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# 家居檢疫手冊

## Handbook for Home Quarantine



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最新版「家居檢疫手冊」

請瀏覽專題網站

Please refer to the “COVID-19 Thematic Website” for the latest version of the  
“Handbook for Home Quarantine”

[https://www.coronavirus.gov.hk/pdf/shs\\_handbook.pdf](https://www.coronavirus.gov.hk/pdf/shs_handbook.pdf)

**居安抗疫計劃**

請掃描此二維碼以查閱  
居安抗疫計劃的詳細資訊



**StayHomeSafe Scheme**

Scan this QR code to view the details of  
StayHomeSafe Scheme



For more information, please visit the thematic website at

[www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)

請參閱「2019 冠狀病毒病專題網站」以獲取更多資訊：

[www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)

# 家居檢疫人士須知

因你是一位2019冠狀病毒病感染人士的密切接觸者，為確保你和其他人的健康，你須接受家居檢疫。根據法例，你須留在家居直至檢疫期完結，並須遵從相關要求，如你未遵從相關要求，可被罰款及監禁。以下為與家居檢疫相關的重要資訊，敬請細閱。

## 1. 一般資訊

- 當你有一名同住家人確診感染2019冠狀病毒病，你會被視為感染人士的密切接觸同住家人，須接受家居檢疫和醫學監測。
- 在整段家居檢疫期內，你必須留在檢疫居所。
- 一般而言，除家庭成員以及提供緊急及必要服務的照顧者或工作人員外，任何人士在整段檢疫期內均不得進入家居檢疫範圍。
- 你必須要達到相關檢測要求後，方可被視作完成家居檢疫。
- 你的家居檢疫期第一天，是你同住感染人士接受檢測、或接收陽性樣本翌日；如該感染人士無此紀錄，則以收到檢測結果通知當日為第一天。
- 在居家檢疫期內，如果你的快速抗原檢測或2019冠狀病毒病核酸檢測中取得一次陽性結果，你會被視為感染人士。
- 快速抗原檢測取得陽性結果的感染人士，請於二十四小時內透過「2019冠狀病毒快速抗原測試陽性結果人士申報系統」網上平台申報 ([www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp))；如你是透過2019冠狀病毒病核酸檢測呈陽性的市民，在接收檢測結果電話短訊時，會同時收到要求填寫電子表格 ([www.chp.gov.hk/cdpi](http://www.chp.gov.hk/cdpi)) 作出有關申報。政府設有各種提供協助途徑，詳情請參閱：「2019冠狀病毒病檢測呈陽性人士手冊」 ([https://www.coronavirus.gov.hk/pdf/tp\\_handbook.pdf](https://www.coronavirus.gov.hk/pdf/tp_handbook.pdf))。
- 任何人士如未有遵從檢測規定，可能會觸犯法例，並可遭罰款。

## 2. 健康監測和檢測安排

- 你須每天量度體溫兩次，留意自己的健康狀況。若你出現2019冠狀病毒病症狀（例如發燒，咳嗽伴有或不伴有痰、氣促、肌肉和關節疼痛、頭痛、疲勞乏力、腹痛、嘔吐和腹瀉等。嚴重症狀可包括氣促、心悸或心胸痛），請立即進行快速抗原檢測。
- 若你有醫療緊急情況須直接前往急症室，請告知急症室工作人員你仍在進行家居檢疫。
- 若遇上緊急情況，請致電 999。
- 你須在檢疫期間每天進行快速抗原測試，並將有關測試結果紀錄在健康監察表上。此外，你亦須保留快速抗原檢測結果的相片90天，以供衛生防護中心人員或其他法例訂明人員有需要時作查核。

- 若你的快速抗原測試結果一直為陰性，將可於第五天取得陰性結果後完成檢疫。倘若任何一次測試結果為陽性，你必須立刻透過「2019 冠狀病毒快速抗原測試陽性結果人士申報系統」網上平台向衛生署申報 ([www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp))
- 上述快速抗原測試安排適用於所有在家檢疫的密切接觸者。如檢疫令發出當日未滿三歲而未能進行快速抗原檢測，可從衛生防護中心或訂明人員索取檢測樣本收集瓶，並於第 2 天及第 5 天收集樣本後安排一位當時並非被檢疫或隔離的人士，於當天交回已採樣本的檢測樣本收集瓶至其中一個指定收集點。你亦須保留載有檢測結果的電話短訊通知 90 天，以供衛生防護中心人員或其他法例訂明人員有需要時作查核。有關索取檢測樣本收集瓶及指定樣本收集點的詳情，可參閱 <https://www.coronavirus.gov.hk/chi/early-testing.html>。

### **3. 感染控制建議**

- 在家居檢疫期內，你應做好個人防護措施，經常清潔雙手和注意咳嗽禮儀，以盡可能減低傳播病毒的風險。
- 你應盡可能打開窗戶，以保持單位空氣流通。
- 如有確診者仍住在你的家居檢疫範圍，請盡量留在與確診者分開的房間，保持房門關上，並盡可能避免面對面接觸。如須與確診者接觸，應確保雙方已正確佩戴一個緊貼面部的外科口罩。
- 避免與其他家人共用任何個人物件，包括毛巾、食具和牙膏。
- 如你須要離開家居前往急症室就診，你應正確佩戴一個緊貼面部的外科口罩，直接前往醫院，同時應盡量避免使用人多擠迫的公共交通工具或中途在公共地方逗留。

### **4. 環境與洗手間衛生**

- 每日清潔和消毒家居環境。可使用 1 比 49 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 490 毫升清水混和）消毒，待 15 至 30 分鐘後，用清水清洗並抹乾，金屬表面則可用 70% 酒精消毒。
- 被呼吸道分泌物、嘔吐物或排泄物污染的物品表面或地方，應先用吸水力強的即棄抹巾清理可見的污物，然後用 1 比 4 稀釋家用漂白水（把 10 毫升含 5.25% 次氯酸鈉的家用漂白水與 40 毫升清水混和）消毒被污染的地方及鄰近各處，待 10 分鐘後，用清水清洗並抹乾，金屬表面則可用 70% 酒精消毒。
- 不能和確診者使用同一個洗手間。
- 如廁後應先蓋廁板後再沖廁。
- 如廁後應以梘液和水清潔雙手。
- 每星期一次，把約半公升清水倒入每個排水口。

## 5. 生活安排

- 你須自行安排所需的食物及基本日常用品，包括透過毋須接受檢疫的親友供應或透過互聯網 / 電話訂購（建議你採用非接觸付款方法）。惟上門送遞物資的人員只可將物品放到單位門外（如單位外的椅子上），不可進入屋內，以減低感染風險。同時，你應避免與有關人士面對面接觸。

## 6. 家居廢物處置

- 你可短暫離開居所到同一樓層垃圾收集處棄置垃圾，惟你在過程中須佩戴一個緊貼面部的外科口罩。
- 在離開居所前，你應先將垃圾妥善包紮好，消毒雙手及在離開居所後立即關上大門，並盡快返回居所及消毒雙手。

## 7. 快速抗原檢測

- 請參閱第8頁、瀏覽 <https://www.chp.gov.hk/tc/r/1347> 或掃描以下二維碼了解使用示範。



- 請在讀取測試結果後**立即拍照**以保留所有檢測結果，並保留快速抗原檢測結果的相片90天，以供衛生防護中心人員或其他法例訂明人員有需要時作查核。
- 如快速抗原檢測結果顯示無效，你應查看樣本類別、樣本採集過程和進行測試的方法是否按製造商的指示，並按指示重新使用新的測試套件進行測試。

## 8. 居家抗疫 維護健康

為了在家檢疫時維持身心健康，你應奉行健康生活模式：

- 遵從基本的健康飲食原則，包括減少攝入油、鹽和糖，多進食水果和蔬菜，攝入足夠的膳食纖維和飲足夠的水；
- 多做體能活動，例如可做家居運動和家務；
- 不要吸煙；及
- 避免飲酒。

衷心感謝你和你家人的合作。同心抗疫，我們定能戰勝疫情。

衛生署衛生防護中心

## **StayHomeSafe Scheme**

### **Points to note for persons under home quarantine**

**As you are a close contact of a person infected with COVID-19, to safeguard your health and that of the community, you are required to undergo home quarantine. You are legally required to stay at your dwelling place until the end of the quarantine period. You are required to follow the relevant requirements, failing which you may be liable to a fine and imprisonment. Please refer to the following important information related to your home quarantine.**

#### **1. General Information**

- When one of your household members is tested positive for COVID-19, you will be considered as a household close contact of a person infected with COVID-19 and are required to undergo quarantine and medical surveillance at home.
- You must stay in the place of quarantine during the whole quarantine period.
- In general, any person other than household members should not enter the place of quarantine during the whole quarantine period except for caregivers or workers providing urgent and essential service.
- You must fulfil relevant testing requirements before you are considered to have completed home quarantine.
- The day following testing or collection of the positive sample from the infected household member is counted as Day 1 of home quarantine for close contact. If there is no such record for the infected household member, the day on receiving the test result is counted as Day 1.
- If you obtain a positive result from RAT or COVID-19 nucleic acid test during the quarantine period, you are considered to be a person infected with COVID-19.
- If you are considered as infected by obtaining a positive RAT result, please report within 24 hours via the online platform “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test” ([www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp)). If you obtain a positive COVID-19 nucleic acid test result, you will receive an SMS notification about the result, together with a request to fill in an electronic form ([www.chp.gov.hk/cdpi](http://www.chp.gov.hk/cdpi)) to submit relevant information. The government has provided various channels to provide assistance to you. For details, please refer to "Handbook for Persons Tested Positive for COVID-19" ([https://www.coronavirus.gov.hk/pdf/tp\\_handbook.pdf](https://www.coronavirus.gov.hk/pdf/tp_handbook.pdf)).
- Any person who fails to comply with the quarantine requirement may commit an offence and may be liable to a fine.

## **2. Medical Surveillance and Testing Arrangement**

- Please measure your body temperature twice daily and monitor your health condition. If you develop symptoms of COVID-19 (such as fever, cough with or without sputum, shortness of breath, muscle and joint pain, headache, fatigue, abdominal pain, vomiting and diarrhea, etc. Severe symptoms may include shortness of breath, palpitation or chest pain.), please conduct RAT immediately.
- If you have medical emergency requiring to attend Accident and Emergency (A&E) facility directly, please inform the A&E staff that you are undergoing home quarantine.
- In case of emergency, please call 999.
- You are required to undergo RAT daily during the quarantine period and record the results in the health surveillance form. You should also keep photos of the RAT test results for 90 days, and provide these records for checking as required by the staff of Centre for Health Protection or other authorized persons under the law.
- If all your RAT results are negative, your quarantine order can be deemed as finished after you obtain negative RAT result on the 5th day. If any of the test results is positive, you should report to the Department of Health via the online platform “Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test” ([www.chp.gov.hk/ratp](http://www.chp.gov.hk/ratp)) immediately.
- The above RAT testing arrangement applies to all close contacts under home quarantine. For those who are less than three years old on the date of the issue of the Quarantine Order and cannot undergo RAT, they could obtain specimen bottles from the Centre Health Protection or prescribed officers. After collecting sample on the 2nd day and 5th day, please arrange to have another person who is not under quarantine or isolation to return the specimen bottles with the sample to one of the designated collection points on that day. You should also keep the SMS (mobile phone text message) notifications containing the results of the tests for 90 days and provide these records for checking as required by the staff of Centre for Health Protection or other authorized persons under the law. For details on obtaining specimen bottles and designated collection points, please visit <https://www.coronavirus.gov.hk/eng/early-testing.html>

## **3. Infection Control Advice**

- Personal protective measures should be taken by performing hand hygiene frequently and observing cough etiquette to reduce the risk of virus transmission as far as practicable during your quarantine at home.
- You are recommended to keep your dwelling place well ventilated by keeping windows open as far as feasible.
- If the positive case is still residing in your quarantine place, it is preferable that you stay in a room separated from the positive case, keep the door closed and avoid face-to-face contact as far as feasible. Ensure both wear a well-fitted surgical mask properly when in the presence of the positive cases.



- Avoid sharing any personal items including towels, eating utensils and tooth paste with other household members.
- In case you need to leave home and go to Accident and Emergency Department for medical consultation, you should properly wear a well-fitted surgical mask and go directly to the hospital, while avoid using crowded public transportation as far as possible or staying in public areas on the way.

#### **4. Environmental and Toilet Hygiene**

- Clean and disinfect the home environment 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.
- 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 4 diluted household bleach (mixture of 10ml of household bleach containing 5.25% sodium hypochlorite with 40ml of water), leave for 10 minutes, and then rinse with water. For metallic surface, disinfect with 70% alcohol.
- Do not share toilet with the positive case.
- Put the toilet lid down before flushing.
- Wash hands with soap and water after toileting.
- Pour about half a litre of water in each floor drain outlet once per week.

#### **5. Daily Necessities**

- You are required to make your own arrangements for food and basic daily necessities, such as by friends and relatives not under quarantine or ordering online / through telephone (you are advised to use contactless payment methods). Nevertheless, persons delivering these items should leave the items at your door (e.g. a chair outside your door) and are not allowed to enter your home to reduce the risk of them being exposed to infection. You should also avoid having face-to-face contact with them.

#### **6. Handling of Household Garbage**

- You can leave your home to dispose of garbage in the designated refuse collection point on the same floor, but you should wear a well-fitted surgical mask during the whole process.
- Before leaving your home, you should properly wrap the garbage, practise hand hygiene and close the door immediately when leaving your home. You should return to your home as soon as possible and practise hand hygiene immediately.

## **7. Rapid Antigen Tests**

- Please turn to p.9, visit <https://www.chp.gov.hk/en/r/1347> or scan the QR code below to view the instructions on how to do a RAT.



- Please **take a photo immediately** after reading the test to record the test result. You should also keep photos of the RAT test results for 90 days, and provide these records for checking as required by the staff of Centre for Health Protection or other authorized persons under the law.
- If the RAT result is invalid, you should check whether the sample type, sample collection method and testing method are correct according to the instructions provided by the manufacturer and repeat the test with correct methods with a new test kit.

## **8. Stay Home and Be Healthy**

For optimal health during home quarantine, you are urged to lead a healthy lifestyle:

- Observe the basic principles of healthy eating that include limiting fats, salt and sugar intake, eating more fruit and vegetables, consuming more dietary fibre and drinking enough water;
- Stay physically active, such as do home-based exercise and household chores;
- No smoking; and
- Refrain from alcohol drinking.

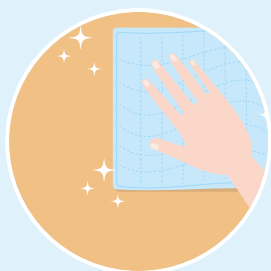
We express our heartfelt thanks to you and your family for your cooperation. Together we fight the virus. We will surely overcome the epidemic.

**Centre for Health Protection**  
**Department of Health**

# 正確進行快速抗原測試

CT

## 注意事項



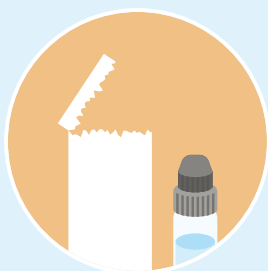
開始前  
先清潔桌面



採樣前先  
輕輕擤鼻子



檢測前  
先清潔雙手



在即將檢測前  
才開啟測試套裝

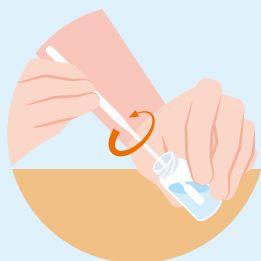


不要用手接觸  
採樣棒的末端

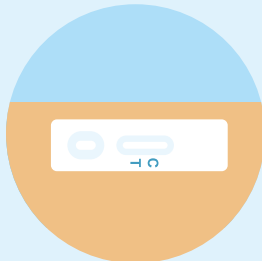
## 小心閱讀說明書並嚴謹跟隨指示



取足夠的樣本



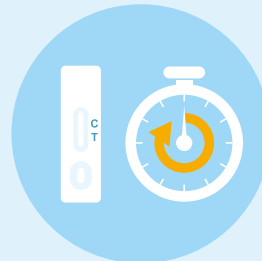
將採樣棒  
與測試溶液  
正確地混合



把測試棒放在  
一個平的表面



把準確滴數的  
測試溶液  
滴入樣品孔

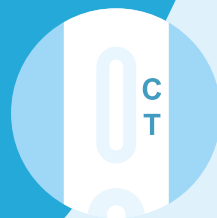


在指定時間  
內讀取結果

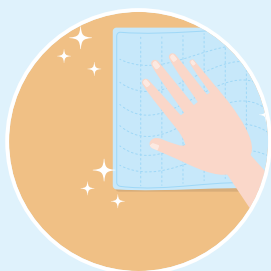
### 註：

如根據製造商的指示處理及使用，快速抗原測試是安全的。然而，快速抗原測試套裝所使用的溶液均含有化學物質，如被錯誤吞服或攝入可能對健康有害，絕不適宜吸入人體。使用者應遵從使用說明，包括使用和處置方法，切勿吞下及避免眼睛和皮膚接觸到溶液。如果意外溢出，請用水沖洗乾淨。使用快速抗原測試後亦須徹底清潔雙手。兒童的測試應在成年人協助下進行，並應將快速抗原測試套裝放置在兒童及寵物接觸不到的地方。

# Do the Rapid Antigen Test Properly



## Points to note



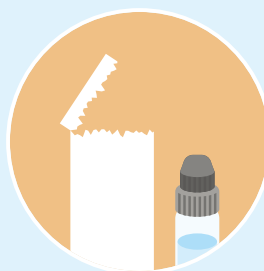
**Clean the surface  
before you start**



**Gently blow your nose  
before starting**



**Wash hands  
before the test**



**Open the test kit  
right before the test**



**Do not touch  
the tip of the swab**

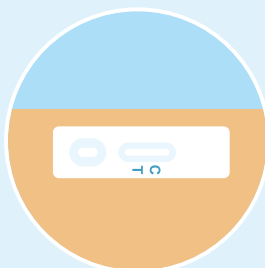
## Read and follow instructions carefully and strictly



**Take adequate sample**



**Mix swab properly  
with testing solution**



**Put testing kit  
on a flat surface**



**Drip the exact number  
of drops of sample  
solution in the sample well**



**Read the result within  
the time specified**

### Note:

RATs are safe if handled and used according to the instruction from manufacturer. However, chemicals contained in the solutions used in the test kits may be harmful if swallowed or absorbed inadvertently. Users should follow the instructions for use, including methods of use and disposal. Do not swallow the solutions and avoid contact with eyes and skin. For accidental spillage, rinse with water. Wash hands thoroughly after using the RATs. Tests on children should be performed with adult assistance. Test kits should be kept away from children and pets.

## Health Surveillance Form for Home Quarantine

### 家居檢疫人士健康監察表

Please monitor your health **daily**. You must conduct RAT daily during the quarantine period. If all your RAT results are negative, this quarantine order can be deemed as finished after you obtain negative RAT result on the 5th day (the day following testing or collection of the sample from the confirmed case tested positive is counted as Day 1 of home quarantine, if there is no such testing or collection record, the day on receiving the positive result of the confirmed case is counted as Day 1). Please retain the photos of the RAT results for 90 days for inspection when requested by personnel from the Centre for Health Protection.

請在家居檢疫期間每天監測健康狀況。你在檢疫期間必須每天進行快速抗原測試。若你的快速抗原測試結果一直為陰性，將可於第五天取得陰性結果後完成檢疫（以同住確診者接受檢測或送交呈陽性結果的樣本翌日為第1天；如無接受檢測或接收樣本紀錄，則以收到同住確診者的陽性檢測結果通知當日為第1天）。請保留所有快速測試檢測結果的照片90天，以供衛生防護中心人員有需要時進行核查。

### 1. Personal and Contact Information 個人及聯絡資料

Name in full (English) 姓名(中文全名)	Age (年齡)	Gender (性別)	男 M / 女 F
Contact Telephone No. 聯絡電話號碼	Quarantine start date 開始檢疫日期		

### 2. Health Monitoring Checklist and Test Results 健康檢查記錄及檢測結果

Date 日期	Quarantine Day 檢疫期	Body Temperature 體溫 (°C)		If you have the following symptoms, please put a “√” in the corresponding box below 如有以下病徵，請在適當位置加上 “√”			Rapid Antigen Test (RAT) Result (please put a “√” in the corresponding box below) 快速抗原檢測結果 (請在適當位置加上 “√”)		
		A.M. 上午	P.M. 下午	Fever (≥38°C) 發燒	Shortness of Breath 氣促	Chest pain 心胸痛	Palpitation 心悸	Positive 陽性	Negative 陰性
	Day 1 第一天								
	Day 2 第二天								
	Day 3 第三天								
	Day 4 第四天								

Date 日期	Quarantine Day 檢疫期	Body Temperature 體溫 (°C)		If you have the following symptoms, please put a “√” in the corresponding box below 如有以下病徵，請在適當位置加上 “√”				Rapid Antigen Test (RAT) Result (please put a “√” in the corresponding box below)# 快速抗原檢測結果 (請在適當位置加上 “√”)	
		A.M. 上午	P.M. 下午	Fever (≥38°C) 發燒	Shortness of Breath 氣促	Chest pain 心胸痛	Palpitation 心悸		
	Day 5 第五天								

# If the result is invalid, please repeat the test with correct sample type, sample collection method and testing method according to the instructions provided by the manufacturer with a new test kit. 如結果顯示為無效，請按照製造商指示的樣本類別、樣本採集過程和進行測試的方法，用新的測試套件重新進行測試。



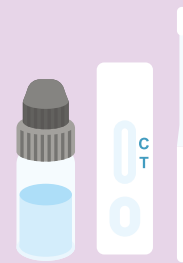
# 家居檢疫的健康建議

## Health Advice for home quarantine



於開啟單位大門及必要情況下離開單位時，  
請正確佩戴貼面的外科口罩

Wear a well-fitted surgical mask properly whenever you  
open the door or leave the flat for necessary need



監測健康狀況並在出現症狀時，立即進行  
快速抗原檢測

Monitor health condition and have a RAT  
if symptoms develop



保持良好的個人衛生習慣，尤其是手部衛生  
Maintain good personal hygiene especially hand  
hygiene



保持空氣流通，並經常清潔消毒（包括廁所  
和廚房）

Maintain good ventilation, frequent cleansing and  
disinfection (including kitchen and toilet)



避免共用私人用品  
Avoid sharing personal items



不要吸煙和避免飲酒

Do not smoke and avoid alcohol consumption

# ✓ 必須 DOs



在整段檢疫期間留在家中  
Stay Home at all times



在指定日子自行進行快速抗原檢測，並立即拍照以保留所有檢測結果  
Undergo Rapid Antigen Test (RAT) on the specified days and take a photo immediately to keep the record of the test results



監察身體狀況，包括每天量度體溫兩次並保持記錄  
Monitor your health condition, including taking body temperature twice daily and keep record



- 若出現2019冠狀病毒病症狀，立即進行快速抗原檢測。  
Conduct RAT immediately if you develop symptoms of COVID-19.
- 嚴重症狀可包括氣促、心悸或心胸痛。如果有醫療緊急情況須直接前往急症室，應告知急症室工作人員你仍在進行家居檢疫。  
Severe symptoms may include shortness of breath, palpitation or chest pain. If required to attend Accident and Emergency (A&E) facility directly for medical emergency, inform the A&E staff that you are undergoing home quarantine.
- 若遇上緊急情況，請致電 999。  
Call 999 in case of emergency.

# ✗ 切勿 DON'Ts



擅自離開住所  
Leave the dwelling place without permission



除同住人士外，容許其他人進入住所  
Allow others (besides household members) to enter your dwelling place



與上門送遞物資的人員面對面接觸  
Have face-to-face contact with people making the delivery to you



## **重要聯絡方法**

### **Important Contact Information**

**民政事務總署「居安抗疫計劃」熱線**  
**Home Affairs Department (HAD) “StayHomeSafe” Scheme Hotline**

**1833 019**

〔風暴襲港期間注意事項：家居檢疫人士如在風暴即將襲港期間急需日常用品和食物但未能自行作出有關安排（例如家中缺糧的長期病患者、身體殘障及獨居老人、有小童的家庭等），請盡早（強烈建議最遲於三號強風信號生效期間）致電「居安抗疫」熱線，以便於烈風或颶風來襲前能把所需食物及物資送達有關人士。〕

(Special point to note during typhoon: If persons under home quarantine have urgent need for daily necessities and food but are unable to make their own arrangement (e.g. persons with chronic diseases, disabled and singleton elderly or families with children, without food at home, etc.), please call the “StayHomeSafe” hotline as soon as practicable (strongly suggest the latest by the time when Strong Wind Signal No. 3 is in force) so that the essential food and items can reach the hands of the requestors before onset of gale / hurricane.)

## 有用資訊 Useful Information

### 2019冠狀病毒病疫苗接種計劃專題網站 COVID-19 Vaccination Programme Thematic Website

中文： <https://www.covidvaccine.gov.hk/zh-HK/>  
 ENG： <https://www.covidvaccine.gov.hk/en/>



中文



English

### 我應接種多少劑新冠疫苗？ How Many Doses of COVID-19 Vaccine are Recommended for Me?

中文 / ENG：  
[https://www.covidvaccine.gov.hk/pdf/Poster\\_recommend\\_third\\_dose.pdf](https://www.covidvaccine.gov.hk/pdf/Poster_recommend_third_dose.pdf)



中文 / English

### 如何使用「2019冠狀病毒快速抗原測試陽性結果人士申報系統」 網上申報平台 How to Report via Online Platform "Declaration System for Individuals Tested Positive for COVID-19 Using Rapid Antigen Test"

中文： <https://www.chp.gov.hk/tc/r/1461> ENG： <https://www.chp.gov.hk/en/r/1461>



中文



English

### 預約社區疫苗接種中心接種疫苗 Booking for Vaccination at Community Vaccination Centres

中文： [https://booking.covidvaccine.gov.hk/forms/index\\_tc.jsp](https://booking.covidvaccine.gov.hk/forms/index_tc.jsp)  
 ENG： <https://booking.covidvaccine.gov.hk/forms/index.jsp>



中文



English

### 預約私家醫生接種疫苗 Booking for Vaccination with Private Doctors

中文： <https://www.chp.gov.hk/tc/r/1410>  
 ENG： <https://www.chp.gov.hk/en/r/1410>



中文



English

### 「陪我講」專題網站 – 2019 冠狀病毒病和精神健康 "Shall We Talk" Thematic Website - COVID-19 and Mental Health

中文： <https://www.chp.gov.hk/tc/r/1500>  
 ENG： <https://www.chp.gov.hk/en/r/1500>



中文



English

### Wellcation – 14天心靈之旅 Wellcation - 14-day Wellness Kit

中文： <https://www.chp.gov.hk/tc/r/1501>  
 ENG： <https://www.chp.gov.hk/en/r/1501>



中文



English

### 中央政府援港抗疫中醫專家組擬備的「中醫藥抗疫臨床應用方案」 (暫只有中文版) "Chinese Medicine Anti-epidemic Plans for Clinical Application" prepared by the Mainland Chinese Medicine Expert Group of the Central Authorities (Chinese version only)

中文： <https://www.coronavirus.gov.hk/chi/important-notice.html> (有關資料載於「重要資訊」)  
 ENG： <https://www.coronavirus.gov.hk/eng/important-notice.html> (The relevant information is set out under "Important Topics")



中文



English

**同心抗疫**

***Together,  
We Fight the Virus!***

**[www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)**

