

COVID-19

Isolation Guidance

Information for close contacts of a confirmed case

If you have been identified as having had close contact with someone diagnosed with Coronavirus disease (COVID-19), please read the below information carefully as special restrictions apply:

- Someone from the Centre for Health Protection (CHP) will be in contact with you daily while you are at risk of infection to monitor you for symptoms.
- You must isolate yourself in your home for 14 days after last contact with the confirmed case.

Who needs to isolate?

All people who think they may have been in close contact with a confirmed case of coronavirus or arrive in Hong Kong from identified countries from midnight 19 March 2020 are required to self-isolate for 14 days.

What does isolate yourself in your home (or your hotel) mean?

People who are recommended to be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home and do NOT allow visitors into the home. Where possible, get others such as friends or family, who are not required to be isolated, to get food or other necessities for you.

There is no need to wear masks in the home, but if you must leave the home, such as to seek medical care, wear a surgical mask if you have one. If you don't have a mask, take care to not cough or sneeze on others.

When travelling home (or to your hotel) to start isolation, if you need to use public transport (e.g. taxis, trains, buses and trams), follow the precautions outlined by the government; wear a mask and try to avoid spending time in crowded places.

Monitor symptoms

When in isolation, monitor yourself for symptoms including fever, cough, sore throat, tiredness or shortness of breath. Other possible symptoms include chills, body aches, runny nose and muscle pain.

What do I do if I get sick?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of last contact of a confirmed case or within 14 days of returning to Hong Kong, you should arrange to see your doctor for urgent assessment.

- You should telephone the doctors clinic or hospital before you arrive and tell them that you have been in contact with a confirmed case of coronavirus or your travel history.
- You must remain isolated either in your home, hotel or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

Going outside

If you live in an apartment or are staying in a hotel, it is safe for you to go into shared areas but you should wear a surgical mask to minimise risk to others and move quickly through any common areas where others are present.

Advice for others living with you

Others that live with you are not required to be isolated unless they meet one of the isolation criteria outlined above. If you develop symptoms and are suspected to have coronavirus, they will be classified as close contacts and will need to be isolated.

Cleaning

To minimise the spread of any germs you should regularly clean surfaces that are frequently touched such as door handles, light switches, kitchen and bathroom areas. Clean with household detergent or disinfectant.

Managing the 14-day isolation

Being in isolation can be stressful and boring. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media.
- Learn about coronavirus and talk with others.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines, such as eating and exercise.
- Arrange to work from home.
- Your child's school should supply assignments or homework by post or email.
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.

More information

For the latest advice, information and resources, go to the
HK Government Coronavirus website

Or contact by phone:

Centre for Health Protection Hotline: 2125 1122 (8 am to 12 midnight)
Home Affairs Department Hotline: 2835 1473 (24 hours)

If you have concerns about your health, please speak to Lucy or Joey.

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