Guidelines on Prevention of Severe Respiratory Disease associated with a Novel Infectious Agent 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 Severe Respiratory Disease associated with a Novel Infectious Agent.

Disease information
https://www.chp.gov.hk/en/healthtopics/content/24/102466.html

Health advices for the general public

- 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
  - Avoid touching your eyes, mouth and nose.
  - Keep hands clean at all times. Perform hand hygiene frequently, especially before touching your eyes, mouth or nose, before handling food or eating, after going to toilet, after touching public installations 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 and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel.
  - 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.
  - 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.
  - If you have fever and/or respiratory symptoms such as coughing, sneezing, sore throat or muscle pain, put on a surgical mask and seek medical attention promptly.
  - 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. U-trap should be prevented from drying up and drain outlets should be disinfected regularly about once a week.

- Maintain drainage pipes properly and regularly (about once a week) pour about half a liter 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 Centre for Health Protection thematic website at https://www.chp.gov.hk/en/features/102465.html

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