Coronavirus Disease 2019 (COVID-19)

Infection Control Training for online shopping companies and food delivery platforms

Infection Control Branch
Centre for Health Protection

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Coronavirus Disease 2019 (COVID-19)

- **Causative agent**
  - Caused by a new coronavirus called SARS-CoV-2

- **Clinical features**
  - Fever, dry cough and fatigue (most common)
  - Nasal congestion, headache, conjunctivitis, sore throat
  - Diarrhoea
  - Loss of taste or smell
  - Skin rash

- Some people may only have very mild or non-specific symptoms
- Some may develop severe symptoms like shortness of breath, chest pain or confusion
- People of older age and those with underlying medical problems (e.g. hypertension, heart and lung problems, diabetes, obesity or cancer) are at higher risk of developing serious illness

- **Incubation period**
  - Most estimates range from 1 to 14 days
Mode of Transmission

Major route of transmission

➢ Droplets transmission
  • Spread via the respiratory droplets when an infected person cough, sneeze or talk

➢ Contact transmission
  • Direct contact: Contact with secretions or body fluid of an infected person
  • Indirect contact: Contact the environment and object contaminated by secretion or body fluid from an infected person

Proper hand hygiene; Proper wearing of well-fitted surgical mask; and Proper environmental cleaning and disinfection are the effective ways to prevent the spread of COVID-19
Important Messages

• In view of the serious pandemic condition, in order to curb the spread of COVID-19, the Government has launched “StayHomeSafe" Scheme.
  – The Department of Health (DH) will issue compulsory quarantine orders to the close contacts or contacts of close contact of COVID-19 confirmed case and the persons have to undergo 14-day or 4-day quarantine respectively

• The implementation of the "StayHomeSafe" Scheme depends on the concerted cooperations from various sectors of the society and the general public. The DH has drawn up infection control guidelines to the following group so as to minimize the transmission risk the disease, which include
  – Persons under Home Quarantine
  – Couriers
  – Property Management
Persons under Home Quarantine

• Close contacts of COVID-19 case (14 days) / close contacts of close contacts of COVID-19 confirmed case (4 days)

• Stay in place of quarantine during the whole quarantine period, except for disposal of garbage, going to community testing centres for swab taking, or for any other activities as agreed by the DH.
  - Keep the flat door closed during the quarantine period, except for the above-mentioned activities

• Persons under home quarantine can receive delivery of daily necessities and food from friends and relatives not under quarantine, or from online / phone ordering, but they are not allowed to enter dwelling places so as to minimize the risk of being infected
Infection Control Advice for Couriers
Maintain Personal Hygiene

- Check body temperature before work. Those with fever or respiratory symptoms or sudden loss of taste/smell should refrain from work, notify the management and seek medical advice promptly.

- Wear well-fitted surgical masks properly. Extend the surgical mask to fully cover mouth, nose and chin.

- Maintain personal hygiene. Perform hand hygiene frequently, especially before touching one's mouth, nose or eyes; after using the toilet; after touching public installations. Wash hands with liquid soap and water when visibly soiled, or rub hands with 70-80% alcohol-based handrub when there is no visible soil.

- Complete COVID-19 vaccination course.
Arrangement on Delivery of Daily Necessities and Food

• Use contactless payment methods

• Use contactless delivery methods to avoid face-to-face interaction with persons, e.g. leave the items on the chair outside their apartment for receiving deliveries

• Beware personal hygiene during delivery
  – Wear a well-fitted surgical mask properly
  – Perform hand hygiene after delivery or whenever indicated

• Before arrival, inform and remind persons that contactless delivery method would be used

• Ask the persons to collect items after the courier left the floor area so as to avoid face-to-face interaction with others as far as feasible
Receiving Delivery Items by Persons under Home Quarantine

- May put a chair outside the flat for receiving delivery items.

- Collect items after the delivery person has left as far as feasible.

- Wear a well-fitted surgical mask properly when opening door to collect delivery items.

- Close the door as soon as possible after collected the items.

- The packaged bag(s) should be properly wrapped before disposal in rubbish bins of the flat; Practice hand hygiene afterwards.
Hand Hygiene

The most simple but most effective way to prevent spread of infectious diseases

- **Liquid soap and water**
  - When hands are visibly soiled or after using the toilet

- **Alcohol-based handrub**
  - When hands are not visibly soiled, performing hand hygiene with 70 to 80% alcohol-based handrub

**Rub hands for at least 20 seconds**
Proper Hand Hygiene

Hand Hygiene Technique  Rub hands for 20 seconds

潔手技巧 搓手 20秒
Video Demonstration on Hand Hygiene
(Cantonese version with English subtitles)

https://youtu.be/AxTV9COcoUg
Last but not the least, The Government appeals to the public to their devotion in keeping themselves highly alerted, maintaining good personal hygiene, wearing well-fitted surgical masks properly, getting vaccinated and helping each other. Together we shall fight against the virus!
Related Guidelines and Health Education Materials

• Health Advice for Handling Mail, Food Product and Packaging on Prevention of Coronavirus disease (COVID-19)

• Infection Control Advice for Couriers

• Latest information on Coronavirus Disease 2019
StayHomeSafe Scheme


StayHomeSafe Scheme

- In view of the serious pandemic condition, in order to curb the spread of COVID-19 and avoid bringing down the healthcare system, it is high time for the Government to launch the "StayHomeSafe" Scheme. With the concerted co-operation of the public in fighting the epidemic, Hong Kong will surely overcome the current epidemic situation.
- Persons undergoing "StayHomeSafe" must stay in the premises and wear an electronic wristband; monitor physical condition including taking body temperature twice a day; conduct regular Rapid Antigen Test (close contacts must be tested at the Community Testing Centre on Day 12); and follow other home quarantine guidelines issued by the Department of Health.
- Please click here for the list of buildings of home confinements under "StayHomeSafe" Scheme.
- With the concerted co-operation of the public in fighting the epidemic, Hong Kong will surely overcome the current epidemic situation!

What’s New

- "StayHomeSafe" Scheme launched (8 February 2022)
- Home Affairs Department and Centre of Health Protection of Department of Health jointly arranged briefing on infection control under "StayHomeSafe" Scheme for property management sector (8 February 2022)

Points to Note on Infection Control to Persons Undergoing Home Quarantine

Put the toilet lid down before flushing
Thank you