

Back to School – Health Tips



1. Take rapid antigen test (RAT) everyday before school

- More information and demonstration: www.coronavirus.gov.hk/rat/eng/rat.html
- Only go to school if RAT result is negative



2. Monitor your health condition daily

If you feel unwell (regardless of RAT result)

- Do not go to school
- Seek medical advice promptly



3. Maintain personal and environmental hygiene at all times

- Personal protective measures should be taken by performing hand hygiene frequently and observing cough manners
- Wear masks properly
- Avoid face-to-face close contacts with others at school (especially when either side is not wearing a mask, such as when eating)



4. Get vaccinated as soon as possible

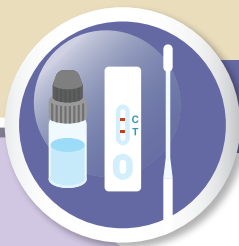
- Vaccination is crucial to protect children and adolescents against COVID-19 disease to effectively decrease the rates of serious illness and death
- Book your vaccination: www.covidvaccine.gov.hk/en/
- FAQs on COVID-19 vaccination for children and adolescents: www.covidvaccine.gov.hk/pdf/FAQ_children_adolescents_ENG.pdf



5. Maintain healthy lifestyle to enhance body immunity

- Pay attention to a balanced diet
- Exercise more
- Get sufficient rest and sleep





If RAT result is positive

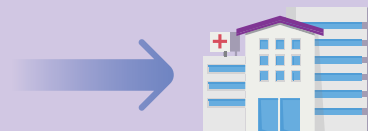
More Points to Note for Persons who Tested Positive
www.coronavirus.gov.hk/eng/tested-positive.html

- Do not go to school; inform the school immediately
- Siblings living together also shall not go to school; inform the relevant school(s)
- Report immediately via the online platform "Declaration System for individuals tested positive for COVID-19 using Rapid Antigen Test" (www.chp.gov.hk/ratp)
 - All reporting must be done on the day of testing or the day after
 - For those who are tested positive using a nucleic acid test, please use the link provided in the SMS message informing the result for declaration (www.chp.gov.hk/cdpi)
- Depending on the health risk, care needs and transmission risk in the household, the Government will, according to the multi-tiered triage measures for treatment and isolation, make arrangements for infected persons to undergo isolation / receive treatment as appropriate
- Asymptomatic patients or those with mild illnesses with no high risk factors are generally considered acceptable for home isolation, subject to suitable living conditions
- As for those who have to be isolated in isolation facilities, in addition to general Community Isolation Facilities (CIFs), the Government CIF at Penny's Bay caters for children to be isolated together with accompanying parents or carers
- The Hospital Authority (HA) has activated designated clinics (DCs) for confirmed cases of COVID-19 to assist in providing treatment for patients in the community with positive test results, and are presenting with relatively mild symptoms of infection requiring medical advice
https://www.ha.org.hk/haho/ho/covid-19/designated_clinic_en.pdf
 - For patients who are primary school or kindergarten students, their family member / carer can call the "Care Booking Line" to make appointments during the booking and service hours of DCs for medical consultation
- You may also refer to the Provision of Medical Services by Private Hospitals for Persons Tested Positive For COVID-19:
www.coronavirus.gov.hk/pdf/tp_ph_EN.pdf
- Go directly to the hospital / clinic, or book the designated fleet services (www.designatedtaxihk.com or hotline 3693 4770)
- If you have any warning symptoms, go to an Accident and Emergency (A&E) facility as soon as possible



HA Support Hotline 183 6115

www.ha.org.hk/haho/ho/pad/hotline_en.pdf



COVID-19 symptoms in children

Symptoms:

- Fever
- Cough
- Runny nose
- Sore throat
- Chills
- Nauseous
- Vomit
- Diarrhea
- Weakness
- Headache



Warning Symptoms:

- Persistent fever
- Breathing difficulty
- Blue lips
- Chest pain
- Fast heart beat
- Sudden change of sensorium or confusion
- Convulsion
- Persistent inability to eat or vomit

Go to an A & E facility immediately →



Fighting the virus together for a safe return to school



衛生防護中心
Centre for Health Protection



更多防疫資訊

For more information on fighting the virus:

www.coronavirus.gov.hk



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