



**衛生防護中心**  
Centre for Health Protection

**Infection Control Branch**

**Health Advice to Foreign Domestic Helpers (FDHs)  
for the Prevention of Coronavirus disease (COVID-19)  
(Interim)**

**I. Disease Information**

Please visit the following website for information on disease, affected areas and updates related to COVID-19:

<https://www.coronavirus.gov.hk/eng/index.html>

2. The Department of Health advises foreign domestic helpers (FDHs) to take the following precautionary measures to minimize the risk of contracting and spreading COVID-19. FDHs are advised to work with their employers to maintain a healthy lifestyle as well as good personal and environmental hygiene habits. FDHs are also advised to follow the health advice issued by the Department of Health when they are staying in boarding facilities arranged by employment agencies or other organizations, and note the latest Government announcements and regulations, including measures on social distancing.

**II. Preventive Measures for FDHs**

**A. Maintain Good Personal Hygiene**

**(a) Maintain hand hygiene**

- i. Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.



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- ii. Wash hands with liquid soap and water, and rub for at least 20 seconds, then dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a towel to wrap the faucet before turning it off). If hand washing facilities are not available, or when hands are not visibly soiled, perform hand hygiene with 70-80% alcohol-based handrub.
- (b) Avoid touching the eyes, mouth and nose.
  - (c) **Check body temperature** regularly. If the FDH develops fever or respiratory symptoms; or sudden loss of taste or smell, he/she should report it to his/her employer, **put on a surgical mask** and seek medical attention immediately.
  - (d) Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of the soiled tissues in a lidded rubbish bin, then wash hands thoroughly.
  - (e) Avoid sharing personal items with others.
  - (f) Build up good body immunity by having a balanced diet, regular exercise, and adequate rest. Do not smoke and avoid alcohol consumption.

### III. Health Advice for FDHs

- (a) To reduce community transmission of COVID-19, FDHs should avoid all non-essential activities outside and avoid the health risk of gathering in crowded places.
- (b) If going outside, FDHs should:
  - i. Observe regulatory control on maximum number of persons during gatherings.
  - ii. Wear a mask.
  - iii. Maintain adequate social distance of at least one metre from others where feasible.
  - iv. Avoid body contact as far as feasible.
  - v. Perform hand hygiene stringently as indicated.
  - vi. Avoid going to crowded places.
  - vii. Avoid social gatherings.
  - viii. Avoid sharing food (including fruits or snacks) / drinks with others.
  - ix. Avoid having meals together. Otherwise, need to keep at least 1.5 metres from each other, avoid chatting while eating, and preferably avoid facing each other when having meals together. Put on masks as

soon as possible after eating. Do not talk with each other before putting on masks.

- x. Avoid sharing eating utensils / drinking bottles.
  - xi. Avoid sharing personal items.
  - xii. Consider using electronic payment to reduce direct contact with money.
  - xiii. Change clothes and take a shower when return home.
- (c) FDHs can utilize free COVID-19 testing services, either by making appointment at community testing centres (until 31 Jan 2021), or continue to obtain a deep throat saliva specimen collection pack from post offices, MTR stations or designated general outpatient clinics of the Hospital Authority and return the specimen to the designated specimen collection points.

#### **IV. Preventive Measures for FDHs' Accommodation**

Clause 3 of the Standard Employment Contract stipulates that the FDH shall work and reside in the employer's residence, while Clause 5(b) stipulates that the employer shall provide the FDH with suitable and furnished accommodation. Under normal circumstances, FDHs in Hong Kong should reside with their employers. There are certain special circumstances under which an FDH may need to find another place to stay. For example, when an FDH's contract has been prematurely terminated and he/she is waiting to leave Hong Kong, the FDH may need to stay at a boarding facility. For details, please refer to the relevant material prepared by the Labour Department.

##### **A. Maintain Good Indoor Ventilation**

- (a) Keep all areas well ventilated.
- (b) Windows should be opened to increase fresh air supply.
- (c) Use of fans (e.g. wall, circulating or exhaust fan) in indoor spaces should be accompanied by means to increase outdoor air changes (e.g. opening windows or maximizing fresh air intake of air conditioners) at the same time. Minimize air blowing directly from one person (or group of people) to another.
- (d) If the air-conditioning system is used, ensure there is sufficient fresh air supply.
- (e) Keep air-conditioners well maintained. Clean the dust-filters of air-conditioners regularly.

## **B. Maintain Good Environmental Hygiene**

- (a) The place should be cleaned thoroughly regularly. Special attention should be paid to frequently-touched surfaces e.g. tables, chairs, door handles, light switches, etc.
  - i. Clean and disinfect all areas thoroughly with 1 in 99 diluted household bleach (mixing 10 ml of household bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surfaces, disinfect with 70% alcohol.
  - ii. If places are contaminated by respiratory secretions, vomitus or excreta, use strongly absorbent disposable towels to clean up the visible matter. Then, disinfect the surface and the neighbouring area with disinfectant. For non-metallic surfaces, disinfect with 1 in 49 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 490ml of water), leave for 15-30 minutes, and then rinse with water. For metallic surfaces, disinfect with 70% alcohol.
- (b) Surface areas and furniture should be of a material which can be easily cleaned and disinfected.
- (c) Rubbish should be properly wrapped up and discarded into garbage bins with lids. Empty garbage bins at least once a day.
- (d) Prior to transport for disposal, waste bags should not be exposed, otherwise it may attract animals.
- (e) There should be adequate hand hygiene facilities, including hand washing facilities and alcohol-based handrubs.
- (f) Maintain adequate social distancing.
- (g) If an FDH needs to share a room with others, avoid overcrowding in the room, put beds at least 1.5 metres apart and avoid direct face-to-face with each other as far as possible.
- (h) Toilet and Shower Room Hygiene
  - i. Maintain good ventilation.
  - ii. Keep adequate social distancing.
  - iii. Close the toilet lid before flushing.
  - iv. Wash your hands with soap and water after toileting.
  - v. Regularly clean and disinfect the environment with 1 in 99 diluted household bleach or 1 in 49 diluted household bleach if the environment is contaminated with secretions, vomitus or excreta, etc.
  - vi. Make sure drains and toilets are not obstructed.

- vii. Pour about half a liter of water into each drain outlet (U-traps) at least once a week.
- viii. Wrap waste properly before disposal or collection by cleaning workers.

### **C. Maintain Hygiene when Cooking and Eating**

- (a) Maintain a clean and hygienic kitchen. The fridge, worktops and utensils need to be regularly cleaned.
- (b) Wash hands when prepping and cooking food.
- (c) Ensure food safety by adopting proper food handling practices. Follow the 5 key tips:
  - i. Choose (Choose safe raw materials)
  - ii. Clean (Keep hands and utensils clean)
  - iii. Separate (Separate raw and cooked food)
  - iv. Cook (Cook thoroughly)
  - v. Safe Temperature (Keep food at safe temperature)
- (d) Special attention when having meals
  - i. Stagger meal time
  - ii. Do not share eating utensils / drinking bottles
  - iii. Avoid having meals together with others. Otherwise keep distancing of at least 1.5 metres, sit facing the same direction, and install partitions between seats with proper cleaning and disinfection after use.
  - iv. Perform hand hygiene before meal, removing or putting on mask.
  - v. Avoid talking without mask while having meals as far as possible.
  - vi. Talk only after finishing meals and after putting on masks.

### **V. Cleaning and Disinfection of Environment when a Confirmed Case of COVID-19 is Encountered in FDHs' Accommodation**

#### **A. Cleaning staff would wear appropriate Personal Protective Equipment (PPE) including:**

- (a) Surgical mask
- (b) Latex gloves
- (c) Disposable gown
- (d) Eye protection (goggles/face shield) and
- (e) Cap (optional)

## **B. Staff training**

- (a) Ensure the frontline cleaning staff received training with environmental disinfection procedures and supervising staff should have read and familiar with the disinfection guidelines.

## **C. Enhanced Environmental Disinfection**

- (a) Disinfect all potentially contaminated surfaces or items by using 1 in 49 diluted household bleach (mixing 1 part of household bleach containing 5.25% sodium hypochlorite with 49 parts of water).

## **D. If There is Blood, Secretions, Vomitus or Excreta Spillage, Take Enhanced Measures:**

- (a) Cleaning staff should wear appropriate personal protective equipment (PPE) including surgical mask, gloves, disposable gown, eye protection (goggles/face shield) and cap (optional).
- (b) Use forceps to hold the strong absorbent disposable towels to wipe away the blood, secretions, vomitus or excreta during a preliminary clean up.
- (c) Then put the forceps and used absorbent disposable towels in a garbage bag carefully without contaminating oneself/the environment.
- (d) Disinfect with 1 in 4 diluted household bleach (mixing 1 part of household bleach containing 5.25% sodium hypochlorite with 4 parts of water), wipe from the outside inward, leave for 10 minutes, rinse with water and wipe dry afterwards.
- (e) After the procedure, put all the wastes and cleaning tools (e.g. forceps, cloth, mop head) in the garbage bag.
- (f) Carefully remove PPE, put them in the garbage bag, and then perform hand hygiene.  
(When hands are not visibly soiled, use 70-80% alcohol-based handrub. Wash hands with soap and water when hands are visibly dirty or visible soiled with blood, body fluid).
- (g) Wear a pair of new gloves, seal the waste bag tight and dispose it properly in covered rubbish bin. Then, label the rubbish bin and put it in a safe undisturbed place until collection.
- (h) Remove gloves carefully. Wash hands with liquid soap and water.

## **VI. Guidelines and Educational Material for FDH**

### **A. Proper Use of Bleach**

<https://www.chp.gov.hk/en/static/100272.html>

### **B. Proper Use of Mask**

<https://www.chp.gov.hk/en/healthtopics/content/460/19731.html>

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