



# PRACTICAL GUIDELINES AND TIPS DURING THE COVID-19 PANDEMIC

Last updated on  
7<sup>th</sup> March 2022

This booklet is a quick reference summarising key information and tips in response to COVID-19. The content in this booklet will be updated periodically.

## Early Testing and Detection

Some people infected with COVID-19 only have mild symptoms, therefore we strongly advise you to seek medical advice promptly when feeling unwell even if having very mild symptoms.

### Virus Testing Routes

#### 1 Individuals subject to compulsory testing

##### ▪ Community Testing Centres:

Testing services for persons under compulsory testing. Please be vigilant on the Government announcement on places / buildings that has been listed on the Compulsory Testing Notice.

##### ▪ Self-arrange testing provided by private laboratories:

You can self-arrange testing provided by recognised private laboratories. This would usually include a charge.

([https://www.coronavirus.gov.hk/pdf/List\\_of\\_recognised\\_laboratories\\_RTPCR.pdf](https://www.coronavirus.gov.hk/pdf/List_of_recognised_laboratories_RTPCR.pdf) - List of recognised private laboratories by the Hong Kong Government)

#### 2 Individuals who experience symptoms of COVID-19 (even if having mild symptoms only)

▪ You should seek medical advice promptly when feeling unwell and get tested under the instructions of a healthcare worker.

▪ You could perform a rapid antigen test at home.

▪ You should not attend the mobile specimen collection stations / Community Testing Centres.

#### 3 Individuals who perceive themselves as having a higher risk of exposure and who do not experience any symptoms

▪ You can obtain and return a **deep throat saliva (DTS)** specimen collection pack from any of the designated distribution point.

▪ Or you can undergo self-paid testing (\$240) in **Community Testing Centres**.

▪ Or you can self-arrange testing provided by private laboratories.

▪ Or you can perform a rapid antigen test at home.

## Useful Links:

Community Testing Centre Booking System:

<https://www.communitytest.gov.hk/en/>

COVID-19 Specimen Collection Points:

[https://www.coronavirus.gov.hk/pdf/specimen\\_collection\\_points.pdf](https://www.coronavirus.gov.hk/pdf/specimen_collection_points.pdf)

(Sources: <https://www.coronavirus.gov.hk/eng/early-testing.html#testPositive>)

## If the Nucleic Acid test result / Rapid Antigen Test (RAT) Result is Positive

If your nucleic acid test is **preliminary positive** (see Notes) you will receive an SMS notification or if your RAT result is positive, **please remain calm and wait at home patiently.** (Refer to information on P.10 - "Points to Note for persons tested positive / preliminary positive")

The Government will arrange to admit you to a hospital or isolation facility. If you are showing mild symptoms such as fever, sore throat, and cough, you may arrange to visit the designated clinics (refer to P.5).

To contain the spread of virus in the community against rapid upsurge of COVID-19 cases, the Fire Services Department (FSD) has launched a new mechanism for admission to community isolation facilities as soon as possible via email, WhatsApp hotline and WeChat accounts.

Applicants must be tested positive for COVID-19 who are with mild symptoms and self-care ability via the following testing methods;

- Nucleic acid test;
- Deep throat saliva test; or
- Rapid antigen test

Priority arrangements would be based on the occupancy of the isolation facilities, the applicant's living environment, medical condition or other factors. Upon receipt of the messages, the FSD will issue further instructions to the infected patients.

Contact methods;

✉ **Email: [fsd\\_cif@hkfsd.gov.hk](mailto:fsd_cif@hkfsd.gov.hk)**

📞 **WhatsApp: 5233 1833**  
(click the link below to send a message to HKFSD:  
<https://wa.me/message/IGMQN56VPJVEF1>)

👤 **WeChat account: fsd\_cif**

To facilitate the arrangement to the community isolation facility as soon as possible, please provide the following information:

- Name (Chinese and English):
- Age:
- Gender:
- ID number (e.g. A1234xxx):
- Telephone number:
- Residential address:
- Testing method:
- Date of positive test result:

(<https://www.info.gov.hk/gia/general/202203/06/P2022030600553.htm?fontSize=1>)

To reduce the risk of transmission of the virus to others (household members and the public), please note the following infection control advice while waiting at home.

#### **Notes:**

- “Preliminary positive” refers to the result of nucleic acid test of deep throat saliva (DTS), combined throat and nasal swab (CTNS), nasopharyngeal swab or stool samples, etc.
- The Government has announced on February 25 that members of the public tested positive by RAT, whether distributed by the Government or on their own purchase, should be considered as positive cases. The CHP has set up an online registration system for persons tested positive by RAT to self-report. Starting from 6pm on 7<sup>th</sup> March 2022, general public will be able to use the below platform to report their RAT result if positive.

[www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp)

(Sources: <https://www.info.gov.hk/gia/general/202202/27/P2022022600796.htm>)

#### **1 Place of Residence**

- Stay in your room, keep the door closed and avoid face-to-face contact with other household members as far as feasible.
- Keep the place well ventilated by keeping windows opened and it is best to install an air purifier in the room.

#### **2 Personal Hygiene**

- Wear a well-fitted mask when you need to leave the room.
- Avoid having meals or sharing personal items with other household members.

#### **3 Environmental and Toilet Hygiene**

- Clean and disinfect the home environment daily with 1 in 49 diluted household bleach.
- Use a designated toilet as far as feasible, put the toilet lid down before flushing.

#### 4 Watch out for symptoms

- Monitor health condition and measure body temperature twice daily.
- If you have the following warning symptoms, call 999 or go to A&E directly;
  - Difficulty breathing or shortness of breath
  - Loss of speech or mobility
  - Pain or pressure in chest or abdomen
  - Dizziness or confusion
  - Seizures
  - Severe muscle pain
  - Not urinating
  - Weakness or unsteadiness
  - Decreased or no movement of fetus (for pregnant women)

(Source: [https://www.coronavirus.gov.hk/pdf/healthadvice\\_testpos\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/healthadvice_testpos_ENG.pdf))

## What To Do if Positive Result obtained through Self-arranged Rapid Antigen Test (RAT)

Members of the public tested positive by RAT, whether distributed by the Government or on their own purchase, should be considered as positive cases and they should take all necessary steps to avoid further spreading of the virus, which include staying at home.

If home environment allows, they should stay in their own room and keep the door closed, no one should be allowed to enter the room. If they must leave the room, they should wear a well-fitted surgical mask properly.

The guidelines on the COVID-19 thematic website will be updated from time to time to provide information most suited to persons tested positive (including those tested positive by RAT) but pending admission.

The CHP has set up an online registration system for persons tested positive by RAT to self-report. The online registration system will be activated from 6pm on 7th March 2022, please refer to the below link:

[www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp)

(Source: <https://www.info.gov.hk/gia/general/202202/27/P2022022600796.htm?fontSize=1>)



## Selecting Rapid Antigen Test (RAT)

Currently, a number of RAT kits are available on the market. The Government accepts RAT kits that are recognised by the relevant authorities of major markets (including Hong Kong, Mainland, Europe, and the United States):

- Department of Health, Hong Kong SAR: **Listed Rapid Antigen Tests for COVID-19 under the Medical Device Administrative Control System**
- National Medical Products Administration: **List of approved medical devices for COVID-19 preventive and control uses** (Chinese version only)
- European Union: **Common list of COVID-19 rapid antigen tests**
- U.S. Food and Drug Administration: **List of SARS-CoV-2 antigen diagnostic tests with Emergency Use Authorization**

These RAT kits are available via online purchase such as Watsons / Mannings / HKTVmall / brand official websites etc., subject to availability in stock.

<https://www.watsons.com.hk/search?text=covid%2B19%2Btest%2Bkit&useDefaultSearch=false>

<https://www.mannings.com.hk/offers/0222-COVID-Special-Arrangement>

[https://www.hktvmall.com/hktv/zh/search\\_a?keyword=Rapid%20antigen%20test](https://www.hktvmall.com/hktv/zh/search_a?keyword=Rapid%20antigen%20test)

<https://www.indicaid.com/products/covidantigen>

## Designated Clinics for COVID-19 Confirmed Cases for Management of Patients with Mild Symptoms (Fever, Cough & Sore Throat)

 **COVID-19 Hotline: 1836 115**

 **Operation Hours: 8:00am to 10:00pm, 7 days a week**

The Hong Kong Government has now opened **14 designated clinics** for those symptomatic, preliminary positive or positively confirmed cases who are waiting for admission to either hospital or designated isolation facilities.

### What kind of patients can be handled by clinics?

The hospital authority has outlined that if you have been confirmed positive and do not have medication at home or after a telephone consultation or enquiry and still want to see a doctor, the designated clinic will be an option.





















### Opening Hours










The designated clinics will run from 9am to 1pm and 2pm to 5pm from Monday to Sunday, including public holidays. You will be required to make a phone booking appointment, please refer to the link for their phone numbers.

[https://gia.info.gov.hk/general/202202/28/P2022022800651\\_388322\\_1\\_1646050881730.pdf](https://gia.info.gov.hk/general/202202/28/P2022022800651_388322_1_1646050881730.pdf)

# Hospital Authority Designated Clinics for COVID-19 Confirmed Cases

Districts	Designated Clinics		Medication Refill Clinics	
Hong Kong	<b>1/F, Shau Kei Wan Jockey Club General Out-patient Clinic</b>	<p>1/F, 8 Chai Wan Road, Shau Kei Wan</p> <p>☎ 2560 0211</p>	<b>Chai Wan General Out-patient Clinic</b>	<p>G/F, 1 Hong Man Street, Chai Wan</p> <p>☎ 2556 0261</p>
	<b>Kennedy Town Jockey Club General Out-patient Clinic</b>	<p>45 Victoria Road, Kennedy Town</p> <p>☎ 2817 3215</p>	<b>Sai Ying Pun Jockey Club General Out-patient Clinic</b>	<p>134 Queen's Road West, Sai Ying Pun</p> <p>☎ 2859 8203</p>
	<b>G/F, Violet Peel General Out-patient Clinic</b>	<p>G/F, Tang Shiu Kin Hospital, Community Ambulatory Care Centre, 282 Queen's Road East, Wanchai</p> <p>☎ 3553 3116</p>	<b>LG/F, Violet Peel General Out-patient Clinic</b>	<p>LG/F, Tang Shiu Kin Hospital, Community Ambulatory Care Centre, 282 Queen's Road East, Wanchai (Oi Kwan Road entrance)</p> <p>☎ 3553 3116</p>
	<b>Aberdeen Jockey Club General Out-patient Clinic</b>	<p>10 Aberdeen Reservoir Road, Aberdeen</p> <p>☎ 2555 0381</p>	<b>Risk Assessment &amp; Management Clinic (Southern District)</b>	<p>G/F, Block B, Aberdeen Jockey Club Clinic, 10 Reservoir Road, Aberdeen</p> <p>☎ 2518 3250</p>
Kowloon	<b>Robert Black General Out-patient Clinic</b>	<p>600 Prince Edward Road East, San Po Kong</p> <p>☎ 2383 3311</p>	<b>Wu York Yu General Outpatient Clinic</b>	<p>55 Sheung Fung Street, Tsz Wan Shan Kowloon</p> <p>☎ 2325 5221</p>
	<b>Yau Ma Tei Jockey Club General Out-patient Clinic</b>	<p>1/F, 145 Battery Street, Yau Ma Tei</p> <p>☎ 2440 7659</p>	<b>8/F, Yau Ma Tei Jockey Club General Out-patient Clinic</b>	<p>8/F, 145 Battery Street, Yau Ma Tei</p> <p>☎ 2272 2486</p>

Districts	Designated Clinics		Medication Refill Clinics	
Kowloon	<b>Kowloon Bay Health Centre General Out-patient Clinic</b>	 1/F, 9 Kai Yan Street, Kowloon Bay  2116 2812	<b>Kowloon Bay Health Centre General Out-patient Clinic</b>	 1/F, 9 Kai Yan Street, Kowloon Bay  2117 1549
	<b>Cheung Sha Wan Jockey Club General Out-patient Clinic</b>	 2 Kwong Lee Road, Cheung Sha Wan  2387 8211	<b>West Kowloon General Out-patient Clinic</b>	 G/F, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road  2150 7200
New Territories	<b>Tseung Kwan O (Po Ning Road) General Out-patient Clinic</b>	 G/F, 28 Po Ning Road, Tseung Kwan O  2191 1083	<b>Tseung Kwan O (Po Ning Road) General Out-patient Clinic</b>	 G/F, 28 Po Ning Road, Tseung Kwan O  6387 7318
	<b>South Kwai Chung Jockey Club General Out-patient Clinic</b>	 310 Kwai Shing Circuit, Kwai Chung  2615 7333	<b>Ha Kwai Chung General Out-patient Clinic</b>	 77 Lai Cho Road, Kwai Chung  3651 5411
	<b>Yuen Chau Kok General Out-patient Clinic</b>	 G/F, 29 Chap Wai Kon Street, Shatin  2647 3383	<b>Yuen Chau Kok General Out-patient Clinic</b>	 G/F, 29 Chap Wai Kon Street, Shatin  2647 3383

Districts	Designated Clinics		Medication Refill Clinics	
New Territories	<b>1/F, Fanling Family Medicine Centre</b>	1/F, Fanling Health Centre, 2 Pik Fung Road, Fanling  2639 4601  2639 4601	<b>8/F, Fanling Family Medicine Centre</b>	8/F, Fanling Health Centre, 2 Pik Fung Road, Fanling  2639 1490  2639 1490
	<b>Yan Oi General Out-patient Clinic</b>	G/F, 6 Tuen Lee Street, Tuen Mun  2988 5516  2988 5516	<b>3/F, Yan Oi General Out-patient Clinic</b>	3/F, 6 Tuen Lee Street, Tuen Mun  2404 9425  2404 9425
	<b>1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre</b>	1/F, 3 Tin Yip Road, Tin Shui Wai (Opposite HK Wetland Park and Vianni Cove of Tin Kwai Road)  3124 2200  3124 2200	<b>2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre</b>	2/F, 3 Tin Yip Road, Tin Shui Wai (Opposite HK Wetland Park and Vianni Cove of Tin Kwai Road)  3124 2300  3124 2300

## Transportation to these Designated Clinics

Considering the public health risks of these patients visiting the designated clinics, and to implement appropriate infection control arrangements, the Transport and Housing Bureau (THB), together with the Taxi Industry, has set up a designated taxi fleet to provide patients with free transport services between the designated clinics and their residences.

Patients with appointments made at designated clinics can book the designated taxi services through dedicated booking platform (<https://designatedtaxihk.com/>) or through the hotline at **3693 4770**.

 **Operating hours is 8am to 10pm, Monday to Sunday.**

The designated taxi will only transport those with appointments made with the designated clinics and will not pick up other passengers. Specific labels will be affixed on the taxi bodies for public identification (see below).



Alternatively, you may also drive your own vehicle to these designated clinics.

**However, please do NOT take public transport.**

(Source: <https://www.info.gov.hk/gia/general/202202/16/P2022021600595.htm>)

# Points to Note for Persons Tested Positive/ Preliminary Positive

When you are tested positive upon COVID-19 nucleic acid testing such as those conducted at community testing centres / mobile specimen collection stations / tested positive using RAT, you will be considered as infected. Your case will be added in the "COVID-19 Admissions Allocation System". The registration platform to self-report RAT positive result will be effective from 6pm on 7<sup>th</sup> March 2022, please refer to the below link:

[www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp).

The handling of individuals with higher risks or serious conditions will take priority. The Hospital Authority (HA) will conduct risk assessments based on the information available in the system and transfer those patients in need to hospitals and other infected persons to community isolation facilities in an orderly manner.

If you have no symptoms or with mild symptoms, please stay calm and monitor your health condition while waiting for admission.

During your waiting period, please take note of the following:

## 1 Health Monitoring

- Please monitor your health condition and measure your body temperature twice daily.
- If you have mild symptoms, you may call HA telephone hotline 1836 115 for enquiries or call HA designated clinics to make an appointment.
- If you are showing strong symptoms, such as persistent fever (>38.5C) for more than 2 days despite fever-reducing medicine / difficulty breathing etc., go to an Accident and Emergency (A&E) facility directly.

## 2 Infection Control

- Perform hand hygiene frequently and observe cough manners.
- Keep the place well ventilated.

## 3 Daily Necessities

- You are required to make your own arrangements for basic daily necessities and/or food, such as by friends and relatives not under quarantine or ordering online / through telephone (you are advised to use contactless payment methods). Nevertheless, 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. You should also avoid having face-to-face contact with them.
- If you cannot make arrangements for your daily necessities, please contact the 1833 019 hotline.

## 4 Handling of Household Garbage

- Garbage should be well wrapped and passed to household member to help with disposal.
- Perform hand hygiene afterwards.

## 5 Medical Needs of Infected Persons and Relevant Arrangement

- An HA telephone hotline 1836 115 has been set up to answer enquiries on medical information and provide infection control advice for persons pending admission to hospital or isolation facilities.
- You may visit the designated clinics (refer to above) if you are presenting mild symptoms of infection (e.g., fever, cough, sore throat).
- You can book the designated taxi fleet services through the dedicated booking platform ([www.designatedtaxihk.com](http://www.designatedtaxihk.com)) or through the hotline at 3693 4770.

## 6 Testing Arrangement *(For those who have not received at least 2 doses of vaccine)*

- On Day 14 after obtaining a positive nucleic acid test result you should undergo a RAT (the day following testing or collection of samples is counted as Day 1; if there is no such testing or collection record, the day on receiving positive nucleic acid test result is counted as Day 1).
- If you obtain a negative result for the Day 14 RAT test, you may leave your home and continue with your daily activities. Your queue in "COVID-19 Admission Allocation System" will be automatically cancelled and you will be marked as discharged/ recovered. Please maintain good personal hygiene at all times.
- If you obtain positive RAT result on Day 14, you should continue waiting and undergo daily RAT until a negative result is obtained. You may then leave your home and continue with your daily activities.

## 7 Testing Arrangement *(For those who have received at least 2 doses of vaccine)*

- On **Day 6 and 7** after obtaining a positive nucleic acid test result you should undergo a RAT (the day following testing or collection of samples is counted as Day 1; if there is no such testing or collection record, the day on receiving positive nucleic acid test result is counted as Day 1).
- If you obtain a negative result for the **Day 6 and 7** RAT test, you may leave your home and continue with your daily activities. Your queue in "COVID-19 Admission Allocation System" will be automatically cancelled and you will be marked as discharged/ recovered. Please maintain good personal hygiene at all times.
- If you obtain positive RAT result on **either Day 6 or Day 7**, you should continue waiting and undergo daily RAT until a negative result is obtained. You may then leave your home and continue with your daily activities.

*(Source: <https://www.info.gov.hk/gia/general/202202/16/P2022021600595.htm>)*

## 8 Rapid Antigen Tests

- Please take a photo immediately after reading the test to record the test result.
- If the RAT result is positive, it is likely that you have not fully recovered. Please remain calm, wait at home patiently and continue with daily RAT.

## 9 Electronic Wristband Arrangement

- Service providers engaged by the Government will arrange staff to visit you at your dwelling place to help you put on electronic wristband and deliver instructions on installation of the "StayHomeSafe" mobile app. In certain circumstances, the staff may provide a "StayHomeSafe" set-top box together with the electronic wristband for you.



- The Government will monitor whether you stay in your dwelling place during your waiting period by means of the electronic wristband.
- When you have obtained a negative RAT result on or after Day 14, or when you are admitted to a hospital or isolation facility, you may cut and dispose of the wristband and uninstall the "StayHomeSafe" mobile app.

**Notes:**


- For enquiries related to the identity of staff of service providers, the electronic wristband and the "StayHomeSafe" mobile app, please contact the hotline 5393 3150, send email to shs@ogcio.gov.hk or send your name and contact number to 5394 3388 via SMS message or use WhatsApp Helpline 9617 1823.

For full details, please browse the below links:


[https://www.coronavirus.gov.hk/pdf/pa\\_leaflet\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/pa_leaflet_ENG.pdf)

[https://www.coronavirus.gov.hk/pdf/pa\\_leaflet\\_CHI.pdf](https://www.coronavirus.gov.hk/pdf/pa_leaflet_CHI.pdf)


## Points to note for persons tested positive/preliminary positive for COVID-19




**Avoid face-to-face contact with other household members**




**Wear well-fitted surgical masks properly whenever leaving the room**




**Wash hands frequently**




**Daily cleaning and disinfecting household environment**




**If toilets are shared, cleaning and disinfection should be done immediately after every use**





**Pour water regularly to drains (U-traps)**




**Keep the place well ventilated**








**Avoid dining and sharing personal items with other household members**



衛生防護中心  
Centre for Health Protection



衛生署  
Department of Health

(photo source: [https://www.coronavirus.gov.hk/pdf/testpos\\_ptn\\_CHI.pdf](https://www.coronavirus.gov.hk/pdf/testpos_ptn_CHI.pdf))



# Hospital Authority Hotline to Support Confirmed Cases Pending Admission to Isolation Facilities ☎ 1836 115



The poster features a blue background with a white telephone handset icon on the left and a house icon on the right. The text is centered and includes the Hospital Authority logo at the bottom right.

**醫院管理局**  
**2019冠狀病毒病確診者**  
**等候入住隔離設施支援熱線**

**Hospital Authority**  
**COVID-19 Hotline to Support Confirmed Cases**  
**Pending Admission to Isolation Facilities**

● **解答等候入住隔離設施確診人士的醫療查詢**  
**及提供感染控制建議**  
To answer enquiries on medical information and provide infection control advice for people pending admission to isolation facilities upon confirmed infection

**電話熱線: 1836 115**  
Hotline:

● **運作時間: 每日上午八時至晚上十時, 每週七天**  
Operation Hours: 8:00am to 10:00pm, 7 days a week

醫院管理局 Hospital Authority

## Useful Links:

For persons tested preliminary positive / positive pending admission to hospitals or isolation facilities

Points to note

[https://www.coronavirus.gov.hk/pdf/pa\\_leaflet\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/pa_leaflet_ENG.pdf)

[https://www.coronavirus.gov.hk/pdf/healthadvice\\_testpos\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/healthadvice_testpos_ENG.pdf)

Handbook

[https://www.coronavirus.gov.hk/pdf/pa\\_handbook.pdf](https://www.coronavirus.gov.hk/pdf/pa_handbook.pdf)

FAQ

Arrangements for persons pending admission to hospitals or isolation facilities (including telephone hotline added and designated clinics activated for confirmed patients pending admission to isolation facilities)

[https://www.coronavirus.gov.hk/pdf/Early\\_Testing\\_FAQ\\_EN.pdf](https://www.coronavirus.gov.hk/pdf/Early_Testing_FAQ_EN.pdf)

## **“StayHomeSafe” Scheme - Close Contacts to the Confirmed Cases**

Under the Prevention and Control Disease Regulation (Cap. 599A), the Department of Health will issue a compulsory quarantine order to

- the close contacts of COVID-19 case, and the persons have to undergo 14-day quarantine, to be followed by a 7-day self-monitoring period and
- the household contacts of close contact (second layer) of COVID-19 case and the persons have to undergo 4-day quarantine

provided that the person is considered suitable for home quarantine.

*(<https://www.coronavirus.gov.hk/eng/home-quarantine.html>)*

In view of the latest epidemic development and risk assessment, the Government and the Hospital Authority (HA) have decided that close contacts who have received at least two doses of COVID-19 vaccines may conduct RATs on Day 6 and Day 7 of the home quarantine period. If they obtain negative test results during RATs on these 2 successive days, they may leave CIF or home premises earlier on Day 7 for their daily activities.

The latest criteria mentioned above is not applicable to those who have not been vaccinated or have only received one dose of COVID-19 vaccine, as well as household contacts of close contacts who only need to undergo home quarantine for four days under the “StayHomeSafe” Scheme.

*(<https://www.info.gov.hk/gia/general/202202/26/P2022022600750.htm?fontSize=1>)*

During home quarantine period, please keep your personal and environmental hygiene and avoid contact with others in the same confined area as far as feasible.

The Home Affairs Department (HAD) has set up 24-hour telephone hotline (1833 019) to provide support and assistance to persons undergoing home quarantine under the “StayHomeSafe” Scheme.

*(<https://www.coronavirus.gov.hk/eng/home-quarantine.html>)*

# Health Advice for Home Quarantine



## 家居檢疫的健康建議 Health Advice for home quarantine

- 除棄置垃圾、前往社區檢測中心進行檢測及進行獲衛生署許可的活動外，請留在隔離地點至整段隔離期結束。  
Stay in place of quarantine during the whole quarantine period, except for disposal of garbage, going to community testing centres for swab taking, or for any other activities as agreed by the Department of Health
- 家居檢疫時，請保持單位大門關上。  
Keep the apartment door closed during the quarantine period
- 禁止任何人如非同住親友進入家居檢疫範圍。  
Any other person(s) should not enter the place of quarantine (e.g. friends or relatives not living together)



於開啟單位大門及必要情況下離開單位時，請正確佩戴貼面的外科口罩。

Wear a well-fitted surgical mask properly whenever you open the door or leave the flat for necessary need



監測健康狀況並在出現症狀時，請致電熱線尋求協助

Monitor health condition and call hotline for assistance if symptoms develop

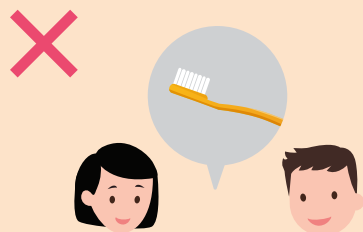


保持良好的個人衛生習慣，尤其是手部衛生  
Maintain good personal hygiene especially hand hygiene



保持空氣流通，並經常清潔消毒（包括廁所和廚房）

Maintain good ventilation, frequent cleansing and disinfection (including kitchen and toilet)



避免共用私人用品

Avoid sharing personal items



不要吸煙和避免飲酒

Do not smoke and avoid alcohol consumption

## Tips to Prepare for Home Quarantine

- Plan early for peace of mind
- Prepare sufficient food stock at home
- Prepare a Thermometer
- Plan ahead with relatives and friends
- Make sure you know how to order groceries and takeaway online
- Check for latest medical appointments and medicine supply, understand rearrangement for medical checkups
- Ensure sufficient medical supplies at home
- Prepare disinfectants and cleaning materials



# What should we Prepare for Essential Household Medicine

We should prepare medicine to target the most common COVID-19 symptoms	Medication example
Fever, Chills, Body Aches	Paracetamol (即「必理痛」) Ibuprofen
Sore Throat	Panadol (止痛藥) + Lysozyme (消炎酵素) Throat lozenges (喉糖)
Dry Cough	Cough medicine (止咳藥)
Wet Cough	Bromhexine, Carbocisteine
Runny Nose	Chlorpheniramine, Loratadine
Upset Stomach	Antacid (中和胃酸藥) Simethicone (化胃氣)
Stomach Pain	Hyoscine Butylbromide
Nausea, Vomiting	Dimenhydrinate



Children, pregnant women, those with drug allergy or prolonged sickness, please consult medical professionals before taking any medication.

Health In Action Community Pharmacy: 66189212 (  WhatsApp Hotline)



# More Tips - If you have been confirmed “Positive” but waiting for admission to hospitals/ isolation facilities

## Confirmed Patient

- 1 You should remain at home and in your own room if possible and with the door closed. You should avoid contact with household members and avoid leaving home.
- 2 Wear a mask if you go outside of the room.
- 3 Arrange a dedicated toilet/bathroom if your home environment allows.
- 4 If it is not possible to arrange for a private bathroom, towels and personal hygiene products of family members should be removed from the bathroom when not in use.
- 5 Make sure windows are opened to allow better air circulation. This can effectively dilute the virus or carry it away with airflow.
- 6 You should use a HEPA filter if you have it at home.
- 7 Clean furniture with 1:99 household bleach and with 1:49 household bleach to disinfect areas where there might be secretions (e.g. sneezes, coughs) of patient.
- 8 You should not eat with any members of your family.
- 9 It is not necessary to wash clothes and food utensils separately from other family members as washing powder/washing liquid, detergent, soap, etc. can kill the virus in the environment.
- 10 Call the emergency and ask to be taken to hospital if symptoms such as difficulty in breathing, rapid heartbeat, fainting, or high fever appear.
- 11 Follow the CHP instructions on nucleic acid testing (ask a family member to collect and deliver deep throat saliva, or arrange through the testing company on behalf).
- 12 Do not leave home unless you are seriously ill. Do not go shopping or to work.
- 13 Take pain relievers for headache, slight fever or sore throat.

# More Tips - If you are a household contact living with a confirmed case waiting for admission to hospitals/ isolation facilities

## Family Members

- 1 In addition to the above measures, family members living with confirmed patients are considered as close contacts. They should follow the "home safety quarantine" instructions given by the Department of Health.
- 2 Take leave from work immediately and should try not to leave home.
- 3 Wear a mask at home as much as possible, especially if you share the same room with the confirmed patient.
- 4 Take the rapid test or nucleic acid test on time: first test within the first 3 days, and the second one within the next 4 days.

## Stocking Up Necessary Food and Medicine

To reduce the frequency of going out and to avoid any possible panic buying spree, you are advised to consider stocking up the following:

### Food

- **Staple food:** rice, noodles, instant noodles, oatmeal, milk powder etc.
- **Long-Lasting food:** frozen food, chocolate, dried food, instant soups etc.
- Sufficient bottled drinking water / mineral water.

### Medicine

- **First Aid for Trauma:** iodine, saline, burn ointment, cotton swab, gauze, tape & bandage
- **Essential Medicines:** cold medicines, anti-inflammatory medicine, pain reliever, antipyretic medicine, antipyretic patch, gastrointestinal medicine, allergy medicine

# Platforms for Online Grocery / Food Ordering

## Supermarkets:



<https://www.parknshop.com/en/>



<https://www.wellcome.com.hk/en>

## Drug Stores:



<https://www.watsons.com.hk/>



<https://www.mannings.com.hk/?lang=en>

## Popular Online Groceries Shopping Platforms:



<https://www.hktvmall.com/hktv/en/>



<https://www.foodpanda.hk/groceries>

## Food Takeaway Platforms:



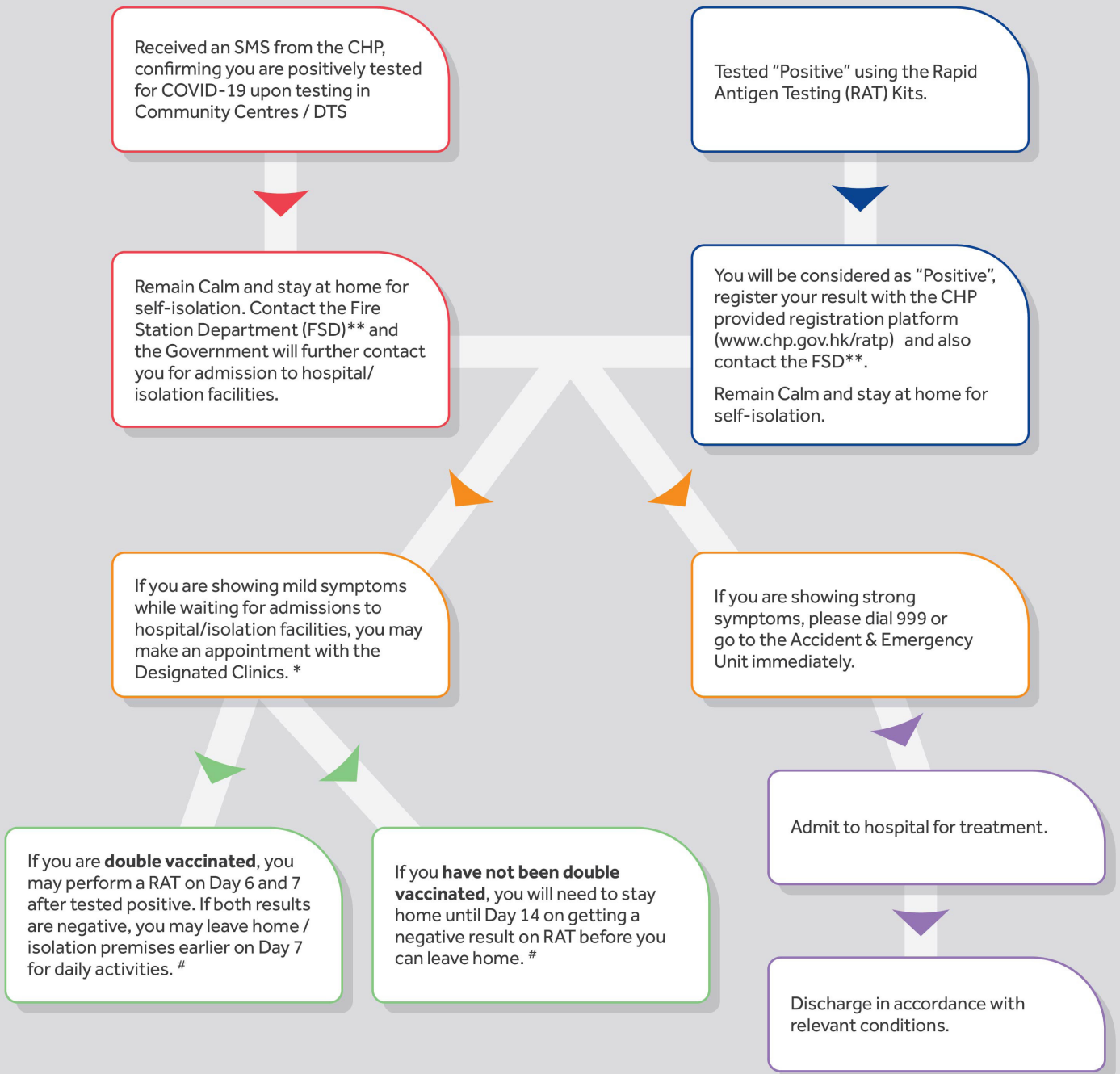
<https://deliveroo.hk/en/>



<https://www.foodpanda.hk/>



# Response to Confirmed Positive by CHP/ Tested Positive using Rapid Antigen Testing Kits



\* Remark: you could book a designated taxi service through <https://designatedtaxihk.com> or call **3693 4770** to Designated Clinics.

\*\* Remark: Please refer to this link for more information: <https://www.info.gov.hk/gia/general/202203/06/P2022030600553.htm?fontSize=1>

# The day following testing or collection of sample is counted as Day 1. If no such record, the day on receiving nucleic acid test result is counted as Day 1.

For more details, please refer to the flow chart on P.22



# I'm tested positive. What should I do while waiting for admission to hospital or isolation facility?



Please stay calm  
Monitor your  
health condition



## Person pending admission

You will be provided with electronic wristband,  
anti-epidemic kit and infection control advice



### Stay at home

Observe personal and household hygiene <sup>^</sup>



Seek help from friends/relatives to arrange for  
daily necessities/food or order online/by phone

Avoid face-to-face contact  
with delivery persons

(Items should be left at the door, e.g. on a chair outside the apartment)



No Symptom

Mild Symptoms

(e.g. fever, cough, sore throat)



Warning Symptoms

(e.g. shortness of breath, pain in  
chest/abdomen, severe muscle pain,  
dizziness/confusion,  
seizures, not urinating)

Designated clinics & designated taxis

Book designated taxis : 3693 4770  
www.designatedtaxihk.com



Call 999 for ambulance

\*State your  
pending admission status



Conduct test on Day 14 <sup>#</sup>  
e.g. Rapid Antigen Test (RAT)



Negative

Positive

Undergo daily RAT to  
obtain negative result

Admit to hospital  
for treatment/isolation

Discharged from hospital/  
complete isolation in  
accordance with  
relevant conditions

Recovered from  
COVID-19 and  
can leave home



<sup>#</sup> The day following testing or collection of sample is counted as Day 1  
If no such record, the day on receiving positive nucleic acid test result  
is counted as Day 1

<sup>^</sup> Health Advice

Remark: Infected persons who have been sent to community isolation facilities (CIFs) and persons pending admission may conduct rapid antigen tests (RAT) on Day 6 and Day 7 after tested positive (currently 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) should they have received at least two doses of COVID-19 vaccines. If they obtain negative test results during RATs on these two successive days, they may leave CIF or home premises earlier on Day 7 for their daily activities.

- ✓ Stay in your room and keep the door closed  
No one should be allowed in
- ✓ If you need to leave the room,  
wear a well-fitted surgical mask
- ✓ Avoid face-to-face contact,  
sharing meals or personal items with  
household members



- ✓ Perform hand hygiene frequently
- ✓ Put the toilet lid down before flushing
- ✓ Keep windows open for better ventilation
- ✓ Clean and disinfect home daily
- ✓ Use a designated toilet, if not, clean and  
disinfect the toilet after each use
- ✓ Garbage should be well wrapped and  
passed to household members for disposal

# Latest Arrangement for Persons with COVID Infection Upon Isolation Completion/Discharge (Double Vaccinated)

Community Isolation facilities (CIF)	Home isolation and pending further assessment	Hospital admission
<p>RAT Testing negative on Day 6 and 7</p> <p>▼</p> <p>Free to leave CIF</p>	<p>Receive electronic wristband and supplies</p> <p>▼</p> <p>Report health conditions regularly</p> <p>▼</p> <p>Go to designated clinics or call the hotline if feeling unwell</p> <p>▼</p> <p>RAT Testing negative on Day 6 and 7</p> <p>▼</p> <p>Free to leave home</p>	<p>Clinical Assessment</p> <p>▼</p> <p>If clinically stable, discharged from Hospital and return home for home quarantine / accepted by other CIFs. *</p> <p>▼</p> <p>RAT Testing negative on Day 6 and 7</p> <p>▼</p> <p>Free to leave home</p>

<https://www.info.gov.hk/gia/general/202202/26/P2022022600750.htm?fontSize=1>

\*If you do not live with high-risk household members such as pregnant women and seniors and where conditions permit.



# Latest Arrangement for Persons with COVID Infection Upon Isolation Completion/Discharge (Have Not Been Double Vaccinated)

Community Isolation facilities (CIF)	Home isolation and pending further assessment	Hospital admission
<p>After testing positive on Day 7</p> <p>▼</p> <p>Tested negative</p> <p>▼</p> <p>Return home*</p> <p>▼</p> <p>Testing negative on Day 14</p> <p>▼</p> <p>Free to leave home</p>	<p>Receive electronic wristband and supplies</p> <p>▼</p> <p>Report health conditions regularly</p> <p>▼</p> <p>Go to designated clinics or call the hotline if feeling unwell</p> <p>▼</p> <p>Testing negative on Day 14</p> <p>▼</p> <p>Free to leave home</p>	<p>After testing positive on Day 7</p> <p>▼</p> <p>Tested negative</p> <p>▼</p> <p>Return home*</p> <p>▼</p> <p>Testing negative on Day 14</p> <p>▼</p> <p>Free to leave home</p>

[https://www.coronavirus.gov.hk/pdf/pa\\_discharge\\_ENG.pdf](https://www.coronavirus.gov.hk/pdf/pa_discharge_ENG.pdf)

\*If you do not live with high-risk household members such as pregnant women and seniors and where conditions permit.





# Special Chinese Medicine (CM) Out-patient Programme for Discharged COVID-19 Patients

 **Operation Hours: 9:00am to 5:30pm, Monday to Friday**

The Hospital Authority (HA) is commencing the "Special Chinese Medicine (CM) Out-patient Programme for Discharged COVID-19 Patients" (Programme) to provide CM out-patient services as part of rehabilitation of discharged COVID-19 patients.

The Programme provides a maximum of 10 free of charge CM general consultations.

The free of charge CM general consultation service to individual participating patient under the Programme is valid within 6 months from the discharge date/termination of isolation of the concerned patient.

Participation in the Programme is entirely voluntary. Participants have to call the CMCTR for appointment before each visit. For any enquiries, please contact the HA CM Department Programme Hotline 2794 3068.

Please visit the below website for more information:

<https://cmk.ha.org.hk/zh-cht/services/SpecialCMOPProg/SpecialCMOPProgEng>



2019冠狀病毒病COVID-19康復者

## 中醫門診特別診療服務

- 2019冠狀病毒病確診病人
- 已康復出院
- 合資格的香港居民



出院後6個月內於指定  
中醫診所最多 **10次免費**  
中醫內科門診服務\*  
(每次包括不多於5劑中藥)

\*須經過相關資格核實程序



電話熱線：

**2794 3068**

(星期一至五 09:00 - 17:30)

計劃詳情及中醫診所地址：

<http://cmk.ha.org.hk/services/SpecialCMOPProg/>

計劃詳情



# Summary of Useful Links / Contact information/ Hotlines

HKU has prepared a 14-day quarantine wellness kit - Wellcation <https://wellcation.csrp.hku.hk>. A good reference and read with lots of great positive ideas to get through the 14-day quarantine requirements.

- **Government COVID-19 website**  
🌐 <https://www.coronavirus.gov.hk/eng/index.html>
  
- **Community Testing Centre Booking Website**  
🌐 <https://booking.communitytest.gov.hk/form/index.jsp>
  
- **Community Testing Centre Booking Status**  
🌐 <https://booking.communitytest.gov.hk/en/>
  
- **Community Testing Centre Queueing Status**  
🌐 [https://event.thegulu.com/site\\_list/TESTING\\_CENTER](https://event.thegulu.com/site_list/TESTING_CENTER)
  
- **Test Record System (You could check your test result here)**  
🌐 <https://www.evt.gov.hk/portal/en/>
  
- **Collection Points of Specimen Collection Packs**  
🌐 [https://www.coronavirus.gov.hk/pdf/specimen\\_collection\\_points.pdf](https://www.coronavirus.gov.hk/pdf/specimen_collection_points.pdf)
  
- **Distribution Points of Specimen Collection Packs**  
🌐 [https://www.coronavirus.gov.hk/pdf/HA\\_clinics\\_submission\\_time\\_bilingual.pdf](https://www.coronavirus.gov.hk/pdf/HA_clinics_submission_time_bilingual.pdf)  
🌐 [https://www.hongkongpost.hk/en/about\\_us/network/SpecimenCollection/index.html#list](https://www.hongkongpost.hk/en/about_us/network/SpecimenCollection/index.html#list)  
🌐 [https://www.mtr.com.hk/archive/corporate/en/press\\_release/PR-20-086-E.pdf](https://www.mtr.com.hk/archive/corporate/en/press_release/PR-20-086-E.pdf)
  
- **Archives of List of buildings with confirmed / probable cases of COVID-19**  
🌐 <https://www.chp.gov.hk/en/features/102991.html>
  
- **Designated Taxi Fleet Booking System**  
🌐 <https://designatedtaxihk.com/>

- **Designated Taxi Fleet Booking Phone Number**  
☎ 3693 4770
  
- **Enquiry Hotline for COVID-19**  
☎ 1836 115
  
- **Health Protection Hotline (CHP) (9am to 8pm)**  
☎ 2125 1111 / 2125 1122
  
- **HKSAR Government COVID-19 WhatsApp Helpline**  
📞 9617 1823
  
- **Health In Action Community Pharmacy (WhatsApp Hotline)**  
📞 6618 9212
  
- **Vaccine Hotline**  
☎ 3142 2366
  
- **“StayHomeSafe” Hotline**  
☎ 1833 019
  
- **“StayHomeSafe” Website**  
🌐 <https://www.coronavirus.gov.hk/eng/home-quarantine.html>
  
- **Home Affairs Department Hotline**  
☎ 2835 1473 (Mon - Fri 9am to 6pm)
  
- **Compulsory Testing Hotline**  
☎ 6275 6901 (9am to 6pm)
  
- **Arrangements for persons pending admission to hospitals or isolation facilities**  
🌐 [https://www.coronavirus.gov.hk/pdf/Early\\_Testing\\_FAQ\\_EN.pdf](https://www.coronavirus.gov.hk/pdf/Early_Testing_FAQ_EN.pdf)
  
- **Handbook for Persons Tested Preliminarily Positive or Positive Pending Admission to Hospitals or Isolation Facilities**  
🌐 [https://www.coronavirus.gov.hk/pdf/pa\\_handbook.pdf](https://www.coronavirus.gov.hk/pdf/pa_handbook.pdf)

# What you need to know - FAQs

## Combating the Virus

**Q1:** What are the precautions to take while staying home to combat the virus?

**A:** Reduce the number of gatherings and frequency of going out, maintain good indoor ventilation, clean and disinfect your home and maintain an optimistic attitude. For more information, please refer to the Department of Health website <https://www.chp.gov.hk/en/features/102745.html> and our information booklet.

**Q2:** What should I prepare at home and how to buy them?

**A:** You should stock up a right amount of food, medicine, epidemic prevention supplies and daily necessities as needed. Please refer to our information booklet for more suggestions on the list of items you should prepare.

## Feeling Unwell

**Q3:** Where to get tested for those who perceive themselves as having a higher risk of exposure?

**A:** You can perform a Rapid Antigen Test at home or visit one of the Community Testing Centres or mobile testing centres. Stay home as much as possible after the test.

Location of Community Testing Centres: <https://www.communitytest.gov.hk/en/>

Rapid antigen testing reagents can be purchased online, some links are available for reference.

### Rapid Antigen Test 1

### Rapid Antigen Test 2

### Rapid Antigen Test 3

**Q4:** Where are the distribution and collection points for specimen tests?

**A:** Please visit [https://www.coronavirus.gov.hk/pdf/HA\\_clinics\\_submission\\_time\\_bilingual.pdf](https://www.coronavirus.gov.hk/pdf/HA_clinics_submission_time_bilingual.pdf) for the locations. The MTR app also notifies users on the availability of specimen packs at specific stations.

Door to door specimen collection is also provided at a charge by the following operators:

Gogovan (Tel: 56814989)

Pickupp (email: [hk@pickupp.io](mailto:hk@pickupp.io))

Toby (Tel: 37033250)



**Q5: What should I do if my child and I have positive result from the self-test?**

**A:** Members of the public tested positive by RAT, whether distributed by the Government or on their own purchase, should be considered positive cases and they should take all necessary steps to avoid further spreading of the virus, including staying at home. The CHP has set up an online registration system for persons tested positive by RAT to self-report. Please refer to the below link:

[www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp)

<https://hdf.chp.gov.hk/dhehd/cdpi.jsp?lang=en-us> (English website)

<https://hdf.chp.gov.hk/dhehd/cdpi.jsp?lang=zh-hk> (Traditional Chinese website)

The Fire Services Department has launched a new mechanism for admission to community isolation facilities for those who are tested positive for COVID-19 with mild symptoms and self-care ability. Please refer to the below link for further details:

<https://www.info.gov.hk/gia/general/202203/06/P2022030600553.htm?fontSize=1>

Parent/carer and the child should stay away from other family members. Whenever possible, the parent/carer and the child should stay and eat in the same room and avoid having contact with other family members.

**Q6: Should I go to the emergency room immediately once tested positive?**

**A:** Depending on your health condition, if you suffer symptoms such as persistent high fever or difficulty in breathing, go to the emergency room or call 999 as soon as possible. Please refer to our "Flowchart on Tested Positive" for more details.

**Q7: How can confirmed patients go to the emergency room if needed?**

**A:** Patients with appointments made at designated clinics can book the designated taxi services through a dedicated booking platform <https://designatedtaxi.hk.com/> and they should avoid taking public transport. Please refer to our information booklet for details.

**Q8: Can I leave home once I have tested negative?**

**A:** Patients who are double vaccinated and are still waiting to be admitted to hospital or waiting to be sent to an isolation facility, will need to perform your Rapid Antigen Test on Day 6 and Day 7, and if the result is negative on these two successive days, you may leave home earlier on Day 7 for your daily activities.

Please refer to the Department of Health website for more information:

<https://www.coronavirus.gov.hk/eng/pending-admission.html>

<https://www.info.gov.hk/gia/general/202202/26/P2022022600750.htm?fontSize=1>

**Q9: What can I do as a parent and caregiver if my young child is tested positive?**

**A:** Keep a record of the date of onset of illness, observe and monitor their physical condition regularly, keep the room well ventilated, and stay positive.

## Ways to Cope

**Q10:** What should I do if I am classified as a close contact and feel sick while waiting for admission to a quarantine facility?

**A:** Please call 999 for assistance in case of emergency and indicate that you are a close contact and is waiting for mandatory quarantine. Please refer to the official information at [https://www.coronavirus.gov.hk/pdf/faq\\_close\\_contacts\\_qc\\_eng.pdf](https://www.coronavirus.gov.hk/pdf/faq_close_contacts_qc_eng.pdf) or [https://www.coronavirus.gov.hk/pdf/Early\\_Testing\\_FAQ\\_EN.pdf](https://www.coronavirus.gov.hk/pdf/Early_Testing_FAQ_EN.pdf) for details.

**Q11:** Is there a hotline for enquiries while waiting for admission to the isolation facility?

**A:** You can call the hotline 1836 115 for medical inquiries and infection control advice for those waiting for admission to the isolation facility. For more information, please refer to the official information from Hospital Authority [https://www.ha.org.hk/visitor/ha\\_visitor\\_index.asp?Content\\_ID=264500&Lang=ENG&Dimension=100&Parent\\_ID=254422&Ver=HTML](https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=264500&Lang=ENG&Dimension=100&Parent_ID=254422&Ver=HTML)

**Q12:** Can I accompany my child who is under age 18 to Quarantine Centre (QC)?

**A:** For any child under age 18 to be quarantined in QCs, the Department of Health (DH) upon request would generally allow one of the parents to accompany their children to QCs to take care of them. In such cases, the parent and the child would remain in the same room until the quarantine period ends.

**Q13:** If a parent tests positive and to be hospitalised, what is the arrangement for the quarantined child?

**A:** If a parent tests positive and to be hospitalised, a caretaker arranged by the parents (who can be relatives, parents' adult friends or domestic helpers) could be allowed to accompany the quarantined child.

**Q14:** For parents classified as close contacts, are they allowed to bring their children with special needs who are not close contacts to QC?

**A:** For parents classified as close contacts but would like to stay with their children with special needs who are not close contacts, the parent could make request to Department of Health (DH) to bring their children to QC. The children will need to stay with the parents for the whole quarantine period. The parents need to sign an undertaking that they fully understand the risk of infection.

**Q15:** Is there anyone who will cater for specific needs of children (including babies) in QC?

**A:** To cater for specific needs of children (including babies), the Social Welfare Department provides a wide range of items in QCs available to minors, including cots, blankets, bumpers, clothes, cutlery, toiletries, diapers for children and babies, baby food and snacks, as well as colouring pencils and coloring books for children. Milk warmers, disinfectors for milk bottles and refrigerators for parents are also provided upon request. The DH and Civil Aid Service colleagues are doing their best to accommodate the needs for quarantined children, and make QC environment as child-friendly as possible.

**Q16:** Will public hospital consider placing the confirmed case of parents or family members of a pediatric patients in the same isolation room?

**A:** If parents or family members of a paediatric COVID-19 patient are also diagnosed with COVID-19, public hospitals will consider placing the patients in the same Airborne Infection Isolation Room, subject to assessment of the patients' clinical condition. In cases where the parents test negative, public hospitals will also accommodate their request to accompany the paediatric patient, subject to the agreement of the Centre of Health Protection (CHP) of DH and the availability of isolation capacities.

**Q17:** If both parents are confirmed with COVID-19 and there is no other better arrangement for providing care for their children, are they allowed to take care of their children in hospital?

**A:** In the scenario where both parents are confirmed with COVID-19 and there is no other better arrangement for providing care for their children, public hospitals will, upon the agreement of CHP, provide suitable arrangement to facilitate proper parental care.

**Q18:** I have a chronic medical condition requiring special care or have special needs. Is there any precaution?

**A:** Please inform officers of the Quarantine Centre Taskforce if you have any medical condition or on any long term treatment. Depending on the level of care required, you may be transferred to a quarantine centre with medical support. Please also bring your own medications to the quarantine centre. People with special needs (such as chronic medical disease, with disabilities, on special diet, breastfeeding women, small children under 3 years of age etc.) may only be arranged to a certain quarantine centre. Therefore, when officers of the Quarantine Centre Taskforce contact you, please inform them for any special needs so the appropriate arrangement can be made.

**Q19:** What if I need a caretaker to accompany me in QC?

**A:** Permission is required for a caretaker to accompany close contacts in QC. Relevant information of the caretaker including full name and HKID number should be provided for consideration. If approved, the caretaker is required to stay in QC until the end of the quarantine period and follow the instructions of relevant staff at the quarantine centre.

**Q20:** What are the warning signs of my child requiring immediate medical attention?

**A:** Call an ambulance to the hospital at once if the child develops breathing difficulty, blue lips, chest pain, fast heartbeat, sudden change of sensorium or confusion, persistent high fever, convulsion, or poor oral intake.

**Q21:** How can we get the latest information on the pandemic?

**A:** Please refer to the websites of Department of Health, Food and Health Bureau, and daily news for updates.

Department of Health: <https://www.coronavirus.gov.hk/eng/index.html>

Food and Health Bureau: <https://www.fhb.gov.hk/en/>