

## INFECTION CONTROL BRANCH 感染控制處

### GUIDELINES ON MINIMAL PERSONAL PROTECTIVE EQUIPMENT (PPE) REQUIREMENTS (INTERIM)

#### 基本個人防護裝備的指引 (暫擬)

(The recommendations are developed based on current information and would be revised if new information becomes available. 此建議是根據現有資訊而編製，此指引會按最新資訊而隨時更新。)

These guidelines apply to **Coronavirus disease 2019 (COVID-19)**

此指引適用於 **2019 冠狀病毒病 (COVID-19)**

#### Key points 要點:

Based on the latest information, the main mode of transmitting COVID-19 is through respiratory droplets when infected people cough, sneeze or talk. The virus can also be transmitted through contacting secretion of infected people. Further, aerosol generating procedures may post a risk of opportunistic airborne transmission.

根據目前資料顯示，2019 冠狀病毒病主要是經由患者咳嗽、打噴嚏或說話時產生的飛沫傳播，亦可透過接觸患者的分泌物而傳播。另外，進行霧化程序時亦可能會經空氣傳播。

1. Selection of personal protective equipment (PPE) should be based on risk assessment.  
應根據風險評估而選擇合適的個人防護裝備。
2. Working clothes and working shoes should be worn before the operation.  
參與行動前應穿著工作服及工作鞋。
3. Hand hygiene is the most important measure to prevent spread of infections, for details, please refer to Annex1.  
手部衛生是最有效防止感染傳播的方法，詳情請參閱附錄一。

4. All working areas should be divided into “clean zone” and “dirty zone”.

所有工作範圍須劃分為清潔區和污染區

- Working in “clean zone” requires to wear **surgical mask**, such as commander post and press area.  
在清潔區，如指揮站和記者區執行職務，需佩戴外科口罩。
- While **eye protection, surgical mask or N95 respirator and gown** are required in the “dirty zone”. 在污染區執行職務應佩戴眼部防護裝備、外科口罩或 N95 呼吸器和保護袍。
- Within the Quarantine Centre, where common areas are shared by both confinee and other personnel (e.g. main entrance road), staff should wear full PPE beforehand if need to closely encounter confinee (within 1 meter). Otherwise staff can wear surgical mask. 在檢疫中心涉及隔離者和其他人員共享的公共區域（例如在主要入口通道），工作人員如須緊密接觸隔離者（在 1 米以內），應先穿上全套個人防護裝備，否則只須配戴外科口罩。

5. When performing aerosol-generating procedures, healthcare workers should apply Standard plus Droplet, Contact & Airborne Precautions. Examples identified by WHO include intubation and related procedures (e.g. manual ventilation, suctioning), cardiopulmonary resuscitation, autopsy, surgery, and bronchoscopy. Procedures using high pressure water jet also fall under this category. (Remark: routine use of high pressure water jet is not recommended due to the risk of aerosol generation. Appropriate PPE must be worn if used)

在進行產生霧化程序時，應採用標準、飛沫、接觸及空氣傳播防護措施。世界衛生組織識別此類程序，插入氣管導管和相關程序(例如人工換氣、抽痰)、心肺復甦、驗屍和支氣管鏡檢查。使用高壓水槍也屬此類程序。(備註：因使用高壓水槍時有機會產生霧化的情況，所以並不建議作常規使用。如必須使用高壓水槍，操作前須穿著合適的個人防護裝備。)

6. Use coverall suit and rubber boots if massive environmental contamination risks are reasonably anticipated.

如合理預料有嚴重環境污染風險，應使用全身保護衣和水靴。

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7. Extreme cautions must be exercised in removing PPE process to avoid contamination, for details, please refer to Annex 2.  
卸除防護裝備時必須額外小心以避免受污染，詳情請參閱附錄二。

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### References

1. World Health Organization. Infection prevention and control during health care when novel coronavirus (nCoV) infection is suspected Interim guidance. (January 2020) [Online]. [cited 2020 Feb 15] Available from: URL: [https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-\(ncov\)-infection-is-suspected-20200125](https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-(ncov)-infection-is-suspected-20200125)
2. World Health Organization. Infection prevention and control of epidemic-and Pandemic-Prone Acute Respiratory Diseases in Health Care. (April 2014) [online]. [cited 2020 January 3] Available from: URL: [http://apps.who.int/iris/bitstream/10665/112656/1/9789241507134\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/112656/1/9789241507134_eng.pdf)
3. World Health Organization. Rapid advice note on home care for patients with Middle East respiratory syndrome coronavirus (MERS-CoV) infection presenting with mild symptoms and management of contacts. (August 2013) [online]. [cited 2020 January 3] Available from: URL: [http://www.who.int/csr/disease/coronavirus\\_infections/MERS\\_home\\_care.pdf?ua=1](http://www.who.int/csr/disease/coronavirus_infections/MERS_home_care.pdf?ua=1)
4. Centers for Disease Control and Prevention. Implementing Home Care and Isolation or Quarantine of People Not Requiring Hospitalization for MERS-CoV. (March 2015) [online]. [Updated 2019 August 2; cited 2020 January 3 ] Available from: URL: <http://www.cdc.gov/coronavirus/mers/hcp/home-care.html>
5. World Health Organization. Disease commodity package - Novel Coronavirus (nCoV) (Last Update: 7 February 2020) [online]. [cited 2020 Feb 15] Available from: URL: [https://www.who.int/publications-detail/disease-commodity-package---novel-coronavirus-\(ncov\)](https://www.who.int/publications-detail/disease-commodity-package---novel-coronavirus-(ncov))

**INFECTION CONTROL BRANCH 感染控制處**

Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(1) Port-Health 港口衛生</b>					
<b>Border / Boundary controls counters 邊境 / 口岸監控監測站</b> <ul style="list-style-type: none"> <li>■ Body temperature check 量度體溫</li> <li>■ Collection of Health Declaration Forms 收回健康申報表</li> </ul>	✓	-	-	-	-
	✓	-	-	-	-
<b>Medical Post 醫療檢查站</b> General medical enquires 一般醫療查詢  Contact with suspected cases 接觸疑似個案	✓	-	-	-	-
	✓	-	✓	✓	✓
<b>Special Operations 特別行動</b> Contact with suspected cases when on board of vessels / flights* 需要登上船隻 / 飛機接觸疑似個案*	✓	-	✓	✓	✓

\*Wearing of cap is required

需要佩戴保護帽

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Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(2) Epidemiological Investigation and Control 流行病學調查及監控</b>					
Inspect / visit suspected or confirmed patient's home 檢查／探訪疑似或確診病者居所	✓	-	✓	✓	✓
Visit household outside affected home for surveillance 探訪其他非受感染住戶居所	✓	-	-	-	-
Perform environmental decontamination in suspected or confirmed cases' home <sup>‡</sup> 在疑似或確診個案家居進行環境清洗及消毒 <sup>‡</sup>	✓	Used for procedures using high pressure water jet 使用高壓水槍時	✓	✓	✓
Transport clinical specimens to Public Health Laboratory Services Branch (PHLC)-by following the Triple Packaging System <sup>‡</sup> 遵守三重包裝方法並運送臨牀化驗樣本往公共衛生化驗服務處 <sup>‡</sup>					

<sup>‡</sup> Follow guideline issued by PHLC - "Safety Guidelines on Transport of Clinical Specimens and Infectious Substances for Courier Team".

遵守由公共衛生化驗服務處發出的指引-「運輸隊運送臨牀樣本及具傳染性物質的安全指引」。

[http://www.chp.gov.hk/files/pdf/safety\\_guidelines\\_for\\_courier\\_team\\_2009nov.pdf](http://www.chp.gov.hk/files/pdf/safety_guidelines_for_courier_team_2009nov.pdf)

<sup>‡</sup> When performing procedures with reasonably anticipated risk of splashing or aerosol generating procedure, wearing of cap is required.

如工序有合理及可預料飛濺風險或產生霧化程序，需要佩戴保護帽。

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Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(3) Home Confinement 家居隔離</b>					
<b>(i) Close contact of confirmed case (確診患者的密切接觸者)</b>					
<b>(ii) Confinee who have visited Hubei Province in the past 14 days ( 14 天內曾到湖北省的隔離者)</b>					
Enter home confinee's home 進入家居隔離者居所	✓	-	✓	✓	✓
Check home confinee (NOT entering confinee's home) 檢查家居隔離者 (不會進入隔離者居所)	✓	-	-	-	-
<b>(iii) Confinee who have been to Mainland other than Hubei in the past 14 days (14 天內曾到湖北省以外內地的隔離者)</b>					
Enter home confinee's home 進入家居隔離者居所	✓	-	-	-	-
Transfer home confinee to quarantine centre 運送家居隔離者前往檢疫中心					
<ul style="list-style-type: none"> <li>■ Escort staff 護送人員                             <ul style="list-style-type: none"> <li>- Direct physical contact with confinees 與患者有直接接觸的護送員</li> </ul> </li> <li>■ Driver 司機                             <ul style="list-style-type: none"> <li>- No direct contact with confinee 沒有直接接觸患者</li> </ul> </li> </ul>	✓	-	✓	✓	✓
	✓	-	-	-	-

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	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(3) Home Confinement 家居隔離 (續)</b>					
Transfer suspected (symptomatic) case from quarantine centre to hospital 運送疑似個案(有感染徵狀) 從檢疫中心前往醫院					
<ul style="list-style-type: none"> <li>■ Escort staff 護送人員                             <ul style="list-style-type: none"> <li>- Direct physical contact with confinees 與患者有直接接觸的護送員</li> </ul> </li> <li>■ Driver 司機                             <ul style="list-style-type: none"> <li>- No direct contact with confinees 沒有直接接觸患者</li> </ul> </li> </ul>	<div style="background-color: yellow; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">✓</div>	<div style="background-color: yellow; padding: 5px; font-size: small;">Need if aerosol generating procedure (AGP) may be performed 進行產生霧化程序時</div>	<div style="font-size: 2em;">✓</div>	<div style="font-size: 2em;">✓</div>	<div style="font-size: 2em;">✓</div>
	<div style="background-color: yellow; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">✓</div>		-	-	-



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	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(4) Quarantine Centre 檢疫中心</b>					
<b>In dirty zone: Inside Medical Post 污染區內: 在醫療檢查站範圍內</b>					
General screening, e.g. body temperature check, BP taking 一般檢查，如量度體溫、量血壓	✓	-	✓	✓	✓
Taking Blood, throat swab 抽血、咽喉拭子	-	✓	✓	✓	✓
Manage symptomatic cases 處理有徵狀個案	✓	-	✓	✓	✓
Perform procedures with heightened risk of splashing or aerosol generating procedures <sup>†</sup> 進行有增加血液及體液飛濺風險的程序或產生霧化程序 <sup>†</sup>	-	✓	✓	✓	✓

<sup>†</sup> When performing procedures with reasonably anticipated risk of splashing or aerosol generating procedure, wearing of cap is required.

如工序有合理及可預料血液或體液飛濺風險或產生霧化程序，醫護人員需要佩戴保護帽。

## INFECTION CONTROL BRANCH 感染控制處

Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(4) Quarantine Centre 檢疫中心 (續)</b>					
<b>In dirty zone: Vehicle Decontamination Area</b>					
污染區內 : 車輛去污區					
<ul style="list-style-type: none"> <li>■ Cleaning of vehicle compartment at the quarantine centre ♦ 於檢疫中心清洗接載患者的車輛 ♦</li> </ul>	✓	Used for procedures using high pressure water jet 使用高壓水槍時	✓	✓	✓

- ♦ When performing procedures with reasonably anticipated risk of splashing or aerosol generating procedure, wearing of cap is required  
如工序有合理及可預料飛濺風險或產生霧化程序，需要佩戴保護帽。

**INFECTION CONTROL BRANCH 感染控制處**

Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
<b>(4) Quarantine Centre 檢疫中心 (續)</b>					
<b>In clean zone:      Outside Medical Post</b> <b>清潔區內:          在醫療檢查站範圍外</b>					
Non-physical contact with confinees 與檢疫人士沒有身體接觸	✓	-	-	-	-
Staff need to have close contact with the confinee, e.g. escort confinees 職員須緊密接觸接受檢疫人士，例如護送接受檢疫人士	✓	-	✓	✓	✓

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	Surgical Mask 外科口罩	N95 Respirator N95 呼吸器			
<b>(5) Opening up Treatment Centre Located in Community 啓用位於社區的治療中心</b>					
Drug dispensary 派藥	✓	-	-	-	-
General screening e.g. body temperature check, BP taking 一般檢查，如量度體溫、量血壓	✓	-	✓	✓	✓
Manage symptomatic/febrile cases <sup>†</sup> 處理有徵狀/發燒的病患個案 <sup>†</sup>	✓	Need if aerosol generating procedure (AGP) may be performed 進行產生霧化程序時	✓	✓	✓
Outside Consultation Rooms (non-patient Area) 在診症室外 (沒有病人的區域)	✓	-	-	-	-
Environmental cleansing within clinical areas <sup>†</sup> 在診所範圍內進行環境清潔 <sup>†</sup>	✓	-	✓	✓	✓

<sup>†</sup> When performing procedures with reasonably anticipated risk of splashing or aerosol generating procedure, wearing of cap is required.

如工序有合理及可預料飛濺風險或產生霧化程序，需要佩戴保護帽。

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	Surgical Mask 外科口罩	N95 Respirator N95 呼吸器			
<b>(6) Environmental Decontamination of Contaminated Building 環境清潔及消毒受污染樓宇</b>					
Perform environmental cleaning and disinfection of the contaminated areas <sup>†</sup> 在樓宇內進程序 <sup>†</sup>	✓	Used for procedures using high pressure water jet 使用高壓水槍時	✓	✓	✓

<sup>†</sup> When performing procedures with reasonably anticipated risk of splashing or aerosol generating procedures, wearing of cap is required.  
如工序有合理及可預料飛濺風險或產生霧化程序，需要佩戴保護帽。

### (7) Others 其他

Action 行動	Respiratory Protection 呼吸防護		Gloves 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩/面罩)	Gown 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95 呼吸器			
Intercept patients leaving hospitals without permission ('runaway patients' from hospitals) by Police or Immigration Officer 警務處及入境事務處人員阻截擅自離院的病人	✓	-	✓	✓	✓

### Annex 1: Hand Hygiene Technique



# INFECTION CONTROL BRANCH 感染控制處

## Annex 2: Procedures for donning and doffing of PPE

### 附錄二：穿/除個人防護裝備程序

## 除防護裝備 請跟次序

Removing PPE  
Step by Step

- 1

**除手套**  
Remove Gloves
- 2

**潔手**  
Perform Hand Hygiene
- 3

**除隔離衣**  
Remove Gown

由內向外捲起  
Folding Inside Out
- 4

**潔手**  
Perform Hand Hygiene
- 5

**除帽及護眼罩/  
全面罩**  
Remove Disposable Cap  
and Eye Protection
- 6

**潔手 (選擇性)**  
Perform Hand Hygiene  
(Optional)
- 7

**除口罩/  
N95口罩**  
Remove Mask /  
N95 Respirator
- 8

**再潔手**  
Perform Hand Hygiene  
**AGAIN**

注意：請將即棄防護裝備棄置於有蓋廢物箱

N.B. : Disposable PPE should be properly discarded in dustbin with lid

size: 190W x 725Hmm

## 穿防護裝備 請跟次序

Donning PPE  
Step by Step

- 1

**潔手**  
Perform Hand Hygiene
- 2

**戴口罩/  
N95口罩**  
Put on Mask /  
N95 Respirator \*

\* 緊記密合性檢查  
Remember to  
Perform Seal Check
- 3

**戴護眼罩/  
全面罩及帽**  
Put on Eye Protection  
and Disposable Cap
- 4

**穿隔離衣**  
Put on Gown
- 5

**戴手套**  
Put on Gloves

注意：需視乎風險評估而選擇適當的防護裝備

N.B. : Selection of PPE should be based on risk assessment

size: 190W x 575Hmm