

ADVICE FOR PATIENTS ON PROTECTING YOURSELF – MARCH 30 2020

PATIENTS WHO:

- Have respiratory symptoms or fever
- Have had contact with a known or suspected case or cluster of COVID-19
- Have travelled internationally within the past 14 days
- Are a household contact of such a traveler
- Who become ill within 14 days of such travel or contact

1. Stay at home, practice hand hygiene and wear a mask
2. As far as practicable, stay away from other family members, particularly vulnerable family members.
3. Email our clinic at enquiries@centralhealth.com.hk or call 2824 0822 to arrange a telephone or Skype consultation now, or (if it can wait) an appointment in two weeks' time.
4. If you develop symptoms, email the clinic at urgentadvice@centralhealth.com.hk or follow the emergency out-of-hours advice on our website.
5. You can also call the Department of Health Hotline at 2125 1122

Be aware that it has been made a criminal offense to provide false or misleading information about your travel history to a healthcare professional. Please be honest; we will do our best to help you.

ALL PATIENTS: HOW TO PROTECT YOURSELF:

1. **Delay ALL non-essential travel.** Travel spreads the disease and also increases your likelihood of being quarantined. Avoiding international travel is now officially advised by the Department of Health
2. Do not travel, socialize or go to work while sick. Even if only a minor cold.
3. Do not smoke (not even pot!). Do not Vape. These things damage your lungs and make you susceptible to severe infection.
4. Avoid social gatherings –if unavoidable, keep social gatherings to less than 4 people and make sure all participants are healthy.
5. Work from home if possible
6. Do not go to restaurants, bars, karaoke lounges, clubs, religious gatherings or other social gathering places, even if they have not been formally shut down by government.
7. Support local restaurants instead by ordering for home delivery

8. Reduce non-essential travel on public transport particularly during peak travel hours
9. Practice hand hygiene frequently (soap and water for 20 seconds when possible, otherwise alcohol sanitizer) and avoid touching your mouth, nose and eyes. After washing your hands, use a paper towel to wrap the water tap and door knob, rather than touching them again.
10. Practice hand hygiene after touching an animal, including your own pets.
11. Cover your cough. The most effective way to prevent transmission of viruses when coughing or sneezing is to use a tissue. Cough or sneeze into your elbow if no tissue is available.
12. Wear a mask when around other people, when around sick people, or if feeling unwell yourself. Be sure to practice hand hygiene before putting on or after taking off a mask.
Universal masking has become the accepted norm in Hong Kong.
13. Avoid the following high-risk activities: travel on cruise ships; communal food-sharing including buffets, banquets and hotpots; conferences and large networking events; religious gatherings
14. In social situations avoid handshakes, hugs and kisses. Many people will not appreciate this form of greeting
15. Carry your own pen instead of using publicly provided ones.
16. Clean your phone, tablet, laptop and computer keyboard regularly.
17. Open your windows to keep your home well-ventilated.
18. Maintain drainage pipes properly and once a week pour about half a litre of water into each drain outlet (U-traps). Close the toilet lid before flushing. And of course, was your hands!
19. Get your flu vaccine if you have not already done so.
20. Delay elective surgery and non-urgent appointments in government hospitals. This will allow the hospital authority to concentrate resources on the epidemic.
21. For non-infectious semi-urgent medical issues, if you are able to attend a private hospital Accident & Emergency rather than a public hospital, this is preferable, for the same reasons.
22. Consider using our teleconsult service for general practice and psychology/psychiatry consultations. While not always feasible, for many conditions it is perfectly possible to arrange remote consultations. This will reduce the number of people in the clinic at any one time.
23. Give a copy of this advice to your helpers.