Practical Tips for Self-Quarantine for Novel Coronavirus Infection (2019-nCoV)

1. You are required to self-quarantine by staying at, and working from, your place of residence after returning to Hong Kong and before coming back to the campus.
2. Day 1 of the self-quarantine period should count from the date of arriving at HK.
3. You MUST wear a surgical mask in a proper way at all time especially when you are outside your room/accommodation and thus may come into contact with other people.
4. You should avoid leaving your room / accommodation as far as possible.
5. You are advised to buy takeaways and eat alone inside your room or a place not shared with others (i.e. not in communal kitchens, canteens, or restaurants in the street).
6. Detergent can kill coronavirus because the lipid envelope of coronavirus can be destroyed by detergent. Therefore, clean you room and facilities with detergent.
7. You should exercise good hand hygiene. You MUST do hand hygiene before eating, or touching your eyes, nose and mouth by either hand washing or more easily alcoholic handrub, if available. You are strongly advised to carry in your pocket a bottle of alcoholic handrub, if available.
8. After using the toilet, put the toilet lid down before flushing to avoid spreading germs.
9. You should measure your ear temperature every day, preferably in late afternoon, between 4:00 and 6:00 p.m. (assuming you sleep at night and stay awake during the day). You should record the findings in the self-surveillance form.
10. You should also observe, on a daily basis, any symptoms of respiratory disease, such as chills and rigor, nasal runny nose, nasal stuffiness, cough, sore throat or shortness of breath. You should record the findings in the self-surveillance form.
11. Should you develop a fever (tympanic temperature >38°C) or any symptoms of respiratory disease, you should seek medical consultation immediately in Hospital Authority’s designated clinics or the Accident & Emergency Department of public hospitals for further check-up. You should also report to your department (and hall / management office if you stay at hall / University staff quarters) as an urgent matter.
12. Information about how to wear a mask and do alcoholic handrub is available in the following 5-minute video https://topick.hket.com/article/2550337/
13. If you have any concerns, please call CHP hotline 2125-1111 / 2125-1122 (operates 9 am to 8 pm) or WhatsApp Helpline: 9617-1823.
14. For further information, please visit the dedicated webpage of Centre for Health Protection: https://www.coronavirus.gov.hk/eng/index.html

You are also welcome to contact the University Health Service at 3917-2514 if necessary.