Points to Note regarding **Self-monitoring Period for Close Contacts after Mandatory Quarantine at Quarantine Centre**

Following the end of your mandatory quarantine at Quarantine Centre, you may be instructed to undergo **self-monitoring** in the subsequent 7 days and **compulsory testing**.

*Any person who fails to comply with the Compulsory Testing Notice requirements commits an offence and may be fined a fixed penalty of $5,000. The person would also be issued with a compulsory testing order requiring him/her to undergo testing within a specified timeframe. Failure to comply with the order is an offence and the offender would be liable to a fine at level 4 ($25,000) and imprisonment for six months.

**During the self-monitoring period:**

1. **You must continue to monitor your health condition, including taking body temperature twice daily**.
   
   ![Monitor Temperature](image)

2. **You must take appropriate personal disease prevention measures including wearing a mask and maintaining hand hygiene.**
   
   You may also wish to note the following prevention measures:
   a. Perform hand hygiene frequently and observe cough etiquette
   b. Avoid social gatherings as far as feasible
   c. Wear mask all the time when staying with other people
   d. **Maintain good ventilation of household**
      i. Ensure the shared spaces are well ventilated by keeping windows open
      ii. Stay in a well-ventilated single room as far as possible.
      Household members should preferably stay in a separate room
   e. **Maintain environmental hygiene of household by**
      i. Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-traps), to ensure environmental hygiene

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For more information on fighting the virus: [www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)  
Center for Health Protection Facebook Fanpage [fb.com/CentreforHealthProtection](https://www.facebook.com/CentreforHealthProtection)  
健康教育資訊專線 2833 0111
f. Proper use of toilet
   i. Designate a toilet to be used as far as possible. If this is not feasible, need to clean and disinfect the toilet after each use. Clean and disinfect toilet bowel with 1 in 49 diluted household bleach after defeacation
   ii. Close toilet lid before flushing to minimize spread of germs
   iii. Always wash your hands with liquid soap and water after using the toilet

3 People who are living with people under self-monitoring during the period should
   a. Wear mask when staying with each other
   b. Refrain from close contacts
   c. Avoid sharing of personal items and meals

4 If feeling unwell, seek medical attention immediately

5 When you seek medical attention, inform your doctor about your mandatory quarantine history

6 Use the “LeaveHomeSafe” mobile app to record your whereabouts and check whether you have visited any venue as with a COVID-19 patient at about the same time