

本署檔號 Our Ref. : (46) in DH CDB/9/12/6/4 Pt.1

10 March 2020

(Updated on 11 March 2020 with the list of clinics revised and other changes highlighted in yellow)

Dear Doctors,

Update on the list of areas with active community transmission of COVID-19 and further enhancement on the surveillance at clinics of Private Medical Practitioners

Areas with active community transmission of COVID-19

I would like to inform you that the Hong Kong Government has issued the Red Outbound Travel Alert on the entire Italy, France (Bourgogne-Franche-Comté and Grand Est), Germany (North Rhine-Westphalia), Spain (Madrid, La Rioja and País Vasco) and Japan (Hokkaido) today in response to the latest situations of COVID-19.

The Centre for Health Protection (CHP) of the Department of Health (DH) has updated the list of places with active community transmission of COVID-19 under the reporting criteria for suspected cases to include the above countries/areas. The list is available on the CHP website (https://www.chp.gov.hk/files/pdf/statistics_of_the_cases_novel_coronavirus_infection_en.pdf) and is updated daily. Please refer to the above webpage for the latest information on countries/areas with active community transmission. Medical practitioners are reminded to report to the CHP any individual fulfilling the following for further investigation:

- i. Presented with fever or acute respiratory illness or pneumonia; and
- ii. Either one of the following conditions within 14 days before onset of symptom:

- With travel history to a place with active community transmission of COVID-19; or
- Had close contact with a confirmed case of COVID-19.



Moreover, the DH will strengthen health quarantine arrangements on inbound travellers arriving from these countries/regions. Starting from 0.00am on March 14, the DH's Port Health Division officers will issue quarantine orders under the Prevention and Control of Disease Regulation (Cap. 599A) to people arriving Hong Kong who have been to France (Bourgogne-Franche-Comte and Grand Est), Germany (North Rhine-Westphalia), Spain (La Rioja, Madrid and Pais Vasco) and Japan (Hokkaido) in the past 14 days, regardless of whether they are Hong Kong residents. They will be arranged to stay in a quarantine centre for quarantine. The arrangement also extends on the same day to people arriving from the whole Italy to replace the existing three areas of Emilia-Romagna, Lombardy and Veneto regions in Italy. Separately, the quarantine measures announced earlier for those who have been to Korea and Iran in the past 14 days remain unchanged.

Further enhancement on the surveillance at clinics of Private Medical Practitioners

For **private medical practitioners** (PMPs), we would like to inform you about further enhancement on specimen collection to be effective since 12 March 2020 (Thursday). For patients who collect early morning deep throat saliva or sputum by themselves at home, they can choose to send the specimens to a collection point in one of the clinics of DH directly. The list of DH clinics with specimen collection point is shown in **Annex I**. Please refer to the CHP website for the latest list of collection points (Chinese - https://www.chp.gov.hk/files/pdf/list_of_collection_points_tc.pdf; English - https://www.chp.gov.hk/files/pdf/list_of_collection_points_en.pdf). The specimens will be further delivered to the Public Health Laboratory Services Branch (PHLSB) of the CHP for COVID-19 testing.

Please advise your patients to save an early morning deep throat saliva or sputum into a leak-proof, screw-cap sputum bottle. A specimen bottle and two specimen bags should be provided to the patients. The specimen bottles can be obtained from a private laboratory providing existing microbiology testing. The guideline on the procedures for collection of deep throat saliva specimens for patients is attached in **Annex II**. They may also access the video at <http://videocwp.ha.org.hk/wmv/deep%20throat%20saliva%20v2.mp4> or by scanning the QR code. Patients should return the specimen together with the laboratory request form **on the same day of specimen collection** to one of

DH's collection points **before 1 pm on weekdays**. There is no collection service on Saturday, Sunday and public holidays.

The previous arrangements on free RT-PCR test for SARS-CoV-2 virus for PMPs through private microbiology laboratories remain unchanged¹. PMPs could send respiratory specimens to their existing laboratories for transfer to PHLSB if their laboratories offer such service. It is not mandatory to be an "accredited" laboratory.

For both respiratory specimens sent to private laboratories or deep throat saliva specimens sent by patients to DH's collection points, please use PHLSB's request form "DH2546a" (available from: https://www.chp.gov.hk/files/pdf/test_request_form_public_health_laboratory_centre_dh2546.pdf) which specifies "***Enhanced Laboratory Surveillance for COVID-19 in GPs***". Also, the following information should be clearly stated on the form:

- Patient's particulars (including name, age, sex, etc.)
- Clinical details including fever, symptoms, travel and contact history, and occupation
- Requesting doctor's mobile telephone number (*for informing any positive result*)
- Patient's mobile telephone number (*for immediate contact with patients tested positive*)
- Fax number of the laboratory for receiving report on the result

Please give the information sheet on health advice (**Annex III**) to the patients to follow when waiting for the test result at home. Reports will normally be available on the next working day upon receipt of specimens by PHLSB and will be sent out by fax to the requesting private laboratories. It is important to mark clearly on the request form the name and fax number of the private laboratory. Please contact PHLSB (Tel: 2319 8360) if you have any enquiry.

The CHP will inform patients tested positive immediately to arrange admission to a public hospital. If you prefer us to inform you of any positive result when your clinic is closed, you should write down your mobile telephone number on the laboratory request form. You are reminded to inform the swabbed patients that testing for SARS-CoV-2 will be performed. All patients tested positive will be arranged by the CHP to be admitted to a

¹ Details in the letter dated 6 March 2020:

https://www.chp.gov.hk/files/pdf/letters_to_doctors_20200306.pdf

public hospital for isolation and further management. The CHP will inform the patient directly for the arrangement.

If a patient is confirmed to have COVID-19, the CHP will carry out epidemiological investigation and contact tracing. For the extent of contact tracing, the CHP will make risk assessment on a case-by-case basis. Close contacts will be put quarantine and other contacts will be put under medical surveillance. In general, persons who have face-to-face interaction for 15 minutes or more with a case who did not wear a surgical mask will be classified as close contacts. Healthcare workers/ clinic staff who have worn adequate personal protection equipment (PPE) will **not** be considered as contacts in general. In this regard, you are reminded to adhere strictly to infection prevention and control measures when taking respiratory specimens from patients. For details, please refer to the guidelines of the CHP (available from: https://www.chp.gov.hk/files/pdf/ic_advice_for_nid_in_healthcare_setting.pdf).

Please note that it is our usual practice to disclose the name of the buildings visited by confirmed cases from 2 days before onset of symptoms. Hence, the name and district of the building of your clinic will be disclosed if there is a confirmed case. The name of the clinic may also be disclosed.

Thank you again for your unfailing support in the prevention and control of communicable diseases.

Yours faithfully,



(Dr. SK CHUANG)

for Controller, Centre for Health Protection
Department of Health

Annex I

診所	地址	電話
港島		
筲箕灣胸肺科診所	香港柴灣道 8 號 筲箕灣賽馬會分科診所二樓 筲箕灣胸肺科診所	2560 4522
西營盤皮膚科診所	香港西營盤皇后大道西 134 號西營盤賽馬會分科診療所 3 樓	2859 8302
灣仔男性社會衛生科診所	香港灣仔皇后大道東 284 號鄧志昂專科 診療院 6 樓	3103 2400
九龍		
東九龍胸肺科診所	九龍斧山道 160 號 東九龍分科診所 東九龍胸肺科診所	2352 0077
九龍胸肺科診所	九龍亞皆老街 147A 九龍胸肺科診所	2711 2086
油麻地胸肺科診所	九龍油麻地炮台街 145 號 油麻地賽馬會分科診所二樓 油麻地胸肺科診所	2388 5939
容鳳書皮膚科診所	九龍觀塘茶果嶺道 79 號容鳳書紀念中心 4 樓	2727 8319
長沙灣皮膚科診所	九龍深水埗長沙灣道 303 號長沙灣政府 合署西九龍健康中心 3 樓	2150 7373
新界		
圓洲角胸肺科診所	沙田插桅桿街 29 號一樓 圓洲角胸肺科診所	2647 6445
大埔胸肺科診所	新界大埔汀角路 37 號 大埔賽馬會診所一樓 大埔胸肺科診所	2689 5600
南葵涌胸肺科診所	新界葵涌葵盛圍 310 號 南葵涌胸肺科診所	2419 1721
仁愛胸肺科診所	新界屯門屯利街 6 號 仁愛分科診所二樓 仁愛胸肺科診所	2404 3740
粉嶺社會衛生科	新界粉嶺璧峰路 2 號粉嶺健康中心 6 樓	2639 1437

Clinic	Address	Tel. No.
Hong Kong Island		
Shaukeiwan Chest Clinic	Shaukeiwan Chest Clinic 2/F, Shaukeiwan Jockey Club Polyclinic 8 Chai Wan Road, Hong Kong	2560 4522
Sai Ying Pun Dermatological clinic	3/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, Sai Ying Pun	2859 8302
Wan Chai Male Social Hygiene Clinic	6/F, Tang Chi Ngong Specialist Clinic, 284 Queen's Road East, Wan Chai	3103 2400
Kowloon		
East Kowloon Chest Clinic	East Kowloon Chest Clinic East Kowloon Polyclinic 160 Hammer Hill Road, Kowloon	2352 0077
Kowloon Chest Clinic	Kowloon Chest Clinic 147A, Argyle Street, Kowloon	2711 2086
Yaumatei Chest Clinic	Yaumatei Chest Clinic 2/F, Yaumatei Jockey Club Polyclinic 145, Battery Street, Kowloon	2388 5939
Yung Fung Shee Dermatological Clinic	4/F Yung Fung Shee Memorial Centre, 79 Cha Kwo Ling Road, Kwun Tong	2727 8319
Cheung Sha Wan Dermatological Clinic	3/F, West Kowloon Health Centre, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road, Sham Shui Po	2150 7373
New Territories		
Yuen Chau Kok Chest Clinic	Yuen Chau Kok Chest Clinic 1/F, 29, Chap Wai Kon Street, Sha Tin	2647 6445
Tai Po Chest Clinic	Tai Po Chest clinic 1/F, Tai Po Jockey Club Clinic 37, Ting Kok Road, Tai Po, New Territories	2689 5600
South Kwai Chung Chest Clinic	South Kwai Chung Chest Clinic 310, Kwai Shing Circuit South Kwai Chung, New Territories	2419 1721
Yan Oi Chest Clinic	Yan Oi Chest Clinic 6, Tuen Lee Street 2/F, Tuen Mun Yan Oi Polyclinic, New Territories	2404 3740
Fanling Social Hygiene Clinic	6/F, Fanling Health Centre, 2 Pik Fung Road, Fanling	2639 1437

收集深喉唾液樣本病人須知

採集樣本時間：於起床後，刷牙漱口、飲食前



掃描二維碼觀看教學影片

程序：



1. 預備以下急症室/門診所提供的物品：一個樣本瓶、兩個樣本袋、紙巾



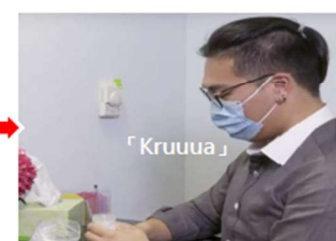
2. 以肥皂及清水洗手或以酒精搓手液潔手



3. 檢查樣本瓶上的個人資料是否正確



4. 打開樣本袋及樣本瓶蓋



5. 於喉嚨發出「Kruuua」的聲音以清出來自咽喉的唾液



6. 除下外科口罩，將唾液吐入樣本瓶內，避免唾液沾到樣本瓶外面。
(如量太少，重覆以上步驟)



7. 戴上外科口罩



8. 蓋好及扭緊樣本瓶蓋，確保沒有滲漏



9. 用紙巾抹乾淨樣本瓶表面



10. 將樣本瓶放入樣本袋內，確保瓶身直立沒有滲漏，並以肥皂及清水洗手或以酒精搓手液潔手

Patient Information Sheet on Deep Throat Saliva Collection



Scan QR code for the demonstration video

Time of specimen collection: After getting up and before brushing teeth, eating or drinking

Steps:



1. Prepare the items, including one specimen bottle and two specimen bags provided by AED / GOPC, and tissue



2. Perform hand hygiene with soap and water / alcohol-based hand rub



3. Check whether the personal details printed on the specimen bottle are correct



4. Open the specimen bottle and specimen bags



5. Make the noise of "Kruuuua" from the throat to clear saliva from deep throat



6. Take off the surgical mask and spit saliva into the bottle
(repeat the previous step if the saliva volume is too little)



7. Put on surgical mask



8. Close the lid of specimen bottle tightly to **ensure no leakage of saliva**



9. Clean the bottle surface with tissue



10. Put the bottle into specimen bag and then the 2nd bag. Keep the bottle upright all the time. Clean hands afterwards.

Annex III

給等候2019冠狀病毒病測試結果的非留院人士之感染控制建議 (更新於二零二零年二月二十六日)

前言

本建議適用於在門診出現發燒和輕微呼吸道症狀，且無2019冠狀病毒病流行病學聯繫的非留院人士。此類病人在等待2019冠狀病毒病測試結果時可返回住所，並不需要住院。

病人離開診所時的建議

- (a) 由於閣下出現呼吸道感染病徵，建議求診後仍需佩戴外科口罩。
- (b) 盡快返回家中休息，避免外出。
- (c) 時刻保持手部衛生。

病人在家中的建議

- (a) 留在家中休息；在病情好轉前，盡可能與家人保持距離，避免親密接觸。
- (b) 避免與其他家庭成員共享私人物品或一起用餐。
- (c) 經常潔手及遵守咳嗽禮儀。
- (d) 盡量留在通風良好的單人房。如可行的話，其他家庭成員則留在不同的房間。
- (e) 打開窗戶以確保共用空間維持良好的通風。
- (f) 減少照顧病者人數，照顧時需佩戴口罩，並經常潔手。
- (g) 每日用 1 比 99 稀釋家用漂白水（以 10 毫升 5.25% 次氯酸鈉家用漂白水混和於 990 毫升清水內）進行清潔消毒，待 15 至 30 分鐘後，再用清水清洗。金屬表面則可用 70% 火酒清潔消毒。
- (h) 當物品表面或地面被呼吸道分泌物、嘔吐物或排泄物污染時，應先用吸水力強的即棄抹巾清除可見的污垢，然後再用消毒劑清潔消毒受污染及附近的地方。非金屬表面可用 1 比 49 稀釋家用漂白水（以 10 毫升含 5.25% 次氯酸鈉漂白水混和於 490 毫升清水內）作清潔消毒，待 15 至 30 分鐘後，用水清洗並抹乾。金屬表面則可用 70% 火酒清潔消毒。
- (i) 如病人的健康狀況在等候測試結果期間惡化，應戴上外科口罩，並到就近的急症室求診。有需要時可呼召救護車。
- (j) 如有家庭成員出現發燒或呼吸道感染症狀，應佩戴外科口罩，立即求醫。

如廁時的注意事項

- (a) 沖廁前先蓋好廁板，以減少病菌散播。
- (b) 如廁後務必要以梘液和水洗手。

Annex III

Infection control advice to outpatients awaiting test result for COVID-19 (updated on 26th February 2020)

Preamble

This advice applies to patients seen at outpatient settings with fever and mild respiratory symptoms without epidemiological links of COVID-19. This group of patients does not require admission to hospital and can return to their place of residence while waiting for test result of COVID-19.

Advice for patients leaving the clinic

- (a) As you are having respiratory infection symptoms, please continue to wear a surgical mask after clinic attendance.
- (b) Please return home to take a rest as soon as possible and avoid going out.
- (c) Always maintain hand hygiene

Advice for patients at home

- (a) Please stay in your residence for rest and refrain close contacts with other household members as far as possible before symptoms resolved.
- (b) Avoid sharing of personal items and meals with other household members.
- (c) Perform hand hygiene frequently and observe cough etiquette
- (d) Stay in a well-ventilated single room as far as possible. Household members should preferably stay in a separate room
- (e) Ensure that shared spaces are well ventilated by keeping windows open
- (f) Limit the number of caretakers of the patient. Wear a mask when caring the patient and perform hand hygiene frequently.
- (g) Clean and disinfect the home environment daily with 1 in 99 diluted household bleach (mixing 10 ml of bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15-30 minutes and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- (h) If places are contaminated by respiratory secretions, vomitus 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 49 diluted household bleach (mixture of 10ml of household bleach containing 5.25% hypochlorite solution with 490ml of water), leave for 15 - 30 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- (i) If the patient's health condition deteriorates while awaiting test result, please put on a surgical mask and seek medical attention at the nearest Accident and Emergency Department. Call an ambulance if necessary.
- (j) If a household member develops fever or respiratory symptoms, he or she should put on a surgical mask and seek medical attention immediately

Proper use of toilet

- (a) Close toilet lid before flushing to minimize spread of germs
- (b) Always wash your hands with liquid soap and water after toileting