

我有**接觸**到COVID-19確診個案， 應該要注意甚麼？

1. 如果您與確診個案於症狀發生前三天至隔離前有密切接觸(如共同用餐、共同居住或曾有面對面15分鐘以上的接觸)，請先留在家中自我隔離，等候衛生單位通知，除非有需立即就醫需求，請不要離開住所。
2. 在家中請單獨一人一室，盡量和家人使用不同的衛浴設備，不要離開房間。
3. 在家中請避免與其他同住者接觸，特別是長者、幼兒或免疫力低下的同住家人。
4. 請務必佩戴口罩和注意手部衛生(使用肥皂和水洗手，或使用酒精)。
5. 觀察自己是否出現COVID-19的相關症狀，如：發燒、流鼻水、咳嗽、喉嚨痛、倦怠、肌肉痠痛、頭痛、腹瀉、嗅覺或味覺異常、呼吸急促等。
6. 若出現以下症狀時，請立即聯繫119、衛生局或撥打1922：喘、呼吸困難、持續胸痛、胸悶、意識不清、皮膚或嘴唇或指甲床發青。
7. 請依指示就醫或前往篩檢，並禁止搭乘大眾運輸工具。
8. 請家人準備食物飲水，不要和家人共餐或共用物品。
9. 請使用稀釋後的漂白水或酒精清潔所有經常觸摸的物體表面。
10. 如果您不是密切接觸者，則僅需進行自我健康監測14天，如有疑似症狀，請佩戴口罩後就醫評估，並告知可能的接觸史。

我是COVID-19確診個案， 應該要注意甚麼？

1. 大部分的COVID-19感染者症狀輕微，休養後即可自行康復，為了將醫療資源留給重症患者，請您先留在家中不要離開，等候公衛人員通知。
2. 在家中請單獨一人一室，盡量和家人使用不同的衛浴設備，不要離開房間。
3. 在家中請避免與其他同住者接觸，特別是長者、幼兒或免疫力低下的同住家人。
4. 請務必佩戴口罩和注意手部衛生(使用肥皂和水洗手，或使用酒精)。
5. 若出現發燒症狀，可以使用退燒藥減緩不適症狀，盡量臥床休息和飲水。
6. 務必觀察自身症狀變化，若出現以下症狀時，請立即聯繫119、衛生局或撥打1922：喘、呼吸困難、持續胸痛、胸悶、意識不清、皮膚或嘴唇或指甲床發青。
7. 請依指示就醫，並禁止搭乘大眾運輸工具。
8. 請家人準備食物飲水，不要和家人共餐或共用物品。
9. 請使用稀釋後的漂白水或酒精清潔所有經常觸摸的物體表面。
10. 電話連絡我的密切接觸者(在我開始有症狀發生的前三天至隔離前，曾有共同用餐、共同居住或未佩戴口罩下面對面15分鐘以上的接觸)，請他們自我隔離並健康監測。

What should I do, if I have been exposed with confirmed COVID-19 case?

1. What if you had close contact with a confirmed case three days before the onset of symptoms and before isolation? (Such as eating together, living together, or having face-to-face contact for more than 15 minutes) please stay at home and self-isolate and wait for the notification from the health unit. Please do not leave your home unless you need immediate medical attention.
2. Please use a separate room for one person at home, try to use different bathroom equipment from your family and do not leave the room.
3. Please avoid contact with other people living at home, especially the elderly, young children or family members with weak immune system.
4. Please wear a mask and pay attention to hand hygiene (wash your hands with soap and water or use alcohol).
5. Observe whether you have symptoms related to COVID-19 such as fever, runny nose, cough, sore throat, fatigue, muscle pains, headache, diarrhea, loss of smell or taste, shortness of breath, etc.
6. Be sure to observe the changes in your symptoms. If you are experiencing the following symptoms: wheezing, breathing difficulties, persistent chest pain, chest tightness, unconsciousness, blue skin · lips or nail bed, please contact 119, the Health Bureau or dial 1922 immediately.
7. Please follow the instructions to seek medical attention and do not take public transportation ◦
8. Ask your family members to prepare food and water for you and do not share meals or items with them ◦
9. Please use disinfectants or alcohol to clean the frequently touched surfaces and objects.
10. If you are not a close contact, you only need to conduct self-monitoring for 14 days. If you have any suspected symptoms, please wear a mask and go to a doctor for evaluation and inform the possible exposure.

What should I do if I am tested positive for COVID-19?

1. Most people infected with COVID-19 have mild symptoms and they can recover at their own pace. In order to reserve medical resources for critically ill patients, please stay at home and do not leave, and wait for the notification from public health personnel.
2. Please use a separate room for one person at home, try to use different bathroom equipment from your family and do not leave the room.
3. Please avoid contact with other people living at home, especially the elderly, young children or family members with weak immune system.
4. Please wear a mask and pay attention to hand hygiene (wash your hands with soap and water or use alcohol).
5. If you have fever, you can use antipyretics to relieve the symptoms, stay in bed and drink water as much as possible.
6. Be sure to observe the changes in your symptoms. If you are experiencing the following symptoms: wheezing, breathing difficulties, persistent chest pain, chest tightness, unconsciousness, blue skin · lips or nail bed, please contact 119, the Health Bureau or dial 1922 immediately.
7. Please follow the instructions to seek medical attention and do not take public transportation.
8. Ask your family members to prepare food and water for you and do not share meals or items with them.
9. Please use disinfectants or alcohol to clean the frequently touched surfaces and objects.
10. Call my close contacts (from the first three days of the onset of symptoms before the quarantine, I had shared meals, lived together or had contact with them face to face for more than 15 minutes without wearing a mask) and asked them to self-isolate and monitor their health condition.