

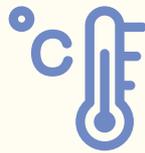
# Points to Note regarding **Self-monitoring Period** for **Close Contacts** after Mandatory Quarantine at Quarantine Centre

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



**2** You must take appropriate personal disease prevention measures including wearing a mask and maintaining hand hygiene.



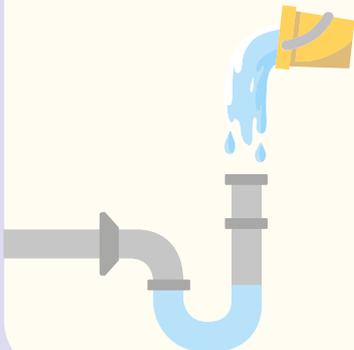
You may also wish to note the following prevention measures:

- Perform hand hygiene frequently and observe cough etiquette
- Avoid social gatherings as far as feasible
- Wear mask all the time when staying with other people
- Maintain good ventilation of household
  - Ensure the shared spaces are well ventilated by keeping windows open
  - 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**

- 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)



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- ii. Clean and disinfect the home environment daily with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol
- iii. Clean and disinfect the washing basin with 1 in 49 diluted household bleach if contaminated with sputum or saliva e.g. after rinsing mouth or brushing teeth

#### 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 bowl with 1 in 49 diluted household bleach after defecation
- 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



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#### People who are living with 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

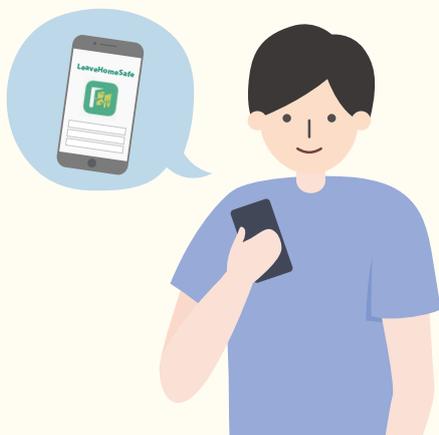


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#### If feeling unwell, seek medical attention immediately

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



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#### 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