



The COVID-19 Info Pack



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HONG KONG RED CROSS



Hong Kong Red Cross was established in 1950

Currently, 192 countries around the world have established Red Cross or Red Crescent Societies. More than 100 million people have joined and become members/volunteers.

As part of the International Red Cross Movement, we dedicate ourselves to:

Protect human life

Care for the health of the vulnerable

Respect human dignity by mobilizing people to serve voluntarily for the cause of humanity



維護尊嚴
Respect human dignity



關懷傷困
Care for the health
of the vulnerable



保護生命
Protect human life

Community Health Education Project "Five Stars Health, Five Stars Home"



Objectives :

- ★ To heighten public awareness on personal hygiene and household safety;
- ★ To advocate a healthy lifestyle in a community setting;
- ★ To build and strengthen the local community network and inter-sectoral collaboration so as to establish a healthy and safe community;
- ★ To develop the opportunities of community participation and encourage the public to exert the volunteering spirit.

For more information,
please visit :
Hong Kong Red Cross
First Aid and Health
Facebook



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Introduction of COVID-19

- Caused by novel coronavirus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)
- Human-to-human transmission has begun since December 2019
- Liquid particles are released from mouth or nose when patient coughs, sneezes, speaks, sings or breathes heavily.
- These liquid particles range from larger 'droplets' to smaller 'aerosol'.



Process of Transmission



- Touch contaminated objects and then touch eyes, mouth or nose with the contaminated hands.
- Droplets containing the virus are inhaled or directly contacted with eyes, nose or mouth.
- Most likely to get infected if one is closer than 2m from the patient.
- Short-range airborne transmission occurs in poorly-ventilated or crowded indoor areas.
- Medical procedures produce infectious aerosol related to airborne transmission (aerosol can suspend or float to 1m or farther away)

Characteristics of COVID-19

Incubation Period: up to 14 days.
Most common is around 5 to 6 days.

Symptoms:

- ▶ **Most common:** Fever, dry cough, fatigue
- ▶ **Others:** Loss of taste or smell, nasal congestion, conjunctivitis (Pink eye), sore throat, headache, muscle or joint pain, skin rash, nausea or vomiting, diarrhoea or dizziness
- ▶ **Severe:** Shortness of breath, loss of appetite, confusion, persistent chest pain or oppression, high fever (Higher than 38°C)

Who is at high risk?

- ▶ People **aged 60 or above**, and people with **chronic illnesses** (e.g. hypertension, cardiovascular problems, diabetes or cancer) are more risky to develop severe complications. Yet, all people regardless of age could be sick, seriously ill or even die of COVID-19



Long-term Effects of COVID-19

Some recovered patients of COVID-19 may develop long term symptoms, this situation is called "**Long COVID**".

The most common mid to long-term effects of Long COVID include fatigue, difficulty speaking, persistent cough, muscle aches, chest pain, changes of smell or taste, fever, depression or anxiety, shortness of breath or difficulty breathing, tiredness and concentration or sleep troubles etc.

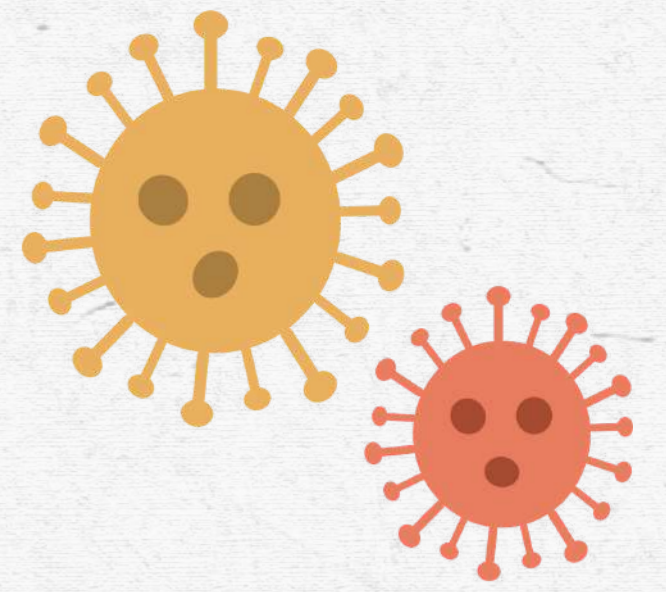
"**Brain fog**" is one of the symptoms of Long COVID. It is used to describe short-term cognitive dysfunctions involving poor concentration, confused thoughts, forgetfulness etc.

- ▶ This is **no specific treatment** currently.
- ▶ If you have developed these symptoms, you are advised to have a good rest, drink more water, perform aerobic exercise and avoid smoking and drinking.
- ▶ **Healthy diet** including nuts and whole grains is conducive to improving memory, thinking and mental health.





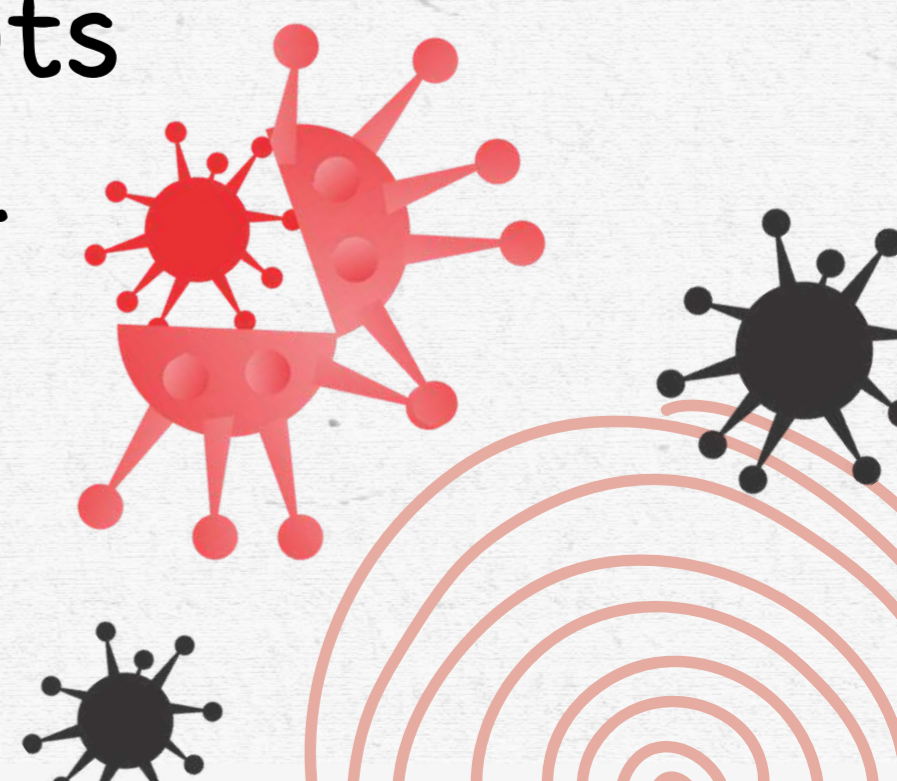
What is Mutation?



- * All viruses, including COVID-19, possess genetic recombination during replication and to create a variant different from its origin.
- * Some variations may affect the characteristics of virus, such as the ease of transmission, severity of relevant diseases or effectiveness of vaccines, drugs, tools of diagnosis and other public health and social policies.

Variants of Novel Coronavirus

- * Currently (as of May 2022), the World Health Organization (WHO) is only classifying "Delta" and "Omicron" as variants of concern.
- * These variants are more transmissible than other coronaviruses.
- * Vaccinated or asymptomatic patients may spread the virus to the others.



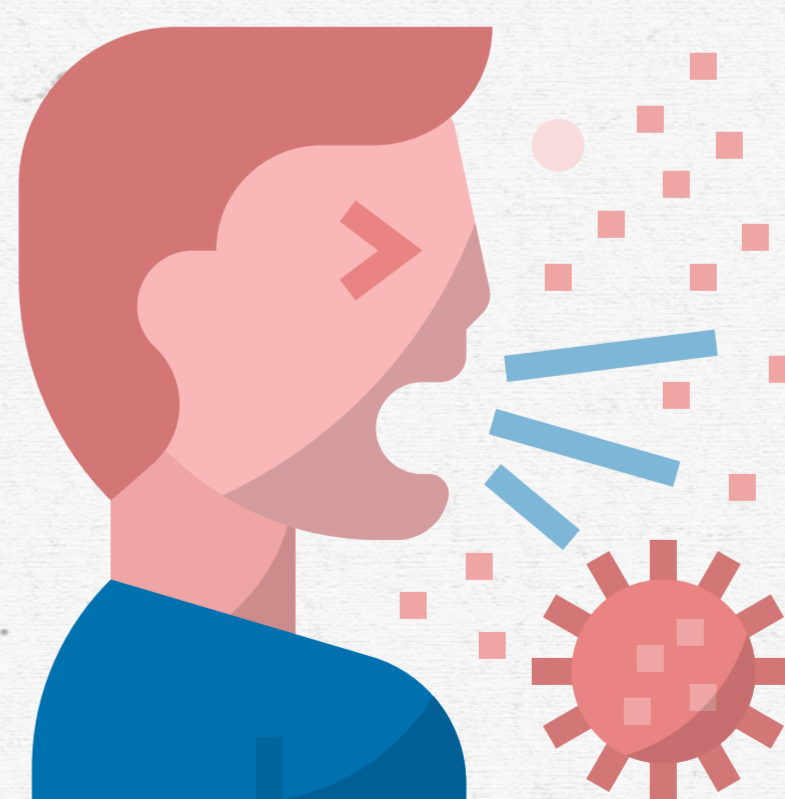
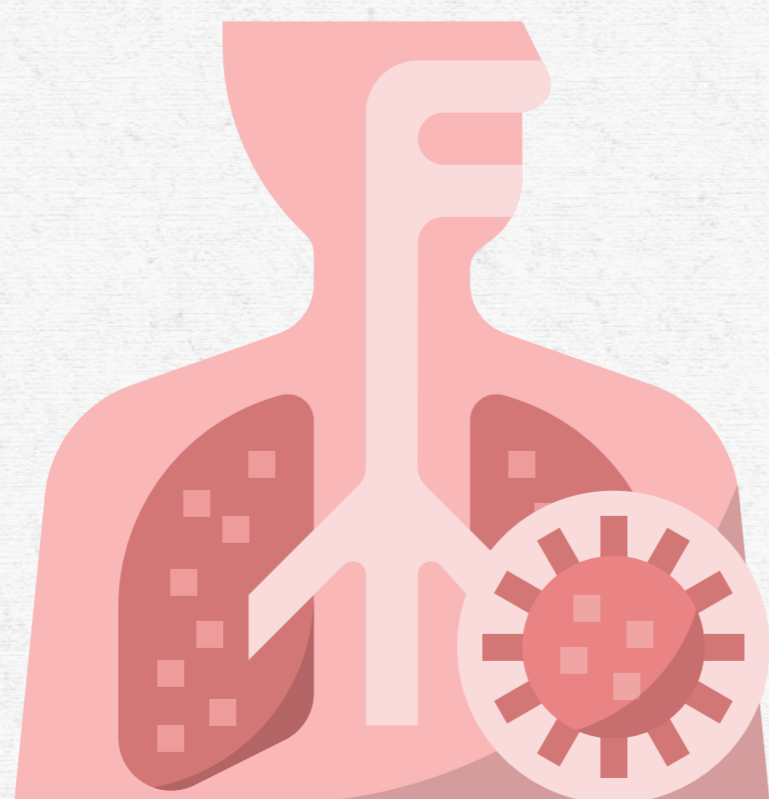
Variant Circulating: Omicron

▶ **Incubation Period:**
Around 1 to 3 days



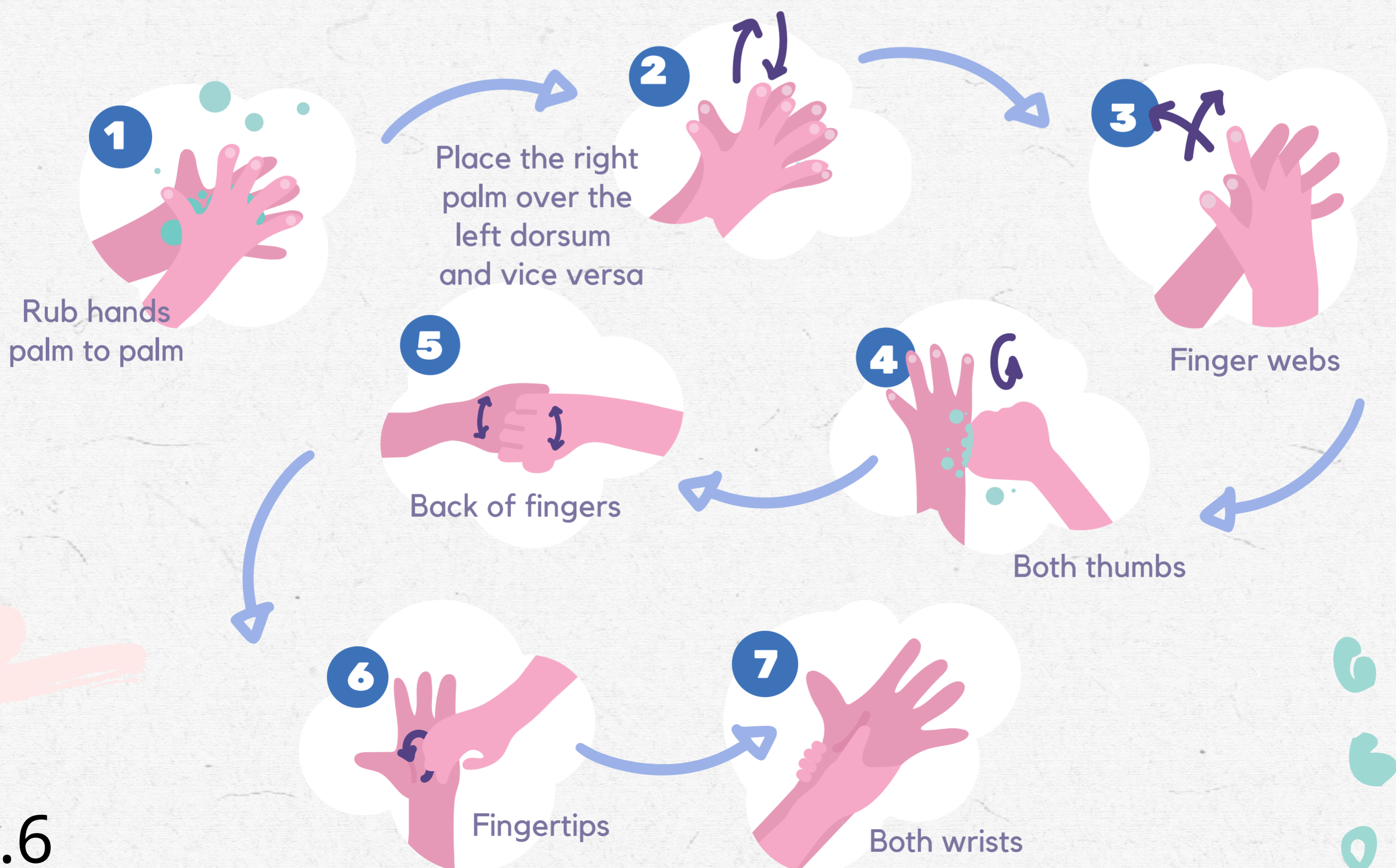
▶ **Symptoms:**

- ▶ According to The Department of Health, adults infected with Omicron would have milder symptoms than those with Delta, but the elderly, people with chronic illnesses and young children may still develop severe symptoms and complications.
- ▶ Omicron attacks and narrows the upper airways of children and affects their central nervous system leading to confusion.



Prevention - Personal Hygiene

- Keep social distancing
- Avoid going to crowded places
- Avoid meal gathering
- Wear a mask immediately after dining out
- Observe hand hygiene regularly
- Wash hands with 7 steps at least 20 seconds
- Do not touch eyes, mouth and nose before washing hands



Prevention - Personal Protective Equipment

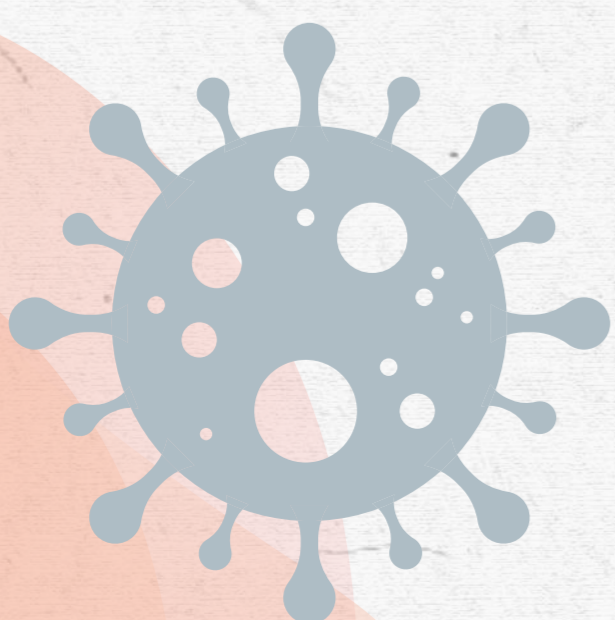
Surgical Mask:

- One of the most effective ways to prevent respiratory tract infections
- Avoid direct inhalation of droplets and microorganisms



Alcohol-based Handrub:

- Clean hands with 70-80% alcohol-based handrub
- According to the World Health Organization (WHO), it should contain ethanol, isopropanol, n-propanol or their combination
- Use around 3 to 5 mL each time
- Same as the 7 steps of hand hygiene, rub hands for at least 20 seconds



Prevention - Environmental Hygiene

Cold water should be used for dilution as hot water decomposes the active ingredient of bleach and renders it ineffective.

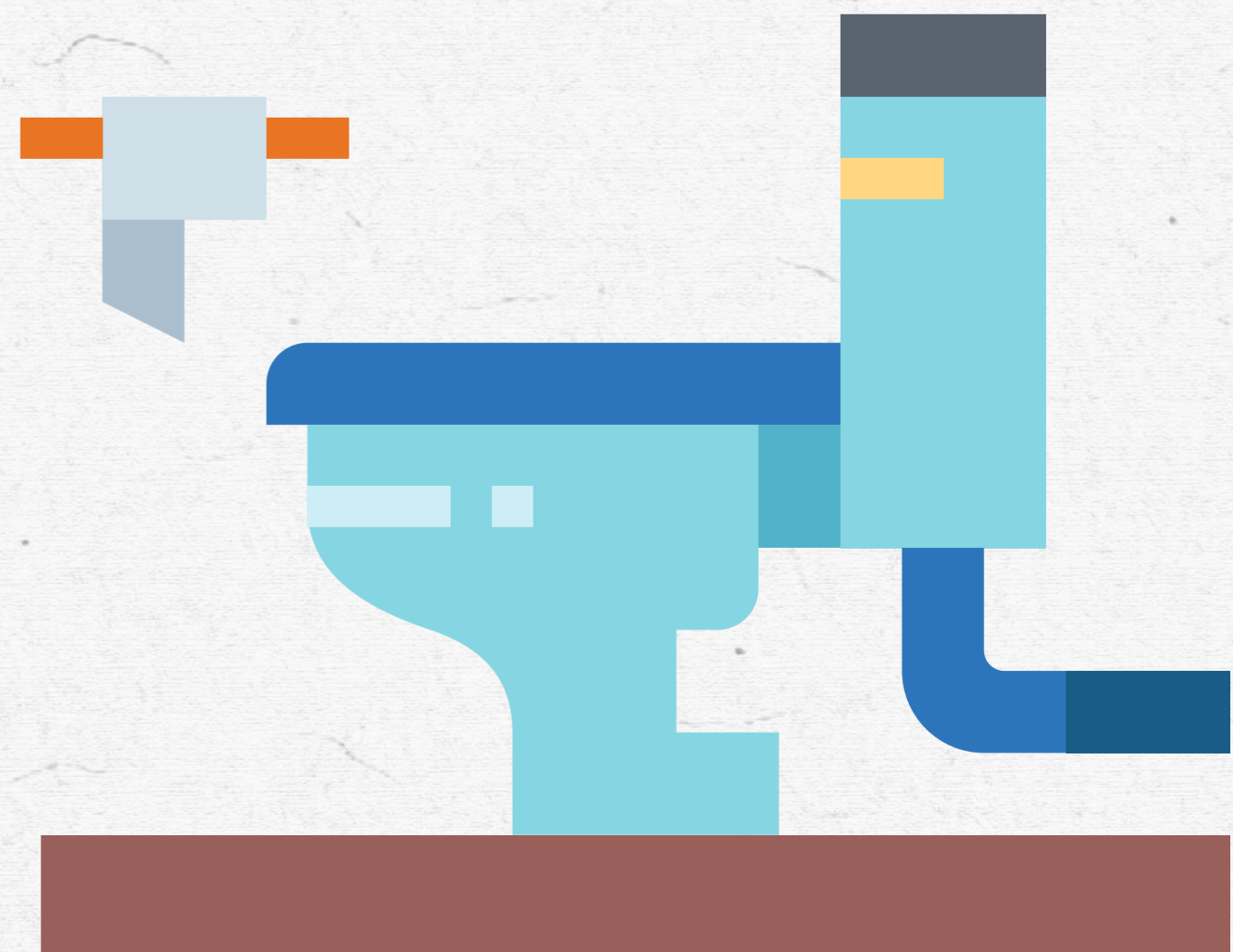
Keep windows open when diluting or using bleach to ensure good ventilation.

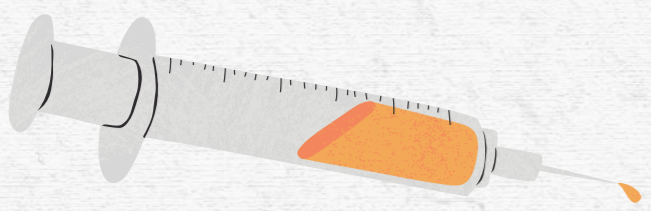
Rinse disinfected places or articles with water and wipe dry.

Clean the periphery of pedestal toilet, toilet seat and tank lid by towel soaked with 1:99 diluted household bleach, and rinse with water and wipe dry.

Pour around 0.5L of water into drain outlet every week to prevent the entry of bacteria and virus from drainage.

Put the toilet lid down before flushing

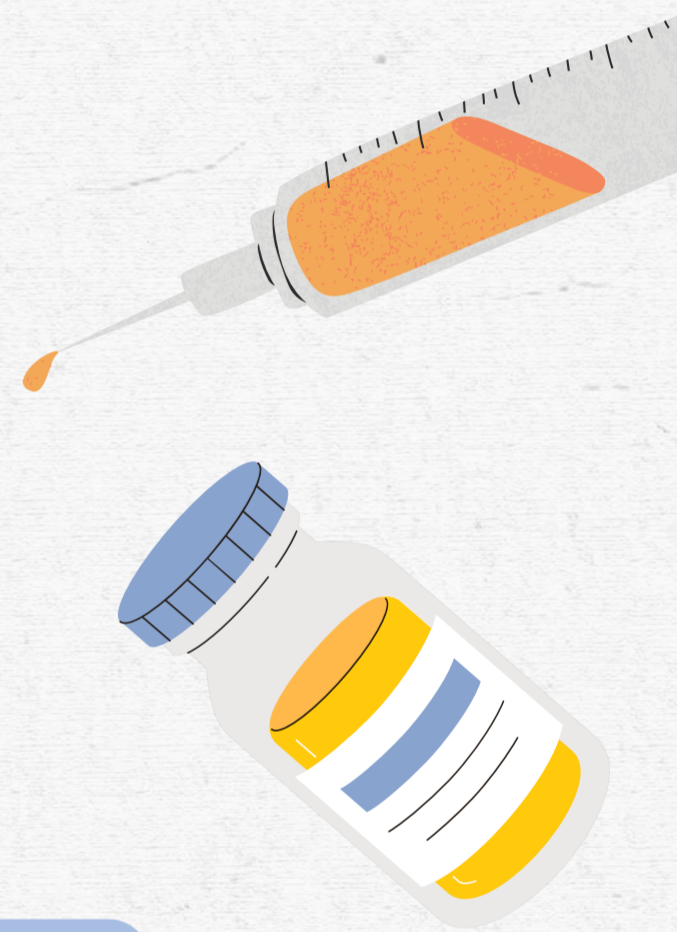




Vaccination

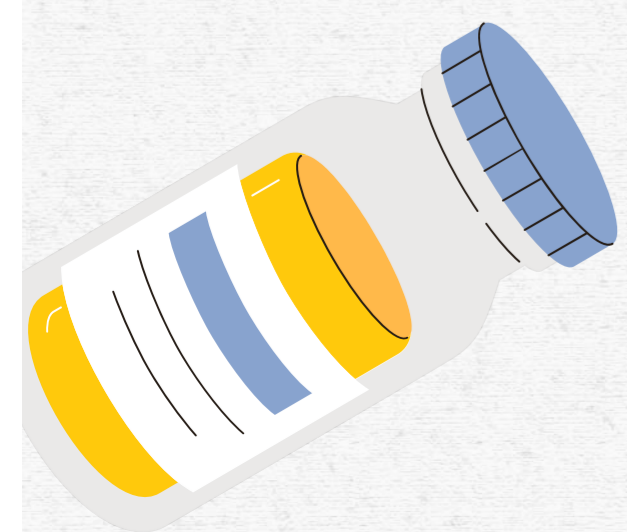
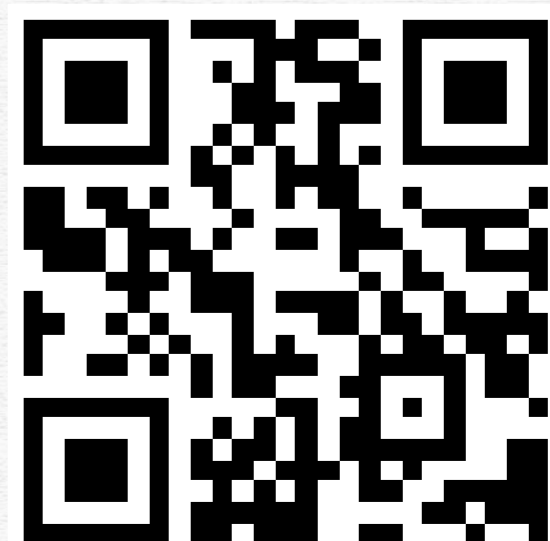
Vaccination is one of the best ways to prevent diseases. Effective vaccine can stimulate our immune system to produce antibodies to combat specified diseases. Vaccination is not only protecting yourself but also protecting the others through creating herd immunity to avoid community transmission.

BioNTech vaccine causes the immune system (the body's natural defences) to produce antibodies and blood cells that work against the virus, so giving protection against COVID-19.



CoronaVac (Sinovac) contains inactivated (killed) SARS-CoV-2 viruses, which causes the immune system (the body's natural defences) to produce antibodies and blood cells that work against the virus, so giving protection against COVID-19

Doses of vaccine varied by age and body conditions. For details, please refer to:
<https://bit.ly/3MEDvge>



COVID-19 Tests

- ▶ Nucleic acid test is the gold standard for diagnosis of COVID-19. It is mainly conducted by collecting specimen from secretions, such as deep throat saliva, nasal swab and combined nasal and throat swab samples.



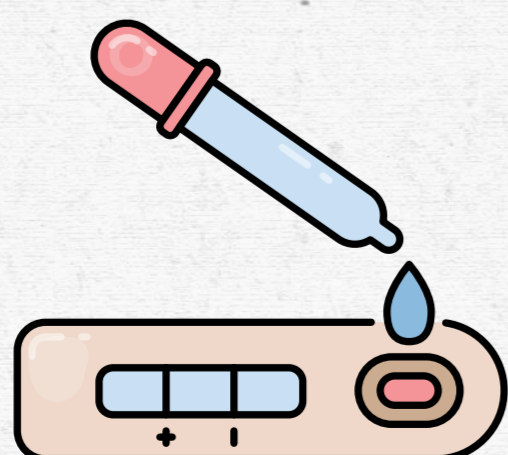
- ▶ Performs better than Rapid Antigen Test (RAT) in terms of sensitivity and accuracy. Asymptomatic patients with low viral load can also be identified.

What is Rapid Antigen Test (RAT)?

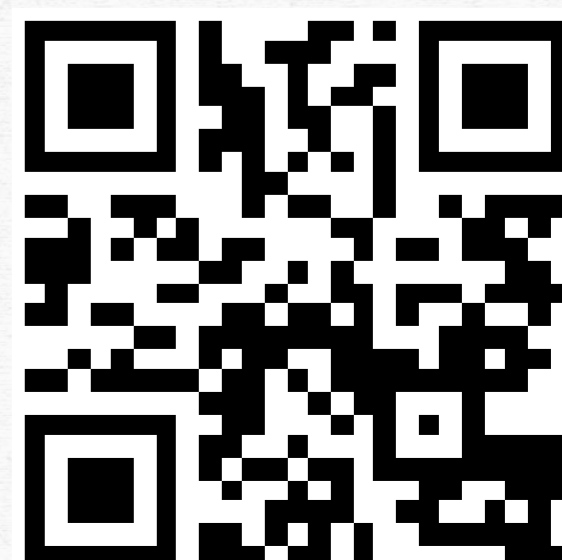
- ▶ Detect the coronavirus proteins (antigens) in respiratory specimen. Nasal or nasopharyngeal swab samples are now the most common techniques to collect specimen.



- ▶ It is easy to perform and very fast to obtain the preliminary results, but the accuracy is slightly poorer than nucleic acid test. Clinical interpretation and other laboratory tests are required for qualitative detection of antigens in specimens from individuals with suspected infections.



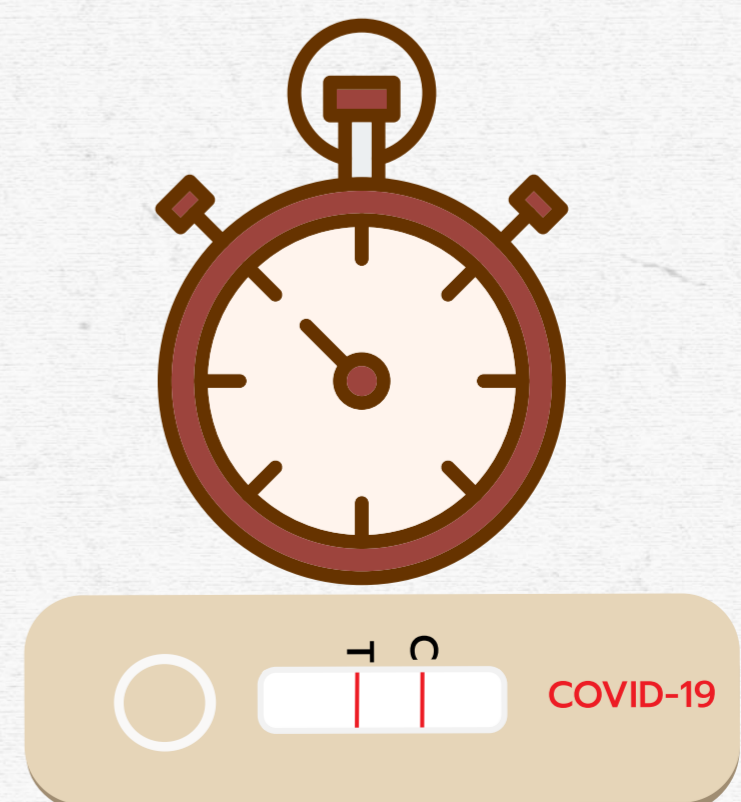
When choosing RAT kits, you may refer to the following list provided by the Department of Health :
<https://bit.ly/3PDTI74>



Points to Note for Performing RAT

The presentation of test results may vary between brands. Please pay attention to and follow the instructions from the manufacturer to perform the test and read the result properly.

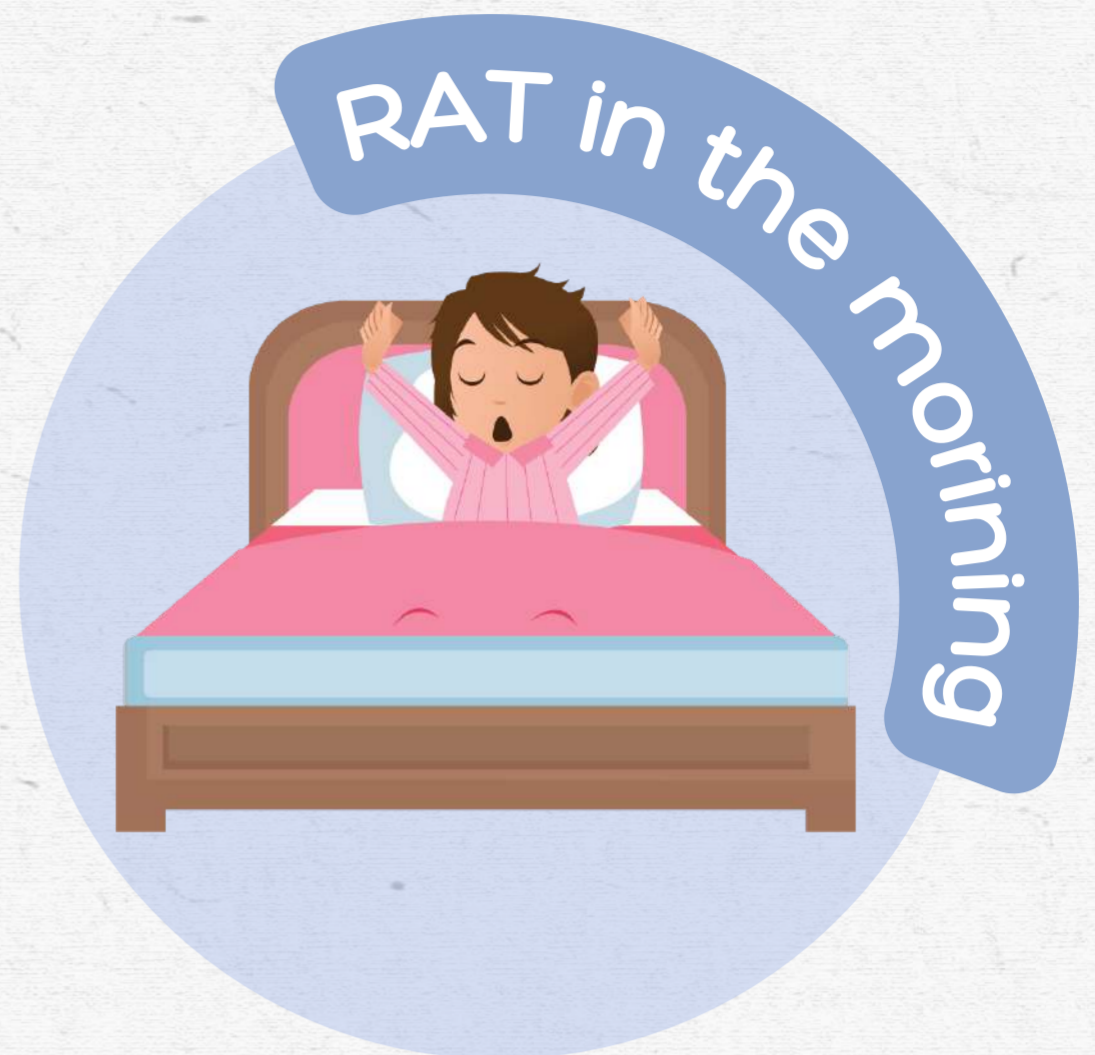
- Clean the surface and wash hands before you start
- Gently blow your nose before collecting respiratory specimen
- Keep a distance of at least 2m from other people if collecting the specimen at a place in the absence of other persons is not possible
- Do not touch the tip of the swab
- If the environment is contaminated during the process of collecting specimen, disinfect with 1-in-49 diluted bleach. For metallic surfaces, use 70% alcohol to disinfect.





Points to Note when Performing RAT to Children:

- Parents and caregivers should take a nasal swab after the child wakes up in the morning.
- If the child fails to sit down calmly on time, collect the specimen before waking up.
- Avoid brushing teeth, rinsing mouth, cleaning nose, drinking water and eating before the sampling procedures, as these acts will reduce the viral load on the mucous membranes of the nasal walls, thereby reduce the sensitivity of the test.



- The insertion of swab into nostril should not be too deep when parents and caregivers perform RAT to the child.



- Please refer to the following table for the recommended length of insertion for children of different ages.

Age of the child	Length of insertion into the nostril
2-6 years old	1.5 to 2 cm
6-12 years old	2 cm
Over 12 years old	2 to 3 cm

Points to Note for Positive Results

Stay home. If household conditions are permissible, infected persons should stay in their own room and close the door, and avoid face-to-face contact, dining and sharing of personal items with other household members.

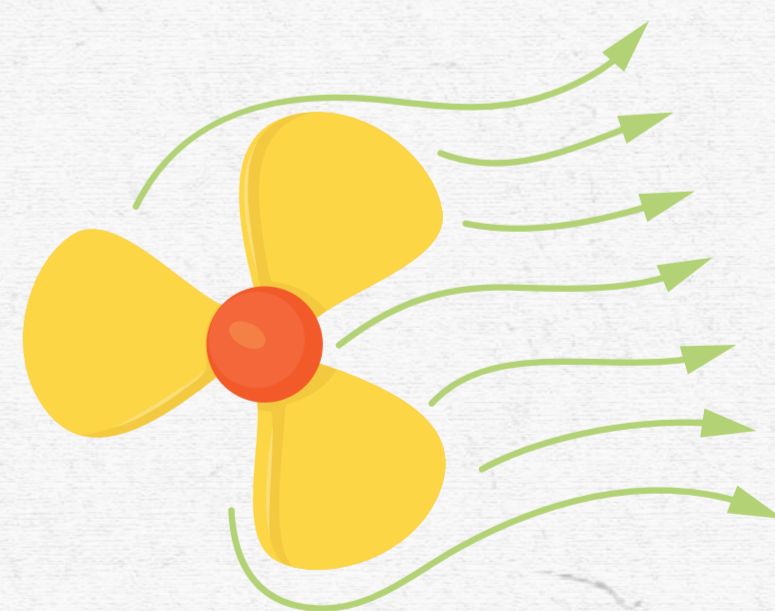


Wear a well-fitted surgical mask properly if going out is strictly necessary. Always take personal protective measures.

Report via "Declaration System for individuals tested positive for COVID-19 using Rapid Antigen Test" (<https://bit.ly/3Ns0auh>) within 24 hours. You can also call the automated system at 1836 119 to register. The Centre for Health Protection will contact infected persons to arrange for suitable treatment and isolation depending on their health risk, care needs and transmission risk in the household.

If child or the elderly in my family are infected, what should I do?

- » Record the date and time when the patient starts to develop symptom(s)
- » Regularly observe the body temperature, amount of intake, frequency and amount of urine and stool of the patient
- » Observe and record whether there are any new or exacerbated symptoms
- » Maintain adequate rest and sleep
- » Both caregiver and patient should avoid contact with other household members as far as possible
- » Both caregiver and patient should wear surgical mask
- » Patient should not share personal items with other household members
- » Thoroughly clean your home every day
- » Maintain good indoor ventilation



MOST IMPORTANT: Observe the symptoms. Immediately call an ambulance if the patient develops paleness, blue lips, breathing difficulty, fast heartbeat, chest pain, sudden change of sensorium or confusion, persistent high fever, convulsion, or poor oral intake.

Hong Kong Red Cross

more information on COVID-19



Integrated COVID-19
Information Platform
<https://bit.ly/3GaE3YD>



HKRC Health Chat

If you have any enquiries, you are
welcome to text us via WhatsApp



COVID-19 Support Hotline
3628 1185
Mon - Fri
10am - 6pm

Source of information:

- Centre for Health Protection
- World Health Organization
- US Centers for Disease Control and Prevention
- <https://bit.ly/3LxQ23z>

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