

## Infection Control Advice for Individuals of Home Quarantine 家居檢疫人士的感染控制建議

- a. Stay in your residence for quarantine for 14 days.  
必須留在家居或其他住所接受檢疫 14 天。
- b. Refrain from close contacts with other household members as far as possible.  
盡量避免與其他家庭成員有親密接觸。
- c. Avoid sharing of personal items and meals with other household members.  
避免與其他家庭成員共同進餐和共享私人物品。
- d. If living with other people, both confinee and his/her household members should wear surgical mask throughout the quarantine period.  
若有其他人同住，檢疫人士及其同住人士於家居檢疫期間需戴上外科口罩。
- e. Perform hand hygiene frequently and observe cough etiquette.  
經常保持雙手清潔和注意咳嗽禮儀。
- f. Stay in a well-ventilated single room as far as possible. Household members should preferably stay in a separate room.  
盡量留在空氣流通的單人房間，家庭成員最好留在家中其他的房間。
- g. Ensure that shared spaces are well ventilated by keeping windows open.  
保持窗戶打開，確保共用地方空氣流通。
- h. 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.  
每日清潔和消毒家居環境。可使用 1 比 99 稀釋家用漂白水（把 10 ml 含 5.25% 次氯酸鈉的家用漂白水與 990 ml 清水混和）消毒，待 15 至 30 分鐘後，用清水清洗並抹乾，金屬表面則可用 70%酒精消毒。
- i. If places are contaminated by respiratory secretions, vomitus or excreta, use strongly absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with disinfectant. For non-metallic surface, disinfect with 1 in 49 diluted household bleach (mixture of 10ml of household bleach containing 5.25% hypochlorite solution with 490ml of water), leave for 15 - 30 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.  
被呼吸道分泌物、嘔吐物或排泄物污染的物品表面或地方，應先用吸水力強的即棄抹巾清理可見的污物，然後用 1 比 49 稀釋家用漂白水（把 10ml 含 5.25%次氯酸鈉的家用漂白水

與 490ml 清水混和) 消毒被污染的地方及鄰近各處，待 15 至 30 分鐘後，用清水清洗並抹乾，金屬表面則可用 70%酒精消毒。

- j. Designate a toilet to be used only by you 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. 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.

盡量安排一個你專用的洗手間。如果這不可行，則在每次使用後需即時清潔和消毒，排便後可使用 1 比 49 稀釋家用漂白水清潔和消毒馬桶。如洗手盆被痰液及唾液污染，例如漱口或刷牙後，可使用 1 比 49 稀釋家用漂白水清潔和消毒洗手盆。

- k. Proper use of toilet

(i) Designate a toilet to be used only by you as far as possible.

(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.

正確使用洗手間

(i) 盡量安排一個你專用的洗手間。

(ii) 如廁後先蓋廁板再沖廁以防病菌散播。

(iii) 如廁後應以梘液和水清潔雙手。

- l. 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. Cover all floor drain outlets when they are not in use.

確保排水管及渠管正確裝置，每星期一次，把約半公升清水倒入每個排水口，以確保環境衛生。蓋好所有不使用的地台排水口。

- m. If you develop fever and acute respiratory symptoms or feeling unwell, make sure your mask is worn properly, call DH hotline immediately for advice and arrangement to public hospital for further management.

若出現發燒和急性呼吸道感染病徵或身體不適，應戴上外科口罩及即時致電衛生署熱線，按建議安排前往公立醫院求醫。

- n. If a household member develops fever or respiratory symptoms, he or she should put on a surgical mask and seek medical attention immediately.

如家庭成員出現發燒或呼吸道症狀，應戴上口罩並立即就醫。

Centre for Health Protection

衛生署衛生防護中心

17/03/2020