



衛生防護中心
Centre for Health Protection

**Infection Control Advice to Residential Care Homes for
the Elderly / Persons with Disabilities (RCHs) for
Residents Discharged from Quarantine Facilities after
Seven Days' Quarantine**

Residents discharged from quarantine facilities after seven days' quarantine carry higher risk than other residents of the residential care homes (RCHs) to develop COVID-19 for the initial 7 days after return to the RCHs, the following infection control measures are advised.

A. Placement

- (a) These residents should either stay in a single room or being cohorted. Use partitioned barriers to separate each resident in the cohort area as far as practicable.
- (b) The room or cohort area needs to have good ventilation.
- (c) A designated toilet is preferable. If sharing toilet is necessary, toilets need to be cleaned and disinfected immediately after each use.



B. Monitoring of residents by the RCHs

- (a) Measure residents' body temperature at least twice daily and on a need basis.
- (b) Monitor the health condition of these residents closely. If they develop fever at or above 38°C or develop other symptoms, including shortness of breath, palpitations or chest pain, notify CHP immediately and follow CHP's instructions on arranging hospital admission.
- (c) Perform Rapid Antigen Test (RAT) on day 2 and day 5 after the residents returned to the RCHs. If RAT is positive, notify CHP immediately and follow CHP's instructions on arranging hospital admission.
- (d) RAT of residents

1. Follow the instruction by the RAT testing kit.

Please read the "Rapid Antigen Test for COVID-19 Points to Note"

https://www.coronavirus.gov.hk/pdf/Rapid_Antigen_Test_for_COVID-19_Points_to_Note_EN.pdf or visit

<https://www.chp.gov.hk/en/r/1347> to view the instructions.

2. Set up when taking nasal swab

- Open the windows as far as feasible or maximize the fresh air intake of the air-conditioners to enhance the ventilation of the room.
- Switch on the air purifier.
- Keep the number of staff involved to minimum.
- Clean and disinfect the environment afterwards.

3. Staff should wear appropriate Personal Protective Equipment (PPE)

- Respirator / Well-fitted surgical mask with additional cloth mask or assistant devices
- Latex gloves
- Disposable gown
- Eye protection (goggles / face shield) and
- Cap (optional)

C. Staff

- (a) Designate a team of staff to take care these residents.
- (b) Staff from the designated team should do regular RAT / Polymerase Chain Reaction test for their own according to the prevailing policy
- (c) Staff should wear appropriate PPE based on risk assessment when providing care to the resident. Gloves need to be changed after taking care of each resident. Hand hygiene needs to be performed accordingly.
 - 1. Well-fitted surgical mask
 - 2. Latex gloves
 - 3. Disposable gown
 - 4. Eye protection (goggles / face shield) and
 - 5. Cap (optional)

D. Residents

- (a) Residents are advised to stringently observe personal hygiene.
- (b) Residents should wear well-fitted surgical masks as far as practicable.
- (c) Residents should avoid leaving the room or cohort area as far as practicable.
- (d) Residents should avoid mixing activities with other residents.
- (e) Residents should have meals in his / her room or the cohort area.

E. Visitors

- (a) Visitors are not allowed.
- (b) Family members / relatives may contact the resident by other means (such as telephone and video communication).

F. Medical equipment

- (a) Use designated medical equipment (e.g. sphygmometer) as far as practicable or disinfect the equipment after use for the next use.

G. Environmental Hygiene

- (a) Clean and disinfect the rooms or cohort area at least daily with 1 in 49 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 490 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol. Increase the frequency to at least three times daily for frequently touched areas.
- (b) If places are contaminated by respiratory secretions, vomitus, blood or excreta, use strongly absorbent disposable towels to clean up the visible matter. Then disinfect the surface and the neighbouring area with disinfectant. For non-metallic surface, disinfect with 1 in 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 15-30 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- (c) Cleansing staff should wear appropriate PPE
 1. Well-fitted surgical mask
 2. Latex gloves
 3. Disposable gown
 4. Eye protection (goggles / face shield) and
 5. Cap (optional)

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