

Guidelines on Prevention of Middle East Respiratory Syndrome for Participants of Public Functions

When attending a public function, the Department of Health advises members of the public to take the following precautionary measures to minimise the risk of contracting and spreading Middle East Respiratory Syndrome.

Disease information

<http://www.chp.gov.hk/en/content/9/24/26528.html>

Before the function

- If you do not feel well, especially when you have fever and/or respiratory symptoms such as coughing or sneezing, sore throat or muscle pain, put on a surgical mask and seek medical attention promptly. Do not attend the function.
- Bring tissue papers and 70 - 80% alcohol-based handrub with you.
- Take heed of government announcements with respect to the risk of spread of infections and take appropriate precautionary measures.

During the function

- Maintain good personal hygiene.
- Keep hands clean at all times. Wash hands frequently, especially before touching your eyes, mouth or nose, before meals, after going to the toilet, after touching public objects such as escalator handrails, elevator control panels or door knobs, or when hands are contaminated by respiratory secretion after coughing or sneezing.
- Wash hands with liquid soap for at least 20 seconds, then dry with a disposable towel or a hand dryer.
- If hand washing facilities are not available, or when hands are not visibly soiled, clean them with 70 - 80% alcohol-based handrub as an effective alternative.
- Cover your mouth and nose 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.

After the function

- Take a shower or bath and wash your hair when you return home to remove any dirt and germs.
- Wash your clothes properly.
- If feeling unwell, put on a surgical mask and seek medical attention promptly.

At all times

- Maintain good personal hygiene.
- Maintain good environmental hygiene and indoor ventilation.

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

For more information

- Please visit the Centre for Health Protection thematic website at http://www.chp.gov.hk/en/view_content/26511.html

Centre for Health Protection

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