



電子版 / e-version

2019冠狀病毒病 防疫錦囊足本

Tips for Fighting COVID-19 Full Version



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2019冠狀病毒病防疫錦囊

新冠疫苗能預防2019冠狀病毒病的嚴重疾病和併發症。鑑於完成接種新冠疫苗個案的死亡率遠低於未完成接種疫苗的個案，若你仍未接種，請盡快接種疫苗。

病毒檢測是識別有否感染新冠病毒的必須手段：核酸檢測靈敏度較高，但須到檢測中心或流動採樣站由專人採集鼻腔和咽喉合併拭子樣本以作檢測，檢測結果需24至48小時獲悉；快速抗原檢測可自行採樣，一般20分鐘可知結果。

政府一直以達致「早發現、早隔離、早治療」為目標。你可能會因各種原因（如工作需要、限制與檢測宣告或自行提交深喉唾液樣本等）進行2019冠狀病毒病的檢測。透過核酸檢測呈陽性的人士，在接收檢測結果電話短訊時，會同時收到要求填寫電子表格；而快速抗原檢測呈陽性的人士，則可透過「2019冠狀病毒快速抗原測試陽性結果人士申報系統」進行申報。

針對現時在香港廣泛流行的變異病毒株Omicron的傳播特性和不同人群在感染後的病情，政府會透過分層分流的治療及隔離措施，因應不同市民的需要及風險因素，為感染人士安排於不同的設施，接受適切的治療，以及隔離和照顧服務。

本小冊子介紹感染人士及其同住人士需注意的事項，供市民有需要時參考。





2019 冠狀病毒病 檢測呈陽性人士須知

當你進行 2019 冠狀病毒病檢測，而收到短訊通知檢測結果呈陽性，或你進行快速抗原檢測結果呈陽性，你會被界定為受感染人士，而你的同住人士會被界定為密切接觸者。請你盡快透過以下平台向衛生防護中心提供資料。

- 核酸檢測：www.chp.gov.hk/cdpi
- 快速抗原檢測：www.chp.gov.hk/ratp

在平台上，你需要透過回答一系列與風險相關的問題，評估個人的健康風險因素、居住環境的傳播風險以及同住家人的感染風險。政府會根據你所提供的資料，決定最合適的隔離方案，並會向你發出隔離令要求你進入政府社區隔離設施接受隔離，並適切地為你安排運送。在風險可控的情況下，根據你的家居環境因素，政府亦可同意你繼續留在家中進行隔離，並會向你發出相關隔離令。

建議有以下警告症狀人士，應前往急症室求醫：

- 服用退燒藥後仍然發燒超過 38.5 度並持續多於兩天
- 體溫攝氏 35 度或以下
- 抽搐
- 呼吸困難或氣促
- 失語或不能行動
- 不能甦醒或不能保持清醒
- 胸部或腹部疼痛
- 頭暈或意識混亂或精神狀態明顯轉變
- 虛弱或腳步不穩
- 孕婦的胎兒活動減少或停止（適用於妊娠期 24 周或以上的孕婦）
- 持續不能飲食，或腹瀉 / 嘔吐多於兩天

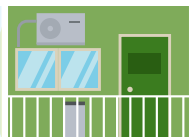


根據本港的流行病學數據，以下高風險群組於感染變異病毒株 Omicron 後會較容易出現嚴重併發症和死亡情況：

- 70 歲或以上長者
- 5 歲或以下兒童
- 懷孕 28 周或以上
- 免疫力受抑制病人



屬以上高風險群組，並 (1) 未能自行監察健康情況或 (2) 當健康狀況惡化時，未能緊急前往就醫的人士，不建議於家中進行隔離。而在家中接受隔離的高風險人士，例如沒有病徵或只出現非常輕微病徵並獲家人 / 同住人士提供一般護理，會獲醫護人員通過電話為患者進行評估，按需要預約到醫院管理局（醫管局）指定診所。如出現病徵，他們也可以使用醫管局電話熱線 1836 115、指定診所和遠程會診尋求醫療建議。如果有緊急或警告症狀，應尋求緊急醫療護理。



一般而言，沒有病徵或只出現非常輕微病徵的沒有高風險因素的人士，如果家居環境適合，可在家中接受隔離。不適合居家隔离的家居環境概括如下：

- 居住在「劏房」，或需要與其他非同住人士共用洗手間及 / 或廚房
- 未能為隔離人士安排獨立生活空間，包括專用房間進行自我隔離
- 未能安排專用洗手間，或於每次使用洗手間後未能妥善清洗及消毒共用的洗手間
- 同住家庭成員屬於高風險人士的家庭



分層分流的治療及隔離措施

- 現時在社區廣泛傳播的變異病毒株 Omicron 傳播力極高，容易引致家庭傳播。
- 對於未接種疫苗人士、高風險人士感染後的併發症和死亡風險更高。
- 針對感染人士的健康風險、照顧需要及家居環境的傳播風險，政府會安排患者以分層分流的治療及隔離措施，接受適切的隔離 / 治療。

層次	對象	現有設施
第一層	病情危殆的病人	醫院 
第二層	有住院需要的病人 (包括病情嚴重的病人、長者及長期病患者等)	
第三層	病情較穩定的病人	北大嶼山醫院香港感染控制中心及社區治療設施
第四層	沒有明顯病徵、無需醫療支援，但因照顧需要或居住環境而須安排家居以外隔離照顧的病人 	為需要護理人士而設的設施 (特設社區隔離設施及長者暫託中心)
		為有照顧者或家人一同入住而設的設施 (具有獨立單位的社區隔離設施)
		為有自我照顧能力的健全人士而設的設施 (一般社區隔離設施)
第五層	沒有明顯病徵、無需要醫學支援或照顧，且家居環境適合隔離的病人	居家隔離並獲家居支援、指定診所等服務

除了一般的社區隔離設施外，位於竹篙灣的政府社區隔離設施可容納長者與照顧者一同隔離，亦可以容納有父母或照顧者陪伴的兒童一同進行隔離。此外，長者暫托中心可讓有護理需要的長者入住，亦能為他們在隔離期間提供護理服務。





為確保你和家人以及他人的健康，
敬請細閱以下有關康復期間的重要資訊。



一般須知

- 如你是透過2019冠狀病毒病核酸檢測呈陽性的市民，在接收檢測結果電話短訊時，會同時收到要求填寫電子表格 (www.chp.gov.hk/cdpi)，申報同住家人等資料。如你是因為快速抗原檢測結果呈陽性而被界定為受感染人士，請你透過「2019冠狀病毒快速抗原測試陽性結果人士申報系統」網上平台申報 (www.chp.gov.hk/ratp)。
- 衛生署會以短訊形式向你發出隔離令，及向你的同住人士發出檢疫令，指示你和你的同住人士須接受至少 7 天隔離 / 檢疫，請避免外出。隔離令和檢疫令皆有法律效力，應當遵從。
- 你應在隔離期間保持冷靜，並時刻留意自己的身體狀況。已完成接種新冠疫苗人士可能不會出現病徵，或只會出現輕微且能自行消退的症狀。





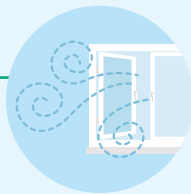
健康監測

- 你須時刻留意自己的身體狀況及每天量度體溫兩次。
- 若你出現**輕微症狀並屬於高風險群組（即 70 歲或以上、5 歲或以下、懷孕 28 周或以上、或免疫力受抑制的病人）**，建議可預約醫院管理局（醫管局）2019 冠狀病毒病確診個案指定診所。有關「指定診所」的地址及預約途徑，請參考在**第 39 頁**的有用資訊。高風險人士務必留意病徵轉變。
- 若你出現以下***警告症狀**：服用退燒藥後仍然發燒超過攝氏 38.5 度，並持續多於兩天[^]、體溫攝氏 35 度或以下、抽搐、呼吸困難或氣促、失語或不能行動、不能甦醒或不能保持清醒、胸部或腹部疼痛、頭暈或意識混亂或精神狀態明顯轉變、虛弱或腳步不穩、孕婦的胎兒活動減少或停止（適用於妊娠期 24 周或以上的孕婦）、兒童精神狀態明顯轉變、持續不能飲食，或腹瀉 / 嘔吐多於兩天，請直接前往急症室，並告知工作人員你是 2019 冠狀病毒病測試呈陽性人士。（[^]請按照藥物指示服用退燒藥，切勿過量服用。）
- 如你需要前往診所或急症室求診，應正確佩戴緊貼面部的外科口罩 / 呼吸器，直接前往醫院或診所，盡量避免使用人多擠迫的公共交通工具或中途在公共場所逗留。
- 你亦會收到電話短訊，可以通過短訊中的連結於食物及衛生局（食衛局）的隔離護理觀察系統進行登記，報告病徵及指定日子的快速測試結果，並獲得健康建議和相關資訊。
- 如果你收到脈搏血氧定量計，請參閱**第 35 - 36 頁**。
- 如遇上緊急情況，請致電 999。





感染控制指引

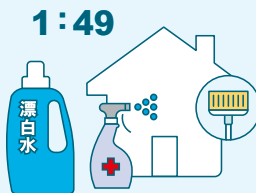


- 你應做好個人防護措施，經常清潔雙手及注意咳嗽禮儀，以盡量減低傳播病毒的風險。
- 有關環境衛生方面，建議你盡可能打開窗戶以保持居所空氣流通，最好在你的房間裡安裝空氣淨化器，空氣淨化器應長期運作及調較其效能至最高。
- 如你需要前往診所或急症室求診，應正確佩戴緊貼面部的外科口罩 / 呼吸器，不可使用附有呼氣閥或排氣口的口罩，直接前往醫院或診所，盡量避免使用人多擠迫的公共交通工具或中途在公共場所逗留。



環境與洗手間衛生

- 每日清潔和消毒家居環境。可使用 1 比 49 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 490 毫升清水混和）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。
- 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 4 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 40 毫升清水混和）消毒被污染的地方及鄰近各處，待 10 分鐘後，用清水清洗並抹乾，金屬表面則可用 70% 酒精消毒。
- 盡量安排一個專用的洗手間。如果這不可行，則在每次使用後須即時清潔和消毒。排便後，可在沖廁後使用 1 比 4 稀釋家用漂白水清潔和消毒座廁。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 4 稀釋家用漂白水清潔和消毒洗手盆。
- 如廁後先蓋廁板再沖廁。
- 如廁後應以梘液和水清潔雙手。
- 每星期一次，把約半公升清水倒入每個排水口。

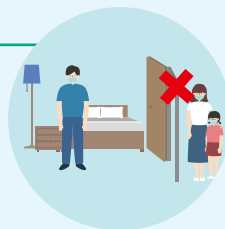


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生活安排

- 你應留在自己的房間內（如可以），關上房間的門，**盡量避免**與其他同住人士有面對面的接觸。如果需要
在其他同住人士在場的情況下離開房間，你須正確
佩戴緊貼面部的外科口罩 / 呼吸器。
- 其他人士（包括朋友、親友或非同住人士）不應進入你的房間或居所。
- 避免與其他同住人士共同進餐和共享任何私人物品（包括毛巾、
餐具、水杯、漱口瓶及牙膏）。
- 特區政府會盡快為你送上「抗疫物資包」。
- 你須自行安排食物及所需的日常用品，包括透過毋須接受檢疫的親友
供應或透過互聯網 / 電話訂購（建議採用非接觸付款方法）。上門送遞
物資的人員只可將物品放到家居門外（如家居外的椅子上），不可進入
屋內，以減低感染風險。同時，你應避免與有關人士面對面接觸。
- 如你無法自行安排基本日常生活所需或需情緒輔導，
可致電「1833 019」熱線。



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精神健康小貼士

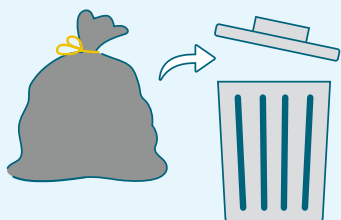
- 你可善用時間充實生活，例如盡量保持日常作息規律及娛樂等。
- 接納正常不安反應，並適當地抒發感受，例如寫日記、記錄
經歷或列出完成隔離後的願望清單。定時與家人和親友溝通，
互相支持及包容。若情緒受困擾，請主動向信任的人坦誠傾
訴或尋求專業協助。





棄置垃圾

- 請將垃圾包紮好，最好用雙層袋裝好以避免洩漏，然後把垃圾交予沒有受感染的同住人士幫助棄置，該沒有受感染的同住人士棄置垃圾時需正確佩戴緊貼面部的外科口罩。棄置垃圾後清潔雙手。



- 如果你獨居，或同住人士均已受感染，而你需要離家棄置垃圾，請避免在檢測結果呈陽性後的首兩天棄置垃圾。請盡量縮短離家棄置垃圾的時間，並正確佩戴緊貼面部的外科口罩 / 呼吸器。棄置垃圾後清潔雙手。



感染人士的醫療需要及相關安排

- 你可能會出現病徵，請透過食衛局的隔離護理觀察系統呈報相關健康狀況，你亦可致電醫院管理局支援熱線 1836 115 查詢。
- 醫管局亦已啟動 2019 冠狀病毒確診個案「指定診所」，協助治療檢測結果為陽性，並且因較輕微症狀（例如發燒、咳嗽、喉嚨痛等）而需要醫生診症服務的人士，尤其屬於高風險群組的人士。有關「指定診所」的地址及預約途徑，請參考**第 39 頁**的有用資訊。
- 政府已設立專屬的士車隊，提供免費接送往返你的住所及指定診所的服務。你可透過專設的預約平台 (www.designatedtaxihk.com) 或致電 3693 4770 預約專屬車隊服務。
- 如病情突然惡化並出現警告症狀，或遇上其他緊急情況，請即致電 999 尋求協助，並告知工作人員你是 2019 冠狀病毒病測試呈陽性人士。

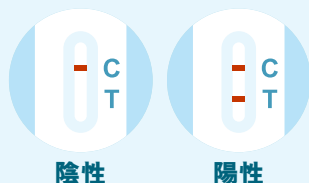




受感染人士完成隔離的條件

隔離期預設為14日。然而，若你已接種至少兩劑新冠疫苗：

- 你可以在檢測結果呈陽性後的第6天及第7天進行快速抗原檢測（接受檢測或接收樣本翌日為第一天；如無紀錄，則以收到檢測結果通知當日為第一天）。
- 如你在第6天及第7天進行的快速抗原檢測結果均呈陰性，你可被視為康復及如常生活。如有同住人士受感染，你不需要等待他們康復已可完成隔離。
- 如你在第6天或第7天進行的快速抗原檢測結果呈陽性，你應繼續接受隔離及每天進行快速抗原檢測，直至連續兩天獲得陰性結果，然後，你可被視為康復及如常生活。



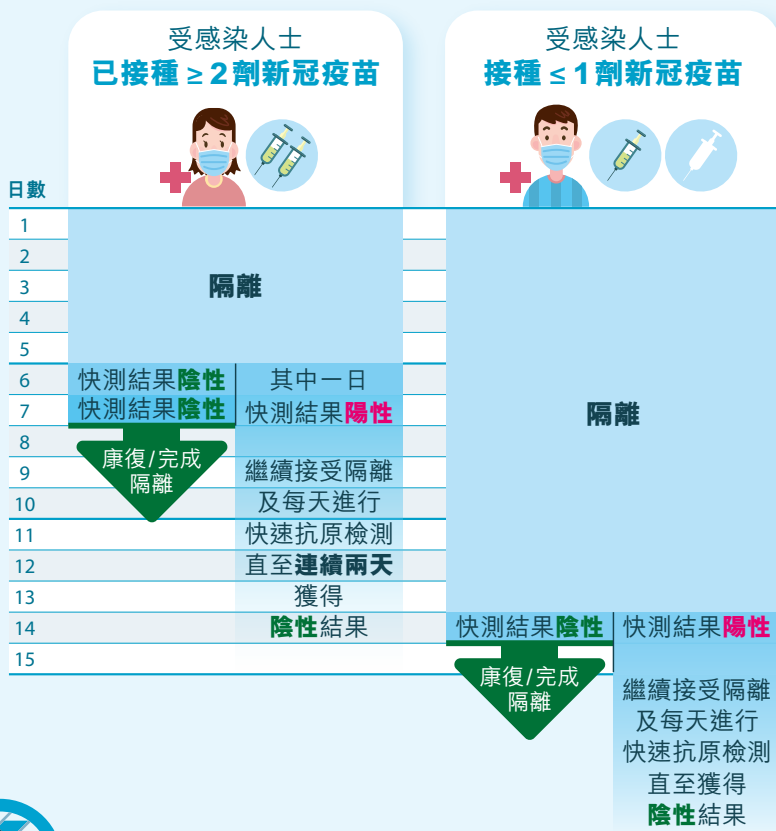
若你未有接種或只接種一劑新冠疫苗：

- 你應該在檢測結果呈陽性後的第14天進行快速抗原檢測（接受檢測或接收樣本翌日為第一天；如無紀錄，則以收到檢測結果通知當日為第一天）。當你取得陰性結果後，你會被視為康復。
- 如你在第14天進行的快速抗原檢測結果呈陽性，你應繼續接受隔離及每天進行快速抗原檢測，直至獲得陰性結果。然後，你會被視為康復及可如常生活。

**如需曾確診或接受隔離的書面證明，
請參考衛生署發出的隔離令。**

請時刻保持良好個人衛生習慣。





快速抗原檢測



- 請參閱**第 33 頁**、瀏覽 www.chp.gov.hk/tc/r/1347 或掃描右旁二維碼了解使用示範。
- 請在讀取測試結果後**立即拍照**以保留所有檢測結果。
- 如快速抗原檢測結果為無效，請查看樣本類別、樣本採集過程和進行測試的方法是否按製造商的指示，並按指示重新使用新的測試套件進行測試。

**衷心感謝你和你家人的合作。
同心抗疫，我們定能戰勝疫情。**



2019 冠狀病毒病 檢測呈陽性人士的 同住人士須知

如果你的同住人士對 2019 冠狀病毒病檢測結果呈陽性，你會被視為密切接觸者，須接受家居檢疫。根據法例，你須留在家中直至檢疫期完結。為確保你和家人以及他人的健康，敬請細閱以下有關進行家居檢疫時的重要資訊。



一般須知

- 當你有同住人士確診感染 2019 冠狀病毒病，你會被視為密切接觸者，須接受家居檢疫和醫學監測。
- 在整段家居檢疫期內，你必須留在檢疫居所。
- 一般而言，除了同住人士、提供緊急及必要服務的照顧者或工作人員外，任何人士在整段檢疫期內均不得進入家居檢疫範圍。
- 你必須達到相關檢測要求後，方可被視作完成家居檢疫。
- 任何人士如未有遵從檢疫規定，可能會觸犯法例，並可遭罰款。

如需曾接受檢疫的書面證明，請參考衛生署發出的檢疫令。



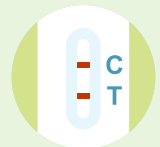


健康監測和檢測安排

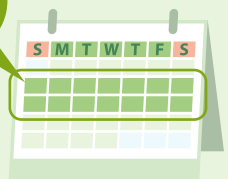
- 你須每天量度體溫兩次，留意自己的健康狀況。
- 若你在家居檢疫期間出現**警告症狀***（見第一章的健康監測部分），請直接前往急症室。
- 如出現 2019 冠狀病毒病症狀（例如發燒、咳嗽伴有或不伴有痰、氣促、肌肉和關節疼痛、頭痛、疲勞乏力、腹痛、嘔吐和腹瀉等），請立即進行快速抗原檢測。
- 如果你的任何一個檢測結果呈陽性，你會被界定為受感染人士，請參閱本小冊子**第 1 - 10 頁**的須知。
- 在家居檢疫期間，若你有醫療緊急情況，請直接前往急症室或致電 999，並告知工作人員你在進行家居檢疫。
- 你須於檢疫期第 1 天、第 3 天、第 7 天，以及第 14 天進行快速抗原測試，並將有關測試結果記錄及拍照保存。
- 如果你已接種至少兩劑新冠疫苗，而你在家居檢疫期內的第 6 天和第 7 天，或之後連續兩天進行的檢測結果都是陰性，你可在第二個陰性檢測結果當日被視為完成檢疫，如常生活。
- 如果你未有接種或只接種一劑新冠疫苗，你須進行 14 天家居檢疫及在第 14 天進行快速抗原檢測。
- 你的家居檢疫期第一天，會是你同住感染人士接受檢測或接收樣本翌日；如該感染人士無此紀錄，則以收到檢測結果通知當日為第一天。
- 若密切接觸者在家居檢疫期間，再有更多同住家人檢測陽性，這些密切接觸者須以家中最後一名檢測陽性人士接受檢測或接收樣本翌日為第一天，計算進行快速測試的日數。



陰性



陽性





感染控制建議

- 在家居檢疫期內，你應做好個人防護措施，經常清潔雙手和注意咳嗽禮儀，以盡可能減低傳播病毒的風險。
- 你應盡可能打開窗戶，以保持單位空氣流通。
- 如你與感染人士同住，請盡量與感染人士分開房間並關上房門，避免面對面接觸。如必須接觸，應正確佩戴緊貼面部的外科口罩。
- 避免與其他同住人士共用任何個人物件，包括毛巾、食具和牙膏。
- 如你須要離開家居前往急症室就診，你應正確佩戴一個緊貼面部的外科口罩，直接前往醫院，同時應盡量避免使用人多擠迫的公共交通工具或中途在公共地方逗留。

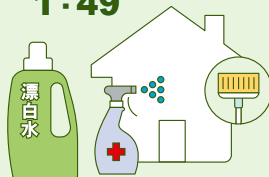




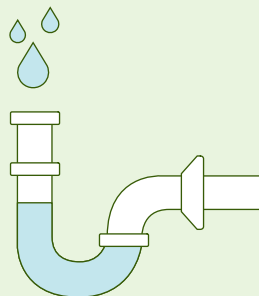
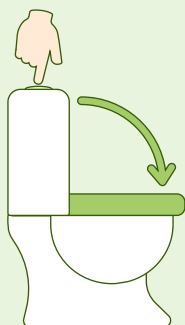
環境與洗手間衛生

- 每日清潔和消毒家居環境。可使用 1 比 49 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 490 毫升清水混和）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。

1:49



- 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 4 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 40 毫升清水混和）消毒被污染的地方及鄰近各處，待 10 分鐘後，用清水清洗並抹乾，金屬表面則可用 70% 酒精消毒。
- 如廁後應先蓋廁板後再沖廁。
- 如廁後應以梘液和水清潔雙手。
- 每星期一次，把約半公升清水倒入每個排水口。





5 生活安排

- 你須自行安排所需的食物及基本日常用品，包括透過毋須接受檢疫的親友供應或透過互聯網／電話訂購（建議你採用非接觸付款方法）。上門送遞物資的人員只可將物品放到家居門外（如家居外的椅子上），不可進入屋內，以減低感染風險。同時，你應避免與有關人士面對面接觸。
- 如你無法自行安排基本日常生活所需，可致電「居安抗疫」熱線 1833 019。



6 精神健康小貼士

- 你可善用時間充實生活，例如盡量保持日常作息規律及娛樂等。
- 接納正常不安反應，並適當地抒發感受，例如寫日記、記錄經歷或列出完成檢疫後的願望清單。定時與家人和親友溝通，互相支持及包容。若情緒受困擾，請主動向信任的人坦誠傾訴或尋求專業協助。



7 家居廢物處置

- 你可短暫離開居所到同一樓層垃圾收集處棄置垃圾，並須佩戴一個緊貼面部的外科口罩。
- 在離開居所前，你應先將垃圾妥善包紮好，消毒雙手及在離開居所後立即關上大門，並盡快返回居所及消毒雙手。





快速抗原檢測



- 請參閱**第 33 頁**、瀏覽 www.chp.gov.hk/tc/r/1347 或掃描右旁二維碼了解使用示範。
- 請在讀取測試結果後**立即拍照**以保留所有檢測結果。
- 如快速抗原檢測結果顯示無效，你應查看樣本類別、樣本採集過程和進行測試的方法是否按製造商的指示，並按指示重新使用新的測試套件進行測試。



居家抗疫 維護健康

為了在家檢疫時維護健康，請奉行健康生活模式：

- 遵從基本的健康飲食原則，包括減少攝入油、鹽和糖，多進食水果和蔬菜，攝入足夠的膳食纖維和飲足夠的水；
- 多做體能活動，例如可做家居運動和家務；
- 不要吸煙；及
- 避免飲酒。



**衷心感謝你和你家人的合作。
同心抗疫，我們定能戰勝疫情。**

Tips for Fighting COVID-19

COVID-19 vaccines can protect individuals from severe illnesses and complications from COVID-19. As fully vaccinated individuals have much lower fatality rate than those not fully vaccinated, please get vaccinated as soon as practicable if you have not yet done so.

Virus testing is essential for identifying COVID-19 cases. Nucleic acid tests are more sensitive but require attendance at testing centres or mobile specimen collection stations for collection of combined nasal and throat swabs by professionals and the results could take 24 to 48 hours. Rapid Antigen Tests (RATs) can be self-administered and results are generally available in 20 minutes.

The Government has all along, aimed to achieve the goals of “early identification, early isolation and early treatment”. You may have taken COVID-19 tests for various reasons (such as work-related, restriction-testing declaration and self-submitted deep throat saliva tests). Persons tested positive by nucleic acid test will receive an SMS notification about the result, together with a request to fill in an electronic form while those who obtain a positive RAT result can report via the online platform “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test”.

Given the transmission characteristics of the Omicron variant which is currently widely circulated locally and its severity in different groups of infected persons, the Government will, according to the Multi-tiered Triage Measures for Treatment and Isolation, make arrangements for infected persons to receive treatment as well as isolation and care services in different facilities as appropriate based on individual needs and risk factors.

This booklet sets out the points to note for infected persons and their household members for reference as necessary.





Points to Note for Persons Tested Positive for COVID-19

When you are tested positive for COVID-19 and notified via Short Message Service (SMS), or obtain a positive Rapid Antigen Test (RAT) result, you will be considered as infected. Your household member(s) will be considered as close contact(s). Please provide information to the Centre for Health Protection through the links below.

- Nucleic Acid Test: www.chp.gov.hk/cdpi
- RAT: www.chp.gov.hk/ratp

You will be asked to assess your health risk, transmission risks in your home environment and risks of infection among household members through a set of risk assessment questions on the platforms. Based on the information provided, the Government will determine your most appropriate isolation arrangement and issue an isolation order for isolation at a government community isolation facility (CIF) and arrange transfer for you as appropriate. Under circumstances where the risks could be controlled and taking into consideration your home environment, the Government will also allow you to stay home for self-isolation and will issue an isolation order to you.

Patients with the following warning symptoms are advised to seek medical attention in the Accident and Emergency Departments:

- Persistent fever ($> 38.5^{\circ}\text{C}$) for more than 2 days despite antipyretics
- Hypothermia ($\leq 35^{\circ}\text{C}$)
- Convulsion
- New onset of difficulty in breathing or shortness of breath
- Loss of speech or mobility
- Inability to wake or stay awake
- Pain or pressure in chest or abdomen
- Dizziness or confusion or marked change in mental status
- Weakness or unsteadiness
- Decreased or no movement of foetus (for pregnant ≥ 24 weeks of gestation)
- Persistent inability to drink or eat or diarrhoea and vomiting for more than 2 days

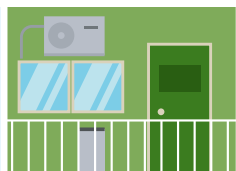


According to local epidemiological statistics, the following high risk groups have a relatively higher chance of severe illness or death after infection with the Omicron variant.

- Elderly aged ≥ 70 years
- Children aged ≤ 5 years
- Pregnant women at ≥ 28 weeks gestation
- Immunocompromised patients



Patients in the above high risk groups who (i) cannot monitor their own health condition or (ii) cannot seek urgent medical attention if their health condition deteriorates are not advised to be isolated at home. Meanwhile, high risk group patients who are isolated at home, e.g. asymptomatic or with very mild symptoms with general care given by family / household members, will be contacted by medical professionals by phone for assessment. Appointment at Designated Clinics under the Hospital Authority (HA) would be arranged if necessary. They may also use the HA telephone hotline 1836 115, Designated Clinics and teleconsultation to seek medical advice if symptoms develop. Urgent medical care should be sought if there are alerting or warning signs.





Asymptomatic patients or those with mild illnesses with no high risk factors are generally considered acceptable for home isolation, subject to suitable living conditions. The following living conditions are generally considered not acceptable for home isolation:

- those residing in subdivided flats or have to share toilets and / or kitchen with other non-household individuals
- those without designated living space, including a dedicated bedroom for self-isolation
- those without a designated toilet for the patient, or if thorough cleansing and disinfection of a share-used toilet after each use is not possible
- those with household members belonging to the high risk group in the same living environment



Multi-Tiered Triage Measures for Treatment and Isolation

- The Omicron variant which is currently widely circulated in the community is highly transmissible and may easily be transmitted in the household.
- Unvaccinated persons and persons in the high risk group have a higher risk of complications and fatality after infection.
- Depending on the health risk, care needs and transmission risk in the household, the Government will, according to the multi-tiered triage measures for treatment and isolation, make arrangements for infected persons to undergo isolation / receive treatment as appropriate.

Tier	Target Group	Existing Facilities
Tier 1	Patients in critical conditions	Hospitals 
Tier 2	Patients in need of hospitalisation (including patients in serious conditions, elderly and patients with chronic diseases)	
Tier 3	Patients in relatively stable conditions	North Lantau Hospital Hong Kong Infection Control Centre and Community Treatment Facilities
Tier 4	Asymptomatic patients or patients who do not require medical support but have to be isolated in isolation facilities due to their care needs or household environment 	Facilities for individuals who require care support (dedicated Community Isolation Facilities (CIFs) and Holding Centres for elderly)
		Facilities for individuals admitted with carers or family (CIFs with individual units)
		Facilities for able-bodied individuals who can self-care (general CIFs)
Tier 5	Asymptomatic patients residing in places suitable for isolation who do not require medical care or support	Home isolation with support, Designated Clinics, etc.

In addition to general CIFs, the Government CIF at Penny's Bay caters for the elderly to be isolated along with accompanying carers and for children to be isolated together with accompanying parents or carers. Furthermore, the Holding Centres for the elderly can accommodate elderly with care needs and provide care support during their period of isolation.





To protect your health and that of your family and the community, we have prepared the following information and advice to support you during your recovery period.



General Information

- If you obtain a positive COVID-19 nucleic acid test result, you will receive an SMS notification about the result, together with a request to fill in an electronic form (www.chp.gov.hk/cdpi) to submit information, including those on family members living in the same household. If you are considered as infected by obtaining a positive RAT result, please report via the online platform “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test” (www.chp.gov.hk/ratp).
- The Department of Health will issue an isolation order to you and quarantine order(s) to your household member(s) respectively via SMS specifying that you and your household member(s) have to undergo isolation / quarantine for at least 7 days. Please avoid going out. You and your household member(s) have to comply with the legal requirements stipulated in the orders.
- Please stay calm and monitor your health condition during the period of isolation. Vaccinated persons may be asymptomatic or only develop mild self-limiting symptoms.

**Declaration System
for Individuals
Tested Positive
for COVID-19
Using Rapid Antigen Test**





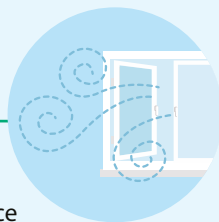
Health Monitoring

- Please monitor your health condition and measure your body temperature twice daily.
- If you develop **mild symptoms AND are in the high risk group, namely aged 70 or above, aged 5 or below, pregnant woman at 28 or more weeks gestation, or with a history of significant conditions causing immunosuppressive state**, you are recommended to arrange an appointment at the Designated Clinics for COVID-19 Confirmed Cases of the Hospital Authority. For information including the addresses and booking means of the designated clinics, please refer to "Useful Information" on **p.39**. Persons in the high risk group should look out for changes in their health conditions.
- If you develop ***warning symptoms**, such as persistent fever ($> 38.5^{\circ}\text{C}$) for more than 2 days despite fever-reducing medicine[^], hypothermia ($\leq 35^{\circ}\text{C}$), convulsion, onset of difficulty breathing or shortness of breath, loss of speech or mobility, inability to wake or stay awake, pain or pressure in chest or abdomen, dizziness or confusion or marked change in mental status, weakness or unsteadiness, decreased or no movement of foetus (for pregnant women at ≥ 24 weeks of gestation), marked change in mental status in children, persistent inability to drink or eat, or diarrhoea / vomiting for more than 2 days, you should go to an Accident and Emergency (A&E) facility directly. Please inform the staff that you have been tested positive for COVID-19. ([^]Please follow the medication instruction on intake of fever-reducing medicine and watch out for overdose.)
- If you need to go to clinic / A&E, please wear a well-fitted surgical mask / respirator. Go directly to the hospital / clinic, while avoid using crowded public transport means as far as possible or staying in public place on the way.
- You will also receive an SMS and you can register with the Isolation Care Monitoring System of the Food and Health Bureau through the link in the SMS. You may report symptoms, RAT results on specific days, etc. through the system and obtain health advice as well as relevant information.
- If you have received a pulse oximeter, please turn to **p.37-38**.
- In case of emergency, please call 999.





Infection Control Advice

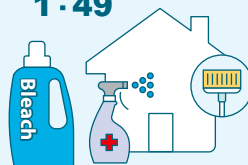


- Personal protective measures should be taken by performing hand hygiene frequently and observing cough manners to reduce the risk of virus transmission as far as practicable.
- You are recommended to keep your dwelling place well ventilated by keeping windows open as far as feasible. It is best to install an air purifier in your room. The air purifier should be switched to maximum and operated continuously.
- In case you need to go out for medical consultation, you should properly wear a well-fitted surgical mask / respirator, do not use masks with exhalation valve or vents and go directly to the hospital or clinic, while avoid using crowded public transportation as far as possible or staying in public areas on the way.



Environmental and Toilet Hygiene

1 : 49



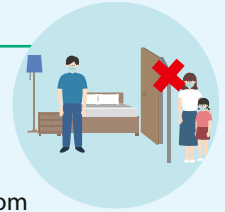
- Clean and disinfect the home environment daily with 1 in 49 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 490 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- If places are contaminated 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 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 10 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- Use a designated toilet as far as feasible. If this is not feasible, need to clean and disinfect the toilet after each use. After defaecation, clean and disinfect the toilet bowl with 1 in 4 diluted household bleach after flushing. Clean and disinfect the washing basin with 1 in 4 diluted household bleach if contaminated with sputum or saliva e.g. after rinsing mouth or brushing teeth.
- Put the toilet lid down before flushing.
- Wash hands with soap and water after toileting.
- Pour about half a litre of water in each floor drain outlet once per week.





Daily Necessities

- It is preferable that you stay in your own room if there is one. Keep the door closed and avoid face-to-face contact with other household member(s) **as far as feasible**. Wear a well-fitted surgical mask/ respirator properly when you need to leave your room and in the presence of other household member(s).
- Any other person(s) (e.g. friends, relatives and persons not living together) should not enter your room or place of residence.
- Avoid having meals or sharing any personal items including towels, eating utensils, water cups, mouth-rinsing mugs and tooth paste with other household member(s).
- The Government will deliver anti-epidemic kits to you as soon as practicable.
- You are required to make your own arrangements for food and daily necessities, such as by friends and relatives not under quarantine or ordering online / through telephone (you are advised to use contactless payment methods). Persons delivering these items should leave them at your door (e.g. a chair outside your door) and are not allowed to enter your home to reduce the risk of them being exposed to infection. You should also avoid face-to-face contact with them.
- If you cannot make arrangements for your daily necessities or require emotional counselling, please contact the 1833 019 hotline.



Mental Health Tips

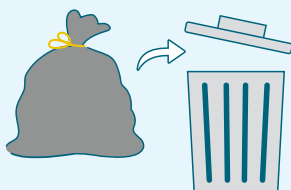
- You may make good use of time, such as to keep regular daily routine and entertainment.
- Accept normal negative emotions, and express feelings appropriately, such as keeping a journal, recording experiences, or making a wish list after completing isolation. Communicate regularly with family members and friends to support and accommodate each other. When feeling distressed, take the initiative to talk to people you trust or seek professional assistance.





Handling of Household Garbage

- Garbage should be well wrapped and tied, and preferably double bagged to avoid leakage and passed to a household member who is not infected to help with disposal. The household member needs to wear a well-fitted surgical mask when disposing of the garbage. Perform hand hygiene afterwards.



- If you are living alone, or your household member(s) are all infected, and you need to go out to dispose of garbage, avoid disposing of garbage on the first two days after learning your positive test results. Try to shorten the duration of stay outside your home for garbage disposal and wear a well-fitted surgical mask / respirator. Perform hand hygiene afterwards.



Medical Needs of Infected Persons and Relevant Arrangement

- You may develop symptoms. Please report your health condition through the Isolation Care Monitoring System of the Food and Health Bureau. You may also call the support hotline 1836 115 by the Hospital Authority.
- In addition, the Hospital Authority has also activated Designated Clinics for COVID-19 Confirmed Cases to assist in providing treatment for people with positive test results, especially high risk groups, and are presenting with relatively mild symptoms of infection (e.g. fever, cough, sore throat) requiring medical advice. For information including the addresses and booking means of the designated clinics, please refer to “Useful Information” on **p.39**.
- The Government has set up a designated taxi fleet to provide free transport services between your place of residence and the designated clinics. You can book the designated fleet services through the dedicated booking platform (www.designatedtaxihk.com), or through the hotline at 3693 4770.
- If your health condition deteriorates and warning symptoms develop, or in case of emergency, call 999 to seek assistance and inform the staff that you have been tested positive for COVID-19.





Criteria for Discharge from Isolation for Infected Persons

The default isolation period is 14 days. Nevertheless, if you have received at least two doses of COVID-19 vaccines:

- You can undergo RATs on Day 6 and Day 7 after obtaining a positive test result (the day following testing or collection of sample is counted as Day 1; if there is no such testing or collection record, the day on receiving the test result is counted as Day 1).
- If you obtain RAT negative results on both Day 6 and Day 7, you may be considered as recovered and continue with your daily activities. If your household member(s) are infected, you do not need to wait for their recovery to complete isolation.
- If you obtain a positive RAT result on Day 6 or Day 7, you should continue isolation and undergo daily RAT until negative results on two consecutive days are obtained. You may then be considered as recovered and continue with your daily activities.







If you have received no / only one dose of COVID-19 vaccine:

- You should undergo a RAT on Day 14 (the day following testing or collection of sample is counted as Day 1; if there is no such testing or collection record, the day on receiving the test result is counted as Day 1). You are considered as recovered only after obtaining a negative result.
- If you obtain a positive RAT result on Day 14, you should continue isolation and undergo daily RAT until a negative result is obtained. You are then considered as recovered and may continue with your daily activities.

If a written proof is required for persons tested positive / completing isolation, please refer to the Isolation Order issued by the Department of Health.

Please maintain good personal hygiene at all times.



Infected Persons ≥ 2 doses of COVID-19 vaccines			Infected Persons ≤ 1 dose of COVID-19 vaccine				
							
Day							
1	Isolation		Isolation				
2							
3							
4							
5							
6	RAT negative	If either day 6 or day 7					
7	RAT negative						
8		RAT positive ,					
9		continue to					
10	undergo isolation.						
11	Undergo daily RAT						
12	until you get						
13	negative results on						
14	two consecutive days.	RAT negative					RAT positive ,
15			continue to				
			undergo isolation.				
			Undergo daily RAT				
			until you get a				
			negative result.				



Rapid Antigen Tests



- Please turn to **p.34**, visit www.chp.gov.hk/en/r/1347 or scan this QR code to view the instructions on how to do a RAT.
- Please take a photo **immediately** after reading the test to record the test result.
- If the RAT result is invalid, you should check whether the sample type, sample collection method and testing method are correct according to the instructions provided by the manufacturers and repeat the test with correct methods with a new test kit.

**We express our heartfelt thanks to you and your family for
your cooperation. Together, we fight the virus!
We will overcome the epidemic.**



Points to Note for Household Members of Persons Tested Positive for COVID-19

If you are a household member of a person tested positive for COVID-19, you are considered as a close contact and are required to undergo home quarantine. You are legally required to stay at your dwelling place until the end of the quarantine period. To protect your health and that of your family and the community, we have prepared the following information and advice to you related to your quarantine.



General Information

- When your household member(s) is / are tested positive for COVID-19, you will be considered as a close contact of a positive case and are required to undergo quarantine and medical surveillance at home.
- You must stay in the place of quarantine during the whole quarantine period.
- In general, any person other than household member(s) should not enter the place of quarantine during the whole quarantine period except for caregivers or workers providing urgent and essential service.
- You must fulfil relevant testing requirements before you are considered to have completed home quarantine.
- Any person who fails to comply with the quarantine requirement may commit an offence and may be liable to a fine.

If a written proof is required for persons completing quarantine, please refer to the Quarantine Order issued by the Department of Health.



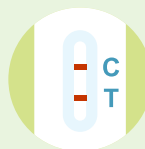


Medical Surveillance and Testing Arrangement

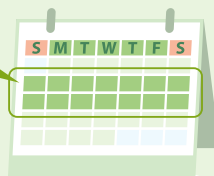
- Please measure your body temperature twice daily and monitor your health condition.
- If you develop **warning symptoms*** (see Health Monitoring under Section 1) during the period of home quarantine, go to an A&E facility directly.
- If you develop symptoms of COVID-19 (such as fever, cough with or without sputum, shortness of breath, muscle and joint pain, headache, fatigue, abdominal pain, vomiting and diarrhoea, etc.), please conduct RAT immediately.
- If at any time you obtain a positive result, you will be considered as infected. Please refer to the Points to Note on **p. 17-26** of this booklet.
- If you have medical emergency during the period of quarantine, please go to an A&E facility directly or call 999 and inform the staff that you are undergoing home quarantine.
- You are required to undergo RATs on Day 1, Day 3, Day 7 and Day 14; and keep record of RAT results and their photos.
- If you have received at least two doses of COVID-19 vaccines, and the results of RATs on Day 6 and Day 7, or any two successive days thereafter of the home quarantine period were negative, you would be considered as having completed home quarantine on the day of the second negative result and may lead a normal life.
- If you have received no / only one dose of COVID-19 vaccine, you are required to undergo 14 days of quarantine and conduct RAT on Day 14.
- The day following testing or collection of sample of the infected person is counted as Day 1 of your home quarantine period. If there is no such testing or collection record for the infected person, the day on receiving the result is counted as Day 1.
- If close contacts find more household member(s) tested positive during the home quarantine period, these close contacts should count the day following testing or collection of sample of the last person tested positive at home as Day 1 for the purpose of conducting RATs.



**negative
result**



**positive
result**





Infection Control Advice

- Personal protective measures should be taken by performing hand hygiene frequently and observing cough manners to reduce the risk of virus transmission as far as practicable during your quarantine at home.
- You are recommended to keep your dwelling place well ventilated by keeping windows open as far as feasible.
- If you are residing with an infected person, please stay in a separate room, keep the door closed and avoid face-to-face contact as far as feasible. Wear a well-fitted surgical mask properly when in the presence of the infected person.
- Avoid sharing any personal items including towels, eating utensils and tooth paste with other household members.
- In case you need to leave home and go to A&E for medical consultation, you should properly wear a well-fitted surgical mask and go directly to the hospital, while avoid using crowded public transportation as far as possible or staying in public areas on the way.

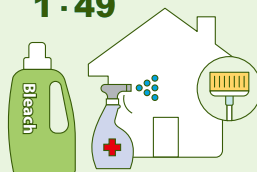




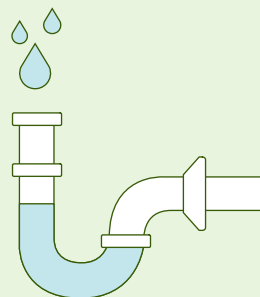
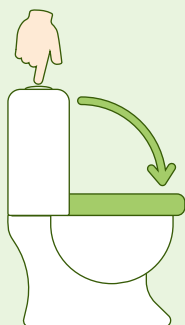
Environmental and Toilet Hygiene

- Clean and disinfect the home environment daily with 1 in 49 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 490 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol.

1 : 49



- 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 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 10 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- Put the toilet lid down before flushing.
- Wash hands with soap and water after toileting.
- Pour about half a litre of water in each floor drain outlet once per week.





Daily Necessities

- You are required to make your own arrangements for food and basic daily necessities, such as by friends and relatives not under quarantine or ordering online / through telephone (you are advised to use contactless payment methods). Persons delivering these items should leave the items at your door (e.g. a chair outside your door) and are not allowed to enter your home to reduce the risk of them being exposed to infection. You should also avoid face-to-face contact with them.
- If you cannot make arrangements for your daily necessities, please call the "StayHomeSafe" hotline 1833 019.



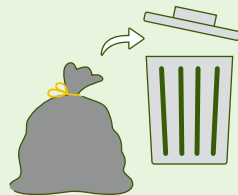
Mental Health Tips

- You may make good use of time, such as to keep regular daily routine and entertainment.
- Accept normal negative emotions, and express feelings appropriately, such as keeping a journal, recording experiences, or making a wish list after completing quarantine. Communicate regularly with family members and friends to support and accommodate each other. When feeling distressed, take the initiative to talk to people you trust or seek professional assistance.



Handling of Household Garbage

- You can leave your home to dispose of garbage in the designated refuse collection point on the same floor, but you should wear a well-fitted surgical mask during the whole process.
- Before leaving your home, you should properly wrap the garbage, practise hand hygiene and close the door immediately when leaving your home. You should return to your home as soon as possible and practise hand hygiene immediately.





Rapid Antigen Tests



- Please turn to **p.34**, visit www.chp.gov.hk/en/r/1347 or scan this QR code to view the instructions on how to do the RAT.
- Please take a photo **immediately** after reading the test to record the test result.
- If the RAT result is invalid, you should check whether the sample type, sample collection method and testing method are correct according to the instructions provided by the manufacturers and repeat the test with correct methods with a new test kit.



Stay Home and Be Healthy

For optimal health during home quarantine, please lead a healthy lifestyle:

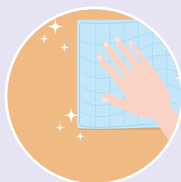
- Observe the basic principles of healthy eating that include limiting fats, salt and sugar intake, eating more fruit and vegetables, consuming more dietary fibre and drinking enough water;
- Stay physically active, such as doing home-based exercise and household chores;
- No smoking; and
- Refrain from alcohol drinking.



**We express our heartfelt thanks to you
and your family for your cooperation.
Together, we fight the virus!
We will overcome the epidemic.**

正確進行快速抗原測試

注意事項



開始前
先清潔桌面



採樣前先
輕輕擤鼻子



檢測前
先清潔雙手



在即將檢測前
才開啟測試套裝



不要用手接觸
採樣棒的末端

小心閱讀說明書並嚴謹跟隨指示



取足夠的樣本



將採樣棒
與測試溶液
正確地混合



把測試棒放在
一個平的表面



把準確滴數的
測試溶液
滴入樣品孔



在指定時間
內讀取結果

註：

如根據製造商的指示處理及使用，快速抗原測試是安全的。然而，快速抗原測試套裝所使用的溶液均含有化學物質，如被錯誤吞服或攝入可能對健康有害，絕不適宜吸入人體。使用者應遵從使用說明，包括使用和處置方法，切勿吞下及避免眼睛和皮膚接觸到溶液。如果意外溢出，請用水沖洗乾淨。使用快速抗原測試後亦須徹底清潔雙手。兒童的測試應在成年人協助下進行，並應將快速抗原測試套裝放置在兒童及寵物接觸不到的地方。

Do the Rapid Antigen Test Properly

Points to note



**Clean the surface
before you start**



**Gently blow your nose
before starting**



**Wash hands
before the test**



**Open the test kit
right before the test**



**Do not touch
the tip of the swab**

Read and follow instructions carefully and strictly



Take adequate sample



**Mix swab properly
with testing solution**



**Put testing kit
on a flat surface**



**Drip the exact number
of drops of sample
solution in the sample well**



**Read the result within
the time specified**

Note:

RATs are safe if handled and used according to the instruction from manufacturer. However, chemicals contained in the solutions used in the test kits may be harmful if swallowed or absorbed inadvertently. Users should follow the instructions for use, including methods of use and disposal. Do not swallow the solutions and avoid contact with eyes and skin. For accidental spillage, rinse with water. Wash hands thoroughly after using the RATs. Tests on children should be performed with adult assistance. Test kits should be kept away from children and pets.

對2019冠狀病毒病測試 呈陽性人士在家使用 脈搏血氧定量計

脈搏血氧定量計是一個放在指尖的儀器，用來檢查心率和血氧量。當使用脈搏血氧定量計時，患者應注意所出現的症狀。患者如果出現任何 **警告徵狀***，應直接前往急症室求診。

*警告徵狀例如：

服用退燒藥後仍然發燒超過攝氏 38.5 度，並持續多於兩天[^]；體溫攝氏 35 度或以下；抽搐；呼吸困難或氣促；失語或不能行動；不能甦醒或不能保持清醒；胸部或腹部疼痛；頭暈或意識混亂或精神狀態明顯轉變；虛弱或腳步不穩；孕婦的胎兒活動減少或停止（適用於妊娠期 24 周或以上的孕婦）；持續不能飲食，或腹瀉/嘔吐多於兩天

([^]請按照藥物指示服用退燒藥，切勿過量服用。)



使用脈搏血氧定量計的步驟和注意事項

1. 使用脈搏血氧定量計前要先洗手。如果你的手不夠溫暖，你可以將手放在胸前幾分鐘。
2. 啟動脈搏血氧定量計。
3. 將脈搏血氧定量計夾在你的食指或中指上，該手指不應塗有指甲油或假甲。
4. 讀取穩定後的顯示數值，並記錄讀數（血氧飽和度（SpO₂）和脈搏率）。
5. 大多數人 SpO₂ 為 95% 或以上。
6. 如果兩次讀數都在 94% 或以下（幾次呼吸後及於其他手指量度），你須要盡快求醫。
7. 如果你的 SpO₂ 持續在92% 或以下，請前往急症室。



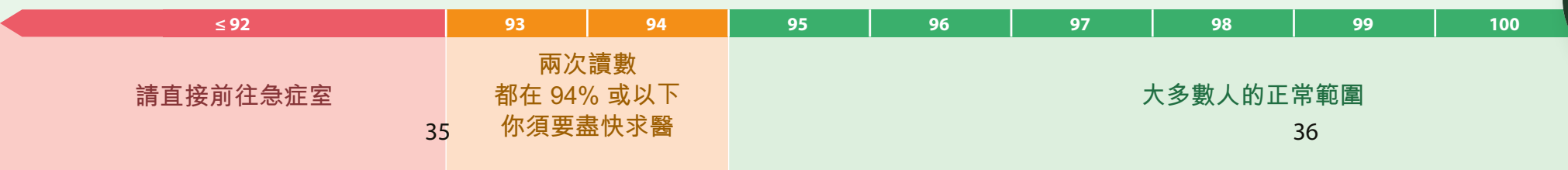
社區內的醫療支援

- 隔離護理觀察系統：你可以通過短訊中的連結於隔離護理觀察系統進行登記，申報嚴重病徵。
- 預約到指定診所：醫院管理局（醫管局）已啟動2019冠狀病毒病確診個案指定診所，協助診斷和治療檢測結果為陽性，並且因較輕微感染症狀，例如發燒、咳嗽、喉嚨痛等，而需要獲得醫生診症服務的人士，請瀏覽以下網址了解更多：
www.ha.org.hk/haho/ho/covid-19/designated_clinic_tc.pdf
- 致電 1836115：若你是有醫療相關查詢的確診患者，亦可致電醫管局支援熱線 1836115 查詢。可按需要被轉介到醫生遙距電話診症服務。
- 諮詢你的家庭醫生或私家醫生。

掃描二維碼看示範短片



血氧飽和度 %



Using a Pulse Oximeter at Home for Persons Tested Positive for COVID-19

Pulse oximeter is a device that is put on the tip of finger to check your heart rate and your oxygen level. It is important to note the symptoms experienced by the person wearing the oximeter. The patient should seek medical advice at the Accident and Emergency Department if they experience shortness of breath or any **warning signs*** irrespective of the SpO₂ reading.

*Examples of warning signs include

Persistent fever (> 38.5°C) for more than 2 days despite fever-reducing medicine[^], hypothermia (≤ 35°C), convulsion, new onset of difficulty breathing or shortness of breath, loss of speech or mobility, inability to wake or stay awake, pain or pressure in chest or abdomen, dizziness or confusion or marked change in mental status, weakness or unsteadiness, decreased or no movement of foetus (for pregnant women at ≥ 24 weeks of gestation), persistent inability to drink or eat, or diarrhoea / vomiting for more than 2 days

([^]Please follow the medication instruction on intake of fever-reducing medicine and watch out for overdose.)



Steps in using pulse oximeter and information to note

1. Wash your hands before using the pulse oximeter. If your hand is not warm to touch, rest it on your chest for a few minutes.
2. Switch on the pulse oximeter.
3. Attach the pulse oximeter to your index or middle finger. Make sure the finger does not have any nail varnish or a false nail on it.
4. Read the displaying numbers when they stabilise and record the readings (oxygen saturation (SpO₂) and the pulse rate).
5. Most people will read an SpO₂ of 95% or above.
6. If it is 94% or below on two occasions (after taking a few breaths, and measure on a different finger), you have to seek medical attention as soon as possible.
7. If your reading is consistently 92% or below, please go to Accident and Emergency Department immediately.



Medical support to COVID positive patients in the community

- Isolation Care Monitoring System: You can register with the Isolation Care Monitoring System through the link in the SMS received to report severe symptoms.
- Arrange an appointment at designated clinic: The Hospital Authority (HA) has activated designated clinics for confirmed cases of COVID-19 to assist in providing diagnosis and treatment for people with positive test results, and are presenting with relatively mild symptoms of infection (e.g. fever, cough, sore throat) requiring medical advice. For further information, please visit: www.ha.org.hk/haho/ho/covid-19/designated_clinic_en.pdf
- Call 1836115: If you have enquiries on medical care, you may call the HA support hotline 1836115. Referral to doctor tele-consultation will be made if needed.
- Consult your family doctor or private medical practitioners.

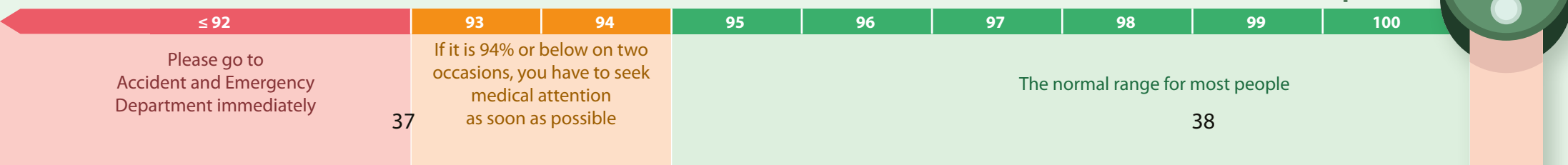


Video demonstration

SpO₂ %



The normal range for most people



2019冠狀病毒病防疫錦囊 (摘要)

Tips for Fighting COVID-19 (Highlights)

中文 / ENG :https://www.coronavirus.gov.hk/pdf/tips_leaflet.pdf**中文 / English****民政事務總署24小時電話熱線**

The Home Affairs Department 24-hour telephone hotline

1833 019**確診患者若有醫療相關查詢，可致電醫院管理局支援熱線**

If you are tested positive for COVID-19 and have enquiries on medical care, you may call the Hospital Authority's support hotline

1836 115**2019冠狀病毒病專題網站**

COVID-19 Thematic Website

中文 : <https://www.coronavirus.gov.hk/chi/index.html>**ENG :** <https://www.coronavirus.gov.hk/eng/index.html>**中文****English****醫院管理局2019冠狀病毒病確診個案指定診所**

Designated Clinics for COVID-19 Confirmed Cases of the Hospital Authority

中文 : <https://www.chp.gov.hk/tc/r/1405>**ENG :** <https://www.chp.gov.hk/en/r/1405>**中文****English****2019冠狀病毒病疫苗接種計劃專題網站**

COVID-19 Vaccination Programme Thematic Website

中文 : <https://www.covidvaccine.gov.hk/zh-HK/>**ENG :** <https://www.covidvaccine.gov.hk/en/>**中文****English****2019冠狀病毒病檢測呈陽性人士手冊**

Handbook for Persons Tested Positive for COVID-19

中文 / ENG :https://www.coronavirus.gov.hk/pdf/tp_handbook.pdf**中文 / English****我應接種多少劑新冠疫苗？**

How Many Doses of COVID-19 Vaccine are Recommended for Me?

中文 / ENG :https://www.covidvaccine.gov.hk/pdf/Poster_recommend_third_dose.pdf**中文 / English****快速抗原測試**

Rapid Antigen Tests

中文 : <https://www.coronavirus.gov.hk/rat/chi/rat.html>**ENG :** <https://www.coronavirus.gov.hk/rat/eng/rat.html>**中文****English**

如何進行快速抗原測試

How to Conduct Rapid Antigen Tests

中文 : <https://www.chp.gov.hk/tc/r/1347>

ENG : <https://www.chp.gov.hk/en/r/1347>



中文



English

如何使用「2019冠狀病毒快速抗原測試 陽性結果人士申報系統」網上申報平台

How to Report via Online Platform "Declaration System for
Individuals Tested Positive for COVID-19 Using Rapid Antigen Test"

中文 : <https://www.chp.gov.hk/tc/r/1461>

ENG : <https://www.chp.gov.hk/en/r/1461>



中文



English

預約社區疫苗接種中心接種疫苗

Booking for Vaccination at Community Vaccination Centres

中文 : https://booking.covidvaccine.gov.hk/forms/index_tc.jsp

ENG : <https://booking.covidvaccine.gov.hk/forms/index.jsp>



中文



English

預約私家醫生接種疫苗

Booking for Vaccination with Private Doctors

中文 : <https://www.chp.gov.hk/tc/r/1410>

ENG : <https://www.chp.gov.hk/en/r/1410>



中文



English

撲熱息痛資訊單張

Information Sheet on Paracetamol

中文 : https://www.coronavirus.gov.hk/pdf/paracetamol_covid_TC.pdf

ENG : https://www.coronavirus.gov.hk/pdf/paracetamol_covid_EN.pdf



中文



English

抗疫中成藥資訊單張

Information Sheet on Anti-epidemic Proprietary Chinese Medicines

中文 / ENG :

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



中文 / English

「陪我講」專題網站 – 2019冠狀病毒病和精神健康

"Shall We Talk" Thematic Website - COVID-19 and Mental Health

中文 : <https://www.chp.gov.hk/tc/r/1500>

ENG : <https://www.chp.gov.hk/en/r/1500>



中文



English

Wellcation – 14天心靈之旅

Wellcation - 14-day Wellness Kit

中文 : <https://www.chp.gov.hk/tc/r/1501>

ENG : <https://www.chp.gov.hk/en/r/1501>



中文



English

