



衛生防護中心
Centre for Health Protection

Infection Control Branch

**Health Advice on Prevention of
Middle East Respiratory Syndrome (MERS) in Workplace**

Staff and office management should take the following precautionary measures in workplaces to minimise the risk of contracting and spreading MERS.

Disease information

2. Please refer to website of Centre for Health Protection for disease information update:

<https://www.chp.gov.hk/en/healthtopics/content/24/26528.html>

Affected areas

3. Please refer to website of Centre for Health Protection for affected areas update:

http://www.chp.gov.hk/files/pdf/distribution_of_mers_cases_en.pdf

Preventive measures in workplace

4. Staff:

(a) Maintain good personal hygiene.

(i) Perform hand hygiene frequently, especially before touching the mouth, nose or eyes, after touching public installations



such as handrails or door knobs or when hands are contaminated by respiratory secretion after coughing or sneezing. Wash hands with soap and water for at least 20 seconds, then dry with disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70-80% alcohol-based handrub as an effective alternative.

- (ii) Cover mouth and nose with tissue paper when sneezing or coughing. Dispose the soiled tissues into a lidded rubbish bin, and then clean hands thoroughly.
- (iii) When having respiratory symptoms such as fever and cough, wear surgical mask, refrain from work, avoid going to crowded places and seek medical advice promptly.
- (iv) Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption.
- (v) Avoid unnecessary travel to affected areas. Upon returning from the affected areas, members of the public should observe the health conditions closely for 14 days.

5. Office management:

- (a) Maintain good environmental hygiene.
 - (i) Regularly clean and disinfect workplace and frequently touched surfaces such as furniture, telephones and commonly shared items with 1:99 diluted household bleach (mixing 1 part of 5.25% bleach with 99 parts of water), leave for 15-30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
 - (ii) Rubbish should be properly wrapped up and discarded into garbage bins with lids. Empty garbage bins at least once a day.
 - (iii) Provide liquid soap and disposal paper towels in toilets.

- (iv) Keep toilets clean and dry.
 - (v) Ensure the flushing system of the toilet is in proper function.
 - (vi) If places are contaminated by respiratory secretions, vomitus or excreta, use absorbent disposable towels to wipe them away. Then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 1 part of 5.25% bleach with 49 parts of water), leave for 15-30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- (b) Maintain good indoor ventilation
- (i) Ensure air-conditioning system are functioning well and wash the dust-filters frequently;
 - (ii) Switch on wall fan and any circulating or exhaust fan to enhance air movement;
 - (iii) Keep windows open as appropriate and where possible.

6. For more information, please visit the Centre for Health Protection thematic website at <https://www.chp.gov.hk/en/features/26511.html>

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