

# Practical Advices for Students under Compulsory Home Quarantine

(Apply to inbound travellers arriving from the Mainland China or Macao under the "Compulsory Quarantine of Certain Persons Arriving at Hong Kong Regulation" (Cap. 599C) only)

## Important Notes

1. **You will be under HKSAR Government's Compulsory Quarantine Order (7-day or 14-day) upon your return to Hong Kong** and you MUST NOT leave your dwelling places throughout the whole period. Please study carefully the official documents provided by the Government's Immigration Department and strictly follow.
2. Please **switch on your mobile phone ALL THE TIME and stay alert for phone calls** from the Government's Department of Health. Random spot checks will be conducted by the Department of Health from time to time.
3. **Any person who leave the dwelling places without permission during the quarantine period may commit a criminal offence.** The maximum penalty upon conviction is **imprisonment for six months and a fine of HK\$25,000.**
4. You must **take your own temperature twice a day** and fill in the "Health-monitoring Checklist" provided by the Centre of Health Protection of HKSAR Government.
5. Once you have arrived in Hong Kong, you must arrive at the designated place for compulsory quarantine within 2 hours.
6. If you stay at home under quarantine, you should ask your co-living family members or friends and relatives to acquire your basic daily necessities and/or food for you. For friends and relatives not living with you, they should deliver these items to your door but they should not enter your home to reduce the risk of them being exposed to infection. You should avoid having close contact with anyone.

7. There are several commonly used food delivery apps in Hong Kong, please order your meals if necessary:

**Deliveroo**



**Foodpanda**



**Uber Eats**



### **Items to Bring Before Departure**

1. Travel document with valid visa
2. Cash in Hong Kong dollars
3. Credit cards
4. Travel adaptor (Three-pronged UK-style plug, with 220 volts AC, 50Hz)
5. Thermometer
6. Surgical masks
7. Canned food, instant noodles etc.

### **Health Tips**

#### Maintain social distancing

- Do not invite visitors to your quarantine place
- Stay in a well-ventilated single room if possible
- Keep a distance from others as much as possible (at least 1 metre)

#### Personal hygiene

- Do not share towels or personal items, and separately placed yours from those of other family members
- Perform hand hygiene frequently and observe cough etiquette

#### Environmental hygiene

- Clean and disinfect your home environment daily with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol
- After using the toilet, put the toilet lid down before flushing, and pour about half a liter of water into each drain outlet (U-traps) regularly

- Designate a toilet to be used only by the confinee as far as possible. If the toilet is shared with other members of the household, clean and disinfect the toilet after each use by the confinee with 1 in 49 diluted household bleach. Clean and disinfect the washing basin with 1 in 49 diluted household bleach if contaminated with sputum or saliva of the confinee e.g. after rinsing mouth or brushing teeth
- Do not touch commonly shared items with family members such as TV control panel, radio control panel, door handles, unless you disinfect your hand with alcohol-based handrub first

#### Lifestyle

- Avoid meal gatherings and do not share food or drinks
- Eat in your own room; if not possible, face a wall when eating
- There is no need to do separate laundry
- Do not smoke and avoid alcohol consumption
- If you develop a fever and have acute respiratory symptoms or feel unwell, make sure your mask is worn properly, call the Department of Health hotline immediately for advice and arrange to go to a public hospital for further management