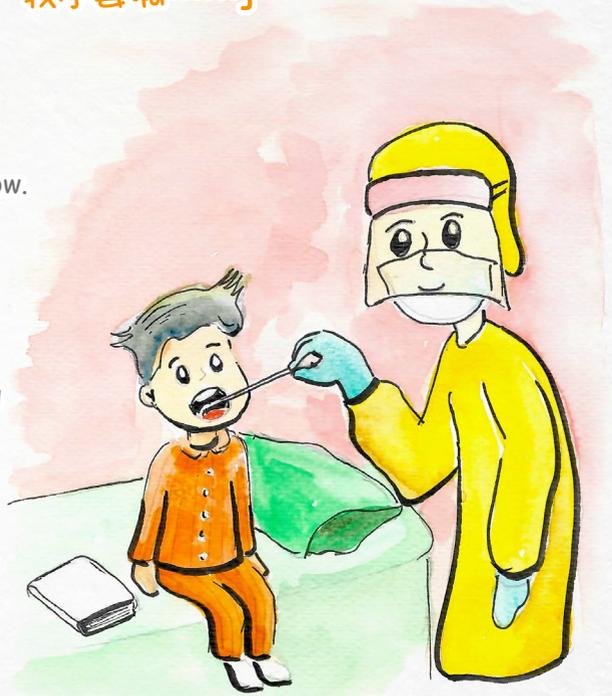
熙熙已經在醫院住上了幾天。護士現在將為他進行新冠肺炎檢測。「我會用棉花棒從你的鼻子和喉嚨收集分泌物樣本。在此過程中你可能會感到有些不舒服和瘙癢，但不要擔心，不會痛的。」護士解釋道。

熙熙看起來有點害怕說：「我不要啊……」

Nathan has been staying in hospital for a few days. The nurse is going to do the COVID-19 screening for him now.

"I will use the cotton swab to collect secretion samples from your nose and throat. You might feel a little uncomfortable and itchy during the process, but don't worry; it won't be painful," the nurse explains.

Nathan looks a little scared. "I don't want to do it..."



護士連忙安慰他說：「我知道你很擔心。但是，只要你別動，整個過程將很快完成！在讓你出院回家前，我們必須確保你的身體內已經沒有任何病毒。」

The nurse quickly reassures him. "I understand that you are very worried. But if you stay still, it will be done very quickly! We have to ensure your body does not have any virus before letting you home."

好吧！我乖乖配合吧！

Okay! I will cooperate then!

不到十秒鐘，護士就笑著對熙熙說：「你真是個好孩子！我們完成了！」

「什麼？這麼快？」  
熙熙問道。

In less than ten seconds, the nurse smiles and says to Nathan, "You are such a good boy! We are done!"

"Oh? So quick?" Nathan asks.



幾個小時後，醫生邀請熙熙和他的媽媽進入他的房間。

After a few hours, the doctor invites Nathan and his mom into his room.

報告出來了！你體內不再  
有新冠肺炎病毒了！

The report is out! There is no  
more COVID-19 virus in your  
body anymore!

恭喜你熙熙！你完全康復  
了可以出院了！

Congratulations, you are fully  
recovered and can go home!



太好了！  
謝謝醫生！謝謝護士！

Hooray! Thank you, doctor!  
Thank you, nurse!



當他回到自己的房間時，他給晴晴打了個電話說：「晴晴，我們很快就可以見面了！醫生說我今天可以出院回家了！」

When he returns to his room, he gives Sophie a call. "Sophie, we can have a playdate very soon! The doctor said I can be discharged from the hospital and go home today!"





「那真是太好了！我剛學會了一個新遊戲。待疫情穩定了，請來我家，我教你這個新遊戲！」晴晴笑著說。

"That's great! I just learned a new game. When the pandemic is over, let's come to my home, and I will teach you the new game!" Sophie smiles and says.





COVID-19 PARENTAL RESOURCES KIT

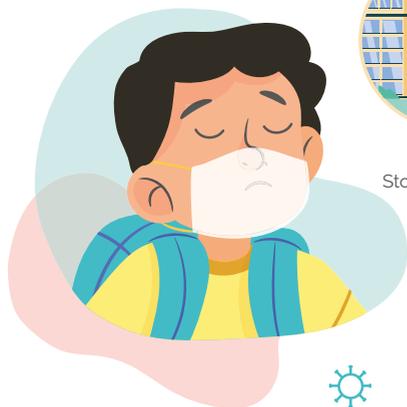
# 兒童面對肺炎 懶人包





# 面對肺炎, 兒童...

## WHEN FACING THE COVID-19 PANDEMIC, CHILDREN WILL



停課

Stop schooling



不能出街

Cannot go out



活動空間減少

Have limited space to  
work/play



見唔到朋友

Cannot meet their  
friends



不能放電

Cannot release  
their energy

# 他們可能會感到...

## THEY MIGHT BE FEELING...

緊張

Nervous

唔開心

Unhappy

恐懼

Fearful

焦慮

Anxious

情緒化

Emotional

害怕

Afraid

擔憂

Worry



## 那父母可以點做?

### WHAT CAN PARENTS DO?



1

**肯定感受**

Validate their emotions

2

**鼓勵分享感受**

Encourage sharing of feelings

3

**保持社交**

Maintain social connections

4

**親子遊戲**

Family Game

5

**提升安全感**

Improve sense of security

6

**多做運動**

Exercise



## 方法一：肯定感受

### METHOD 1 : VALIDATE THEIR EMOTIONS

兒童可能會有許多情緒，家長千萬不要否定他們的情緒。  
Children may have many different emotions, parents must not deny them.

“ 你覺得.... 因為....  
Do you feel...because... ”

“ 大人都覺得擔心不安  
Adults are worried too. ”

“ 你有這感覺好正常  
It's normal for you to feel this way. ”



用生活化的比喻，讓兒童明白肺炎是會過去，我們現在是暫避。  
Using life-like metaphors, let the children understand that COVID-19 will pass, and we are just temporarily sheltering.



肺炎就像  
大雷雨

Pneumonia is like  
a thunderstorm



雷雨  
慢慢移近

The thunderstorm  
is slowly  
approaching



雨  
越來越大

The rain is  
getting heavier



大家  
都要避雨

Everyone should  
take shelter from  
the rain



雨過後  
就會有彩虹

After the rain, there  
will be a rainbow



## 方法二：鼓勵分享感受

### METHOD 2 : ENCOURAGE SHARING OF FEELINGS

兒童未必能用語言表達情緒，可透過寫作畫畫來表達。  
Children may not be able to express their emotions in words, but they can express their emotions through writing and drawing.



父母陪伴兒童繪畫，形容畫作。  
例如：「你畫左兩條直線。」

Parents accompany the children to paint and describe the paintings. (e.g. "You draw two straight lines on the left.")



「你可以把你的擔心或恐懼畫出來。」  
"You can draw your worries/fears out"



不要對畫作點評，無論是讚或彈  
Neither praise nor criticize the drawing



只要陪伴在側，注視及形容

Only stay by the side, watch and describe what is being drawn

## 方法三：保持社交

### METHOD 3 : MAINTAIN SOCIAL CONNECTIONS



兒童掛念朋友仔和親友時...

When children miss their friends and relatives...



可讓他們視像通話

Let them video call their friends/family



可鼓勵他們主動關心身邊人

Encourage them to take the initiative to care for those around them



可讓他們上載有關近況的照片

Let them upload recent photos of what they have been doing



## 方法四：親子遊戲

### METHOD 4 : FAMILY GAME



扮演遊戲可以讓兒童表達內心的感覺。

Pretend play allows children to express their inner feelings.

醫生護士玩具可用棉花、雪條棍等  
如果家裡沒有，可讓兒童畫出來。

Cotton swabs, popsicle sticks etc can be used when  
pretending doctor and nurse.

If you don't have these materials at home, the children  
may draw it out.





## 方法五：提升安全感

### METHOD 5 : IMPROVE SENSE OF SECURITY

多陪伴，肯定地表示大家一起面對疫症。

Spend more time with children and affirm that we all face the pandemic together.



肯定表示大家勤洗手，少出街便會安全無事

Firmly stated that we will be fine if we wash our hands more often and stay at home most of the time



不要因為大人的焦慮而恐嚇兒童

Do not scare the children because of adult's worry



如：你唔洗手，下一個病發就係你！

Don't say: you'll get sick if you don't wash your hands



如：你以後都見唔到媽媽！

Don't say: You won't see mom again



## 方法六：多做運動

### METHOD 5 : EXERCISE

每天在家做15-30分鐘運動。

Exercise daily at home for 15-30 minutes.



親子瑜伽

Parent-child yoga



簡單健身操

Simple stretching exercise



小型高爾夫球

Mini-golf



跳舞

Dancing



如果兒童持續兩星期情緒過份困擾、變得暴躁、飲食及睡眠習慣改變、甚至出現倒退行為，如夜遺尿，便要找醫生或臨床心理學家幫手了。

If your child is emotionally distressed for two weeks or more, becomes irritable, has changes in appetite, sleep disturbance, and regressive behaviour like nocturia, please seek help from a doctor or clinical psychologist.





# 新冠肺炎有用資訊

## COVID Useful Information



### 居安抗疫

#### StayHome Safe

##### 居安抗疫

StayHomeSafe

中文



English



##### 確診大廈

Buildings with confirmed cases



##### 強制檢測場所

Specified Premises of Compulsory Testing



### 檢測

#### Testing

##### 快速抗原測試 使用示範

Fast test demo Youtube



##### 社區檢測中心 - 預約

Community Testing Centre - Booking



##### 社區檢測中心 預約情況

Status of Booking Service of Community Testing Centres



##### 查閱檢測紀錄

Check Testing Record



##### 自費檢測

Private PCR Testing



### 確診者支援

#### Support for confirmed cases

##### 檢測結果呈陽性/ 初步陽性感染人士 須知

If nucleic acid test result is positive



##### 確診者等候入住 隔離設施支援服務

Pre-admission support for confirmed cases



##### 醫管局新聞中心

Hospital Authority News Center



### 密切接觸者

#### Close Contacts

##### 接受強制檢疫

Under Mandatory Quarantine



##### 照顧確診兒童 注意事項

How to care children with COVID at home



Mental Health - Covid-19 Parental Resources Kit by CDC  
(English version only)

