

Subject: Prevention of Coronavirus (COVID-19) 預防 2019 冠狀病毒病

Target Reader: Staff and students

Content:

Coronavirus disease (COVID-19) refers to the cluster of viral pneumonia cases occurring in Wuhan, Hubei Province, since December 2019. Symptoms include **fever, malaise, dry cough and shortness of breath**. Some cases were in serious condition. People of older age or having underlying disease are at a higher risk of deterioration into serious condition.

Mode of transmission and incubation period

The main mode of transmission is through respiratory droplets, the virus can also be transmitted through contact. Most estimates of the incubation period range from 1 to 14 days, most commonly around 5 days.

Treatment

The main treatment is supportive.

Medical Prevention

There is no vaccine for this infectious disease at the moment.

Health advice

To prevent pneumonia and respiratory tract infection, members of the public should always maintain good personal and environmental hygiene:

- Go out less and reduce social activities, and maintain appropriate social distance with other people as far as possible.
- Surgical mask can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask.
- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including hand hygiene before wearing and after removing a mask.
- Avoid touching your eyes, mouth and nose.
- Keep hands clean at all times. Perform hand hygiene frequently, especially before touching one's mouth, nose or eyes; before eating; after using toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretions after coughing or sneezing.
- Maintain drainage pipes properly and regularly (about once a week) pour about half a liter of water into each drain outlet (U-traps) to ensure environmental hygiene.
- Maintain good indoor ventilation.
- After using the toilet, put the toilet lid down before flushing to avoid spreading germs.
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
- If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
- Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly.
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.
- N95 respirators are generally not recommended for use by the general public in community settings because special training is required for proper wearing and removal of the mask. Otherwise the infective risk due to inadequate protection and contamination may be ironically increased.

- Avoid going to crowded places with poor ventilation if you are feeling unwell.
- Consult a doctor promptly if feeling unwell or having a fever or other symptoms.

Travel advice

Members of the public are strongly urged to avoid non-essential travel outside Hong Kong. If it is unavoidable, they should put on a surgical mask and continue to do so for 14 days upon their return to Hong Kong, and take heed of the health advice below when travelling outside Hong Kong:

- Do not travel to Hubei Province of Mainland China where there is widespread community transmission of COVID-19 virus.
- Avoid unnecessary travel to Korea (especially Daegu and Gyeongsangbuk-do), Iran, Hokkaido in Japan, Egypt, Schengen Area in Europe (Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Principality of Liechtenstein, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Slovak Republic, Republic of Slovenia, Spain, Sweden and Switzerland), Ireland, United Kingdom and United States.
- When travelling to other countries/areas with community transmission of COVID-19 virus like Japan, Singapore and other regions of Italy, the public should avoid close contact with persons with fever or respiratory symptoms. If it is unavoidable to come into contact with them, put on a surgical mask and continue to do so until 14 days after returning to Hong Kong.
- If feeling unwell with respiratory symptoms, such as having fever, cough, sore throat or muscle ache, put on a surgical mask and seek medical advice immediately; postpone your trip until recovery.
- Cooperate with port health authorities and comply with all necessary immigration procedures and health checks at destinations.
- Prepare adequate surgical masks and 70% to 80% alcohol-based handrub.
- Avoid visiting hospitals. If it is necessary to visit a hospital, put on a surgical mask and observe strict personal and hand hygiene.
- Avoid touching animals (including game), poultry/birds or their droppings.
- Avoid visiting wet markets, live poultry markets or farms.
- Avoid making close contact with patients, especially those with symptoms of acute respiratory infections.
- Do not consume game meat and do not patronise food premises where game meat is served.
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled.
- Watch out for changes in health condition during the trip. If feeling unwell when outside Hong Kong, especially if having a fever or cough, wear a surgical mask, inform the hotel staff or tour escort and seek medical advice at once.
- Take heed of the latest travel advice (including health advice for Hong Kong residents returning from the Mainland).
- After returning to Hong Kong, consult a doctor promptly if having a fever or other symptoms, take the initiative to inform the doctor of any recent travel history and any exposure to animals, and wear a surgical mask to help prevent spread of the disease.

For more information, please visit the Centre for Health Protection's website at <https://www.coronavirus.gov.hk/eng/index.html>. Furthermore, the Centre for Health Protection has set up a hotline (2125 1122) for cases of COVID-19. The hotline operates from 8 am to midnight daily to receive enquiries.

「2019 冠狀病毒病」是指 2019 年 12 月起在湖北省武漢市出現的病毒性肺炎病例群组個案。個案的病徵包括發燒、乏力、乾咳及呼吸困難。其中部分患者病情嚴重。年齡較大或有慢性疾病患者，有較大機會出現嚴重情況。

傳播途徑及潛伏期

經呼吸道飛沫傳播是主要的傳播途徑，亦可通過接觸傳播。現時對潛伏期的估計大多是 1 到 14 天，最常見的是 5 天左右。

治療方法

主要為支援性治療。

預防方法

現時沒有預防這傳染病的疫苗。

健康建議

要預防肺炎及呼吸道傳染病，市民必須時刻保持良好的個人及環境衛生，包括：

- 減少外出及社交活動，並盡量與他人保持適當的社交距離；
- 外科口罩能預防被病人傳染呼吸道病毒。出現病徵（即使症狀輕微）的人士，必須佩戴外科口罩；
- 在搭乘交通工具或在人多擠逼的地方逗留時應佩戴外科口罩。正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 避免觸摸眼睛、口和鼻；
- 經常保持雙手清潔，尤其在觸摸口、鼻或眼之前；進食前；如廁後；觸摸扶手或門把等公共設施後；或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後；
- 妥善保養排水渠管和定期（約每星期一次）把約半公升的清水注入每一排水口（U 型隔氣口），以確保環境衛生；
- 確保室內空氣流通；
- 如廁時亦要注重衛生，先將廁板蓋上才沖廁水，以免散播病菌；
- 洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾；雙手洗乾淨後，不要再直接觸摸水龍頭（例如先用抹手紙包裹著水龍頭，才把水龍頭關上）；
- 如沒有洗手設施，或雙手沒有明顯污垢時，使用含 70 至 80% 的酒精搓手液潔淨雙手亦為有效方法；
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋垃圾箱內，然後徹底清潔雙手；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前往人多擠迫的地方，及盡早向醫生求診；
- 一般而言，一般市民並不建議於社區中使用 N95 呼吸器，因為正確佩戴或卸除 N95 呼吸器需接受特別訓練，若使用不當，反而會因為保護不足和污染而增加感染風險；
- 如身體不適，避免前往人多擠逼、空氣流通情況欠佳的公眾地方；
- 如身體不適或出現發燒或其他病徵，應立即求診。

外遊預防措施

市民應避免所有非必要的外遊計劃。如果不可避免前往香港以外國家／地區，應戴上外科口罩，回港後亦應繼續佩戴 14 天，及於外遊時注意以下預防措施：

- 切勿前往出現 2019 冠狀病毒病病毒廣泛社區傳播的內地湖北省；
- 如非必要不要前往韓國（特別是大邱及慶尚北道）、伊朗、日本北海道、埃及、歐洲神根地區（奧地利、比利時、捷克、丹麥、愛沙尼亞、芬蘭、法國、德國、希臘、匈牙利、冰島、意大利、拉脫維亞、列支敦士登公國、立陶宛、盧森堡、馬耳他、荷蘭、挪威、波蘭、葡萄牙、斯洛伐克共和國、斯洛文尼亞共和國、西班牙、瑞典及瑞士）、愛爾蘭、英國及美國；
- 前往出現 2019 冠狀病毒病病毒社區傳播的國家／地區如日本、新加坡及意大利其他地區，應避免與發燒或有呼吸道病徵的人士有密切接觸。如果不可避免與他們接觸，應戴上外科口罩，並繼續佩戴直至回港後 14 天；
- 如感到不適，並出現傳染病感染症狀如發燒及／或呼吸道感染病徵，應佩戴外科口罩，盡早向醫生求診；延遲行程，直至痊癒；
- 與目的地港口衛生部門合作，和遵守所有必要的出入境程序和健康檢查；
- 帶備足夠的外科口罩和含 70%至 80%的酒精搓手液；
- 避免到訪醫院。如有必要到訪醫院，應佩戴外科口罩及時刻注重個人和手部衛生；
- 避免接觸動物（包括野味）、禽鳥或其糞便；
- 避免到濕貨街市、活家禽市場或農場；
- 避免近距離接觸患者，特別是有急性呼吸道感染症狀的患者；
- 切勿進食野味及切勿光顧有提供野味的食肆；
- 避免進食或飲用生或未熟透的動物產品，包括奶類、蛋類和肉類，或食用可能被動物分泌物、排泄物（例如尿液）或產品污染的食物，除非已經煮熟、洗淨或妥為去皮；
- 注意食物安全和衛生，避免進食或飲用生或未熟透的動物產品，包括奶類、蛋類和肉類，或食用可能被動物分泌物、排泄物（例如尿液）或產品污染的食物，除非已經煮熟、洗淨或妥為去皮；
- 身處外地時，如身體不適，特別是有發燒或咳嗽，應戴上外科口罩，立即通知酒店職員或旅遊領隊，並盡快求診；
- 注意最新外遊預防措施（包括給從內地回港香港居民的健康建議）。
- 從外地回港後，若出現發燒或其他病徵，應立即求診，主動告訴醫生最近曾到訪的地方及有否接觸動物；並佩戴外科口罩，以防傳染他人。

如欲了解更多詳情，可瀏覽衛生防護中心網頁：<https://www.coronavirus.gov.hk/chi/index.html>。此外，衛生防護中心已就 2019 冠狀病毒病個案設立熱線電話，電話號碼：2125 1122。熱線每天由上午八時至午夜十二時運作，接聽市民查詢。

物業處