香港特別行政區衞生署

抵港人士健康檢查紀錄表

「2019 冠狀病毒病」的病原體為一種新型冠狀病毒。2019 冠狀病毒病的最常見病徵包括發燒、乏力、乾咳及呼吸困難。其他病徵包括鼻塞、頭痛、結膜炎、喉嚨痛、腹瀉、喪失味覺或嗅覺等。有些受感染者只有很輕微或不明顯的症狀。2019 冠狀病毒病主要經呼吸道飛沫傳播，亦可通過接觸傳播。現時對潛伏期的估計大多是 1 到 14 天，最常見的是 5 天左右。

政府已推出「2019 冠狀病毒病專題網站」（https://www.coronavirus.gov.hk/chi/index.html）發布與疫情相關的各項最新消息及健康建議，以助市民掌握最新資訊。

因你於過往 14 日內曾於內地、澳門或台灣或海外國家／屬地逗留，須由到達香港當日起，密切留意身體狀況 14 日，並須要注意以下事項：

- 如要外出，務必佩戴外科口罩。
- 你必須留意自己身體狀況，每日量度體溫兩次，並填寫背頁的健康檢查記錄表。
- 如有不適，應盡快求醫，並向醫生報告你的旅遊史。
- 若對病情有懷疑，可主動向醫生要求進行有關的病毒檢測。

你亦可以在普通科門診診所領取樣本收集瓶作 2019 冠狀病毒病檢測，詳情可參考「及早檢測 推前診斷」網頁。

有關醫院及診所的資料，可參考相關網站 。

2019 冠狀病毒病專題網站	及早檢測 推前診斷	醫院及診所

HKSAR Department of Health

Health Monitoring Checklist for Arriving Travellers

The causative agent of "Coronavirus Disease 2019 (COVID-19)" is a novel coronavirus. The most common symptoms of COVID-19 include fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, etc. Some infected people only have very mild or non-specific symptoms. The main mode of COVID-19 transmission is through respiratory droplets and the virus can also be transmitted through contact. Most estimates of the incubation period range from 1 to 14 days, most commonly around 5 days.

The Government has launched the "COVID-19 Thematic Website" (https://www.coronavirus.gov.hk/eng/index.html) for announcing the latest updates on various news on the COVID-19 infection and health advice to help the public understand the latest updates.

Since you have stayed in the Mainland, Macao or Taiwan or overseas countries/territories over the past 14 days, you must closely monitor your health condition for 14 days upon arrival in Hong Kong and shall observe the following during the period of medical surveillance:

- Wear a surgical mask if you need to go out.
- You must pay attention to your health condition, and take body temperature twice daily and record using the Health Monitoring Checklist on back page.
- If you feel unwell, seek medical attention as soon as possible and inform your doctor about your travel history.
- You can proactively make a request to your doctor for relevant virus testing when there is any suspicion.

You could also obtain specimen collection bottle from General Outpatient Clinics for COVID-19 testing. Details could be found in the "Early Testing and Detection" webpage.

For the information of hospitals and clinics, please refer to the relevant webpage.

COVID-19 Thematic Website	Early Testing and Detection	Hospitals and Clinics

抵港人士健康檢查記錄表 Health Monitoring Checklist for Arriving Travellers

姓名 Name: _____　　　　性別 Gender: 男 M / 女 F　　　年齡 Age: _____

請每天檢查及記錄體溫 2 次，並填寫在下列表格之適當位置。如有咳嗽、喉嚨痛、氣促等病徵，請在適當位置加上'√'。Please measure body temperature twice daily and record in the table below. If you have symptoms such as cough, sore throat, shortness of breath, please put a "√" in the corresponding box below:

日期 Date / 病徵 Symptom																
體溫(ºC) Body Temp	上午 am															
	下午 pm															
咳嗽 Cough																
流鼻水 Runny nose																
喉嚨痛 Sore throat																
氣促 Shortness of breath																
肚瀉 Diarrhoea (24 小時內多於 2 次水狀或稀爛大便) (>2 watery/loose stool per 24 hours)																
嘔吐 Vomiting																
肚痛 Abdominal pain																
頭痛 Headache																
肌肉痛 Myalgia																
喪失味覺或嗅覺 Loss of taste or smell																

註：如有出現發燒 (>=38ºC)、咳嗽、喉嚨痛或氣促等，或有其他病徵，請盡快求醫，並向醫生報告你的旅遊史。

Note: If you develop fever (>=38 ºC), cough, sore throat, or shortness of breath, or other symptoms, please seek medical attention as soon as possible and inform your doctor about your travel history.