

# 信息圖表：給2019冠狀病毒病檢測呈陽性人士的建議

## Infographic: Health Advice for Persons Tested Positive for COVID-19



- 你應留在自己的房間內（如可以），並關上房間的門。  
It is preferable that you stay in your own room. Keep the door closed.

- 若你出現輕微症狀並屬於高風險群組（即 70 歲或以上、5 歲或以下、懷孕 28 周或以上、或免疫力受抑制的病人），建議可預約醫院管理局（醫管局）2019 冠狀病毒病確診個案指定診所。

If you develop mild symptoms AND are in the high risk group, namely aged 70 or above, aged 5 or below, pregnant woman at 28 or more weeks gestation, or with a history of significant conditions causing immunosuppressive state, you are recommended to arrange an appointment at the Designated Clinics for COVID-19 Confirmed Cases of the Hospital Authority.



如你出現以下警告症狀時，需要直接前往急症室：

If you have the following warning symptoms, go to an Accident and Emergency (A&E) facility directly:

- 服用退燒藥後仍然發燒超過攝氏 38.5 度，並持續多於兩天\*  
Persistent fever ( $>38.5^{\circ}\text{C}$ ) for more than 2 days despite fever-reducing medicine\*
- 體溫攝氏 35 度或以下  
Hypothermia ( $\leq 35^{\circ}\text{C}$ )
- 抽搐  
Convulsion
- 呼吸困難或氣促  
Onset of difficulty breathing or shortness of breath
- 失語或不能行動  
Loss of speech or mobility
- 不能甦醒或不能保持清醒  
Inability to wake or stay awake
- 胸部或腹部疼痛  
Pain or pressure in chest or abdomen
- 頭暈或意識混亂或精神狀態明顯轉變  
Dizziness or confusion or marked change in mental status
- 虛弱或腳步不穩  
Weakness or unsteadiness
- 孕婦的胎兒活動減少或停止（適用於妊娠期 24 周或以上的孕婦）  
Decreased or no movement of fetus (for pregnant women at  $\geq 24$  weeks of gestation)
- 兒童精神狀態明顯轉變  
Marked change in mental status in children
- 持續不能飲食 / 腹瀉和嘔吐多於兩天  
Persistent inability to drink or eat / diarrhoea & vomiting for more than 2 days

\*請按照藥物指示服用退燒藥，切勿過量服用。

\*Please follow the medication instruction on intake of fever-reducing medicine and watch out for overdose.



每天量度體溫兩次及留意自己的身體狀況  
Please monitor your health condition and measure your body temperature twice daily



經常清潔雙手和注意咳嗽禮儀  
Perform hand hygiene frequently and observe cough manners



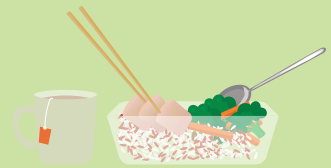
盡可能打開窗戶以保持單位空氣流通  
Keep the place well ventilated by keeping windows open as far as feasible



請將包紮好的垃圾交予家人幫助棄置  
然後清潔雙手  
Garbage should be well wrapped and passed to household member to help with disposal. Perform hand hygiene afterwards.



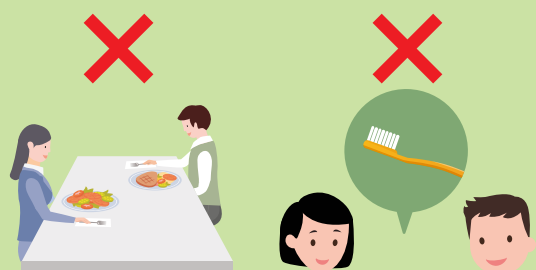
如果需要離開房間/求診，須正確佩戴緊貼面部的外科口罩  
You should wear well-fitted surgical masks properly when you need to leave the room / go out to seek medical attention



需自行安排所需的基本日常用品及 / 或食物  
Make your own arrangements for basic daily necessities and/or food



避免與其他同住人士有面對面的接觸  
Avoid face-to-face contact with other household members



避免與其他同住人士共同進餐或共享私人物品  
Avoid having meals or sharing personal items with other household members