

# Health Advice for Inbound Travellers during Compulsory Quarantine Period



## Quarantine Premises

All personal items such as toothbrush and toothpaste, rinsing cup, towels, must be separately placed from those of other family members

Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-traps)

Bathtub and washing basin should be cleansed with detergent and water thoroughly after use, while the toilet and toilet seat should be disinfected

Maintain good indoor ventilation

The confinee and household members should always wear a mask as far as possible; do not touch the outer surface of the mask

Do not invite visitors

Do not touch commonly shared items; such as TV control panel, radio control panel, door handles, unless you disinfect your hand with alcohol-based handrub first

Frequent hand hygiene especially before eating, or touching eye, nose or mouth and before/after taking up/off the mask

No need to do separate laundry

Always keep a distance of at least 1 metre from another person

The confinee has to wear the electronic wristband

If possible, eat in your own room. Otherwise, eat by yourself while facing the wall. Do not eat on the same table together with your family members

The confinee must not leave the premises

The confinee should stay in a well-ventilated single room if possible

**If having fever or develop other symptoms, please report to the Department of Health immediately**



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