Guidelines for Staff, Students and Residents in Halls or Colleges Concerning Middle East Respiratory Syndrome (MERS)

The Task Force urges all staff, students and residents living in residential halls or colleges to observe the followings:

- If the staff/student/resident concerned has fever (Temp ≥ 38°C), he or she should:
  - Wear a surgical mask.
  - Report to the Warden or Master.
  - Avoid attending lectures/public activities.
  - Avoid going back to the Hall or College if the student/staff/resident is at home.
  - Consult a doctor immediately accordingly.

- Observe good personal and environmental hygiene
  - WASH HANDS properly and keep hands clean:
    - Before touching the eyes, mouth and nose.
    - Before putting on the surgical mask, and before and after taking it off.
    - Before eating or touching food.
    - After going out and touching public installations.
    - After going to toilets.
    - After sneezing, coughing or wiping the nose.
  - CLEAN the room especially the desk, chairs, wall surfaces, switches, etc. regularly.
  - WASH the clothes, beddings, etc. frequently and regularly.
  - DO NOT share eating utensils, towels, clothings, etc.
  - USE serving spoons or chopsticks.
  - MAINTAIN good body resistance by well-balanced diet, adequate rest, exercise and avoid stress, no smoking and no alcohol consumption.
  - MAINTAIN good indoor ventilation.

- To prevent MERS, the staff/students/residents should take the following steps on top of the preventive measures as mentioned above:
  - Avoid going to farms, barns and markets with camels.
  - Avoid contact with animals, especially camels including riding camels or participating in any activity involving contact with camels.
  - Wash hands before and after touching animals in case of visits to farms, barns or markets with camels.
Avoid close contact with sick people, especially with those suffering from acute respiratory infections, and avoid visit to healthcare settings with MERS patients.

Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or products, unless they have been properly cooked, washed or peeled.

Flush toilet properly with lid covered.

If the staff/student/resident has respiratory symptoms, consult a doctor and wear a surgical mask to prevent spread of disease. Inform the doctor about the travel history if the staff/student/resident has been to places with outbreak of MERS reported.

• If the staff/student/resident has history of close contact with a suspected or confirmed MERS patient within the past 14 days:
  ➢ Wear a surgical mask.
  ➢ **DO NOT** attend lectures/group activities/go to work.
  ➢ Inform University Health Service at 39172514 or email to uhshe@hku.hk.
  ➢ Seek medical advice promptly.

HKU Task Force on Infectious Diseases

Created: 15 October, 2018
Reference