

確診後點做好？



核酸檢測陽性或初步陽性後
向衛生署網上申報
www.chp.gov.hk/cdpi/

有感染徵狀

無感染徵狀

高風險因素

- 70歲或以上
- 2-5歲兒童
- 懷孕28周或以上，少於37周
- 有導致免疫力抑制情況的重要病歷

懷孕37周或以上
及2歲以下幼童

或

有警告徵狀

- 持續發燒(>38.5°C)多於兩天
- 體溫<35°C
- 抽搐
- 呼吸困難或氣促
- 失語或不能行動
- 不能甦醒
- 胸痛或腹痛
- 頭暈或意識混亂
- 虛弱或腳步不穩
- 胎兒減少活動
- 持續不能飲食/痾嘔多於兩天

出現輕微徵狀
需求診或查詢

在家等候
安排送入社區隔離設施

預約「指定診所」求診
或致電醫管局熱線 1836 115

經評估後
情況穩定

經評估後
有需要

入住社區隔離設施

前往急症室

期間佩戴電子手環
並進行健康監測

第7日#
快速測試呈陰性

第7日#
醫生判斷病情好轉
且檢測呈陰性

返家*繼續隔離

期間佩戴電子手環
並進行健康監測

第14日#
快速測試呈陰性

自行剪斷和棄置手環後
即可自由離家

*家居情況許可者才可返家，即同住者中無長者、孕婦等高風險人士；
否則須繼續留在醫院/隔離設施至第14日並且檢測呈陰性

#以接受檢測或樣本翌日為第1日；若無紀錄，則以檢測結果通知當日為第1日

上圖由衛生防護中心2022年2月20日資訊及醫院管理局2022年2月23日資訊整合而成

3步應對快速測試陽性

💡快測結果未能取代核酸測試，但建議當成**確診**審慎應對

1 覆檢結果



- 以深喉唾液核酸檢測作覆檢
- 請親友協助索取和運送樣本收集包

2 保護家人



家中所有人
全時間佩戴口罩

有確診風險人士應：

- 盡量避免與家人面對面接觸
- 避免為家人準備食物，並分開進食
- 使用洗手間後，要徹底消毒
- 每日以漂白水清潔家居
- 睡覺時關門，並開窗保持空氣流通

3 監察健康



如非必要
無須前往急症室求診，
但要密切留意健康



定期以脈搏血氧儀
檢查血含氧量，
如水平持續低於95%或以下，
請立即求醫



出現嚴重徵狀，
立即致電999求助

上述資料由港大醫學院提供(2022年2月18日)

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深喉唾液測試樣本收集包邊度拎？

索取樣本收集包



醫院管理局
普通科門診診所



全線郵政局



港鐵站
自動派發機

樣本收集包每天定額供應，每人每次限取一份，派完即止。

交回樣本

親身遞交樣本



樣本瓶須於**收集當日**交回醫院管理局/衛生署選定診所

可親身(接受強制檢疫人士除外)或由親友交回選定樣本收集點

預約上門收取樣本服務

(需預約及收費)

為免延誤遞交樣本，請及早預約：



GOGO X

查詢電話：5681 4989



Pickupp

查詢電郵：hk@pickupp.io



HelloToby

查詢電話：3703 3250

2019冠狀病毒病 確診個案指定診所

*必須電話預約

診所服務時間：每日上午9時至下午1時、下午2時至5時（公眾假期如常服務）

香港

筲箕灣賽馬會普通科門診診所一樓

📍 筲箕灣柴灣道8號一樓

☎ 2560 0211

堅尼地城賽馬會普通科門診診所

📍 堅尼地城域多利道45號

☎ 2817 3215

九龍

柏立基普通科門診診所

📍 新蒲崗太子道東600號

☎ 2383 3311

九龍灣健康中心普通科門診診所

📍 九龍灣啟仁街9號一樓

☎ 2116 2812

油麻地賽馬會普通科門診診所

📍 油麻地炮台街145號一樓

☎ 2440 7659

長沙灣賽馬會普通科門診診所

📍 長沙灣廣利道2號

☎ 2387 8211

新界

南葵涌賽馬會普通科門診診所

📍 葵涌葵盛圍310號

☎ 2615 7333

圓洲角普通科門診診所

📍 沙田插桅杆街29號地下

☎ 2647 3383

天水圍（天業路）社區健康中心一樓

📍 天水圍天業路3號一樓

☎ 3124 2200



預約專屬的士車隊到指定診所 🌐 www.designatedtaxihk.com ☎ 3693 4770

每日上午8時至晚上10時（公眾假期如常服務）
需提供姓名、聯絡電話、預約時間、指定診所、上車地點等資料



等候入住隔離設施支援電話熱線 ☎ 1836 115

每日上午8時至晚上10時（公眾假期如常服務）

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Hospital Authority Designated Clinics for COVID-19 Confirmed Cases

(By appointment only)

Service Hours: Daily from 9am to 1pm; 2pm to 5pm
Clinics are also open on public holidays

Hong Kong

**1/F, Shau Kei Wan Jockey Club
General Out-patient Clinic**

📍 1/F, 8 Chai Wan Road, Shau Kei Wan

☎ 2560 0211

**Kennedy Town Jockey Club
General Outpatient Clinic**

📍 45 Victoria Road, Kennedy Town

☎ 2817 3215

Kowloon

Robert Black General Out-patient Clinic

📍 600 Prince Edward Road East,
San Po Kong

☎ 2383 3311

**Kowloon Bay Health Centre
General Outpatient Clinic**

📍 1/F, 9 Kai Yan Street, Kowloon Bay

☎ 2116 2812

**Yau Ma Tei Jockey Club
General Out-patient Clinic**

📍 1/F, 145 Battery Street, Yau Ma Tei

☎ 2440 7659

**Cheung Sha Wan Jockey Club
General Out-patient Clinic**

📍 2 Kwong Lee Road, Sham Shui Po

☎ 2387 8211

New Territories

**South Kwai Chung Jockey Club
General Out-patient Clinic**

📍 310 Kwai Shing Circuit, Kwai Chung

☎ 2615 7333

**Yuen Chau Kok General
Out-patient Clinic**

📍 G/F, 29 Chap Wai Kon Street, Shatin

☎ 2647 3383

**1/F, Tin Shui Wai (Tin Yip Road)
Community Health Centre**

📍 1/F, 3 Tin Yip Road, Tin Shui Wai

☎ 3124 2200

Self-tested positive? Here's what you can do



Though a rapid self-test cannot be regarded as a substitute for a nucleic acid test, we still recommend **treating test positives from a rapid self-test as a confirmed case**, meaning you should avoid going out, and should observe proper infection control measures. If you have tested positive, here's what you can do:

1 Confirm your test result



- Undergo a deep throat saliva nucleic acid test for confirmation
- Seek family and friends' help to collect and deliver specimen collection kits

2 Protect your family



Everyone in the household should wear a mask at all times

- You should:**
- Stay in your room and avoid face-to-face contact with other household members
 - Avoid preparing food for others and dining together
 - Disinfect shared toilets thoroughly after every use
 - Clean your house daily with diluted bleach
 - Keep room doors closed when sleeping, and the windows open for ventilation

3 Monitor your health



Pay attention to your health condition and remain calm; avoid heading to A&E unless necessary



Regularly monitor your blood oxygen levels with a pulse oximeter. If the number consistently drops to 95% or below, please seek immediate medical assistance

Call 999 immediately in case of severe symptoms such as:



- high fever of above 38°C
- shortness of breath
- palpitations
- chest pain
- blue lips

Where to find deep throat saliva (DTS) specimen collection packs

Designated distribution points



**Hospital Authority
General Outpatient Clinics**



Post Offices
(except mobile post offices)



**Vending machines
at MTR stations**

Only one pack per person; While stocks last.

Returning the specimen

Return in person



You must return the specimen **on the same day it was taken**
to one of the government-designated collection points

You may return the specimen yourself (except persons who are under quarantine) or
via family members / relatives / friends

Door-to-door specimen collection service

(Paid service, booking in advance required)

Contact service providers as early as possible to avoid late submission.



GOGO X

Enquiries
5681 4989



Pickupp

Enquiries
hk@pickupp.io



HelloToby

Enquiries
3703 3250

家居檢疫指南

💡 進行家居檢疫或在家等待移送安排時，記得保護好自己家人、鄰里與親友！

依
從指引



- 留守家中，切勿擅自離開，並保持大門關上
- 切勿容許任何非同住親友進入住所
- 監測身體狀況，包括每天量度體溫並保持記錄

食



- 請親友代勞或以網購添置食品或必需品
- 物資以置於門外方式，避免面對面交收
- 開門取物時，戴好口罩

住



- 勤清潔、勤洗手、避免共用私人用品
- 棄置垃圾時，請妥善包紮垃圾，期間戴好口罩
- 保持空氣流通，並經常清潔消毒，尤其廁所和廚房

行



- 如有輕微徵狀需求醫，可電話預約指定診所，並以點對點方式前往。

查詢或支援

致電醫管局熱線 1836 115 尋求醫療查詢及感染控制建議

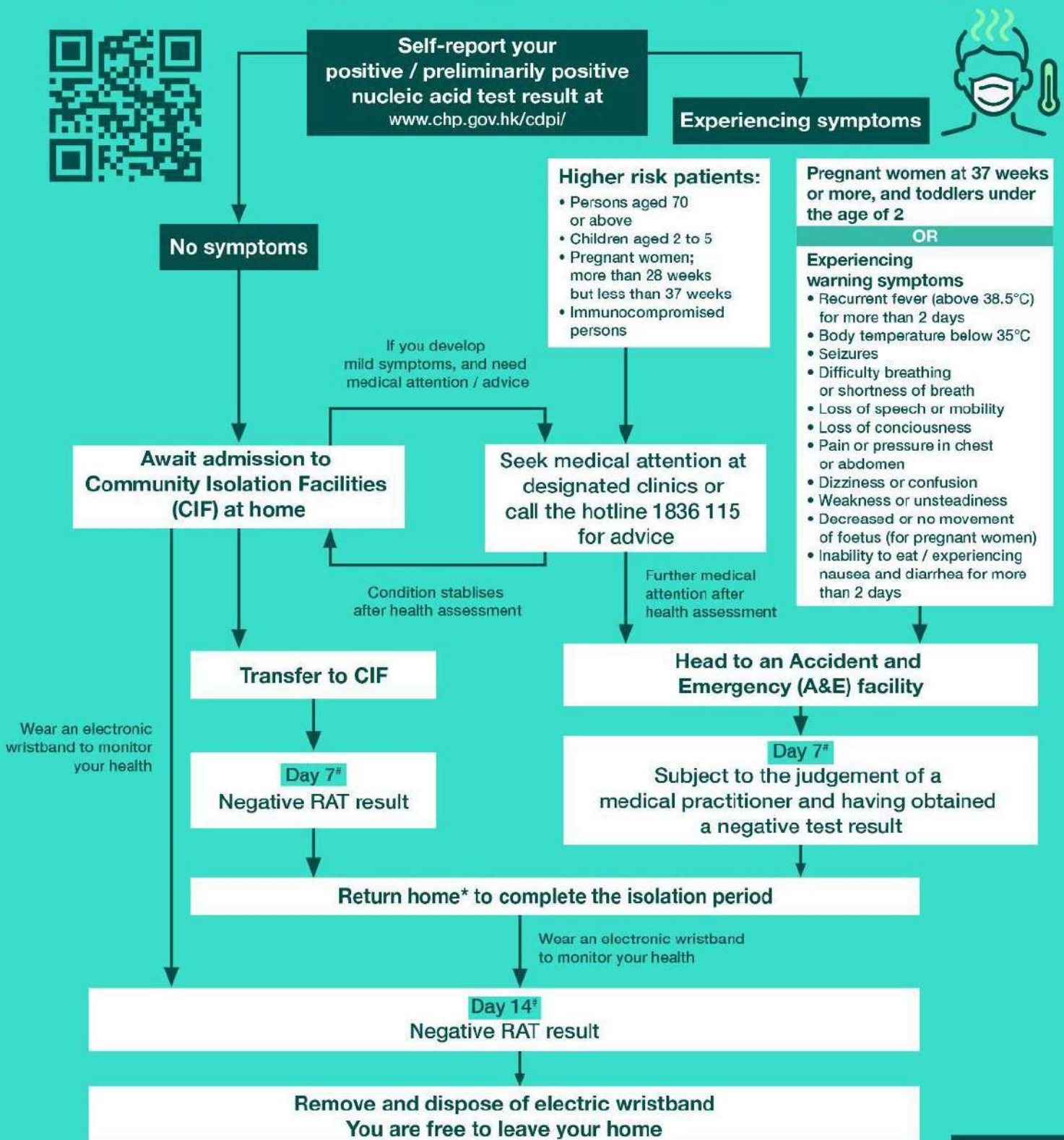
上述資料由港大醫學院提供 (2022年2月18日)



指定診所資料

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What to do if you test positive for COVID-19



*Only if your household situation allows (i.e. no elderly, pregnant women or chronically ill patients in the household). If living conditions are not suitable, patients will remain in CIFs or hospitalised until day 14 and receiving a negative test result.
[#]Day 1 refers to the day following the test or the collection of sample; if there is no such record, count the day of receiving a positive nucleic acid test result as day 1.


Based on the information from the Centre for Health Protection (dated 20 Feb 2022) and the Hospital Authority (dated 23 Feb 2022)

Hospital Authority Designated Clinics for COVID-19 Confirmed Cases

(By appointment only)

Book a Designated Taxi



 www.designatedtaxihk.com

 3693 4770

Service Hours:

Daily from 8am to 10pm

Services are also available on public holidays

Details to be provided include:

- Name
- Contact number
- Booking timeslot
- Designated clinic
- Pick-up point

Support hotline



 1836 115

Service Hours:


Daily from 8am to 10pm

Note:

Limited to those pending admission to isolation facilities

If you have a fever of 38°C or above, or have developed other severe symptoms, such as shortness of breath, palpitations or chest pain, call 999 for immediate assistance.

Your M.I.S.S.I.O.N for safely managing COVID-19 at home

 To keep everyone safe if you are awaiting admission to a hospital or isolation facility or are undergoing home isolation

Monitor your health! Keep a daily record of your temperature.



Masks on! Wear a well-fitted surgical mask when you leave your room, or when it's necessary to temporarily leave your home.

Isolate from non-household members! Your friends and relatives should not enter the place of quarantine. Avoid face-to-face contact with people making a delivery to you.

Stay home during the entire period, unless for exempted activities such as garbage disposal or PCR tests at community testing centres.



Seek help from friends and family to do your groceries, or opt for online shopping.

If you develop mild symptoms, call designated clinics to make a medical appointment. Use point-to-point transportation to get there.



Open your windows for good ventilation but keep your apartment door closed.

Never forget to practise good personal and environmental hygiene always!



Enquiries & Support

Call the Hospital Authority hotline on 1836 115 for medical information and infection control advice



Designated Clinics

Information provided by HKUMed, dated 18 Feb 2022

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