

Guidelines on Prevention of Coronavirus Disease 2019 (COVID-19) for the General Public

The Department of Health advises the general public to take the following precautionary measures to minimise the risk of contracting and spreading COVID-19.

Disease information

<https://www.chp.gov.hk/en/healthtopics/content/24/102466.html>

Travel advice

- Members of the public are strongly urged to avoid non-essential travel outside Hong Kong.
- For the latest travel advice, please visit the designated page:
<https://www.coronavirus.gov.hk/eng/travel-advice.html>
- For the latest information on inbound travel, please visit the designated page:
<https://www.coronavirus.gov.hk/eng/inbound-travel.html>

Health advice for the general public

Members of the public are urged to go out less and reduce social activities such as meals gatherings or other gatherings, and maintain appropriate social distance with other people as far as possible.

Members of the public are strongly urged to avoid non-essential travel outside Hong Kong. If it is unavoidable to travel to countries / areas outside Hong Kong, they should put on a surgical mask and continue to do so after returning to Hong Kong.

- When travelling to countries / areas with active community transmission of COVID-19 virus, the public should avoid close contact with persons with fever or respiratory symptoms. If it is unavoidable to come into contact with them, put on a surgical mask and continue to do so after returning to Hong Kong.
- After returning to Hong Kong, consult a doctor promptly if experiencing a fever or other symptoms, take the initiative to inform the doctor of any recent travel history and any exposure to animals, and wear a surgical mask to help prevent spread of the disease.
- Avoid touching animals (including game), poultry / birds or their droppings.
 - Avoid visiting wet markets, live poultry markets or farms.
 - Do not consume game meat and do not patronise food premises where game meat is served.
- Maintain good personal hygiene
 - Surgical mask can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask.
 - Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including hand hygiene before wearing and after removing a mask.

- Face mask is not recommended for children under the age of 2 years without supervision.
 - Avoid touching your eyes, mouth and nose.
 - Keep hands clean at all times. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing.
 - Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
 - Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
 - If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
 - After using the toilet, put the toilet lid down before flushing to avoid spreading germs.
 - When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.
 - N95 respirators are generally not recommended for use by the general public in community settings because special training is required for proper wearing and removal of the mask. Otherwise the infective risk due to inadequate protection and contamination may be ironically increased.
 - Avoid going to crowded places with poor ventilation if you are feeling unwell.
- Maintain good environmental hygiene
 - Maintain good indoor ventilation.
 - Home should be cleaned thoroughly at least once per week with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15 - 30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol.
 - If places are contaminated by respiratory secretions, vomitus or excreta, use strong absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with appropriate disinfectant. For non-metallic surface, disinfect with 1 in 49 diluted household bleach (mixture of 10ml of household bleach containing 5.25% hypochlorite solution with 490ml of water), leave for 15 - 30 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
 - Maintain drainage pipes properly and regularly (about once a week) pour about

half a litre of water into each drain outlet (U-traps), to ensure environmental hygiene. For details, please refer to

https://www.chp.gov.hk/files/pdf/make_sure_the_trap_is_not_dry.pdf

- Maintain healthy lifestyle
 - Build up good body resistance and maintain healthy lifestyle. This can be achieved through balanced diet, regular exercise and adequate rest.
 - Do not smoke and avoid alcohol consumption.

For more information

Please visit the COVID-19 thematic website:

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

Centre for Health Protection

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