

Home Quarantine Guideline for Home Confinee

Home Arrangement

- Home confinee should stay in a well-ventilated single room if possible.
- Family members should stay in different rooms if possible.
- Keep a distance from another person as much as possible (at least 1 meter).
- Do not share towels or personal items. Use serving chopsticks and spoons at meal times. Do not share lunch boxes or drinks.
- Do not smoke.

Maintain good personal hygiene

- Avoid touching your eyes, mouth and nose.
- Keep hands clean at all times. Perform hand hygiene frequently, especially before touching your eyes, mouth or nose, before handling food or eating, after going to toilet, or when hands are contaminated by respiratory secretion after coughing or sneezing.
- 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 hands are not visibly soiled, performing hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
- Cover your nose and mouth with tissue paper when sneezing or coughing. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
- Close the toilet lid and flush after use.

Maintain good environmental hygiene

- Maintain good indoor ventilation.
- Home should be cleaned thoroughly at least once per week with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 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, clean up the visible matter. Then disinfect the surface and the neighbouring area with appropriate disinfectant. For non-metallic surface, disinfect with 1 in 49 diluted household bleach (mixture of 10ml of household bleach containing 5.25% hypochlorite solution with 490ml of water), leave for 15 - 30 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- 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. For details, please refer to https://www.chp.gov.hk/files/pdf/make_sure_the_trap_is_not_dry.pdf
- In case no family members or friends could help to dispose waste, wrap your waste properly for door-to-door collection by government staff.