

Points to note for household members



Wear a mask and maintain appropriate social distance with confinee (at least 1 metre)



Monitor health condition and seek early medical attention if symptoms develop



Avoid going to crowded places, wear a surgical mask when taking public transport or staying in crowded places



Maintain good personal hygiene especially hand hygiene



Build up good body resistance and maintain healthy lifestyle. This can be achieved through balanced diet, regular exercise and adequate rest



Maintain good ventilation and frequent cleansing and disinfection (including kitchen and toilet)



Avoid sharing personal items (e.g. tooth brush) with the confinee



Avoid sharing meals with confinee



Do not smoke and avoid alcohol consumption