



衛生防護中心
Centre for Health Protection

Infection Control Branch

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**Health Advice on Prevention of Coronavirus Disease (COVID-19) for
Cabin Crew
(Interim)**

I. Disease Information

Please visit the following websites for disease information, affected areas and updated information related to COVID-19:

- (a) The Government's website on COVID-19
<https://www.coronavirus.gov.hk/eng/index.html>
- (b) Health quarantine arrangements on inbound travelers
<https://www.coronavirus.gov.hk/eng/inbound-travel.html>
- (c) Countries/areas with reported cases of Coronavirus Disease-2019
https://www.chp.gov.hk/files/pdf/statistics_of_the_cases_novel_coronavirus_infection_en.pdf

The Department of Health advises cabin crew should take the following precautionary measures to minimise the risk of contracting and spreading COVID-19

II. Preventive measures

1. Before the trip while in Hong Kong

- (a) Maintain good personal and environmental hygiene to minimise the risk of contracting and spreading COVID-19. Take reference from recommendations set out in the “Guidelines on Prevention of COVID-19 for the General Public” available at https://www.chp.gov.hk/files/pdf/nid_guideline_general_public_en.pdf
- (b) Should have surgical mask and 70-80% alcohol-based handrub readily available.
- (c) Cabin crew should not be allowed to board the plane if develop fever, respiratory symptoms or sudden loss of taste/smell.

2. When on board (outbound or inbound)

- (a) Put on mask at all time during flight except during meal.
- (b) Perform hand hygiene frequently (Annex I). Avoid touching eyes, nose and mouth
- (c) Minimise physical contact with passengers as far as feasible.
- (d) Advise all passengers, except those with contraindication,
 - i. children below age of 2 without supervision
 - ii. people with difficulty breathing
 - iii. people need assistance to remove the mask.to wear mask during flight as far as feasible. Provide mask to passengers if indicated.
- (e) Stagger your meal time and adopt social distancing when having meals.
- (f) Advise passengers who develop fever, respiratory symptoms or sudden loss of taste/smell to wear the mask properly and seek medical advice promptly after landing.
- (g) Move the sick person(s) away from other passengers if feasible and designate crew member(s) to serve the sick. Assigned designated toilet for the passengers as far as possible.
- (h) The designated cabin crew member(s) should wear adequate personal protective equipment when serving the sick which include surgical mask

and eye protection. Gown and gloves are needed if physical contact is anticipated.

- (i) If cabin crew develop fever, respiratory symptoms or sudden loss of taste/smell while on board, inform the supervisor promptly and refrain from serving passengers. Make sure the surgical mask is worn properly. Seek medical advices promptly after landing.

3. In other country/territory

- (a) Maintain good personal hygiene: wear mask and observe hand hygiene.
- (b) Minimise physical contact with ground personnel
- (c) Self-isolate at designated accommodation provided by the airline as far as practicable.
- (d) Avoid using public transportation as far as feasible.
- (e) Avoid visiting healthcare facilities. If it is necessary to visit, wear a surgical mask properly and observe strict personal and hand hygiene. This needs to be reported to your supervisor.
- (f) Keep hands clean at all times. Perform hand hygiene frequently (Annex I). Avoid touching eyes, nose and mouth.
- (g) Observe food hygiene. Avoid consuming raw or undercooked animal products. Do not eat games or visit restaurants that serve games.
- (h) Self-monitor your health condition, following the guidance provided by your employer's occupational health program.
 - i. Take body temperature twice daily and watch out for symptoms of illness.
 - ii. If develop fever, respiratory symptoms or sudden loss of taste/smell, put on a surgical mask properly, inform your supervisor, seek medical consultation, and refrain from work on next flight.

- 4. Upon returning to Hong Kong from other country/territory**
- (a) Maintain good personal hygiene: wear mask and observe hand hygiene
 - (b) Take a shower or bath and wash your hair after flight, and wash your clothes properly.
 - (c) Within the 14 days of return, wear a mask at all times when working and going out, observe for health condition and monitor body temperature twice daily.
 - (d) When you come back from other country / territory for work **via the Hong Kong International Airport, you will be subject to a mandatory COVID-19 testing at the DH Temporary Specimen Collection Centre upon arrival.** A medical surveillance notification will also be served by staff of the Port Health Division of the Department of Health upon arrival and you should follow the instructions written on the notification.
 - i. Pay attention to your health condition, take body temperature twice daily and report to your airline.
 - ii. If you feel unwell, call the hotline of the Department of Health.
 - iii. You are allowed to operate another trip and must wear mask during work.
 - (e) Immediately report to supervisor and refrain from working subsequent flight if develop fever, respiratory symptoms or sudden loss of taste/smell. Consult a doctor promptly and inform the doctor of travel history. If in doubt, call the hotline of the Department of Health.

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Annex I Proper Hand Hygiene

When to Perform Hand Hygiene

1. before touching the mouth, nose or eyes,
2. after touching public installations such as handrails or door knobs or
3. when hands are contaminated by respiratory secretion after coughing or sneezing.

How to Perform Hand Hygiene

1. Wash hands with soap and water for at least 20 seconds, then dry with a disposable paper towel.
2. When hands are not visibly soiled, hand hygiene with 70-80% alcohol-based handrub is an effective alternative.



Video demonstration

- (i) Hand hygiene with liquid soap and water
https://www.youtube.com/watch?v=pN2C6AJ2_EA
- (ii) Hand hygiene with alcohol-based handrub
<https://www.youtube.com/watch?v=oNpAbLN2vPI&feature=youtu>

For details, please visit the Centre for Health Protection website:

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