

Health Advice on the Prevention of Respiratory Tract Infections in Public Places (Hong Kong MOH)

Members of the public are advised to avoid frequenting crowded public places to prevent the spread of respiratory tract infections. When visiting crowded places such as cinemas and restaurants, the following precautionary measures should be taken :

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing
- Dispose of used tissue paper properly
- Keep hands clean. Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
- Do not share towels
- Consult your doctor promptly if you develop respiratory symptoms, and follow instructions given by your doctor including the use of drugs as prescribed and adequate rest as appropriate
- Patients should put on masks to reduce the chance of spread of infection

Workers in public places should take the following precautionary measures to reduce the chance of spread of infection :

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing
- Wash hands after sneezing, coughing or cleaning the nose
- Consult your doctor promptly if you develop respiratory symptoms
- Allow plenty of fresh air into the indoor environment
- If the facilities are mechanically ventilated, ensure frequent air exchanges and proper maintenance and cleansing of the system
- Ensure that toilet flushing apparatus is functioning properly
- Provide toilets with liquid soap and disposable tissue towels or hand dryers
- Cleanse and disinfect the facilities (including furniture and toilet facilities) regularly (at least once a day), using diluted household bleach (i.e. adding 1 part of household bleach to 99 parts of water), rinse with water and then mop dry
- If the facilities are contaminated with vomitus, wash / wipe with diluted domestic bleach (mixing 1 part of bleach with 49 parts of water) immediately