

Points to Note regarding Self-monitoring Period for Inbound Travellers

Following the end of your compulsory quarantine, you may be required to undergo self-monitoring in the subsequent 7 days and compulsory testing(s), depending on **the place(s) you have stayed during the relevant period (the day of boarding for/arrival at Hong Kong or during the 21 days before that day)**, as well as whether you are fully vaccinated. Pay attention to latest announcements and visit thematic website for details:

All You Need To Know: Boarding and quarantine arrangements for persons arriving at Hong Kong under "vaccine bubble" concept

https://www.coronavirus.gov.hk/pdf/concise_guide_vaccinated_travellers_ENG.pdf

Specified conditions imposed on inbound travellers who have visited specified places

<https://www.coronavirus.gov.hk/eng/high-risk-places.html>

During the self-monitoring period:

1

You must continue to monitor your health condition, including taking body temperature twice daily



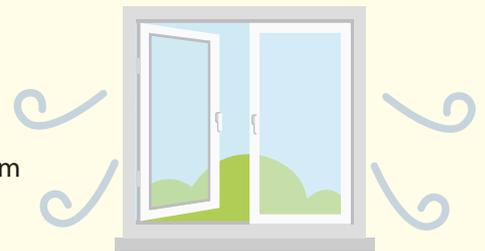
2

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



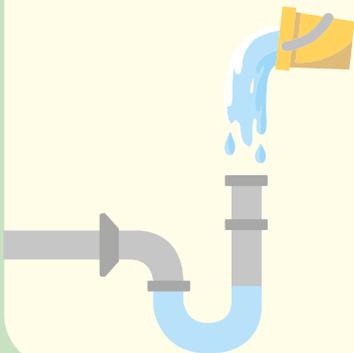
You may also wish to note the following prevention measures:

- 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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更多防疫資訊

For more information on fighting the virus:

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



3

People who are living with inbound travellers 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

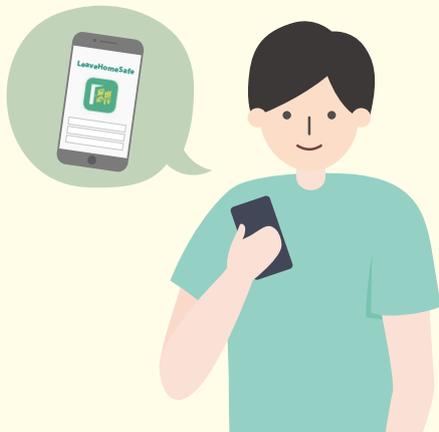


4

If feeling unwell, seek medical attention immediately

5

When you seek medical attention, inform your doctor about your travel 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