

【進入比賽場地之衛生指引 - 觀眾】

1. 香港足球總會可根據康文署或其他政府部門的要求以限制進入比賽場地之觀眾人數。
2. 所有觀眾必須於比賽場地之任何時間內正確地佩戴口罩。
3. 所有觀眾進入比賽場地前均必須填寫由足總安排之健康申報表〔包括網上版或即場填寫，而有關健康申報表內已包含政府要求登記入場人士姓名、聯絡電話及入場的日期及時間〕及接受體溫檢查，與此同時，入場觀眾亦可自行選擇使用「安心出行」流動應用程式，以便利的數碼工具自行記錄自己進出不同場所的時間。若日後發現用戶曾和確診者在相約時間到訪過同一場所，流動應用程式會向用戶發出通知。若用戶不幸確診，其在應用程式內儲存的出行記錄亦可協助衛生防護中心進行流行病學調查，追尋其他密切接觸者。
 - a. 體溫為 37.5°C 或以上之人士嚴禁進入比賽場地（如第一次量度體溫為 37.5°C 或以上，該名人士可先前往空曠地方休息十分鐘，休息後再進行第二次體溫量度。如第二次量度體溫仍維持 37.5°C 或以上，該名人士將嚴禁進入比賽場地）。
 - b. 出現 2019 冠狀病毒病（COVID-19）病徵之人士嚴禁進入比賽場地。
 - c. 已列為確診者或密切接觸者之人士嚴禁進入比賽場地。
 - d. 於過去 21 天內有外遊記錄或現正按政府檢疫措施執行強制檢疫之人士嚴禁進入比賽場地。
 - e. 醫藥委員會有權實施其他禁止進入比賽場地之權利。
4. 進入比賽場地前必須使用酒精搓手液潔淨雙手。
5. 於場地保安檢查時，進場人士須自行打開袋子以進行檢查。
6. 場地內禁止進食，如飲水或其他飲料期間不應與他人談話。
7. 不應與球隊職、球員有任何身體接觸。
8. 所有比賽場地內之觀眾席，將根據康樂及文化事務署及相關政府部門發出之指引作出相應座位安排，以保持適當社交距離及確保符合法例要求。
9. 任何人士違反場地防疫措施或相關指引，香港足球總會保留將該人士驅逐離場的權利。

【個人衛生指引】

1. 避免前往人多聚集之地方。
2. 外出時必須佩戴口罩。正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生。
3. 避免觸摸眼睛、口和鼻；如需觸摸，應先徹底清潔雙手。
4. 經常保持雙手清潔及衛生，尤其在觸摸口、鼻或眼之前；如廁後；觸摸扶手或門把等公共設施後；或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後。
5. 打噴嚏或咳嗽時應用紙巾掩蓋口鼻。不要隨地吐痰或亂拋垃圾，痰涎應用紙巾包好，把用過的紙巾棄置於有蓋的垃圾箱內，然後徹底清潔雙手。
6. 經常保持雙手清潔及衛生。洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾。雙手洗乾淨後，不要再直接觸摸水龍頭（例如先用抹手紙包裹著水龍頭，才把水龍頭關上）。如雙手沒有明顯污垢時，可使用酒精搓手液潔淨雙手。
7. 如廁時亦要注重衛生，先將廁板蓋上才沖廁水，以免散播病菌。
8. 與其他人士保持最少 1.5 米距離。

【Guidelines for Entering the Match Venue - Spectators】

1. Spectator is allowed to enter, but HKFA may limit the number of spectators to enter to the match venue according to the restrictions from LCSD or other Government departments.
2. Mandatory to wear the mask for entering or anytime inside the match venue.
3. Upon entry, fans need to submit health declaration forms collected by HKFA (online version or submit form on-site, and the health declaration form already includes information required by the government requirements which contains names, contact phone numbers, date and time of the visit) and have temperature checks. At the same time, fans can also choose to scan the LeaveHomeSafe QR code in order to provide fans with a convenient digital tool for recording the time of their visits to different venues. The mobile app will notify a user if he or she is later identified to have visited the same venue. In the unfortunate event of infection, the user's visit records stored in the app can assist the Department of Health's Centre for Health Protection (CHP) in epidemiological investigations and trace other close contact.
 - a. No entry allowed for a person who has a temperature 37.5°C or higher (If the person has a temperature 37.5°C or higher for the first check, that person can go to an open area and wait for 10 minutes for re-measuring the temperature. That person is not allowed to enter to the match venue if the temperature is still 37.5°C or higher on the second check).
 - b. No entry allowed for a person who has symptoms of COVID-19.
 - c. No entry allowed for a person who is listed as a confirmed case or a close contact.
 - d. No entry allowed for a person who has any travel history in the past 21 days or currently taking the compulsory quarantine according to the government policy.
 - e. The HKFA Medical Committee reserve the right to impose other bans upon their discretion.
4. To use alcohol-based sanitizer when entering the match venue.
5. During the security screening, spactator shall voluntarily open their bags for visual inspection.
6. No eating at the venue and only drinking is allowed. Avoid talking when drinking with mask off.
7. No body contact with the team officials or players.
8. All seating arrangement inside the stadium will be arranged in accordance with the guidelines issued by the Leisure and Cultural Services Department and relevant government departments, in order to maintain the social distancing and compliance with the relevant Regulations.
9. Should anyone not comply with the safety measures and relevant guidelines, HKFA reserve the right to require that individual to leave the stadium.

【General Guidelines for Personal Hygiene】

1. Avoid going to the crowded place.
2. Wear a surgical mask all the time when you go outside. It is essential to wear a mask properly, including practicing good hand hygiene before wearing and after removing a mask.
3. Avoid touching your eyes, mouth and nose; if need to touch, perform hand hygiene beforehand.
4. Keep your hands clean at all times. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes; after using the toilet; after touching public installations such as handrails or doorknobs; or when respiratory secretions contaminate your hands after coughing or sneezing.
5. Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
6. Perform hand hygiene. Wash hands with liquid soap and running water properly, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turning it off). Or clean hands by rubbing them with alcohol-based sanitizers when hands are not visibly soiled.
7. After using the toilet, put the toilet lid down before flushing to avoid spreading germs.
8. Maintain physical distancing of at least 1.5m with others.

佩戴口罩之步驟

(來源：衛生署衛生防護中心)

Steps for wearing a mask

(Source: Centre for Health Protection, Department of Health)

怎樣佩戴口罩？

1. 選擇合適尺碼的口罩，兒童可選擇兒童尺碼。
2. 佩戴口罩前，應先潔手。
3. 要讓口罩緊貼面部：
 - 3.1 大部份口罩由三層物料組成，外層防液體飛濺，中層作為屏障阻擋病菌，內層吸收佩戴者釋出的濕氣和水分。佩戴者必須依照生產商建議使用口罩，包括如何存放及佩戴口罩（如分辨口罩的前後）。一般而言，有顏色/摺紋向下的一面向外，有金屬條的一邊向上。
 - 3.2 如選用綁帶式口罩，將綁帶繫於頭頂及頸後；如選用掛耳式口罩，把橡筋繞在耳上，使口罩緊貼面部。
 - 3.3 拉開口罩，使口罩完全覆蓋口、鼻和下巴。
 - 3.4 把口罩的金屬條沿鼻樑兩側按緊，使口罩緊貼面部。
4. 佩戴口罩後，應避免觸摸口罩。若必須觸摸口罩，在觸摸前、後都要徹底潔手。



How to wear a mask properly?

1. Choose the appropriate mask size. Child size is available for selection as indicated.
2. Perform hand hygiene before putting on a mask.
3. The mask should fit snugly over the face:
 - 3.1 Most masks adopt a three-layer design which includes an outer fluid-repelling layer, a middle layer serves as a barrier to germs, and an inner moisture-absorbing layer. Wearer should follow the manufacturers' recommendations when using mask, including proper storage and procedures of putting on mask (e.g. determine which side of the mask is facing outwards). In general, the coloured side / the side with folds facing downwards of the mask should face outwards with the metallic strip uppermost.
 - 3.2 For tie-on mask, secure upper ties at the crown of head. Then secure lower ties at the nape. For ear-loops type, position the elastic bands around both ears.
 - 3.3 Extend the mask to fully cover mouth, nose and chin.
 - 3.4 Mould the metallic strip over nose bridge and the mask should fit snugly over the face.
4. Avoid touching the mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.

正確洗手之步驟

(來源：衛生署衛生防護中心)

Steps for hand washing

(Source: Centre for Health Protection, Department of Health)

HP 衛生防護中心
Centre for Health Protection

正確洗手五部曲

5 Steps For Proper Hand Washing

1 用水弄濕雙手
WET hands with water

2 加入規液，揉搓雙手最少20秒
Apply soap, RUB for at least 20 seconds

3 用水沖洗乾淨
RINSE with water

4 用抹手紙抹乾雙手
DRY with paper towel

5 再用抹手紙關上水龍頭
Use paper towel to TURN OFF the faucet

勿忘 Don't miss

手掌 Palms
手背 Back of hands
指縫 Between fingers
指背 Back of fingers
手腕 Wrists
指尖 Finger tips
拇指 Thumbs

抹手紙 paper towel

衛生署
Department of Health