

Edited by  
Guangdong Provincial Center for Disease Control and Prevention  
The Editorial Committee of Wan Li Book Co., Ltd.

A Practical Guide to the  
**Novel  
Coronavirus**  
COVID-19  
**Prevention**

Preface by

Dr. LEONG Che Hung GBM, GBS, OBE, JP

Dr. KO Wing Man GBS, BBS, JP

- What is the novel coronavirus?
- What are the symptoms?
- How to protect yourself?
- Coronavirus mythbusters



Edited by  
Guangdong Provincial Center for Disease Control and Prevention  
The Editorial Committee of Wan Li Book Co., Ltd.

**A Practical Guide to the**  
**Novel**  
**Coronavirus**  
**COVID-19**  
**Prevention**

## Sponsoring Organizations:



中国旅游集团有限公司  
CHINA TOURISM GROUP CORPORATION LIMITED  
香港中旅(集团)有限公司  
CHINA TRAVEL SERVICE(HOLDINGS)HONGKONG LIMITED



中國銀行(香港)  
BANK OF CHINA (HONG KONG)

ICBC  工银亚洲

跨境金融 首選銀行



中国建设银行(亞洲)  
China Construction Bank (Asia)



中国农业银行  
AGRICULTURAL BANK OF CHINA  
香港分行  
HONG KONG BRANCH



中国太平  
CHINA TAIPING

## Supporting Organizations:

New Home Association Ltd.

Agency for Volunteer Service

The Salvation Army Recycling Programme

The Salvation Army Family Store

---

### Original title: *Prevention Against 2019-nCoV*

(Published by Guangdong Science & Technology Press Co., Ltd.)

### Editorial board

**Editor-in-chief:** He Jianfeng, Song Tie

**Associate editor:** Kang Min, Yang Fen

### Editor bound

Zhuang Yali, Yang Fen, He Jianfeng, Song Tie, Chen Xuguang, Luo Min, Zheng Xiaolin, Zhong Yuwen, Kang Min, Peng Xin, Jiang Jing, Tan Xiaohua

**Translator-in-chief:** He Qun, Luo Hai ming, Wu Rang ke

**Translators:** Li Qing hua, Wu Wei, Guo Ling chuan, Ning Jing, Cao Rong, Zhang Dan Tao, Cai Hui, Tan Yan jun, Chen Shao wei, Jiang Qi, Ji Gui yuan, Lyu Li song, Cai Geng-chao, Long Yi fang

### Additional information for the Hong Kong edition:

The Editorial Committee of Wan Li Book Co., Ltd.

Dr. FONG Yuk Fai, Ben

Dr. CHAN Kam Leung

Translator: Langchitect

# Preface 1



**Dr. LEONG Che Hung** GBM, GBS, OBE, JP

It was once thought that infectious diseases are phasing out. This is definitely not true. Old infectious diseases are still in existence waiting for chances to attack us. New infectious diseases are continuously being developed, — SAR in 2003; MERS in 2019 and recently novel coronavirus. We must be vigilant.

Most of these viruses originate from wild animals. They may produce no harm to these animals, but once they jump species and affect human beings they produce havoc. The first lesson therefore is to avoid wild animals.

Most of these viruses have no definitive treatment yet. For examples after over 10 years there is still no drug that can kill the SARS virus. The only remedy is to protect yourself and to prevent spread in the society.

Protecting oneself is a personal issue. As most of these viruses spread by droplets (airborne) — avoid crowded areas, do not contact people with symptoms, attach great details to personal hygiene (wear surgical masks, wash hands frequently, and ensure good ventilation).

The only effective way to prevent community spread is by quarantine and isolation. Proven infectious patients should be quarantined; their contacts must be properly traced and isolated until proven non-infectious.

This book uses non-medical jargon to describe the novel coronavirus. It also uses simple terms to highlight the causative organisms, the route of infection; and how every person and the society can protect oneself and avoid an epidemic.

It is an excellent reading in these times of panic and hopefully we will all win the war on the new coronavirus infection.

## Preface 2



**Dr. KO Wing Man** GBS, BBS, JP

The outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003 is always my most heartbreaking moment since the handover of Hong Kong in 1997.

During the 100-day outbreak, the epidemic finally claimed 299 precious lives causing panic in Hong Kong. It also brought an important though hard lesson across the local health and medical care system. Since then, the Government has strengthened its infectious disease surveillance by establishing the Centre for Health Protection (CHP) and formulating the notification of infectious diseases. More isolation wards were built with facilities enhanced. These measures aim to prepare and respond to the sudden disease outbreaks.

Seventeen years after SARS, a novel coronavirus has emerged and is highly contagious. Over the past few weeks, this coronavirus is spreading fast from Wuhan to many Mainland cities, and spread to Macau, Taiwan, Japan, Thailand, Korea, Singapore, the United States and Saudi Arabia, etc. Hong Kong is no exception with confirmed cases. In this connection, we shall all pay heed to personal hygiene, and acquire correct and hands-on resources written by professionals to help preventing the outbreak.

This book serves as a useful overview for those who have not experienced the SARS outbreak and would like to learn more about the new epidemic. This volume features 4 sections which explore the fundamentals of the virus, its associated symptoms, ways of preventions and also myth busters for general public. Information was presented and organized in Q&A format for easy reference. I believe this practical guide is a must-read for readers searching for accurate coronavirus information.

We shall all gear up and make concerted effort to end the novel coronavirus.

# Foreword



In January, 2020, cases of novel coronavirus were detected in different regions including Wuhan city of Hubei Province. Main symptoms revealed by Chinese health authorities are fever and a shortness of breath experienced by some patients. Some of them are in critical conditions.

As of 09:00 of February 11, 42 confirmed cases were reported locally. According to the World Health Organization (WHO), the new coronavirus can spread among humans. Seasoned cases by WHO suggest that person-to-person transmission can be expected in a more frequent manner.

To help address the outbreak of the epidemic, Joint Publishing (Hong Kong) Company Limited and Wan Li Book Company Limited have joined hands in releasing this publication—*A Practical Guide to the Novel Coronavirus "COVID-19" Prevention*. We are honored to have the former Chairman of the Hospital Authority, Dr. LEONG Che Hung, GBM, GBS, OBE, JP, and the former Secretary for Food and Health, Dr. KO Wing Man, GBS, BBS, JP, to contribute prefaces. We have also invited Dr. FONG Yuk Fai, Ben, and Dr. CHAN Kam Leung to provide professional tips on fighting the deadly disease. Apart from providing a comprehensive coverage of the essential information about the novel coronavirus, this book also serves as an important guide for lay readers to better understand the practical information and daily health tips for protecting effectively from the new virus.

Presented in Q&A format, this volume features 4 sections which explore the fundamentals of the virus, its associated symptoms, ways of preventions and also myth busters for general public. From tracking the timeline fast facts of the disease, to recording its clinical presentation, transmission pathways and preventive measures, this book is a valuable source in demystifying and clearly explaining some of the important aspects of the novel coronavirus. We hope you will find the information in this book helpful and will pay careful attention and take appropriate measures in addressing this new virus.

Written in simple yet effective style with ample colorful illustrations and pictures, this book is a comprehensive, timely and an authoritative compendium of novel coronavirus control and prevention.

February 11, 2020

# Table of Contents

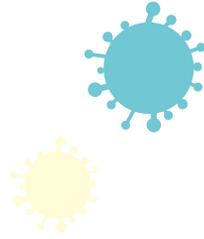


03	Preface by Dr. LEONG Che Hung GBM, GBS, OBE, JP
04	Preface by Dr. KO Wing Man GBS, BBS, JP
05	Foreword
10	Severe Respiratory Disease Associated with a Novel Infectious Agent in Hong Kong by Dr. FONG Yuk Fai, Ben
13	Worldwide Novel Coronavirus Cases Update
14	Novel Coronavirus Timeline Fast Facts



## On Fundamentals

18	1 What is a coronavirus?
18	2 What is the novel coronavirus?
19	3 What are the differences between the novel coronavirus, and SARS and MERS?
20	4 Which coronaviruses can infect humans?
20	5 Can novel coronavirus be transmitted from person to person?
21	6 How can novel coronavirus be transmitted?
21	7 What is the transmission intensity of novel coronavirus?
22	8 Is there a specific vaccine for the novel coronavirus?
22	9 Is there a drug to prevent the novel coronavirus?



- 22 | 10 Is there a treatment for the pneumonia caused by the novel coronavirus?
- 23 | 11 What does “close contact” mean?
- 23 | 12 What if I am notified by the Centre for Health Protection (CHP) that I am a close contact?
- 24 | 13 Why does a close contact need to quarantine for 14 days?
- 25 | 14 Will novel coronavirus infected pneumonia be inevitable?
- 25 | 15 How to prepare when seeking medical care at the hospital?



## On Symptoms

- 28 | 1 What are the symptoms of a person infected with novel coronavirus?
- 29 | 2 If you have a fever, coughs or fatigue, does it imply that you are infected with the novel coronavirus?
- 29 | 3 What are the warning signs to watch out for the novel coronavirus requiring medical attention?
- 30 | 4 What is the patient flow in hospitals for persons suffering high temperature and a cough? How will novel coronavirus be detected?
- 31 | 5 What shall you do if you think you are infected?

- 31 6 What shall you do if you think someone is being infected?
- 32 7 How to tell the difference between novel coronavirus symptoms and that of SARS, influenza and common cold?
- 33 8 Who is more vulnerable to the novel coronavirus?
- 33 9 Who will develop more severe symptoms after contracting the infection?



## On Prevention

- 36 1 How can I prevent novel coronavirus infection?
- 37 2 What shall we do after returning from a novel coronavirus-hit region?
- 37 3 What shall we do after coughing and sneezing?
- 38 4 How to disinfect against novel coronavirus?
- 39 5 How to choose a mask?
- 40 6 How to wear a mask properly?
- 40 7 How to wash hands properly?
- 42 8 What shall we eat if we are infected?
- 42 9 How to prevent novel coronavirus at home?
- 43 10 How to prevent novel coronavirus while going out?
- 44 11 How shall elderly, children and weak people prevent novel coronavirus?

- 45 | 12 What measures shall be adopted at schools?
- 46 | 13 Are there any dinner party tips for preventing novel coronavirus infection?
- 46 | 14 How to prevent novel coronavirus infection when attending crowded events?

## Myth Busters

- 48 | 1 Vinegar helps killing coronavirus indoor?
- 48 | 2 Will antiviral drugs help fighting the new virus?
- 49 | 3 Shall I take antibiotics to prevent from infection?
- 49 | 4 How about taking Vitamin C?
- 50 | 5 Will wearing more than one surgical mask help?
- 51 | 6 Will the flu shot help protect against novel coronavirus, or at least lessen the severity of symptoms?

## Useful Information

- 54 | 1 Five Health Preservation Tips from the Perspective of Traditional Chinese Medicine for Spring Season
- 58 | 2 Information of Hospitals in Hong Kong
- 62 | 3 Further Prevention and Control Measures

# Severe Respiratory Disease Associated with a Novel Infectious Agent in Hong Kong



**Dr. FONG Yuk Fai, Ben**

President, Hong Kong College of Community Health Practitioners

Since December 2019, a sense of panic has spread in Hong Kong as a novel coronavirus outbreak began in Wuhan. Cases of viral pneumonia were detected with fever and a shortness of breath as main symptoms. It was known as “Severe Respiratory Disease Associated with a Novel Infectious Agent.” A typical coronavirus has the look of a corona surrounding the virion. Some patients suffering this disease are in critical conditions, and the elderly and chronically ill are at a greater risk. According to the risk assessment report released by the World Health Organization (WHO), the set of infected patients were associated with a seafood wholesale market also selling wild animals, indicating a possible connection with close contacts of animals. New study shows that coronavirus can spread among humans and has infected globally including Taiwan, Macau SAR, Japan, Korea and Thailand, etc.

Hong Kong recorded its first confirmed case on January 22. The patient is a 39-year old tourist from Wuhan city with good past medical history. He had a fever and stuffy nose. Prior to his trip to Hong Kong, he did not come into contact with any health care facilities, wet markets or seafood markets, nor had close contacts with wild animals, poultry, or persons suffering pneumonia or upper respiratory tract infection.

On January 23, the Centre for Health Protection (CHP) confirmed the second imported case. A 56-year-old male who is a Hong Kong resident with good health record traveled to

Wuhan on January 10 and returned to Hong Kong via Shenzhen on January 19. He developed fever since January 18 but reported to have no respiratory symptoms. The patient sought medical attention at the Accident and Emergency Department (A&E) at the Prince of Wales Hospital (PWH) on January 19 but hospitalization was not required. On January 21 he revisited the PWH's A&E again for a follow up and was admitted for isolation as his fever did not subside. His respiratory samples were tested positive for novel coronavirus. On January 23 he was transferred to the Princess Margaret Hospital and was in a stable condition. According to the patient, he neither visited any health care facilities, wet markets or seafood markets, nor had any exposure to wild animals, poultry or in contact with persons suffering pneumonia or upper respiratory tract infection.

As of 09:00 of February 11, Hong Kong recorded 42 confirmed cases. The Government stepped up measures to prevent the spread of the new virus and announced that the “Response level under the Preparedness and Response Plan” would be raised to Emergency level with immediate effect. The CHP also reported the cases to WHO, National Health Commission (NHC), Health Commission of Guangdong Province and Macau Health Bureau, and would maintain active communications with those parties to closely monitor the event in order to facilitate the risk assessment.

Further closure of Hong Kong's land and sea borders with mainland China was announced. All border crossings would be closed until further notice except for the Shenzhen Bay and Hong Kong–Zhuhai–Macau Bridge, including the Express Rail Link West Kowloon, Hung Hom, Man Kam To (passengers departure), Sha Tau Kok (passengers departure), China Ferry Terminal, Tuen Mun Ferry Terminal, Lo Wu, Lok Ma Chau Spur Line, Lok Ma Chau–Huanggang and Macau Ferry Terminal. The immigration services at the Kai Tak Cruise Terminal and the Ocean Terminal were also suspended.

Health advice was also released by the CHP reminding

the general public to maintain good personal hygiene. Generally speaking, wearing mask when staying in crowded places can protect ourselves and prevent the spread of infection to others. Regarding the supply of surgical masks, the Government would proactively increase its overall supply to meet the demand of all relevant government departments and general public. The Government would also join hands with members of local chambers of commerce to ensure a stable supply of masks in the short term. The Government added that it would closely monitor the supply of other protective items including hand sanitizers, alcohol-based handrub and bleach; and would speed up their delivery to the market and to ensure sufficient stock for use by the bureau and all departments.

There is no special treatment for this new virus. Members of the public should always maintain good personal and environmental hygiene. Wash the hands frequently, especially before touching one's mouth, nose or eyes. Cover mouth and nose with tissue paper when sneezing or coughing. Keep the home clean and enhance air flow. When going out, always wear a surgical mask and avoid the crowd. Refrain from touching public installations such as handrails or door knobs. Avoid touching animals and do not consume game meat. Avoid visiting wet markets, live poultry markets or farms. If feeling unwell after returning to Hong Kong or experiencing a fever, wear a surgical mask and seek medical advice at once.

# Worldwide Novel Coronavirus Cases Update



Mainland China	42,638
Hong Kong SAR	42
Macao SAR	10
Taiwan	18
Korea	27
Singapore	45
Nepal	1
United States	12
France	11
Germany	12
Cambodia	1
Japan	23
Thailand	32
Vietnam	14
Malaysia	18
Australia	15
Canada	7
Sri Lanka	1
Finland	1
United Arab Emirates	8
The Philippines	3
India	3
Italy	3
United Kingdom	8
Russia	2
Sweden	1
Spain	2
Belgium	1

As of February 11, 2020, 09:00

# Novel Coronavirus Timeline Fast Facts

**December 30, 2019**

**Mainland China** China first announced the outbreak of a mysterious pneumonia in Wuhan.

**December 31, 2019**

**Mainland China** 27 cases of pneumonia detected by a team of experts from the National Health Commission (NHC) of the People's Republic of China.

**January 1, 2020**

**HKSAR** HKSAR screening measures at immigration control points heightened.

**January 2, 2020**

**HKSAR** First suspected case of a Hong Kong patient following a trip to Wuhan was admitted to Tuen Mun Hospital.

**January 3, 2020**

**Mainland China** 44 confirmed cases, 11 in severe conditions.

**HKSAR** Infrared thermal imaging cameras deployed at the Hong Kong International Airport scanning the temperatures of arriving travelers from Wuhan.

**January 4, 2020**

**HKSAR** Government launched the Preparedness and Response Plan for Novel Infectious Disease of Public Health Significance and raised the response level to "Serious".

**January 5, 2020**

**Mainland China** 59 cases reported.

**January 7, 2020**

**Mainland China** Virus identified as a novel coronavirus.

**January 8, 2020**

**HKSAR** Food and Health Bureau published in the Gazette to include "Severe Respiratory Disease associated with a Novel Infectious Agent" as a statutory notifiable infectious disease.

**January 11, 2020**

**Mainland China** First death from coronavirus reported.

**January 12, 2020**

**Mainland China** The World Health Organization (WHO) gave the new coronavirus an official name "COVID-19".

**January 13, 2020**

**Other** First coronavirus patient found in Thailand following a trip to Wuhan; Japan also confirmed first new case.

**January 16, 2020**

**HKSAR** Rapid test tool for the novel coronavirus available.

**January 17, 2020**

**Other** Second confirmed case of a female traveler from China reported by Thailand.

**January 19, 2020**

**HKSAR** The Centre for Health Protection (CHP) advised persons of contacts with those of fever and respiratory symptoms to put on a surgical mask within 14 days of returning to Hong Kong

**January 20, 2020**

**Mainland China** 217 cases confirmed as of 18:00, Wuhan medical staff members inclusive.

**HKSAR** Suspected cases reached 106 as of 12:00.

**Other** First coronavirus patient returning from Wuhan found in South Korea.

**January 21, 2020**

**Mainland China** Shanghai reported the second confirmed case; no correct treatment for the novel coronavirus was suggested by the Head of a high level expert team of National Health Commission Dr. ZHONG Nanshan.

**HKSAR** Health declaration forms introduced for travelers arriving on flights from Wuhan; YUEN Kwok-yung, Chair of Infectious Diseases Professor (Clinical), Department of Microbiology, Li Ka Shing Faculty of Medicine, HKU, warned about the possibility of a large outbreak among family members and in hospitals.

**Other** Taiwan confirmed the first case.

**January 22, 2020**

**Mainland China** 440 cases confirmed as of 10:00 with number of deaths climbed to 9.

**HKSAR** The first highly suspected case was confirmed as a man arrived from Wuhan via high-speed train.

**Other** The United States and Macau SAR both recorded the first confirmed case; Singapore requested isolation of travelers to any part of China within two weeks who show symptoms of pneumonia; North Korea blocked foreign tourists from entering.

## January 23, 2020

**Mainland China** 571 cases confirmed as of 00:00 with number of deaths climbed to 17; Wuhan shut down all its public transport.

**HKSAR** 2 cases confirmed.

**Other** Macau SAR recorded the second confirmed case and issued a Level 3 alert; the Philippines suspended flights to and from Wuhan; Singapore reported first confirmed case; Vietnam confirmed first two cases of Chinese father and son.

## January 24, 2020

**Mainland China** A minimum of 840 cases confirmed with deaths reported first in Hubei and in Heilongjiang; the State Council would consider taking legal action for investigating information about delays, cover-ups, negligence and incompetent epidemic prevention; Shanghai Disneyland shut down on January 25.

**HKSAR** 66 new suspected cases reported as of 08:00.

**Other** Japan reported second case; the Centers for Disease Control and Prevention (CDC) of the United States issued a Warning Level 3 Alert for the entire nation of China; Health declaration forms introduced for travelers entering Macau via its ports and the Hong Kong–Zhuhai–Macau Bridge; the Philippines sent back 135 tourists from Wuhan; 2 new cases confirmed in Singapore, amounting to a total of 3; Taiwan detected 2 new cases and notified travel agencies to temporarily suspend their tours to Mainland China.

## January 25, 2020

**Mainland China** 1,287 cases confirmed before noon with number of deaths climbed to 41. National Health Commission (NHC) sent 6 medical teams to Wuhan while its Head of a high level expert team, Dr. ZHONG Nanshan, began clinical trials of various drugs testing.

**HKSAR** 5 cases confirmed; Chief Executive Mrs Carrie LAM raised the "Preparedness and Response Plan" to Emergency Reponse Level; flights and high speed train journeys between Hong Kong and Wuhan canceled and traveling to the Hubei Province not encouraged; all mainland arrivals were also required to fill out a health declaration form; departing passengers might require a temperature check; school cancellations extended until February 17.

**Other** 3 cases confirmed in France; 2 in the United States, first reported in Australia.

## January 26, 2020

**Mainland China** 1,975 cases confirmed before 00:00 with death toll rose to 56; persons in the Guangdong Province not wearing a mask in the public area will be penalized.

**HKSAR** "Emergency Response Level" at all public hospitals activated with all visits suspended; as of 12:00, 77 more suspected case had gone up with a total of 6 confirmed cases.

**Other** Australia recorded 4 confirmed cases; first Canadian coronavirus case confirmed; people of Japan donated 1 million surgical masks to China.

## January 27, 2020

**Mainland China** 769 new cases announced amounting to a total of 2,744, with an additional 24 deaths recorded; National Health Commission (NHC) would make a serious effort in tracking travelers from Wuhan.

**HKSAR** 3 more imported cases making a total confirmed case of 8; entry restrictions issued to travelers from Hubei Province or following a trip to Hubei Province over the last 14 days.

**Other** Macau SAR confirmed cases reached 6; quarantine measures applied to all Hubei travelers currently staying in Macau SAR; cumulative number of Australia confirmed cases reached 5; Malaysia and South Korea each recorded a total of 4 confirmed cases respectively.

## January 28, 2020

**Mainland China** Over 4,400 cases confirmed with number of deaths climbed to over 100; visas for group and individual travelers to HKSAR and Macau SAR from the Mainland (including under the Shenzhen's "one trip per week policy") would be suspended.

**HKSAR** Civil servants except for those providing essential and emergency services would start working from home after the CNY holiday; new visas to individual mainland tourists suspended; flights to and from Mainland would be cut by half and cross-border bus services reduced; high speed train and MTR Intercity Trough Train services suspended; some checkpoints entering Hong Kong would be closed starting midnight; non-Hong Kong residents would be charged the relevant fees when receiving medical care in public hospitals.

**Other** The State Department of the United States issued a Warning Level 3 Alert for the entire nation of China.

## January 29, 2020

### Mainland China

More than 6,000 cases confirmed with death toll hit 132; first suspected case reported in Tibet.

### HKSAR

2 new preliminary cases reported; experimental vaccine for the coronavirus created by the Li Ka Shing Faculty of Medicine, HKU, would reach animal testing stage in earnest.

### Other

Chartered flights evacuated US citizens from Wuhan; France recorded 4 confirmed cases; Germany 3; Air Canada canceled all flights to Wuhan; South Korea issued a level 2 travel warning to all travelers to all parts of China and to amend its law to raise the alert of the novel coronavirus to Grade A; Japan recorded a total of 6 confirmed cases.

## January 30, 2020

### Mainland China

7,711 cases confirmed with death toll rose to 170; first confirmed case reported in Tibet.

### HKSAR

2 new imported cases reported; Chief Secretary Mr. Matthew CHEUNG claimed that the Government has managed to secure 5 million masks for Hong Kong.

### Other

Finland confirmed its first case; France 5; Macau SAR 7; the Philippines and India each recorded its first case.

## January 31, 2020

### Mainland China

9,692 case confirmed with number of deaths climbed to 213; World Health Organization (WHO) regarded the outbreak of novel coronavirus as a "Public Health Emergency of International Concern (PHEIC)"; chartered flights were sent to bring Hubei especially Wuhan residents home.

### HKSAR

3 new cases confirmed amounting to a total of 13; schools to stay shut until at least March 2; civil servants to work from home till February 9.

### Other

7 cases confirmed in South Korea; Italy reported its first case and suspended all flights to China; 6 in the United States while its travel alert raised to Level 4 (Do Not Travel to China); Japan brought forward the date to February 1 to include coronavirus as a "designated infectious disease," and to forbid patients from entering Japan; Singapore would apply more action on travel restrictions to travelers arriving from Mainland China and those who have visited it within the past 14 days.

## February 1, 2020

### Mainland China

Following her call with Chinese Premier Li Keqiang, the President of the European Union (EU) von der Leyen stood ready to facilitate the delivery of needed personal protective equipment to China; 2,102 case were confirmed amounting to a total of 11,791 with number of deaths climbed to 259; lockdown measures introduced in Huanggang downtown of Hubei Province.

### HKSAR

14 confirmed cases with the 12th likely transmitted locally; a team of researchers led by the Dean of Medicine with HKU, Professor Gabriel LEUNG, estimated that over 75,000 people in Wuhan were already infected before January 25; Healthcare workers under the Hospital Authority Employees Alliance (HAEA) had passed a motion to start a strike in the following week; the Hospital Authority (HA) would deploy resources to cope with the challenge.

### Other

Spain, the United Kingdom, Sweden and Russia all recorded their first case; Germany 7; South Korea 12; Canada 4; Australia recorded their 10th and would forbid all travelers from China except HKSAR residents and Australian citizens; the United States issued a Warning Level 2 Alert (Exercise Increased Caution) for HKSAR and Macau SAR; Vietnam canceled all flights to HKSAR.

## February 2, 2020

### Mainland China

14,380 cases confirmed with death toll hit 304; first local transmitted case reported in Shenzhen; National Health Commission Dr. ZHONG Nanshan indicated that the novel coronavirus can be transmitted via faeces; EU mobilized a total of 12 tons of protective equipment to China; chartered flights from Taiwan were allowed to bring their residents home from Wuhan; tour and individual visas including under Shenzhen's "one trip per week policy" to HKSAR and Macau SAR were suspended.

### HKSAR

The 14th confirmed patient had been to Shenzhen and Japan but the possibility of being transmitted locally could not be ruled out; the test result for coronavirus of the mother of the 13th confirmed patient suggested likely positive; The Hospital Authority Employees Alliance (HAEA) would start putting on a strike in phases which was disapproved by the Hospital Authority (HA).

### Other

The first patient reported death in the Philippines resulting in a travel restriction from China including HKSAR and Macau SAR; one additional case confirmed in Macau SAR amounting to a total of 8.

Scan this QR code for latest epidemic (in Chinese)



Scan this QR code for latest confirmed cases in Hong Kong (in Chinese)





## Chapter 1

# On Fundamentals

# 1 What is a coronavirus?

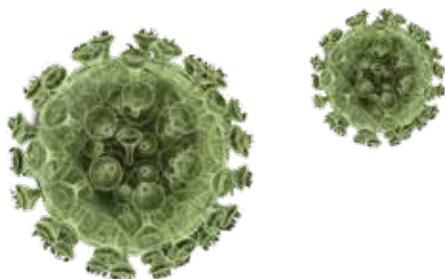


Coronaviruses (CoV) derive their name from the fact that under electron microscopic examination, each virion is surrounded by a “corona”. They are a large family of viruses that causes human respiratory illnesses and can stem from wildlife. So far 7 types of coronaviruses have been found to be infecting people. Among them, the Middle East Respiratory Syndrome coronavirus (MERS-CoV), the Severe Acute Respiratory Syndrome coronavirus (SARS-CoV) and the novel coronavirus (COVID-19) can cause more severe diseases. In addition to infecting humans, coronaviruses can also infect various mammals such as pigs, cattle, cats, dogs, martens, camels, bats, mice, hedgehogs and a variety of birds.

# 2 What is the novel coronavirus?



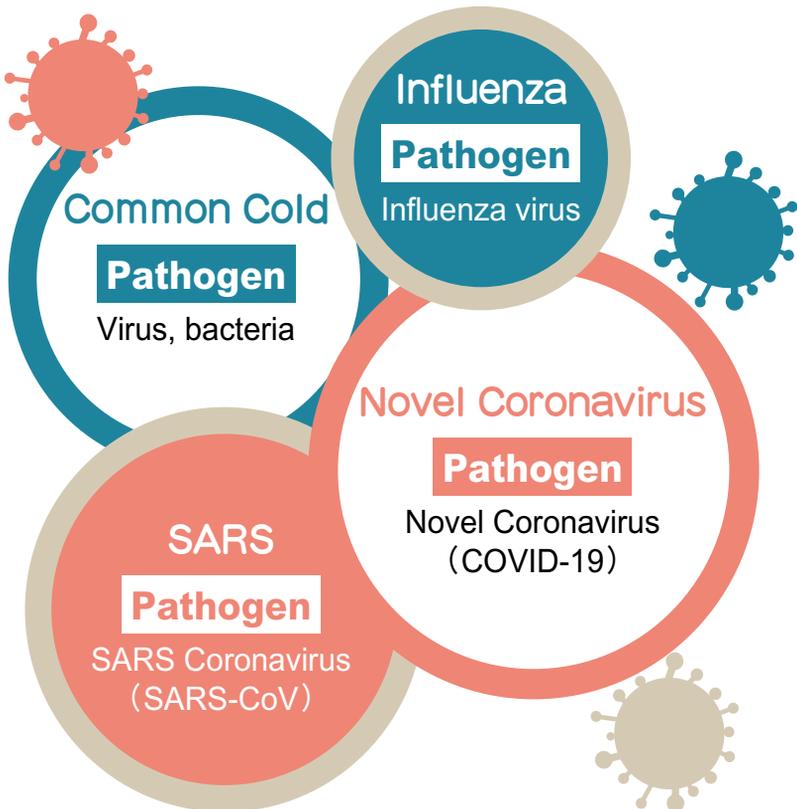
The novel coronavirus is a new strain that has not been discovered previously in humans. It caused the outbreak of viral pneumonia in Wuhan City, Hubei Province, China in December 2019. This new virus has now been named “COVID-19” by the World Health Organization (WHO).



### 3 What are the differences between the novel coronavirus, and SARS and MERS?



The novel coronavirus, SARS and MERS belong to the same big family of coronavirus. Evolution analysis shows that they are under different subgroup branches with different genetic sequences.



## 4 Which coronaviruses can infect humans?



As of today, besides COVID-19 which has caused the outbreak of viral pneumonia in Wuhan, the other 6 strains of coronaviruses can also infect humans, including HCoV-229E, HCoV-OC43, SARS-CoV, HCoV-NL63, HCoV-HKU1 and MERS-CoV.

## 5 Can novel coronavirus be transmitted from person to person?



Yes! Although the origin of COVID-19 is still unclear, it has been shown that the virus can be transmitted from person to person. For example, the transmission among humans has been found in the community and health care center.





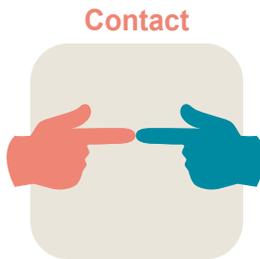
## 6 How can novel coronavirus be transmitted?



According to the analysis of Chinese Center for Disease Control and Prevention (CDC), COVID-19 can certainly be transmitted through droplets and probably through contact, but whether it can be spread through the air is yet to confirm.



Droplets



Contacts of animals

## 7 What is the transmission intensity of novel coronavirus?



According to CDC, theoretically an infected patient can successfully transmit the virus to 2–3 persons who do not have protective measures.

## 8 Is there a specific vaccine for the novel coronavirus?



Novel coronavirus, COVID-19, is a newly discovered virus and no vaccine is currently available. It can take several years to develop a new vaccine.

## 9 Is there a drug to prevent the novel coronavirus?



Not really. Generally speaking, except for a few types of diseases such as influenza, there are no specific drug therapy for preventing viral diseases.

## 10 Is there a treatment for the pneumonia caused by the novel coronavirus?



Although there is so far no specific treatment for diseases caused by the novel coronavirus, symptoms can be lessened with appropriate treatment. Moreover, supportive care for infected persons can be highly effective.



## 11 What does “close contact” mean?



In short, “close contact” refers to anyone not wearing any protective gear (e.g., surgical mask) but who has been in the same closed space with the infected patients (comprising suspected or confirmed cases). They include persons taking the same means of transportation, using the same classroom or living in the same household.

To confirm whether it is “close contact” shall rest with CHP professionals after conducting an epidemiological investigation.

## 12 What if I am notified by the Centre for Health Protection (CHP) that I am a close contact?



A “close contact” will be requested to be under medical observation for quarantine. Do not panic. Do not go to work or leave your residence in a casual manner. Keep an eye for symptoms. If feeling unwell or experiencing a fever or coughing, seek medical advice at once.

# 13 Why does a close contact need to quarantine for 14 days?



In order to contain the virus transmission, the “close contact” should be quarantined to protect the health and safety of the public. This containment strategy is also a common practice in the international community.

Based on the current understanding of novel coronavirus, the longest incubation from virus exposure to illness onset is 14 days. In this connection, the “close contact” shall be quarantined for the same period of time. The person can be freed afterwards when he or she does not show any symptom.

## Incubation Period

### 14 days

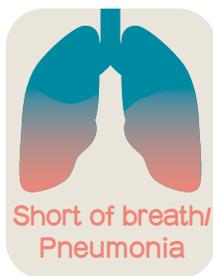
Travel history, assignments completed in work place and list of contact persons must be disclosed



Fatigue



Fever  
(over 38 degrees  
Celsius)



Short of breath/  
Pneumonia



Coughs

# 14 Will novel coronavirus infected pneumonia be inevitable?



According to the information currently available, infected patients will have various degrees of disease progression in the imaging of their lungs, suggesting signs of pneumonia. Recent evidence shows that there are patients without pneumonia.

# 15 How to prepare when seeking medical care at the hospital?



Wear a surgical mask properly before visiting the hospital (disposable type recommended) Disclose your travel history and list of contact persons in order to facilitate the doctors' diagnosis.







## Chapter 2

# On Symptoms

# 1 What are the symptoms of a person infected with novel coronavirus?



The symptoms of patient infected by coronavirus vary. Common clinical signs include high temperature, coughs, shortness of breath and breathing difficulties. In the more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The clinical features of patients infected with the novel coronavirus are mainly fever, fatigue, dry cough. Upper respiratory symptoms such as nasal congestion and runny nose are less frequent. About half of the patients will experience dyspnea after 1 week of illness onset. In severe cases, they can quickly progress to acute respiratory distress syndrome (ARDS), septic shock, metabolic acidosis which is difficult to correct, and coagulopathy. Some patients may have mild onset symptoms without fever. A few patients are critically ill and even die.





## 2 If you have a fever, coughs or fatigue, does it imply that you are infected with the novel coronavirus?



Many respiratory diseases have symptoms such as fever, fatigue, and dry cough. Whether you are infected with the novel coronavirus requires the diagnosis of a doctor based on history of close contacts, involved activities and laboratory tests.

Therefore, even though you have suspected symptoms please do not panic. Keep an eye out for symptoms and seek medical advice at once.

## 3 What are the warning signs to watch out for the novel coronavirus requiring medical attention?



If you have symptoms such as fever, fatigue, muscle aches, cough, sputum, a shortness of breath, etc., you should seek medical advice at once. You should disclose your travel history in the last 14 days to facilitate the doctor's diagnosis.

## 4 What is the patient flow in hospitals for persons suffering high temperature and a cough? How will novel coronavirus be detected?



The patient flow in hospitals for handling patients with fever and coughs is as follows:

Designated prescreening nurse will check patient's body temperature. Surgical mask will be provided if patient has fever and coughs.

The attending doctor will check patient's travel history in the past two weeks prior to illness onset and see whether the patient has traveled to the infected regions or has been in touch with infected close contacts.

Any patients with symptoms that could match the novel coronavirus infection and have been traveled to the infected regions or in touch with infected close contacts will be admitted to isolation ward for further treatment. Throat swabs and sputum specimens will be sent for further laboratory testing. Cases will be confirmed with positive test results.



## 5 What shall you do if you think you are infected?



If you think you are infected, do not go to work or school. Wear a surgical mask and seek medical advice at once. Disclose your travel history to the attending doctor if you have previously traveled to infected regions. You will also need to inform the doctor about your list of contact persons since you have become unwell.

Disinfect your home and enhance air flow. Always wear a surgical mask at home and avoid having close contact with your family members. Maintain a good personal hygiene and wash hands frequently.

## 6 What shall you do if you think someone is being infected?



If you think someone is being infected, wear a mask and keep your distance from people who appear to have symptoms. Suggest the infected person to wear a mask and seek medical advice at once.



# 7 How to tell the difference between novel coronavirus symptoms and that of SARS, influenza and common cold?



Main symptoms of novel coronavirus are fever, fatigue, dry cough, and pneumonia. However, it is worth noting that the patients at the early stage may not have fever and only have symptoms of mild chills and respiratory infections. A CT Scan, however, will show signs of pneumonia. Severe cases of the novel coronavirus appear to cause similar symptoms to severe acute respiratory syndrome (SARS).

	Novel Coronavirus: COVID-19	SARS	Influenza	Common Cold
Clinical manifestations	Excessive fatigue; coughs; shortness of breaths; coughing up yellow or green mucus; chest X-ray shows scattered opacities in lung 	Coughs; breathing difficulties; fatigue; headache and diarrhea; fever 	Running nose; sneezing; coughs; high temperature; muscle pain; diarrhea; vomiting	Nasal congestion; coughs; sore throat; throat discomfort; sneezing
Incubation period	7-14 days	2-7 days	1-4 days	1 day
Ways of transmission	Short distance droplets spread; close contact; contacts with animals	Short distance droplets spread; close contacts	Coughs; sneezing and droplets spread; contact with secretions of infected person	Droplet spread; contact with infected nasal secretions
Preventive measures	Regular and frequent hand washing; check body temperature; use alcohol-based disinfectant; wear surgical mask; enhance airflow; avoid contacts with animals or eat game meat	Cover mouth and nose when sneezing and coughing; regular and frequent hand washing; do not touch nose and mouth; wear surgical mask; enhance airflow	Vaccination (flu shot); keep hands clean; wear surgical mask; enhance airflow	Regular hand wash, wear surgical mask, boost your immune system



Clinical manifestations of influenza include high fever, coughs, sore throat, and muscle pain. There might be pneumonia but is not common.

The symptoms of common cold include nasal congestion, running nose, etc. Most patients have mild symptoms and common cold generally will not cause pneumonia.

## 8 Who is more vulnerable to the novel coronavirus?



Humans have yet to develop immunity against this new virus. Confirmed cases have been detected in children, young people and older adults but elderly are at higher risk and affected most so far.

## 9 Who will develop more severe symptoms after contracting the infection?



People suffering weak immunity, such as the elderly, pregnant women, or those with liver and kidney dysfunction are at greater risk of the new virus. Their conditions could deteriorate rapidly and become severe. However, people with normal immunity could also develop signs of acute respiratory distress syndrome and sepsis due to severe inflammation. We should stay cautious and be vigilant to the new virus.





## Chapter 3

# On Prevention

# 1 How can I prevent novel coronavirus infection?



Ways to prevent novel coronavirus pneumonia:

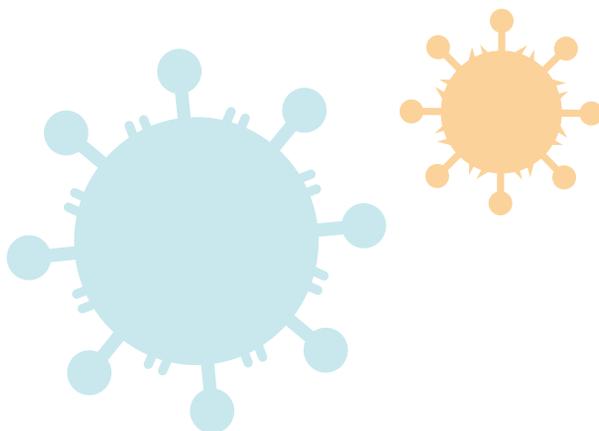
(1) Avoid visiting infected regions.

(2) Avoid crowded places. Children, elderly and weak people should avoid visiting enclosed and badly ventilated and crowded public areas. They should wear a mask when staying out.

(3) Enhance airflow. Windows shall be kept open for a certain period of time everyday to improve ventilation. It helps prevent the respiratory infectious diseases effectively.

(4) Maintain a good personal hygiene. Wash hands regularly and frequently by using soap rub and water for 20 seconds. Cover mouth and nose with a tissue or your elbow when sneezing or coughing.

(5) If you have symptoms of respiratory infectious diseases like fever (especially high temperature that does not come down), coughs and a short of breath, wear a mask and seek medical advice at once.



## 2 What shall we do after returning from a novel coronavirus-hit region?



If you are returning from high-risk infected regions like Wuhan, you should monitor your health and that of your friends carefully. Avoid crowded places. If there are symptoms of fever, fatigue, coughs, muscle pain and a short of breath, etc., wear a disposable mask and seek medical advice at once. Tell the attending doctor your travel history and list of contact persons since the illness onset.

## 3 What shall we do after coughing and sneezing?



Sneezing or coughing can propel droplets carrying virus to a distance of about 6 to 8 meters and infect others. Therefore, we should pay attention to the followings:

- (1) Use a tissue or elbow (not your hands) to cover the mouth and nose when sneezing or coughing.
- (2) Used tissues shall be disposed of in a garbage bin with lid.
- (3) Wash your hands thoroughly with liquid soap or bar soap and water after coughing and sneezing.

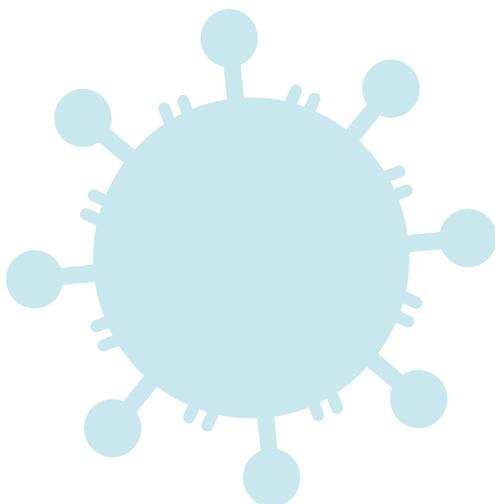


## 4 How to disinfect against novel coronavirus?



Novel coronavirus will die in 15 minutes in a temperature of 56 degrees Celsius. Chlorine-based, alcohol-based, iodine and peroxide disinfectants, etc., can also kill the new virus.

75% alcohol disinfectant products are recommended for skin disinfection; chlorine-based disinfectants with chloride concentration of 250–500 mg/l (bleach, bleach powder or chlorination tablets) are commonly used for household disinfection. You may also sterilize materials that can withstand heat by boiling them for 15 minutes.



# 5 How to choose a mask?



Wearing a mask is an effective measure for preventing the spread of respiratory secretions. Currently, masks available in the market mainly include medical protective masks (N95 respirator for example), surgical masks and disposable medical masks. In addition, you may find celebrities wearing masks made of cotton and sponge as well.

You may choose the surgical mask to help prevent the new virus. N95 respirator gives you better protection but will breathing difficult and is not suitable for prolonged wearing.



Type	N95 respirator	Medical mask	Cotton mask
Functionality	Block out airborne particles and airborne viruses and bacteria	Block out virus and bacterial infection	Filter large dust particles, keep warm
Usage	Good for serious air pollution, peak season for droplet transmission diseases and endemic viral season	Fever, common cold, influenza patients and medical staff	Household cleaning, pollen allergies and cold air

## 6 How to wear a mask properly?



Extend the mask to fully cover your mouth, nose and chin. The metallic strip should mould to the bridge of the nose so that it fits snugly over your face.

Wash hands before putting on a mask. Avoid touching the inside of the mask face to minimize the chance of contaminating it. Differentiate the inside and outside of the mask as well as its orientation. The white side of the mask shall cover your mouth and nose while the colored side facing outwards, with the metallic strip uppermost.

A surgical mask shall be replaced regularly. Never reuse the mask by flipping it inside out or taking turns to wear on both sides.

## 7 How to wash hands properly?



Wash hands before eating and preparing food; after using the toilet; returning home after staying out; after handling garbage and after touching animals. Wet and rub hands under running water with bar soap and liquid soap for at least 20 seconds.

## Follow the 7 steps when washing hands:



**1 Palms:** Palm to palm, rub each other.



**2 Back of hands:** Rub the palms of your opponent's back with your hands crossed.



**3 Between fingers:** Palm to palm, cross fingers rubbing.



**4 Back of fingers:** Ten fingers bend tightly, turn and rub.



**5 Thumbs:** Hold your thumbs in the palm, turn and rub.



**6 Finger tips:** Rub your fingertips in the palm.



**7 Wrists:** Clean your wrist at last.



## 8 What shall we eat if we are infected?



Have a healthy and balanced diet with the right portions of a variety of food. Have more fruits and vegetables and supplemented with vitamins and fibers. Drink more water.

There is no unconventional diet that can help fend off the new virus. If you have symptoms of infection, wear protective gear and seek medical advice at once.

## 9 How to prevent novel coronavirus at home?



Enhance indoor airflow. Clean your house thoroughly at least once a week. In case the floor or surface is contaminated with respiratory secretions, vomitus or excreta, use a disposable absorbent cloth to wipe them, followed by applying the correct disinfectant to the affected area.

# 10 How to prevent novel coronavirus while going out?



If you have any symptoms such as fever or coughs, you should postpone your trip and seek medical care.

Avoid traveling to high-risk infected areas such as Wuhan. For heading other destinations you should step up your protective measures. For example, always wear a disposable surgical mask; use a tissue or elbow to cover your mouth and nose when sneezing and coughing; avoid touching your face and eyes after touching public installations. If possible, wash hands with running water and bar soap or liquid soap, or clean your hands with an alcohol-based hand rub.

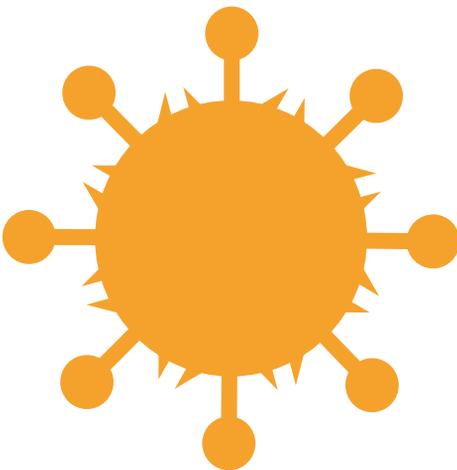


# 11 How shall elderly, children and weak people prevent novel coronavirus?



Elderly suffered most at the novel coronavirus outbreak. Avoid crowded places and social gatherings. Wear a mask if you have to go out. Wash hands frequently, maintain cleanliness and good standard of hygiene at home. Enhance indoor airflow.

There are fewer cases of children infected by the new virus but we shall pay special attention to protecting them. Apart from applying the above measures, we shall remind family members and friends to refrain from having close contacts like kissing and playing with the children.



# 12 What measures shall be adopted at schools?



Schools shall take the following precautionary measures to minimize the risk of contracting and spreading the disease:

**(1) Stay Alert:** Students or staff members shall avoid travelling to infected areas. Good personal and environmental hygiene should be maintained. Students or staff members who have traveled to Wuhan or those affected areas in the past 14 days shall notify the school and observe closely their health condition. Within the 14 days of returning they should measure their body temperature every day before going to school. If feeling unwell, they should seek medical consultation promptly and should not go to school.

**(2) Maintain Good Personal Hygiene:** Wash hands frequently. Wear a surgical mask to avoid infecting others. Avoid sharing personal items such as eating utensils and towels, etc.

**(3) Maintain Good Indoor Ventilation:** Windows of classroom should be opened for better ventilation.

**(4) Maintain Clean and Hygienic Environment:** Carry out thorough cleaning and disinfection daily, keep classrooms, kitchens, canteens, toilets and bathrooms clean and hygienic. Clean and disinfect frequently touched surfaces, furniture, toys, commonly shared items and floor. If places are contaminated by respiratory secretions, vomitus or excreta, use strong absorbent disposable paper towels to wipe them away. Then disinfect the surface and the neighboring area.

**(5) Early Recognition of Infection:** Contact the staff and parents and guardians of students to ascertain the reasons for their absence. Inform Centre for Health Protection (CHP) of the Department of Health when any staff or student is diagnosed of Severe Respiratory Disease associated with the Novel Coronavirus Agent to minimize the risk of spreading the disease.



## 13 Are there any dinner party tips for preventing novel coronavirus infection?



Avoid dinner party if you have fever, coughs and sore throat. Refrain from joining social gatherings during peak viral season to minimize the risk of infection. If you must attend the event please wear a mask. Choose the gathering venue with good ventilation.

## 14 How to prevent novel coronavirus infection when attending crowded events?



Avoid crowded areas to minimize the risk of infection. Wear the correct type of mask if you must attend the event. Avoid traveling to high-risk infected areas.



## Chapter 4

# Myth Busters

# 1 Vinegar helps killing coronavirus indoor?



No! The acidity of drinking vinegar is low and cannot be used for killing germs. When vinegar gets in the eyes and respiratory system, irritation and injury can occur.

# 2 Will antiviral drugs help fighting the new virus?



There is no evidence showing any antiviral drugs that can be used for combating the new virus effectively.



### 3 Shall I take antibiotics to prevent from infection?

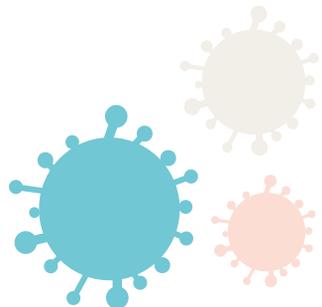


No! The pathogen for pneumonia of the novel coronavirus is a virus, while antibiotics target only at bacteria. Taking antibiotics as preventive measures will result in boosting antibiotic resistance.

### 4 How about taking Vitamin C?



No! Vitamin C helps regulate our normal immune system but cannot boost our immunity and has no effect in fighting virus. Taking Vitamin C supplements can only be viewed as a supportive care during treatment.



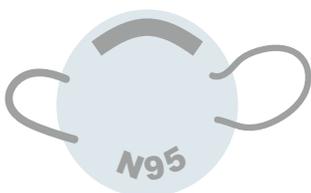
## 5 Will wearing more than one surgical mask help?



We only need to wear one surgical mask.

Wearing more than one will make you feel difficult to breathe since the air intake can only go through the two sides of your mask but not through your nose easily.

Wearing N95 respirator is not a must. A disposable medical mask will be good enough to block the droplets.



## 6 Will the flu shot help protect against novel coronavirus, or at least lessen the severity of symptoms?



Flu shot, vaccination, helps prevent influenza but has no effect against the novel coronavirus. Even after receiving a flu shot you could develop severe symptoms if infected.







# Useful Information

# 1 Five Health Preservation Tips from the Perspective of Traditional Chinese Medicine for Spring Season



**Dr. CHAN Kam Leung**

Vice President, Hong Kong College of Community Health Practitioners

Health preservation, or “health cultivation”, means preserving body condition to maintain good health and prolong life. Adapting to geographical environment and seasonal changes will help boost our immune system and health energy (vitality qi), thus effectively prevent or reduce your chances of contracting many diseases. To reach physical and mental peak and to live longer, one must carefully plan your daily routine by balancing and balancing your Yin and Yang energies a proper manner.

Traditional Chinese Medicine (TCM) places much emphasis on health preservation. *The Yellow Emperor’s Inner Classic (Huangdi Neijing)* is the oldest known document in Chinese medicine providing an extensive discussion of the theory and practical tips to illness prevention and to boost life expectancy. He advocates the balance between interconnected “correspondence between human and environment”, meaning health and harmony can be achieved as a result of man’s adjustment to nature and seasonal weather conditions. As suggested in the book, “man lives on the breath of Heaven and Earth and he achieves perfection through the laws of the four seasons,” stressing “man will surely conform himself to the changes of the four seasons, adapt himself to the cold of winter and the heat of summer.” Otherwise, “Those who disobey the laws of the universe will give rise to calamities and visitations, while those who follow the laws of the universe remain free from dangerous illness...”

With reference to TCM I have summarized “Five Health Preservation Tips” to follow for the Spring season.



## On Daily Routine

- Follow the seasonal change in Spring time to go to sleep early and wake up early. A short walk enjoying a breath of fresh air with light stretching exercise will energize your morning!
- Improve your mood and lessen your anger and frustrations to avoid damaging the liver.
- Beware of the rapid temperature changes in Spring. Especially elderly with weaker immune system shall dress in warm layers to prevent from getting cold.

## On Healthy Diet

- Avoid sour food. A reasonable amount of sweet food is thought to build stronger stomach and spleen functions and avoid digestive diseases for the organs.
- Refrain from drinking excessive alcohol. Avoid foods that are hard to digest in order not to damage your stomach and spleen.
- Maintain a healthy and harmonious spleen qi (stomach and spleen) can avoid many diseases of the organs.

## On Exercising

- Regular outdoor exercise and fresh air can be beneficial to lung function.
- Jogging 30 minutes with deep breathing exercises will boost your lung (gold) function and cleanse your liver (wood), i.e., wood counter-restricting metal in the Five-elements theory as suggested in Traditional Chinese Medicine.

## On Taking Chinese Herbs

- In warmer Spring season, take Chinese herbs of a mild nature instead of too "hot" or "cold" according to their properties in Traditional Chinese Medicine (TCM).
- Herb in "hot" nature should not be overapplied to "cold" syndromes, and the same overapplies to "cold" herb for "hot" syndromes which is also not suggested. For improving liver you may choose Finger Citron and Guangdong Abrus; for boosting liver function you may try Barbary Wolfberry and black sesame; Chrysanthemum Flower and Common Selfheal are good for detoxing liver. Different Leaves Pseudostellaria and Common Yan Rhizome are good for nurturing your spleen.

## On Mental Health

- According to the Five elements theory as suggested in Traditional Chinese Medicine (TCM), the five organs are closely related to the four seasons. Spring represents Wood (Liver). The primary function of the liver is dominating free flow and rise of qi. By keeping "qi" moving smoothly can we maintain good health and avoid diseases that will damage our liver.
- Spring is the ideal time for rejuvenation and cleansing. Always improve your mood and lessen your frustrations to boost your health.

The Chinese believed that food and herbs are sharing the same origin. We knew that certain food is the best healing medicine. By differentiating its "hot" and "cold" nature and its five flavors, we can create a good balance between yin and yang which in turn helps improve our health.



## Healing Chinese Soup Recipe

### Water Chestnut and Pear Tea (For 4 persons)

#### Ingredients:

- Pear (2)
- Water chestnut (120 gram)
- Coastal Glehnia Root (80 gram)
- Mulberry leaf (24 gram)
- Lohanguo Siraitia Fruit (1/2)



*Coastal Glehnia Root*

#### Functions:

Clear dryness to moisten the lung and nourish yin to engender fluid; especially suitable for people of “yin” deficiency with “hot” type.

#### Steps:

- ① Peel and wash water chestnut; wash the pears, remove seeds and slice;
- ② Soak all ingredients with 8 ½ bowls of water in a pot for 20–30 minutes;
- ③ Start cooking the soup; keep the heat at a simmer after it is boiled. Ready to serve in 30 minutes.

### Dendrobium and Ladybell Root Soup (For 4 persons)

#### Ingredients:

- Noble Dendrobium Stem Herb (40 gram)
- Coastal Glehnia Root (40 gram)
- Ma-yuen Jobstears Seed (40 gram)
- Dwarf Lilyturf Root Tuber (24 gram)
- Mulberry Leaf (24 gram)
- Liquorice Root (12 gram)



*Noble Dendrobium Stem Herb*

#### Functions:

Nourish yin to dryness-moistening ; especially suitable for people of “yin” deficiency with “hot” type, and with “dampness” damaging the stomach and intestines.

#### Steps:

- ① Wash and soak all ingredients with 10 bowls of water in a pot for 20–30 minutes;
- ② Start cooking the soup; keep the heat at a simmer after it is boiled. Ready to serve in 1 hour.

# 2 Information of Hospitals in Hong Kong



## Hong Kong Island

Hong Kong East Cluster	Hong Kong West Cluster
<b>Cheshire Home, Chung Hom Kok</b> 🏠 128 Chung Hom Kok Road, HK ☎ 2813 9823	<b>Grantham Hospital</b> 🏠 125 Wong Chuk Hang Road, Aberdeen, HK ☎ 2518 2111
<b>Pamela Youde Nethersole Eastern Hospital</b> 🏠 3 Lok Man Road, Chai Wan, HK ☎ 2595 7920	<b>MacLehose Medical Rehabilitation Centre</b> 🏠 7 Sha Wan Drive, Pokfulam, HK ☎ 2817 0018
<b>Ruttonjee Hospital</b> 🏠 266 Queen's Road East, Wan Chai, HK ☎ 2291 2000	<b>Queen Mary Hospital</b> 🏠 102 Pokfulam Road, HK ☎ 2255 3838
<b>Tang Shiu Kin Hospital</b> 🏠 282 Queen's Road East, Wan Chai, HK ☎ 2291 2000	<b>The Duchess of Kent Children's Hospital at Sandy Bay</b> 🏠 12 Sandy Bay Road, Pokfulam, HK ☎ 2817 7111
<b>Tung Wah Eastern Hospital</b> 🏠 19 Eastern Hospital Road, Causeway Bay, HK ☎ 2162 6888	<b>Tsan Yuk Hospital</b> 🏠 30 Hospital Road, Sai Ying Pun, HK ☎ 2589 2100
<b>Wong Chuk Hang Hospital</b> 🏠 2 Wong Chuk Hang Path, Wong Chuk Hang, HK ☎ 2873 7222	<b>Tung Wah Group of Hospitals Fung Yiu King Hospital</b> 🏠 9 Sandy Bay Road, Pokfulam, HK ☎ 2855 6111
<b>St. John Hospital</b> 🏠 Cheung Chau Hospital Road, Tung Wan, Cheung Chau ☎ 2986 2100	<b>Tung Wah Hospital</b> 🏠 12 Po Yan Street, Sheung Wan, HK ☎ 2589 8111



## Kowloon

Kowloon Central Cluster	Kowloon East Cluster	Kowloon West Cluster
<b>Hong Kong Buddhist Hospital</b> 🏠 10 Heng Lam Street, Lok Fu, KLN ☎ 2339 6111 🌐 <a href="http://www3.ha.org.hk/hkbh">http://www3.ha.org.hk/hkbh</a>	<b>Haven of Hope Hospital</b> 🏠 8 Haven of Hope Road, Tseung Kwan O, KLN ☎ 2703 8888	<b>Caritas Medical Centre</b> 🏠 111 Wing Hong Street, Sham Shui Po, KLN ☎ 3408 5678
<b>Kowloon Hospital</b> 🏠 147A Argyle Street, KLN ☎ 3129 7111/3513 3888	<b>Tseung Kwan O Hospital</b> 🏠 No. 2 Po Ning Lane, Hang Hau, Tseung Kwan O, KLN ☎ 2208 0111	<b>Princess Margaret Hospital</b> 🏠 2-10 Princess Margaret Hospital Road, Lai Chi Kok, KLN ☎ 2990 1111
<b>Kwong Wah Hospital</b> 🏠 25 Waterloo Road, KLN ☎ 2332 2311/3129 7111	<b>United Christian Hospital</b> 🏠 130 Hip Wo Street, Kwun Tong, KLN ☎ 2379 9611	<b>Yan Chai Hospital</b> 🏠 7-11 Yan Chai Street, Tsuen Wan, NT ☎ 2417 8383
<b>Our Lady of Maryknoll Hospital</b> 🏠 118 Shatin Pass Road, Wong Tai Sin, KLN ☎ 2320 2121		
<b>Queen Elizabeth Hospital</b> 🏠 30 Gascoigne Road, KLN ☎ 3506 8888		
<b>TWGHs Wong Tai Sin Hospital</b> 🏠 124 Shatin Pass Road, Wong Tai Sin, KLN ☎ 2320 0377		

## New Territories

New Territories East Cluster	New Territories West Cluster
<b>Alice Ho Miu Ling Nethersole Hospital</b>  11 Chuen On Road, Tai Po, NT  2689 2000	<b>Pok Oi Hospital</b>  Au Tau, Yuen Long, NT  2486 8000
<b>Tai Po Hospital</b>  9 Chuen On Road, Tai Po, NT  2607 6111	<b>Tin Shui Wai Hospital</b>  11 Tin Tan Street, Tin Shui Wai, NT  3513 5000
<b>North District Hospital</b>  9 Po Kin Road, Sheung Shui, NT  2683 8888	<b>Tuen Mun Hospital</b>  23 Tsing Chung Koon Road, Tuen Mun, NT  2468 5111
<b>Prince of Wales Hospital</b>  30-32 Ngan Shing Street, Shatin, NT  3505 2211	
<b>Shatin Hospital</b>  33 A Kung Kok Street, Ma On Shan, Shatin, NT  3919 7500	

## Useful Information

- ◆ Useful information and guidance on “Severe Respiratory Disease associated with a Novel Infectious Agent” by the Centre for Health Protection (CHP) is available at the following link:  
 [www.chp.gov.hk/en/features/102465.html](http://www.chp.gov.hk/en/features/102465.html)
- ◆ The Centre for Health Protection (CHP) has set up a hotline (2125-1122) for cases of Severe Respiratory Disease associated with a Novel Infectious Agent.
- ◆ Starting January 23, 2020, the hotline operates from 8:00 am to midnight daily to receive enquiries.
- ◆ In response to the novel coronavirus, the government has requisitioned the following three Holiday Villages and Camps as quarantine centers.

<b>Lady MacLehose Holiday Village</b>  Pak Tam, Sai Kung, New Territories  2792 6430 / 2792 6417
<b>Lei Yue Mun Park Holiday Village</b>  75 Chai Wan Road, Hong Kong  2568 7455 / 2568 7858
<b>Po Leung Kuk Jockey Club Pak Tam Chung Holiday Camp</b>  530 Tai Mong Tsai Road, Sai Kung  2792 4302

## Useful Information

The Hospital Authority (HA) has announced 18 designated clinics to receive patients with symptoms of mild fever and upper respiratory tract infections. Most of them are General Out-patient Clinics covering 17 districts of Hong Kong. Others include Family Medicine Clinics and Community Health Centres. HA has yet to announce starting which 7 designated clinics first under the seven hospital clusters based on locations.

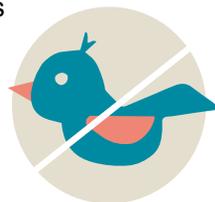
	District	Hospital/ Clinic	Address
Hong Kong Island	Eastern District	Shau Kei Wan Jockey Club General Out-patient Clinic	1/F, 8 Chai Wan Road, Shau Kei Wan, HK
	Wan Chai	Violet Peel General Out-patient Clinic	LG, Tang Shiu Kin Hospital, Community Ambulatory Care Centre, 282 Queen's Road East, Wanchai, HK
	Central & Western	Kennedy Town Jockey Club General Out-patient Clinic	45 Victoria Road, Kennedy Town, HK
	Southern District	Aberdeen Jockey Club General Out-patient Clinic	10 Aberdeen Reservoir Road, Aberdeen, HK
Kowloon	Kowloon City	Central Kowloon Health Centre	147A Argyle Street, KLN
	Wong Tai Sin	East Kowloon General Out-patient Clinic	160 Hammer Hill Road, Diamond Hill, KLN
	Yau Tsim Mong	Yau Ma Tei Jockey Club General Out-patient Clinic	1/F, 145 Battery Street, Yau Ma Tei, KLN
	Kwun Tong	Kowloon Bay Health Centre General Out-patient Clinic	1/F, 9 Kai Yan Street, Kowloon Bay, KLN
	Sham Shui Po	Cheung Sha Wan Jockey Club General Out-patient Clinic	2 Kwong Lee Road, Cheung Sha Wan, KLN
New Territories	Sai Kung	Tseung Kwan O (Po Ning Road) General Out-patient Clinic	G/F, 28 Po Ning Road, Tseung Kwan O, NT
	Tsuen Wan / Kwai Tsing	South Kwai Chung Jockey Club General Out-patient Clinic	310 Kwai Shing Circuit, Kwai Chung, NT
		Mrs Wu York Yu General Out-patient Clinic	310 Wo Yi Hop Road, Lei Muk Shue, Kwai Chung, NT
	Sha Tin	Yuen Chau Kok General Out-patient Clinic	G/F, 29 Chap Wai Kon Street, Shatin, NT
		Ma On Shan Family Medicine Centre	G/F, 609 Sai Sha Road, Ma On Shan, NT
	Tai Po	Tai Po Jockey Club General Out-patient Clinic	G/F, 37 Ting Kok Road, Tai Po, NT
	North District	Fanling Family Medicine Centre	1/F, Fanling Health Centre, 2 Pik Fung Road, Fanling, NT
	Tuen Mun	Yan Oi General Out-patient Clinic	G/F, 6 Tuen Lee Street, Tuen Mun, NT
Yuen Long	Tin Shui Wai (Tin Yip Road) Community Health Centre	3, Tin Yip Road, Tin Shui Wai, NT	



# 3 Further Prevention and Control Measures



- The Government will use the power under the Prevention and Control of Disease Ordinance (Cap. 599) to make subsidiary legislation, requiring all people entering Hong Kong from the Mainland, including Hong Kong residents, Mainland residents as well as other visitors, to be subject to mandatory quarantine for 14 days upon their arrival.
- According to the Prevention and Control of Disease Regulation, people under quarantine must remain staying at home at all times. Any person concerned who leave home without permission may commit a criminal offence, and is subject to a maximum penalty of HK\$5,000 and imprisonment of six months on conviction. Strict enforcement action will be taken.
- To ensure that they stay at home for quarantine, the Government will use electronic wristbands to monitor the location of those people under quarantine. No personal data will be involved.
- To ensure that supply of goods and food can cope with the implementation of measures on disease prevention and control, the Government will exempt people in the relevant businesses and work who need to travel frequently between the two places from the mandatory quarantine. They only need to adopt the necessary hygienic measures.



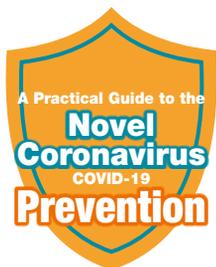
- The Government has confirmed with the major suppliers that the supply of food products remains normal and there is no shortage of food. There are sufficient stocks of staple foods including rice and pastas. There is no need for the public to worry.
- The Government appeals strongly to members of the public to stay at home as much as possible, refrain from going to crowded places and pay attention to personal hygiene. It also appeals to enterprises to make flexible work arrangement for employees to tie in with the Government strategies to fight the disease.
- The Government will set up a relevant fund of over HK\$10 billion and formulate proposals as soon as possible to offer assistance to enterprises and members of the public.



### **Arrangements for Cross-boundary Transport**

- To consolidate control points by converging cross-boundary passengers by land or by sea to Shenzhen Bay and Hong Kong–Zhuhai–Macao Bridge control points.
- Passenger clearance services would be suspended until further notice including the Express Rail Link West Kowloon, Hung Hom, Man Kam To (passengers departure), Sha Tau Kok (passengers departure), China Ferry Terminal, Tuen Mun Ferry Terminal, Lo Wu, Lok Ma Chau Spur Line, Lok Ma Chau–Huanggang and Macau Ferry Terminal.
- The immigration services at the Kai Tak Cruise Terminal and the Ocean Terminal would also be suspended.





Edited by  
Guangdong Provincial Center for Disease Control and Prevention  
The Editorial Committee of Wan Li Book Co., Ltd.

Editor  
Wing Li  
Karen Yim

Design  
Design and Production team of Wan Li Book Co., Ltd.

Publishers  
Joint Publishing (Hong Kong) Company Limited  
Wan Li Book Company Limited  
20/F, North Point Industrial Building, 499 King's Road, North Point, Hong Kong  
Tel: 2564 7511  
Fax: 2565 5539  
Email: [info@wanlibk.com](mailto:info@wanlibk.com)  
Web Site: <http://www.wanlibk.com>  
<http://www.facebook.com/wanlibk>

Distributor  
SUP Publishing Logistics (HK) Ltd.  
3/F., C&C Building 36 Ting Lai Road,  
Tai Po, N.T., Hong Kong  
Tel: 2150 2100  
Fax: 2407 3062  
Email: [info@suplogistics.com.hk](mailto:info@suplogistics.com.hk)

Printer  
C&C Offset Printing Co., Ltd.

Publishing Date  
First print in February 2020

All rights reserved.  
Copyright © 2020 by Wan Li Book Company Limited  
ISBN 978-962-14-7200-7

*Prevention Against 2019-nCoV*

Copyright © 2020 by Guangdong Science & Technology Press.

The English edition has been authorized by Guangdong Science & Technology Press for distribution in HKSAR.

This book is published for public health education in the community with the best intention. All are advised to seek medical and professional consultation when not feeling well or there is any question related to the condition described.

## Sponsoring Organizations:



中国旅游集团有限公司

CHINA TOURISM GROUP CORPORATION LIMITED

香港中旅(集团)有限公司

CHINA TRAVEL SERVICE(HOLDINGS)HONGKONG LIMITED



中國銀行(香港)

BANK OF CHINA (HONG KONG)

ICBC 工銀亞洲

跨境金融 首選銀行



中国建设银行(亞洲)

China Construction Bank (Asia)



中国农业银行

AGRICULTURAL BANK OF CHINA

香港分行

HONG KONG BRANCH



中国太平

CHINA TAIPING

## Supporting Organizations:

New Home Association Ltd.

Agency for Volunteer Service

The Salvation Army Recycling Programme

The Salvation Army Family Store

ISBN 978-962-14-7200-7



9 789621 472007



三聯書店(香港)有限公司

Joint Publishing (H.K.) Co., Ltd.



萬里機構出版有限公司

WAN LI BOOK COMPANY LIMITED

Not for Sale