



Empower yourself: beat COVID-19

When to see a Doctor. Advice on appropriate use of health care services and facilities. Where to get updated, reliable, correct information? How to support public health actions to stop the virus spread.

Novel Coronavirus 2019 (COVID-19)

COVID-19 is an infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. On 11 March 2020, WHO declared it as pandemic, which means many people are suffering from this infectious disease in many part of the world concurrently.



Symptoms: Fever, Cough, Fatigue, Muscle Aches, Shortness of breath, etc. Older age or having underlying disease are at a higher risk of deterioration into serious condition. People can also be infected before symptom shows.

Mode of transmission: mainly through respiratory droplets and through contact. The incubation period range from 1 to 14 days.



Prevention:

- There is no vaccine and specific treatment for this infectious disease at present.
- Good personal and environmental hygiene practice and social distancing is crucial for prevention.
- Avoid visiting infected regions.
- Social Distancing.



When to see a Doctor?

If Fever, oral $>37.5^{\circ}\text{C}$ tympanic $>38^{\circ}\text{C}$ or having upper respiratory illness symptoms such as cough, sore throat, a shortness of breath, etc. Disclose relevant travel or contact history in the last 14 days to the health workers.

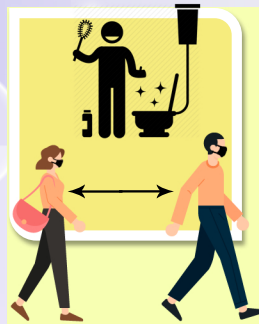


What to do if somebody you have had close contact with recently has been diagnosed with covid-19?

- If you are feeling unwell, call the Department of Health's hotline 2125 1111 / 2125 1122 **immediately** for assistance.
- If you do not have any symptoms, call the Department of Health's hotline 2125 1111 / 2125 1122 for further assistance.

What to do if you have NOT had close contact with anyone recently diagnosed with covid -19 and you have NOT traveled outside Hong Kong in the last 14 days, but you have fever or cough or sore throat or shortness of breath?

- Go to your general practitioner or government general outpatient clinic (OPD). If these are not available, then go to the nearest A&E. Wear a mask and keep distance from other people along the way.



What to do if you have been to a place where someone was subsequently found to have covid-19?

- Do not panic. Keep an eye for symptoms.
- Keep strict hygiene at home
- Keep social distancing
- If feeling unwell or experiencing a fever or coughing, consult a doctor, your general practitioner or government outpatient clinic. Wear a mask and keep distance from other people along the way.



Travel advice

- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). Avoid non-essential traveling or visiting to places – especially if you are an older person or have diabetes, heart or lung disease.
- If you are having respiratory symptoms, wear a surgical mask, refrain from work, avoid going to crowded places and seek medical advice promptly.



What does mandatory home quarantine mean?

- As of Wednesday, 25 March 2020, all people that come back to Hong Kong from overseas/ close contacts to a person who recently has been diagnosed with covid-19 are subject to a 14-day compulsory quarantine.
- "Home Quarantine" means the person **MUST STAY INSIDE THE HOME** for the entire quarantine period. He/she **MUST NOT** go outside for shopping, eating, work, school, religious gathering or any other reason. This is to stop further spread of the disease.

If your friend is in home quarantine, be supportive by telephone or social media. You can help by delivering food and essential daily items to his/ her door only. Do not go into their home to visit. Avoid physical contact.



What to do if you are living with person who is having home quarantine in the same household?

- You and the confinee should check your body temperature twice daily and monitor health condition.
- Maintain appropriate social distance with the confinee (at least 1 meter apart) whenever practicable.

- Open the window for better ventilation
- Clean your house thoroughly. Maintain good personal and environmental hygiene.
- Separate the eating and drinking utensils (including cups and glasses in the bathroom and kitchen), towels, washcloths or bed linen with the confinee. Do not share food & drinks.
- If you or the confinee have symptoms such as fever or cough or sore throat, call the Department of Health's hotline 2125 1111 / 2125 1122 immediately for assistance.



What to do if you are living with person who recently has been diagnosed with covid-19 in the same building but not in same household?

- Always wear a surgical mask in public area.
- Wash your hands with soap or disinfect your hands with hand sanitizers after touching those frequently touched surfaces (e.g. buttons, handrails, handle, and mailboxes).

- Wash your hands with soap immediately after you back home.
- Maintain Toilet Hygiene
- Ensure the water traps must be filled with water (including U-shaped water trap, bottled trap or anti-syphonage trap) to prevent foul odour and insects in the soil pipe from entering the premises. Pour about half a litre of water into each drain outlet once a week.
- Do not alter the drain and pipes without prior authorization.
- If feeling unwell or experiencing a fever or coughing, consult a doctor, your general practitioner or government outpatient clinic.



Where to get updated, reliable, correct information?

1. Government Department of Health, Centre for Health Protection Hotlines: 2125 1111 / 2125 1122 (8 am to 12 midnight).
2. Home Affairs Department Hotline: 2835 1473 (24 hours)
3. Centre for Health Protection website <https://www.chp.gov.hk/en/index.html> and QR code
4. Centre for Health Protection Facebook. Search CHP in Facebook.



Mental Health and wellbeing

During the pandemic of Covid-19, Your emotional and mental health is important. It is normal to feel stressed. Remember we're all in this together and you are not alone, If you feel you are not coping, it is important to talk with a health professional. For support with anxiety, distress or mental wellbeing, you can call 2344-3019.

2344 3019

www.ucn.org.hk
www.ucn-emhealth.org

Reference:

1. WHO - WHO Director-General's opening remarks at the media briefing on COVID-19 - 11 March 2020. Available at <https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19--11-march-2020>
2. DH- CHP. What is COVID-19. Available at <https://www.coronavirus.gov.hk/eng/index.html>. Accessed on 1st April 2020