

Guidelines on Prevention of Coronavirus Disease 2019 (COVID-19) for Travellers

The Department of Health advises travellers to take the following precautionary measures to minimise the risk of contracting and spreading COVID-19.

Disease information

<https://www.chp.gov.hk/en/healthtopics/content/24/102466.html>

Affected Areas

Please refer to the Centre for Health Protection (CHP) website for countries / areas with reported cases of COVID-19:

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

Travel advice

Members of the public are strongly urged to avoid non-essential travel outside Hong Kong. If it is unavoidable to travel to countries / areas outside Hong Kong, they should put on a surgical mask and continue to do so for 14 days upon their return to Hong Kong.

All people entering Hong Kong from the Mainland are required to undergo compulsory quarantine for 14 days upon their arrival.

The health quarantine arrangements on inbound travellers from overseas:

I. Quarantine at quarantine centre

Hong Kong residents arriving in Hong Kong who have been to the following countries / areas in the past 14 days will have to stay in a quarantine centre for quarantine for 14 days.

- Daegu and Gyeongsangbuk-do in Korea
- Iran
- Emilia-Romagna, Lombardy and Veneto regions in Italy

II. Compulsory quarantine

Hong Kong residents arriving in Hong Kong who have been to any other overseas countries / areas in the past 14 days will be subject to compulsory quarantine for 14 days.

With effect from 0.00am on March 25, 2020, tentatively for 14 days:

- All non-Hong Kong residents coming from overseas countries and regions by plane

will be denied entry to Hong Kong.

- Non-Hong Kong residents coming from the Mainland, Macao and Taiwan will be denied entry to Hong Kong if they have been to any overseas countries and regions in the past 14 days.
- All transit services at Hong Kong International Airport will be suspended.
- All travellers coming from Macao and Taiwan, including Hong Kong and non-Hong Kong residents, will be subject to a 14-day compulsory quarantine.

For the latest travel advice, please visit the COVID-19 thematic website:

<https://www.coronavirus.gov.hk/eng/>

For the latest information on inbound travel, please visit the designated page at

<https://www.coronavirus.gov.hk/eng/inbound-travel.html>

Before departure

- Prepare adequate surgical masks and 70 to 80% alcohol-based handrub.
- If feeling unwell with respiratory symptoms, such as having fever, cough, sore throat or muscle ache, put on a surgical mask and seek medical advice immediately; postpone your trip until recovery.

While travelling

- Cooperate with port health authorities and comply with all necessary immigration procedures and health checks at destinations.
- Pay attention to announcements by local authorities.
- When travelling to countries / areas with active community transmission of COVID-19 virus, travellers should avoid close contact with persons with fever or respiratory symptoms. If it is unavoidable to come into contact with them, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong.
- Avoid visiting hospitals. If it is necessary to visit a hospital, put on a surgical mask and observe strict personal and hand hygiene.
- Observe personal hygiene
 - Put on a surgical mask all the time. It is important to wear a mask properly, including hand hygiene before wearing and after removing a mask.
 - Surgical mask can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask.
 - Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including hand hygiene before wearing

and after removing a mask.

- Avoid touching eyes, nose and mouth.
- Keep hands clean at all times. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing.
- Have tissue paper handy and cover the 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.
- 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. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
- 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.
- After using the toilet, put the toilet lid down before flushing to avoid spreading germs.
- Do not share towels or personal items.
- Observe food hygiene
 - Five keys to food safety:
 - Choose safe raw materials
 - Keep hands and utensils clean
 - Separate raw and cooked food
 - Cook thoroughly
 - Keep food at safe temperature
 - Do not consume game meat and do not patronise food premises where game meat is served.
 - Avoid consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled.
 - Use serving chopsticks and spoons at meal times. Do not share lunch boxes or drinks.
- Avoid touching animals (including game), poultry/birds or their droppings.
- Avoid visiting wet markets, live poultry markets or farms.
- Maintain healthy lifestyle practices throughout the trip; do not smoke and avoid alcohol

consumption.

- Watch out for changes in health condition during the trip. If feeling unwell, especially if experiencing a fever or cough, wear a surgical mask, inform the hotel staff or tour leader / tour guide and seek medical advice at once.

After returning home

- Take heed of the latest travel advice.
- All people entering Hong Kong are required to follow health quarantine arrangements. For details, please visit <https://www.coronavirus.gov.hk/eng/inbound-travel.html>
- Put on a surgical mask for 14 days after returning to Hong Kong. If experiencing a fever or other symptoms, consult a doctor promptly, take the initiative to inform the doctor of any recent travel history and any exposure to animals.

For more information, please visit

- Travel Health Service website at <https://www.travelhealth.gov.hk/eindex.html>
- Outbound Travel Alert - Security Bureau website at <https://www.sb.gov.hk/eng/ota>
- COVID-19 thematic website at <https://www.coronavirus.gov.hk/eng/>

Centre for Health Protection

9 January 2020

(Last updated on 25 March 2020)