

Health Advice to Universities and Higher Education Institutions for the Prevention of Severe Respiratory Disease associated with a Novel Infectious Agent

In view of stepping up to serious response level under the preparedness and response plan for Severe Respiratory Disease associated with a Novel Infectious Agent, universities and higher education institutions are advised to heighten the prevention and control measures against infectious diseases.

Students or staff who had travelled to those affected areas in the past 14 days should observe their health condition closely. During the first 14 days of returning from those affected areas, they should monitor their body temperature. If feeling unwell, they should seek medical consultation promptly and inform the doctor of the travel history. They should wear surgical mask.

The environment in the premises should be clean and hygienic. It is important to maintain drainage pipes properly and regularly (about once a week) pour about half a liter of water into each drain outlet (U-traps), to ensure environmental hygiene. For details, please refer to

https://www.chp.gov.hk/files/pdf/make_sure_the_trap_is_not_dry.pdf

To prevent pneumonia and respiratory tract infection, students and staff are reminded to maintain good personal and environmental hygiene. They are advised to:

- Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based handrub is an effective alternative.
- Cover mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly.
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.
- N95 respirators are generally not recommended for use by general public in community settings because if not worn or removed properly, the risk of contracting the disease would be increased.

Health advice below should be taken heed of when travelling outside Hong Kong:

- Avoid visiting hospitals. If it is necessary to visit a hospital, put on a surgical mask and observe strict personal and hand hygiene.
- Avoid making close contact with patients, especially those with symptoms of acute respiratory infections.
- Avoid touching animals (including game), poultry / birds or their droppings.
- Avoid visiting wet markets, live poultry markets or farms.
- Do not consume game meat and do not patronize food premises where game meat is served.
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal

products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or contaminated products, unless they have been properly cooked, washed or peeled.

To disseminate health messages to staff, students and visitors, universities and higher education institutions can consider to broadcast and post up the following health education materials in the campus areas (e.g. dormitories, lectures rooms, amenities)

TV Announcement in the Public Interest (API):

- [Prevention of pneumonia and respiratory tract infection](https://youtu.be/QA_TRNFf5tU)
(https://youtu.be/QA_TRNFf5tU)

Videos on mask wearing and hand hygiene:

- [Prevent diseases · Maintain good hygiene](https://youtu.be/X0OxrsgAP2w)
(<https://youtu.be/X0OxrsgAP2w>)
- [How to wear a surgical mask properly](https://youtu.be/gggtXTuhJek)
(<https://youtu.be/gggtXTuhJek>)
- [Washing Hands with Liquid Soap and Water](https://youtu.be/pN2C6AJ2_EA)
(https://youtu.be/pN2C6AJ2_EA)
- [Hand Rubbing with Alcohol-based Handrub](https://youtu.be/CLVOjMT2H68)
(<https://youtu.be/CLVOjMT2H68>)

Infographics:

- [Prevention of Pneumonia and Respiratory Tract Infection](https://www.chp.gov.hk/files/pdf/prevention_infographic_en.pdf)
(https://www.chp.gov.hk/files/pdf/prevention_infographic_en.pdf)
- [Health Advice on Prevention of Pneumonia and Respiratory Tract Infection](https://www.chp.gov.hk/files/pdf/pneumonia_health_advice.pdf)
(https://www.chp.gov.hk/files/pdf/pneumonia_health_advice.pdf)
- [Travel Advice on Prevention of Pneumonia and Respiratory Tract Infection](https://www.chp.gov.hk/files/pdf/pneumonia_travel_advice.pdf)
(https://www.chp.gov.hk/files/pdf/pneumonia_travel_advice.pdf)

For the latest updates and preventive measures, please refer to below webpages for more information:

- Centre for Health Protection Thematic Webpage on "[Severe Respiratory Disease associated with a Novel Infectious Agent](https://www.chp.gov.hk/en/features/102465.html)"
(<https://www.chp.gov.hk/en/features/102465.html>)
- Webpage on [Personal Hygiene](https://www.chp.gov.hk/en/healthtopics/content/460/19899.html) (proper hand hygiene, proper use of mask, guidance note on monitoring of body temperature)
(<https://www.chp.gov.hk/en/healthtopics/content/460/19899.html>)