

Guideline on Prevention of Infectious Diseases in Mass Assembly - For Spectators

Infectious diseases can spread from one person to another resulting in serious illnesses. Prevention is the key to stopping the spread of many infectious diseases. To maintain clean and healthy environment to our public, and to safeguard your health and the health of others, please pay attention to the following health guidelines formulated by the Centre for Health Protection.

1. Maintain Good Personal Hygiene

- Disinfect any broken skin such as cuts or abrasions immediately and cover properly with waterproof adhesive
- Avoid close contact with skin lesions of other person
- Do not share personal items such as towels, clothing, razors or water bottles
- Avoid direct contact with bird droppings or feces of animals without protection
- **Hand Hygiene:**
 - Keep hands clean at all time
 - Keep fingernails short
 - Wash hands frequently with liquid soap and water, rub all surfaces of hands and fingers for at least 20 seconds and then dry with a disposable towel or a hand dryer
 - Always perform hand hygiene particularly:
 - Before eating and touching nose, mouth and eyes
 - After going to toilet, touching public installations or equipments; touching animals or their droppings
 - Rub hands with a disinfectant containing 70-80% alcohol if hands are not visibly soiled and liquid soap and water are not available

2. Respiratory Hygiene and Cough Etiquette

- Cover the nose / mouth when coughing or sneezing
- Do not spit or litter. Use tissue paper to hold your spit and respiratory secretions, discard them into a bin with a lid. Always put rubbish in a bin. Spitting and littering in public is an offence.
- Perform hand hygiene after having contact with respiratory secretions and contaminated objects / materials
- Wear a surgical mask to prevent spread of the disease (only for those with respiratory symptoms)
- Please seek medical advice if you have respiratory symptoms such as:
 - Fever
 - Cough
 - Sore throat
 - Runny nose
 - Shortness of breath or breathing difficulties

3. Prevention of Vector Borne Diseases

- Persons walking in high grass or scrub or doing any outdoor activities should wear footwear, loose fitting long-sleeved clothing, and trousers to cover arm, legs and particularly the ankles
- Apply insect repellents according to product instructions, only on clothing and exposed skin. Re-apply within a few hours, as protection wears off from perspiration, particularly on hot nights
- Seek for medical advice if you feel unwell

The following people are advised not to attend mass assembly:

1. People who feel unwell, especially people who have a fever; or
2. People who have been in close contact with suspected or confirmed
 - SARS patients during the last 10 days
 - Avian Flu patients during the last 7 days

(Close contact means having cared for, having lived with, or having had contact with the respiratory secretions or bodily fluids of an infected person.)

For further information:

- Centre for Health Protection Website: <http://www.chp.gov.hk>
- Dept. of Health's Hong Kong Traveller's Health Service Website: <http://www.info.gov.hk/trhealth>
- Centers for Disease Control and Prevention Website: <http://www.cdc.gov>

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August 2007