



# 家居檢疫的健康建議

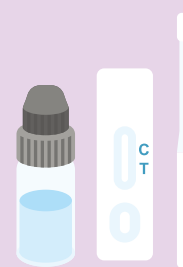
## Health Advice for home quarantine

- 除棄置垃圾、前往社區檢測中心進行檢測及進行獲衛生署許可的活動外，請留在隔離地點至整段隔離期結束。  
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 Department of Health
- 家居檢疫時，請保持單位大門關上。  
Keep the apartment door closed during the quarantine period
- 禁止任何人如非同住親友進入家居檢疫範圍。  
Any other person(s) should not enter the place of quarantine (e.g. friends or relatives not living together)



於開啟單位大門及必要情況下離開單位時，請正確佩戴貼面的外科口罩。

Wear a well-fitted surgical mask properly whenever you open the door or leave the flat for necessary need



監測健康狀況並在出現症狀時，立即進行快速抗原檢測。

Monitor health condition and have a RAT if symptoms develop

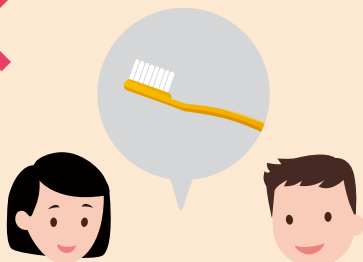


保持良好的個人衛生習慣，尤其是手部衛生  
Maintain good personal hygiene especially hand hygiene



保持空氣流通，並經常清潔消毒（包括廁所和廚房）

Maintain good ventilation, frequent cleansing and disinfection (including kitchen and toilet)



避免共用私人用品  
Avoid sharing personal items



不要吸煙和避免飲酒  
Do not smoke and avoid alcohol consumption