

✓ 必須 DOs



在整段檢疫期間留在家中
Stay Home at all times



在指定日子自行進行快速抗原檢測，並立即拍照以保留所有檢測結果
Undergo Rapid Antigen Test (RAT) on the specified days and take a photo immediately to keep the record of the test results

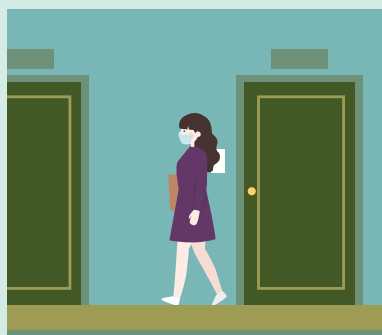


監察身體狀況，包括每天量度體溫兩次並保持記錄
Monitor your health condition, including taking body temperature twice daily and keep record



- 若出現2019冠狀病毒病症狀，立即進行快速抗原檢測。
Conduct RAT immediately if you develop symptoms of COVID-19
- 嚴重症狀可包括氣促、心悸或胸痛。如果有醫療緊急情況須直接前往急症室，應告知急症室工作人員你仍在進行家居檢疫。
Severe symptoms may include shortness of breath, palpitation or chest pain. If required to attend Accident and Emergency (A&E) facility directly for medical emergency, inform the A&E staff that you are undergoing home quarantine.
- 若遇上緊急情況，請致電 999。
Call 999 in case of emergency.

✗ 切勿 DON'Ts



擅自離開住所
Leave the dwelling place without permission



除同住人士外，容許其他人進入住所
Allow others (besides household members) to enter your dwelling place



與上門送遞物資的人員面對面接觸
Have face-to-face contact with people making the delivery to you