Prevention of Coronavirus Disease 2019 (COVID-19)

Health advice
Members of the public are urged to go out less and reduce social activities such as meals gatherings or other gatherings, and maintain appropriate social distance with other people as far as possible.
To maintain at all times strict personal and environmental hygiene is key to personal protection against infection and prevention of the spread of the disease in the community:
• 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 your eyes, mouth and nose;
• Perform hand hygiene frequently, especially before touching one’s 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;
• Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, 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;
• Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-traps) to ensure environmental hygiene;
• After using the toilet, put the toilet lid down before flushing to avoid spreading germs; and
• When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

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. The public should take heed of the health advice below:
• When travelling to countries/areas with active community transmission of COVID-19 virus, the public 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;
• Avoid touching animals (including game), poultry/birds or their droppings;
• Avoid visiting wet markets, live poultry markets or farms;
• Avoid making close contact with patients, especially those with symptoms of acute respiratory infections;
• Do not consume game meat and do not patronise food premises where game meat is served;
• Adhere to food safety and hygiene rules such as avoiding 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;
• If feeling unwell when outside Hong Kong, especially if experiencing a fever or cough, wear a surgical mask, inform the hotel staff or tour escort and seek medical advice at once; and
• After returning to Hong Kong, consult a doctor promptly if experiencing a fever or other symptoms, take the initiative to inform the doctor of any recent travel history and any exposure to animals, and wear a surgical mask to help prevent spread of the disease.

Remark: Face mask is not recommended for children under the age of 2 years without supervision.

Information on clinics and hospitals
Emergency call for ambulance service

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