



香港特別行政區衛生署 抵港人士健康檢查記錄表

政府已推出「2019冠狀病毒病專題網站」(<https://www.coronavirus.gov.hk/chi/index.html>)發布與疫情相關的各項最新消息及健康建議，以助市民掌握最新資訊。

抵港人士需注意個人健康狀況，並遵從以下注意事項：

- 外出時需配戴外科口罩。
- 留意自己身體狀況，每日量度體溫兩次，並填寫背頁的健康檢查紀錄表（至少直至到達香港當日起十四天）。
- 如有不適，應盡快求醫，並向醫生報告你的旅遊史。
- 若對病情有懷疑，可主動向醫生要求進行有關的病毒檢測。

經回港易及來港易計劃抵港的人士必須在抵港**第5天及第12天**(如仍身處香港)到社區檢測中心或流動採樣站（免費）或到經政府認可本地醫療檢測機構（自費）進行專業拭子採樣強制PCR核酸檢測。

回港人士必須繼續保留健康檢查紀錄表，於社區檢測中心出示以資證明。未能出示證明者可能需要付費。

任何人士如未有遵從檢測公告即屬犯罪，可處第四級罰款（25,000元）及監禁六個月，並會收到強制檢測令，要求該人士於指明期間內接受檢測。不遵從強制檢測令即屬犯罪，並可處第五級罰款（50,000元）及監禁六個月。

對若干人士強制檢測



社區檢測中心



HKSAR Department of Health

Health Monitoring Checklist for Inbound Travellers

The Government has launched the "COVID-19 Thematic Website" (<https://www.coronavirus.gov.hk/eng/index.html>) for announcing the latest updates on various news on the COVID-19 situation and health advice to help the public understand the latest updates.

You should closely monitor your health condition and observe the following:

- Wear a surgical mask when going out.
- Pay attention to your health condition and record your body temperature twice a day using the Health Monitoring Checklist provided on the back page (for at least 14 days upon arrival in Hong Kong).
- If you feel unwell, seek medical advice promptly and reveal your travel history to medical practitioners.
- You can proactively make a request to your doctor for relevant virus testing when there is any suspicion.

Arrivals in Hong Kong under Return2HK/Come2HK Scheme must undergo compulsory PCR-based nucleic acid testing by professional swab sampling at a Community Testing Centre (CTC) or mobile specimen collection stations (for free), or at recognised local medical testing institutions (self-paid) on the **5th and 12th day** following the person's arrival at Hong Kong if he/she is still in Hong Kong.

Arrivals must keep the Health Monitoring Checklist for presenting to the CTC when needed, or else they may need to pay for testing fee.

Any person who fails to comply with the testing notice commits an offence and may be liable to a fine at level 4 (\$25,000) and imprisonment for six months. The person would also be issued with a compulsory testing order requiring him/her to undergo testing within a specified time frame. Failure to comply with the order is an offence and the offender would be liable to a fine at level 5 (\$50,000) and imprisonment for six months.

Compulsory Testing
for Certain Persons



Community Testing
Centres



抵港人士健康檢查記錄表 Health Monitoring Checklist for Inbound Travellers

姓名 Name: _____ 性別 Gender: 男 M / 女 F 年齡 Age: _____

請每天檢查及記錄體溫 2 次，並填寫在下列表格之適當位置。如有咳嗽、喉嚨痛、氣促等病徵，請在適當位置加上 ‘√’ 。 Please measure body temperature twice a day and record in the table below. If you have symptoms such as cough, sore throat, shortness of breath, etc., please put a “√” in the corresponding box below:

日期 Date															
病徵 Symptom	上午 am														
	下午 pm														
咳嗽 Cough															
流鼻水 Runny nose															
喉嚨痛 Sore throat															
氣促 Shortness of breath															
肚瀉 Diarrhoea (24 小時內多於 2 次水狀或稀爛大便) (>2 watery/loose stool per 24 hours)															
嘔吐 Vomiting															
肚痛 Abdominal pain															
頭痛 Headache															
肌肉痛 Myalgia															
喪失味覺或嗅覺 Loss of taste or smell															

註：如有出現發燒 ($\geq 38^{\circ}\text{C}$)、咳嗽、喉嚨痛或氣促等，或有其他病徵，請盡快求醫，並向醫生報告你的旅遊史。

Note: If you develop fever ($\geq 38^{\circ}\text{C}$), cough, sore throat, or shortness of breath, or other symptoms, please seek medical attention as soon as possible and inform your doctor about your travel history.