

## Sai Kung Outdoor Recreation Centre

### Additional Information on Notes to Campers on Personal and Environmental Hygiene

Campers in the Sai Kung Outdoor Recreation Centre should keep good personal and environmental hygiene.

#### **Maintaining good personal and environmental hygiene**

- (a) Campers should perform hand hygiene frequently, especially after touching public installations such as handrails or doorknobs, or when hands are contaminated by respiratory secretions, for instance, after coughing or sneezing. They should wash hands with liquid soap and water for at least 20 seconds, and dry them with paper towel afterwards. If hand washing facilities are unavailable or when hands are not visibly soiled, they may, as an effective alternative, perform hand hygiene with 70 to 80% alcohol-based handrub.
- (b) Campers should cover their mouths and noses with tissue paper when sneezing or coughing, and the soiled tissue paper should be disposed of into a lidded rubbish bin. They should wash hands with water and liquid soap thoroughly afterwards.
- (c) Wall-mounted fans, other ventilation equipment or exhaust fans should be turned on to maintain good ventilation. Windows at activity venues should be opened as appropriate and where possible.
- (d) Good practices of personal hygiene should be observed when using toilets. Campers should put toilet lids down before flushing to avoid the spread of germs and viruses.

(revised as at 13 March 2023)