Health Advice for Persons
Tested Positive / Preliminarily Positive for COVID-19
and Pending Admission to a Hospital or Isolation Facility

Please remain calm and wait at home patiently. The Government will arrange to admit you to a hospital or isolation facility.

To reduce the risk of transmission of the virus to others (household members and the public), please note the following infection control advice while waiting at home.

1.1 Place of Residence
- The person tested positive / preliminarily positive needs to stay in the place of residence while waiting for admission to a hospital or isolation facility. It is preferable that he/she stays in his/her room. Keep the door closed and avoid face-to-face contact with other household members as far as feasible.
- Any other person(s) (e.g. friends, relatives and persons not living together) should not enter his/her room or place of residence
- Keep the place well ventilated by keeping windows open as far as feasible. It is best to install an air purifier in the room.

1.2 Personal Hygiene
- Wear a well-fitted surgical mask properly when the person needs to leave his/her room.
- Avoid having meals or sharing personal items with other household members.
- Perform hand hygiene frequently and observe cough manner.

1.3 Environmental and Toilet Hygiene
- Clean and disinfect the home environment daily with 1 in 49 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 490 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, use strongly absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with disinfectant. For non-metallic surface, disinfect with 1 in 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 10 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- Use a designated toilet as far as feasible. If this is not feasible, need to clean and disinfect the toilet after each use. Clean and disinfect toilet bowel with 1 in 4 diluted household bleach after defaecation. Clean and disinfect the washing basin with 1 in 4 diluted household bleach if contaminated with sputum or saliva e.g. after rinsing mouth or brushing teeth.
- Put the toilet lid down before flushing.
- Wash hands with soap and water after toileting.
- Pour about half a litre of water in each floor drain outlet once per week.

1.4 Garbage Disposal
- Garbage should be well wrapped and tied, and preferably double bagged to avoid leakage and passed to household member who is not infected to help with disposal. The household member needs to wear well-fitted surgical mask when disposing the garbage.
- Perform hand hygiene afterwards.

1.5 Watch out for symptoms
- Monitor health condition and measure body temperature twice daily.
- If you have the following warning symptoms, go to an Accident and Emergency (A&E) facility directly:
  - Persistent fever (>38.5°C) for more than 2 days despite fever-reducing medicine*
  - Hypothermia (≤35°C)
  - Convulsion
  - New onset of difficulty breathing or shortness of breath
  - Loss of speech or mobility
  - Inability to wake or stay awake
  - Pain or pressure in chest or abdomen
  - Dizziness or confusion or marked change in mental status
  - Weakness or unsteadiness
  - Decreased or no movement of fetus (for pregnant women at ≥ 24 weeks of gestation)
  - Persistent inability to drink or eat, or diarrhea / vomiting for more than 2 days

*Please follow the medication instruction on intake of fever-reducing medicine and watch out for overdose.
In addition, the Hospital Authority (HA) has activated designated clinics 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 (e.g., fever, cough, sore throat) requiring medical advice.

- If you are elderly patient aged 70 or above, children aged 5 or below, pregnant woman at 28 or more weeks gestation, or in an immunosuppressive state, and symptomatic, you will need a medical consultation. You can arrange an appointment at the HA’s Designated Clinics for COVID-19 Confirmed Cases or via tele-consultation.

Going to designated clinic / A&E
- Wear well-fitted surgical mask.
- Go directly to the hospital / clinic, while avoid using crowded public transport means as far as possible or staying in public place on the way.

- The Centre for Health Protection of the Department of Health has set up hotlines (2125 1111 / 2125 1122) for cases of COVID-19 and general enquiries. The hotlines operate from 9 am to 8 pm daily. If you are tested positive for COVID-19 and have enquiries on medical care, you may also call the support hotline 1836115 by Hospital Authority.

- Pre-admission support for COVID-19 confirmed cases:
  www.ha.org.hk/goto/pre-admission_support/en/

For more information, please visit:

Together We Fight the Virus thematic web page
www.chp.gov.hk/en/r/1363

Centre for Health Protection (Department of Health) and Hospital Authority
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