



Be Priceless'

COVID-19 Risk Reduction Resource Pack

To Strengthen Community Well-being and safety

Updated for Hong Kong on March 11, 2022



Disclaimer: The content is for informational purpose for the Hong Kong setting, updated on 11th March 2022 of the COVID-19 pandemic. Please keep updated on news, health services or information from trusted sources.

Understanding outbreaks and different levels of risks

1. Be AWARE of the different risks that you and others face!

- Grow our awareness of the different kinds of risks around you and your community!
- **LOW RISK is NOT NO RISK**
 - The viruses can easily spread from infected people with no or mild COVID-19 symptoms to many others!
- Some people face **HIGHER RISK** because of their health conditions. If they get COVID-19 infection, they have a higher chance of becoming seriously ill!
 - E.g. people with chronic illnesses, elderly, pregnant mothers, young children, etc.
- Some have **HIGHER RISK** because they face tougher challenges to be well and safe.
 - E.g. people living with mental disorders, disabilities or special needs; lower-income families; migrants and other minority groups, or people who face discrimination, exclusion, displacement, homelessness or violence.
- Some face **HIGHER RISK** in their selfless commitment to care and protect others.
 - This includes health workers, cleaners and others who serve others despite their high exposure to the virus.

2. SPREAD FAIRNESS not viruses! Equity is FAIR!

People who are at **HIGHER RISK** should get **MORE SUPPORT & PROTECTION** so that they can stay well and safe!

We must protect them by stopping the spread of infection and showing kindness!

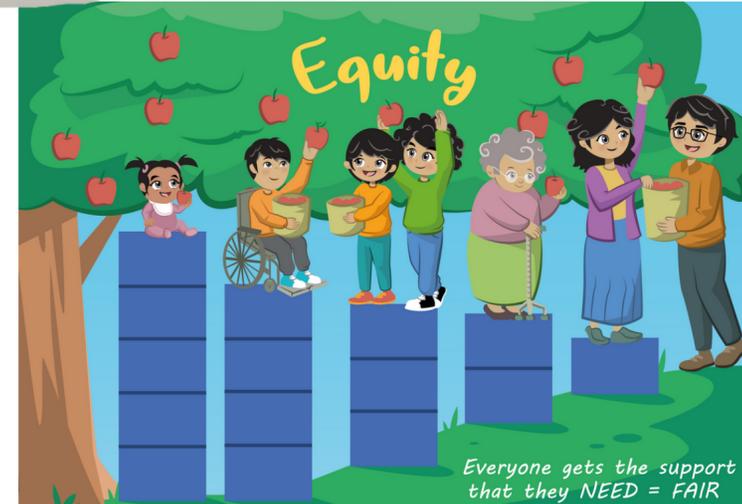
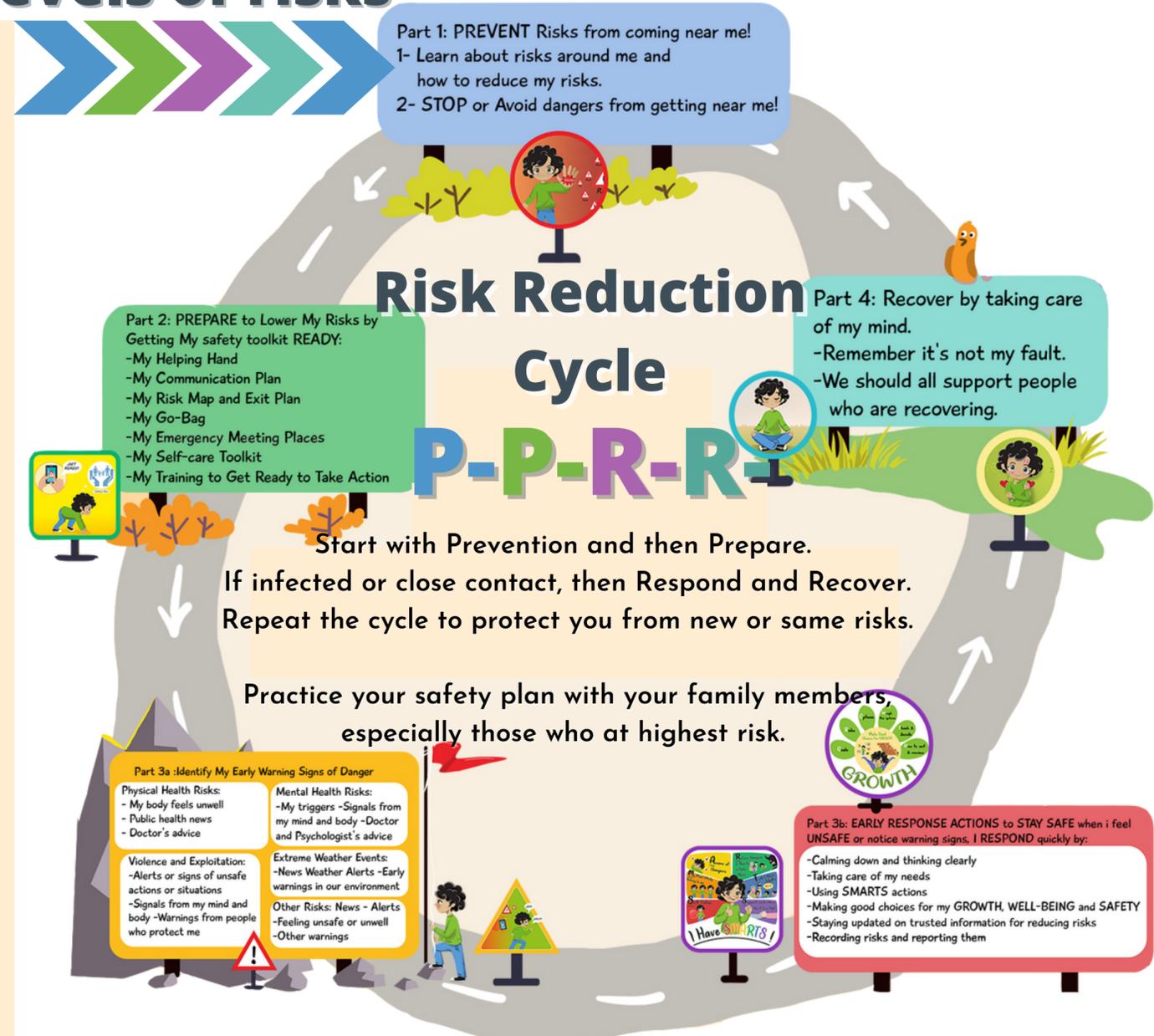
It is **EVERYONE's** responsibility to reduce the risks for themselves and the community!

3. USE YOUR SUPERPOWER of RISK REDUCTION NOW!

To learn more or sign up for trainings, visit www.bepriceless.org



- Use our Risk Seesaw to discuss with your loved ones how your actions can help to reduce the risks that you and others face
<https://www.bepriceless.org/risk-seesaw>



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Prevent

PREVENT infections by STOPPING the 3 ways that the virus spreads.

1) **STOP Droplets spread** (fluids spray from mouth and nose to within 2 meters):

Respiratory Hygiene:

- Wear a mask properly to protect yourself and others from germs
- Cover your mouth and nose when coughing or sneezing. No Spitting! Avoid shouting!

Physical distancing - keep at least 1-2 meters from others; avoid crowds; stay at home.

Close toilet lid when flushing. Keep drains working. Fill u-trap with water.

2) **STOP Contact spread** (from hands or other things that touch your eyes, nose, and mouth):

Avoid close contact with people outside your household

Hand and Personal Hygiene:

- Keep your hands clean.
- Change to clean clothes (but avoid touching your face) and shower after going out.
- Avoid touching your face or high contact places.

Environmental Hygiene

- Clean home and high touch surfaces (e.g. phones) with detergent and water daily or more

3) **STOP Airborne spread** (spread through tiny particles in the air to more than 2 meters):

Ventilation: Make sure there is good airflow.

Avoid actions that increase the spread of germs, e.g. shouting, singing, exercising near others in closed space, especially for longer than 15 minutes.



Use and Share Trusted Information!

COVID-19 Thematic Platform: www.coronavirus.gov.hk/eng/ Centre of Health Protection guidelines: www.chp.gov.hk/en/features/102742.html Use of bleach: <https://www.coronavirus.gov.hk/rat/eng/rat/>



Helpful Early Actions

Fully vaccinate as soon as possible!!!
www.covidvaccine.gov.hk/en/

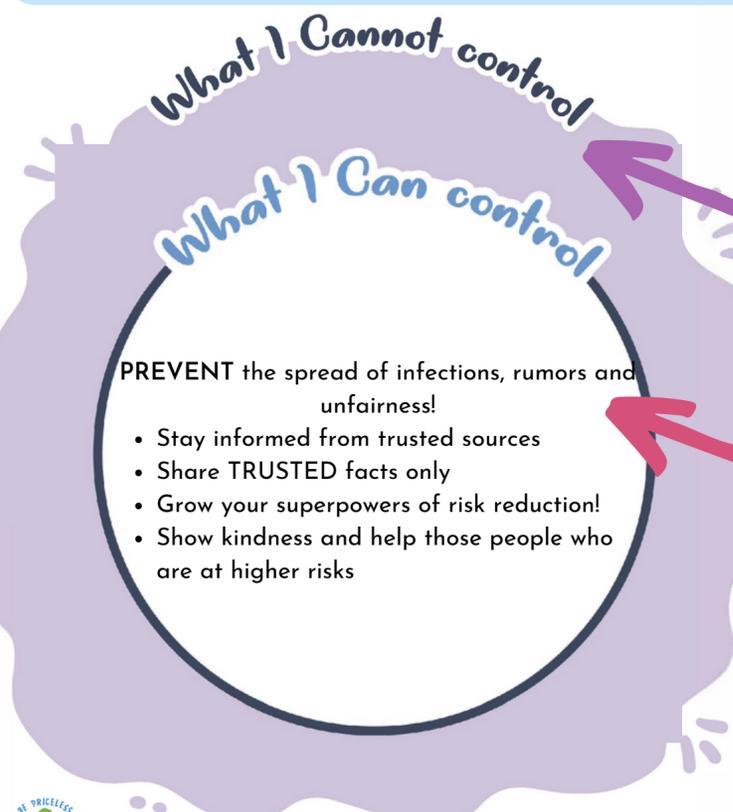


What You Can Do



PREVENT infection by STRENGTHENING your IMMUNITY, so that you can fight off the virus!

- Stay calm. Take Pauses.
- Grow resilient mindsets.
- Take care of mind and body. Strengthen self-care routines.
- Stay socially connected while keeping physical distance.
- **Get fully vaccinated! Vaccines saves lives by PREVENTING COVID-19 infections**
 - **It prevents the spread of virus to you, to others, and the overuse of the health care system**



You can think about your circles of control to help identify what is INSIDE or OUTSIDE of your control

The outer circle represents things that you cannot change **OUTSIDE - we cannot control:**

- There is a COVID-19 outbreak in our community, or
- School is closed or moved online, or
- Some people act unfairly, e.g. discriminate or hurt others.

The inner circle represents things that you **CAN have the power to change.** Tip: this is what you should focus on.

- INSIDE your circle of control:**
- Grow your love for learning, creativity, integrity, confidence, resilience;
 - Learn more about how to protect you and others from COVID-19 infections, stress, violence, or other risks;
 - Nurture relationships that are helpful and supportive to you;
 - Stand together to stop stigma and discrimination. E.g. treat those with infection or higher risk with kindness.

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My actions when infections are in my community

Prepare

Prepare a SAFETY PLAN that has practical action steps to reduce the risk of COVID-19 infection and other risks (e.g. mental or other physical health problems):

- Update and practice your safety plan (e.g. from SEED Course).
- Make a safety plan and practice with others whom you take care of (e.g. family member in your household and those living alone).
- Make sure to take care of the specific necessities of people with special needs.

Prepare to strengthen your well-being and your immunity:

- Self-care for the health of your mind and body.
- Build positive ways of seeing yourself and for growing with challenges. This strengthens resilience.
- Make sure any chronic illnesses or other health condition.
- Monitor body temperature and health condition. Watch out for early warning signs of infections!
- If you may have infection or have been in contact with an infected person, then take "RESPONSE" actions as soon as possible.
- Prepare your home for work, learning, self-care, and more.
- Prepare health care plan with usual doctor, especially for chronic illnesses (e.g. should have enough medicines to allow for longer time between clinic visits; make plan how to get help if condition gets worse.)

Prepare to stay socially connected while physically distancing

- Strengthen your support system. Connect with people who brings positivity and supports you caringly, virtually and regularly.
- Nurture positive relationships and activities even in difficult situations.
- Listen to and support each other - these are the most important parts of communication.
- Grow your connection with your loved ones: e.g. video chat, fun games to play while being physically apart; show love and have fun! Be creative!
- Get ready the communication plan:
 - Set up internet and communication devices (smart phones, tablets, laptop, etc.) with chargers
 - Set up video call apps on phone/other devices that child can use, and emergency numbers.
 - Prepare and practice using video call for children, elderly, people with disabilities or chronic illness.
 - Set up emergency contact numbers on their phones and safety plans. Practice how to call these if needed



Prepare your trusted adults:

- Make a plan to bring each other and family members the necessary supplies (food, hygiene, testing kits, medicines, etc.) and check on each other if needed if you are in quarantine or isolation.
- Record 5 trusted adults on your safety plan and mobile phones, so that it is accessible for all household/family members under your care. This should include their names, mobile phone numbers, home phone numbers, email, and addresses.

Prepare your GO-bag (for 2 weeks of quarantine/ isolation) for each household member.

- Keep the GO-bag where it is accessible to everyone.
- Keep it in a dry and safe place away from germs.
- Pack and update items as needed to meet each personal needs (e.g. babies may need diapers).

A suggestion list is provided on the "My Go-Bag" image.

My GO-Bag

Important documents in waterproof (plastic) bag

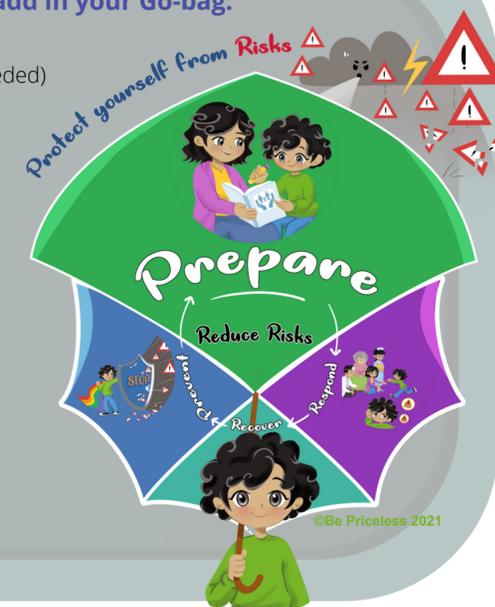
- Safety plan
- Birth Certificate (copy)
- Passport and other identification documents with photograph (copy)
- Important medical information (allergy, illness, medication list, vaccination record)
- Wallet, including HKID, cash

Your basic supplies:

- | | |
|--|---|
| <input type="checkbox"/> Bottled drink water for at least 3 days | <input type="checkbox"/> Extra set of house keys |
| <input type="checkbox"/> Dried food and canned food with pull tab | <input type="checkbox"/> Paper, markers, pencils |
| <input type="checkbox"/> Reusable cups, plate, and utensils | <input type="checkbox"/> Soap and hand sanitizer (>70% alcohol) |
| <input type="checkbox"/> Face masks (for 2 weeks) | <input type="checkbox"/> Disinfecting wipes to clean surfaces |
| <input type="checkbox"/> First aid kit and essential medicines | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Cell phone with charger (if you have one) | |
| <input type="checkbox"/> Clothing including underwear for 3 days | |
| <input type="checkbox"/> Warm blanket or sleeping bag | |

Other items you might want to add in your Go-bag:

- Glasses (if needed)
- Menstrual hygiene products (if needed)
- Books, games and activities
- Flashlight and Extra batteries



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My actions when infections are in my community :

Prepare

Set up strict infection control practices

at home, workplace, and in other situation when you go out (e.g. when you go to health care centers or to buy groceries):

- Continue to do all actions in "PREVENTION",
- Get ready supplies for **personal protective equipment or "PPEs"** (including surgical masks, sanitizer, etc.) for all household members.
- Get ready supplies for personal and environmental hygiene (soap, bleach, wipes, rubbish bags, bins with lid, etc.)
- Put enough supplies in a "clean" space (e.g. inside cupboard that is accessible by all in the living room or near the entrance of house)

Prepare space for home isolation or home quarantine *

- Review if your home would be suitable for home quarantine or isolation.
 - If suitable, then identify an area in your home that may be used to separate a person who is infected or may be infected from others in the household who are not infected.
 - Homes without separate bathrooms, without good air flow, or are subdivided flats are NOT suitable for home isolation/ quarantine.
- Put enough supplies in this space that is separate from the others in the "Clean area", including:
 - Supplies, e.g. ~1-2 week of daily necessities (food, water, etc.) "PPEs", thermometer (charged if needed), hygiene and cleaning products, etc.
 - Avoid panic buying of essential products - this makes it harder for others to access them.
 - Other items you may need, e.g. journal, device with video call function, charger, toys, etc.
- Put Go-Bag with person(s) who is home isolating or quarantine.

* **Isolation** is for person(s) infected with COVID-19 (test +ve, even if no symptoms). **Quarantine** is for someone tested negative for COVID-19 and has no symptoms, but has recently contacted a person with COVID-19 infection).



Be up to date with trusted information

Care of vulnerable groups

- Practice safety plan with all household members, taking extra care of those who are vulnerable (e.g. domestic workers, people with special needs)
- Ensure support for **those who are at high risk** (e.g. pregnant mothers, babies, elderly, people living with chronic illness)
- STOP stigma and discrimination.
- Make sure children, elderly and persons with chronic illnesses get all other vaccines on time, e.g. flu and childhood immunizations
- Take actions to reduce all risks: infection, mental disorders, violence etc.

COVID-19 Thematic Platform
www.coronavirus.gov.hk/eng/



COVID-19 General Health Advice
https://www.coronavirus.gov.hk/en/g/health-advice.html



Centre of Health Protection
https://www.chp.gov.hk/en/index.html



Health Authority
www.ha.org.hk



COVID-19 Vaccine
www.covidvaccine.gov.hk/en/



Rapid Antigen Test (RAT)
www.coronavirus.gov.hk/rat/eng/rat.html



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If I am a CLOSE CONTACT with someone infected by COVID-19:

Respond

1) Strict Quarantine!

- Stay home unless going out for testing or health care!
- Avoid close contact with people outside your household
- Avoid quarantining near people with chronic illness or other vulnerabilities
- Follow Compulsory Quarantine advice (if applies to you)
- If home is not suitable for quarantine, more information on quarantine by the CHP*:**
 - https://www.coronavirus.gov.hk/pdf/faq_close_contacts_gc_eng.pdf
- Set up home for quarantine.
 - **If staying with others, stay in your own space**
 - If no or only 1 dose of COVID-19 vaccination: quarantine for 14 days
 - If 2 or more doses of COVID-19 vaccination: quarantine for 7 days if test negative all along including days 6 and 7 (Day 1 is the day AFTER the close contact tested positive)



2) Strict infection prevention (assume may already be infected)

- Avoid droplets: **Keep mask on.** Cover coughs and sneeze.
- Avoid contact with **germs through touch or body secretions:**
 - Personal Hygiene - wash hands often; avoid touching face
 - Keep tissue or other items with body fluids contained in lidded bins.
 - **Avoid sharing personal items, meals, or spaces with non-infected persons**
 - Environmental Hygiene
 - Clean places with body fluids, high touch or high risk areas of the home with 1:49 household bleach solutions with water according to guidelines.
 - Clean the rest of the home at least once a day.
 - If you cannot avoid using shared space (e.g. bathroom) with non-infected people, then try to be the last to use the space and clean after use
 - Follow official public health advice, e.g. on StayHomeSafe scheme webpage.

3) Look out for early symptoms

- Check body temperature and symptoms (see "Infected" section) at least **twice per day.**
- Record date-time symptoms, temperature, medicines taken and COVID-19 test results
 - If symptoms appear (e.g. fever, body aches, runny nose, sore throat, cough, short of breath, diarrhoea, loss of smell, etc.), do COVID-19 test immediately

4) Do COVID-19 test - follow timing and method on StayHomeSafe webpage,

e.g. Rapid Antigen Test (RAT) or nucleic acid test (at health center or community test center)

- Demonstration video: <https://youtu.be/yzFAUzTtmKk>
- If test is negative, repeat test following guidance until the the end of quarantine period
- Recognised bran for RAT-test: <https://www.coronavirus.gov.hk/rat/eng/rat.html>

*Permission is required for a caretaker to accompany close contacts in the quarantine centre. If approved, the caretaker is required to stay in the quarantine centre until the end of the quarantine period and follow the instructions of relevant staff at the quarantine centre.

Use and Share Trusted Information!

"StayHomeSafe" Scheme:
www.coronavirus.gov.hk/eng/home-quarantine.html



Compulsory testing
<https://www.coronavirus.gov.hk/eng/compulsory-testing.html#compulsory-testing>



Sources of Help

- "StayHomeSafe" app: www.coronavirus.gov.hk/eng/stay-home-safe.html
 - "StayHomeSafe" Scheme Hotline (24 hr): **1833 019**
 - COVID-19 Close Contacts Helpline : **1836 119**
- Center of Health Protection
COVID-19 RAT video: <https://youtu.be/yzFAUzTtmKk>
- Recognised bran for RAT-test:
www.coronavirus.gov.hk/rat/eng/rat.html



Helpful self-care



Take good care of your mind, body, and social well-being

- Self-care routines, including time to pause, rest.
- Keep good nutrition and hydration.
- Try to stay calm.
- Tune in to own feelings and needs. Practice helpful ways to care for them.
- Try to do the many things you can do to stay positive and healthy!
- Take regular mental holidays, away from digital device and social media.
- Stay connected with people who support you (e.g. video or phone call).
- Know that you are not alone.
- Remember that you are quarantining to protect others! Well done!
- Quarantine will past, likely after 2 weeks or so if you remain uninfected.

Test for COVID-19

If you continue to test -ve for COVID-19, find out the timing and conditions for ending your quarantine period"

https://www.coronavirus.gov.hk/pdf/pa_early_flowchart.pdf



5) If Rapid Antigen Test (RAT) is positive:

- Report! <https://www.chp.gov.hk/ratp/>
- Follow steps in the "I Am Infected" section (next page).

6) Please stay updated with the authorities updates for new ways to get help.



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If I am INFECTED with COVID-19

1) Get updated guidance and services from trusted sources.



Health Advice for Persons Tested Positive / Preliminarily Positive for COVID-19 and Pending Admission to a Hospital or Isolation Facility
https://www.coronavirus.gov.hk/pdf/healthadvice_testpos_ENG.pdf



Guide for COVID-19 infected person waiting for isolation
www.coronavirus.gov.hk/eng/pending-admission.html

2) Step up Infection Prevention:

- Strict Isolation. Stay in isolation room with door closed except for health care and testing.
- Ensure good airflow, e.g. open windows.
- Cover coughs and sneezes. Avoid shouting, spitting or actions that increase the spread of germs.
- Everyone must practice respiratory hygiene - wear well-fitted surgical masks even in isolation room!
- Keep tissue or other items with body fluids contained in lidded bins.
- Everyone must wash hands properly and frequently, especially after touching contaminated items (e.g. used tissues and clothes, covering coughs or sneezes, after touching face or mask, after toileting)
- Set up other personal hygiene, environmental cleaning and infection prevention practices.
- Avoid sharing personal items, meals, or spaces with non-infected persons.
- Avoid close contact with others who are not infected
 - (COVID-19 test negative, especially high risk group)
- Don't take public transportation!!! DON'T call ambulance unnecessarily!!!**
 - Use your private car or COVID-19 designated taxi to go to health care center, hospital, isolation or testing center.
 - To Book COVID-19 designated taxi (8am to 10pm daily) at: www.designatedtaxihk.com or Call **3693 4770**
- If you have prepared your safety plan, Go-bag and supplies for isolation earlier, you may be all set to stay at home for the isolation period! Well done!
- If needed, arrange with delivery services or friends/family to help deliver supplies outside your door without any in-person contact. Let them know that you have been infected!
- If you need further help with meeting daily necessities, call **1833 019**



3) Report Infection!

- If Rapid Antigen Test +ve: www.chp.gov.hk/ratp/
- If other test +ve: www.chp.gov.hk/cdpi/
- Follow advice from authorities on next steps after reporting.

If Rapid Antigen Test +ve:



If other test +ve:



Respond

4) **HIGH RISK GROUP with RISK FACTORS for serious illness:** If person infected has underlying health risk factors for serious infection (chronic illness, immune suppressed, 70 years or older, child younger than 5 years old*, pregnant at 28 weeks or more, etc.):

- Closely monitor and record temperature and health condition.
- Get lots of rest, hydration and nutrition.
- Continue to take good care of your usual medical condition (e.g. pregnancy, chronic illness, etc.)
- Call and ask your usual medical care doctor or nurse to seek advice on treatment and medication refill for usual health condition.

*Permission is required for a caretaker to stay with close contacts in the quarantine centre. If approved, the caretaker is required to stay in the quarantine centre until the end of the quarantine period and follow the instructions of relevant staff at the quarantine centre.

Seek early health care:

A) Call ahead to book appointment with COVID-19 designated clinic.

- For Health care and medicines, e.g. for COVID-19 oral treatment and for relieving symptoms.
- If medical consultation quota is full, the clinic can arrange ways for the infected persons who needed medicines.
 - **List of designated clinics and booking Tel:** <https://bit.ly/3lw0ykb>



B) The Health Authority' nursing team will look for and contact HIGH RISK patients from the list of confirmed infections (guardian of patients may also be contacted)

- Service provided: health assessment, provide relevant information and support, and



C) Call medical enquiry support hotline: 1836115

- Referral to Telemedicine may be provided if needed.

More information: www.info.gov.hk/gia/general/202203/09/P2022030800381.htm?fontSize=1

If infection symptoms worsens, or there are warning signs of serious infection, or the underlying health worsens → Go to emergency or call 999.

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If I am infected with COVID-19

Home isolation

For **1) person not having serious illness and not from risk factor + home is suitable**; or

For **2) person waiting for isolation center/hospital admission**

Assign specific room and bathroom to be used by infected person(s) that is separate from others who are non-infected and in the same home.

Stay in room with only infected people, with door closed, windows opened.

Avoid face-to-face contact with other household members who tested negative.

If you need supplies during home isolation, ask for delivery outside closed door.

No face to face or close contact. Use touch-free payment and other communication methods.

Dedicate one room with its own bathroom to be the isolation room for infection person(s).

Avoid using shared spaces. Eat separately in isolation room.

If it is unavoidable that infected and non-infected people have to share a bathroom, then:

- The infected person should be the last to use and then clean the space well.
- Make sure door is closed, window are opened, exhaust fan is on, toilet lid is closed when flushing, drains are working well with regularly filling of water in u-trap.

• **Any body fluids or contaminated surfaces (e.g. toilets) should be cleaned with 1:49 diluted bleach solution as recommended.** Other surfaces and places in the isolation room should be cleaned with 1:99 diluted bleach solution. Wiping materials used for isolation space should be thrown away and not used in the rest of the house.

• **Put waste used by the infected person (e.g. tissues) in lidded bins and ensure them not be in contact with non-infected persons.**

• Store the clothes, bedding, and other items (e.g. for eating, medicines) used by infected person in a large plastic bag, separate from those who are infected. Clean these thoroughly.

If home is not suitable for isolation, arrange to go to community isolation centre early:

- Email: fsd_cif@hkfsd.gov.hk
- WhatsApp Number: **5233 1833**
- WeChat account: **fsd_cif**
- **Send your name, age, gender, HKID number, telephone, residential address, testing method and date of positive test result.**

List of community isolation facilities and booking numbers:
www.coronavirus.gov.hk/pdf/Community_Isolation_Facilities.pdf

Respond



If mild or no symptoms

Do NOT call 999 or go to hospital emergency (if not in high risk group)!

Stay calm.

Take care of the body and mind. Get enough rest, hydration and nutrition.

Expect to have some mild symptoms, e.g. fever, body aches, runny nose, sore throat, cough, etc. Know that infection can look and feel differently for different people.

Monitor health condition and record these with date, time and details of treatment used. Key health information to monitor include:

- | | |
|---|---|
| • Temperature (at least 2 times every day) | • Low blood pressure if you have monitor devices. |
| • Mental state (how awake and conscious?) | • Food and water intake |
| • Any chest pain or fast heart rate (e.g. heart racing) | • Urine output and bowel opening (especially for babies, young children, elderly) |
| • Breathing (e.g. does it seem harder to breath? Is the breathing becoming faster?) | • Any vomiting or diarrhoea? Any rash on skin or tongue? |

Look out for serious symptoms! (see next page)

MEDICAL CARE for COVID-19 infections for those who are NOT seriously ill:

If you are not in the high risk group and your condition remains mild, you can rest at home or in isolation center and let your body fight the infection. You likely do not need other treatments.

If you do need medical care:

Call to book Community Clinics visit for Covid-19 patients: <https://bit.ly/3lw0yb5>.

Don't go without appointment.

Bring your health and temperature records and medicines (in original container).

Practice strict infection control - Keep at least 2 meters from others. Avoid close contact or sharing items with others. Wear tightly fitted mask. Practice hand and respiratory hygiene properly.

Take own car or designated vehicle! Don't take public transportation.



Medicines - Before taking any medicines, you must check that they are used for the:

RIGHT PERSON:

- Medicine is prescribed by health worker to this person, and
- The person taking the medicine has no allergy to this type of medicine.

RIGHT MEDICINE:

- This changes as a person's health changes. E.g. for pregnant or breastfeeding mothers, some medicines may no longer be safe for the baby!
- Medicines that treat the symptoms (fever lowering medicines, cough medicines) generally do not improve the recovery from COVID-19 infections. They just relieve some symptoms, therefore it is okay not to rush taking these medicines.
- The medicines should not be expired (check expiration date on the box).
- Medicines that may improve COVID-19 infection (e.g. reduce chance of serious illness) are provided in designated COVID-19 clinics, hospitals, etc.

RIGHT DOSE - must follow doctor, nurse or pharmacist's advice

- The right dose is different for babies, children of different ages, elderly and people with different health conditions. E.g. paracetamol dose for a teenager can easily be an OVERDOSE for a young child, baby or someone with abnormal liver function!

RIGHT TIME - the medicines should be taken at the right time of day, and right interval between doses.

RIGHT WAY - each medicine should be taken in the way that is prescribed.

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If I am infected with COVID-19

Respond

For Serious COVID-19 infection

GO RIGHT AWAY to Hospital Emergency or call 999!!!

What are the **WARNING SIGNS** of serious infection?

Some warning signs include: **difficult or fast breathing, looking unusually pale, blue lips (low oxygen), chest pain, fast heartbeat, low blood pressure, confusion, seizure, unconscious, staying in high fever, producing less urine.**

For babies: crying non-stop, being less responsive (e.g. too sleepy), or not feed can also be signs of serious illness.

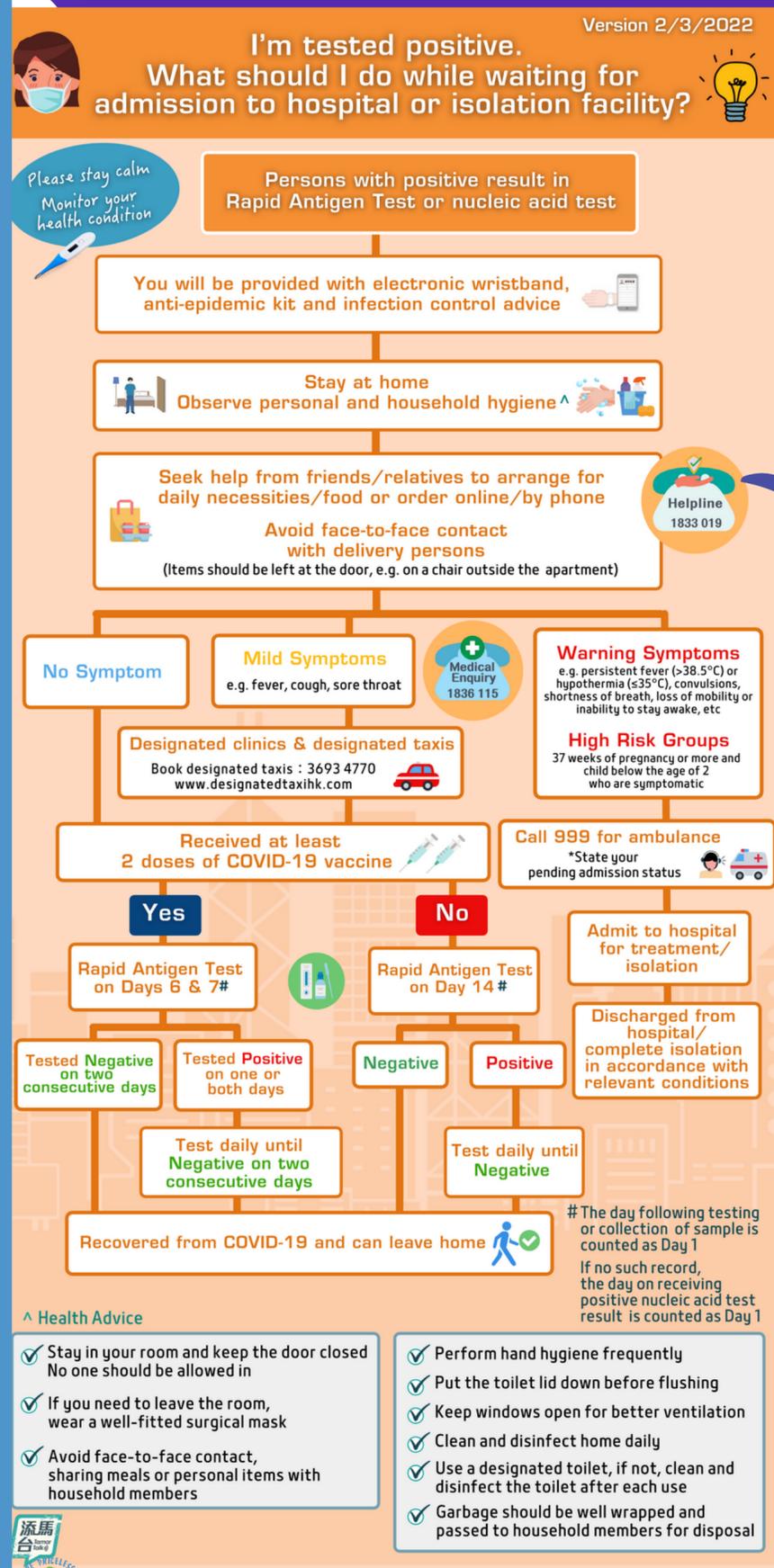
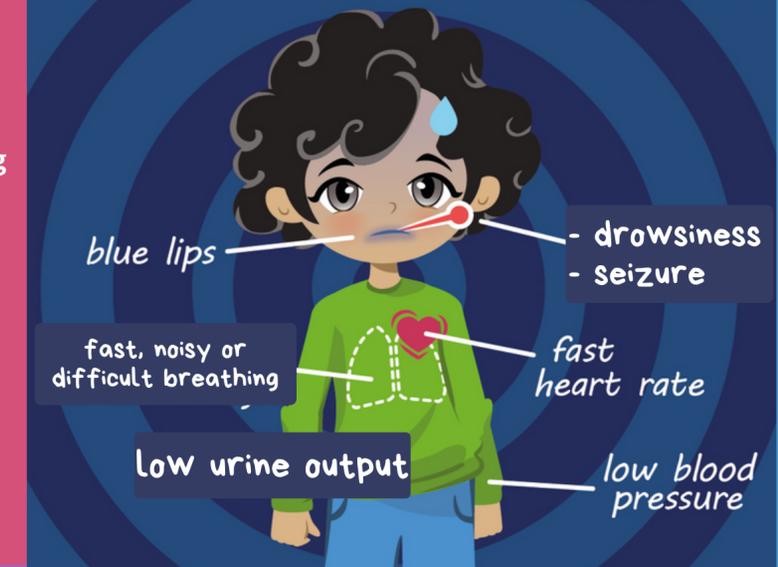
There are also other warning symptoms, please call for help if in doubt.

Some high risk people who are at higher risk of being very sick (e.g. elderly, pregnant mothers, young babies and children, people with chronic illness or immune suppression, etc.) --> need urgent help earlier, before these serious symptoms occur!!!

For more information, seek help from medical professionals or call helpline: 1836 115

If you are staying at any community facilities, please go to the P. 6-7 'Response section', and refer to your needs.

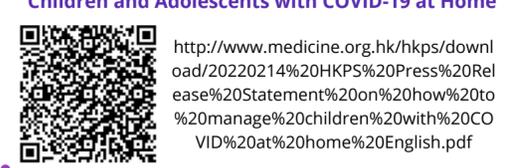
Watch out for serious symptoms



RESPOND EARLY TO INFECTIONS



Recommendations on Caring for Children and Adolescents with COVID-19 at Home



Information Pack on Caring Children with COVID-19 [NEW!]



Breastfeeding Advice during Quarantine



For non-infected Caregivers of person(s) who are dependent (e.g. young children) and COVID-19 infected, in addition to following above actions, also:

- Practice hand, respiratory and environmental hygiene properly
- Everyone should wear tightly fitted masks
- Maintain at least 2m distance and avoid close contact whenever you can.
- Wash your hand properly after close contact or touching items that may carry germs. Wear a disposable plastic apron and gloves during close contact or cleaning, then throw away after leaving contaminated area.
- Avoid touching face or body fluids
- If caregiver for children or dependent people has to be in same room, still try to:
 - Minimize close contact whenever possible
 - Maximize ventilation (keep windows opened)
 - Stay and sleep apart with maximal distance from infected person's mouth/nose and or contaminated materials.

What should I do while waiting for admission to hospital or isolation facility. The Government of the Hong Kong Special Administrative Region. 2 March, 2022.

Retrieved 11 March 2022, from https://www.coronavirus.gov.hk/pdf/pa_admission_isolation_ENG.pdf

Disclaimer: The content is for informational purpose for the Hong Kong setting, updated on 11th March 2022 of the COVID-19 pandemic. Please keep updated on news, health services or information from trusted sources.

Self-care

Recover

What do you do for self-care?

- There are different activities that you can do as part of your self-care plan.
- It is up to you which activities you choose to include in your self-care plan.
- Let's spend time looking after our mind and body.

Stay informed

Self-care routines

Stay connected -with people who make you feel positive and supported-

Use helpful ways to respond to stress-

1) Take care of mind and body, include strengthening self-care routines

- Please always follow public guidelines (according to your health status).
- Never blame someone who is infected or hurt! **Infections are spread by germs not people!**
- Remember that you are NOT alone. There are many people who support you.**
- Grateful, especially for what you have and for the brave health workers and cleaners who keep your community safe.
- Take time to heal. Recovery takes time.**
- Get professional help if you need it, for mental, physical or social care.
- Build support from people who help and protect you.
- Join Be Priceless SEED course or visit our website for more well-being and safety training and resources.

2) Use your inner superpower- Strength-based approach.

- Value the strengths and helpful resources you have.
- Tune into your strengths and what is working well.

3) Build an abundance and strength-focused mindset, actions, interactions

- Strengthen growth, well-being and safety
- Be empowered, flourishing, resilient, healthy connections and communication
- Build towards what you need and dream to be!



- Social Welfare Department (24hours): **2343 2255**
- Hospital Authority - Mental Health Direct (24 hours): **2466 7350**
- Hong Kong Red Cross: "Shall We Talk" Psychological Support Service: **5164 5040**
 - Make appointment via WhatsApp
 - https://www.redcross.org.hk/en/covid_pss.html



After Recovery

- **Restart and strengthen your risk reduction cycle actions.**
- **PREVENT and PREPARE** for further risks, like re-infections or new infections, other health, mental, or social health risks.
- **Get vaccinated 3-6 months after infection** - follow public health advice: <https://www.covidvaccine.gov.hk/en/faq>
- **Share trusted information with others.** Encourage others to take actions to stop the spread of infections, unfairness, rumor, violence or other risks in your community.



Always remember that you are Priceless and Limitless!!!
You have the Superpower of Resilience, Risk Reduction and Fairness!

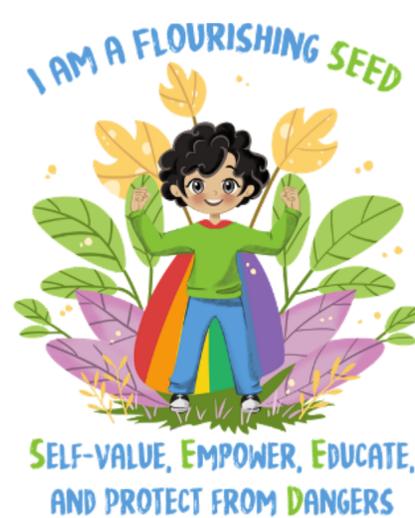
We all have an important part to play in supporting our own and our community's safety.

Let's support and show kindness to each other.



Be Priceless
www.bepriceless.org





This resource pack is provided by Be Priceless.

Be Priceless is an educational non-profit organization that aims to strengthen growth, well-being and safety for all. We provide free SEED courses and workshops because we want to make sure that children and families from all backgrounds can take part.

Be Priceless began developing the SEED educational program since 2015, working with more than 130 community members, including many children and caregivers like you; as well as experts from many fields, like doctors, nurses, public health professionals, teachers, counselors and more.

Therefore the resources shared in the SEED courses are PRICELESS. We hope that you will continue to grow with us after this viewing this recourse pack.

Want to know more?

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Disclaimer: The content is for informational purpose for the Hong Kong community setting, updated on 9th March 2022 of the COVID-19 pandemic. This does not serve as personal health advice. We encourage you to seek health care or other services when you need them. The local guidance is expected to change with the outbreak situation, please stay updated on news, health services or information from trusted sources. Be Priceless hereby disclaims all liabilities to any party for any direct, indirect or other consequential damages arising from any use of this product.