**Points to Note regarding Self-monitoring Period for Inbound Persons**

Depending on the place(s) you have stayed during the relevant period (the day of boarding for/arrival at Hong Kong or during the 7 days before that day), you are required to undergo self-monitoring following the end of medical surveillance or upon arrival at Hong Kong, and compulsory testing. Pay attention to latest announcements and visit thematic website for details:

Quarantine Measures for Inbound Persons
https://www.coronavirus.gov.hk/eng/inbound-travel.html#quarantinemeasures

**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:
   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

Centre for Health Protection Facebook Fanpage
fb.com/CentreforHealthProtection

Health Education Infoline of the Department of Health 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 inbound persons 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