

## Points to note for persons under home quarantine

As you are a close contact of a person infected with COVID-19, to safeguard your health and that of the community, you are required to undergo home quarantine. You are legally required to stay at your dwelling place until the end of the quarantine period. You are required to follow the relevant requirements, failing which you may be liable to a fine and imprisonment. Please refer to the following important information related to your home quarantine.

### 1 General Information

- When one of your household members is tested positive for COVID-19, you will be considered as a household close contact of a person infected with COVID-19 and are required to undergo quarantine and medical surveillance at home.
- You must stay in the place of quarantine during the whole quarantine period.
- In general, any person other than household members should not enter the place of quarantine during the whole quarantine period except for caregivers or workers providing urgent and essential service.
- You must fulfil relevant testing requirements before you are considered to have completed home quarantine.
- The day following testing or collection of the positive sample from the infected household is counted as Day 1 of home quarantine for close contact. If there is no such record for the infected household, the day on receiving the result is counted as Day 1.
- If you obtain a positive result from RAT or compulsory COVID-19 nucleic acid test during the quarantine period, you are considered to be a person infected with COVID-19.
- Any person who fails to comply with the quarantine requirement may commit an offence and may be liable to a fine.



### 2 Medical Surveillance and Testing Arrangement

- Please measure your body temperature twice daily, monitor your health condition and conduct regular testing on specified days.
- If you develop symptoms of COVID-19 (such as fever, cough with or without sputum, shortness of breath, muscle and joint pain, headache, fatigue, abdominal pain, vomiting and diarrhea, etc.), please conduct RAT immediately.
- Severe symptoms may include shortness of breath, palpitation or chest pain.
- If you have medical emergency requiring to attend Accident and Emergency (A&E) facility directly, please inform the A&E staff that you are undergoing home quarantine.
- In case of emergency, please call 999.



- You are required to undergo RAT on Day 1, Day 3, Day 7 and Day 14; and keep record of the RAT results and their photos. If Day 1, Day 3, Day 7 and Day 14 has already passed on the day on which the quarantine order issued to you, you need not undergo testing on such testing date which has already passed.
- If you have received 2 doses of COVID-19 vaccines and have received negative test results for two successive days from Day 6 and Day 7 or afterwards, you do not need to undergo testing on the remaining testing date.
- Close contacts who are children less than three years old are required to undergo RAT on Day 1 and Day 7.

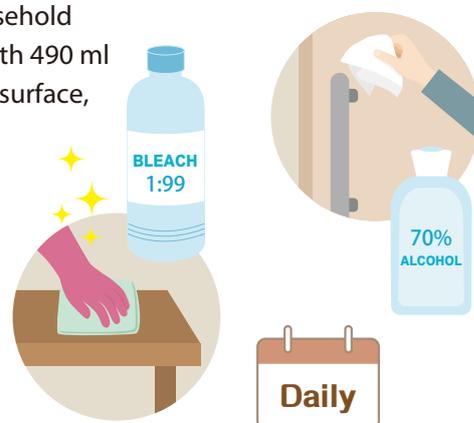
### 3 Infection Control Advice

- Personal protective measures should be taken by performing hand hygiene frequently and observing cough etiquette to reduce the risk of virus transmission as far as practicable during your quarantine at home.
- You are recommended to keep your dwelling place well ventilated by keeping windows open as far as feasible.
- If the positive case is still residing in your quarantine place, it is preferable that you stay in a room separated from the positive case, keep the door closed and avoid face-to-face contact as far as feasible. Wear a well-fitted surgical mask properly when in the presence of the positive cases.
- Avoid sharing any personal items including towels, eating utensils and tooth paste with other household members.
- In case you need to leave home and go to Accident and Emergency Department for medical consultation, you should properly wear a well-fitted surgical mask and go directly to the hospital, while avoid using crowded public transportation as far as possible or staying in public areas on the way.



### 4 Environmental and Toilet Hygiene

- Clean and disinfect the home environment daily with 1 in 49 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 490 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 strongly absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with disinfectant. For non-metallic surface, disinfect with 1 in 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 10 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.



- Put the toilet lid down before flushing.
- Wash hands with soap and water after toileting.
- Pour about half a litre of water in each floor drain outlet once per week.



## 5 Daily Necessities



- You are required to make your own arrangements for food and basic daily necessities, such as by friends and relatives not under quarantine or ordering online / through telephone (you are advised to use contactless payment methods). Nevertheless, persons delivering these items should leave the items at your door (e.g. a chair outside your door) and are not allowed to enter your home to reduce the risk of them being exposed to infection. You should also avoid having face-to-face contact with them.

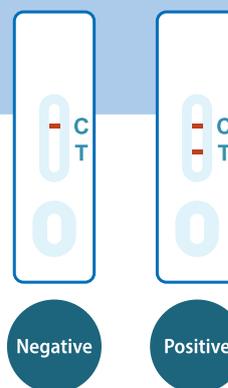
## 6 Handling of Household Garbage

- You can leave your home to dispose of garbage in the designated refuse collection point on the same floor, but you should wear a well-fitted surgical mask during the whole process.
- Before leaving your home, you should properly wrap the garbage, practice hand hygiene and close the door immediately when leaving your home. You should return to your home as soon as possible and practice hand hygiene immediately.



## 7 Rapid Antigen Tests

- Please refer to the "Rapid Antigen Test for COVID-19 Points to Note". You may visit <https://www.chp.gov.hk/en/r/1347> or scan the QR code below to view the instructions on how to do the RAT.

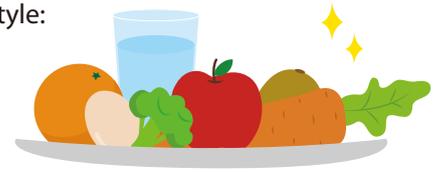


- Please take a photo **immediately** after reading the test to record the test result.
- If the RAT result is invalid, you should check whether the sample type, sample collection method and testing method are correct according to the instructions provided by the manufacturer and repeat the test with correct methods with a new test kit.

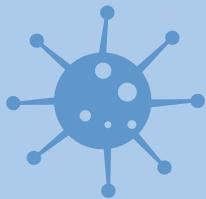
## 8 Stay Home and Be Healthy

For optimal health during home quarantine, you are urged to lead a healthy lifestyle:

- Observe the basic principles of healthy eating that include limiting fats, salt and sugar intake, eating more fruit and vegetables, consuming more dietary fibre and drinking enough water;
- Stay physically active, such as do home-based exercise and household chores;
- No smoking; and
- Refrain from alcohol drinking.



**We express our heartfelt thanks to you and your family  
for your cooperation. Together we fight the virus.  
We will surely overcome the epidemic.**



Version date: 8 March 2022