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 14 days before that day), as well as whether you are fully vaccinated. Pay attention to latest announcements and visit thematic website for details:

Boarding and quarantine arrangements for persons arriving at Hong Kong
Quarantine Measures for Inbound Travellers
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.

   - 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
   - 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

More information on fighting the virus:
www.coronavirus.gov.hk

Health Education Infoline of the Department of Health 2833 0111
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 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 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