**Guidelines for Prevention and Control of NCP at Home**

**Ⅰ. Keep Healthy**

1.Wash hands often

Wash hands immediately before eating, after using the bathroom, coming back home from outside or getting hands dirty.

1. Ventilate often

Often open the window to let the air flow from time to time. Do not go to the places without ventilation or places with crowds.

1. Do exercise often

Take part in outdoor exercise like walking and jogging, and avoid group activities.

**Ⅱ. Be Cooperative**

1. Carry on initiative protection.

a. Do not touch, buy and or eat wild animals. Avoid visiting the market which sells the live animals, including poultry, sea food, wild animals, etc..

b. Do not travel in Hubei Province and any other severely infected areas. Avoid close contact with those who are coughing or having a fever. Avoid visiting patients in hospitals.

c. Wear masks when you go outside. All family members should wear masks when there is a suspected patient at home.

d. Prepare thermometers, masks, household disinfectant at home.

e. Keep your house clean and air the quilts in the sunshine often.

2. Monitor the health conditions.

Monitor the health conditions of the family members. Check body temperature when you feel like a fever. If you have a child, touch his or her forehead twice a day in the morning and evening to feel the temperature. Monitor body temperature when necessary.

3.Seek for medical help if necessary.

When there is a suspected patient of NCP in your family, do not go to work or go to school. Visit the fever clinic with mask on. Tell the doctors your travel history in recent 14 days and contact history with suspected patient.

1. Report voluntarily
2. Report to the community( village)if you have traveled outside the city in recent 14 days and have had close contact with any suspected patient.
3. Report to the community(village) if you find someone who have traveled outside the city in recent 14 days and have had contact with any suspected patient.



 "Huzhou Disease Control" "Health Huzhou"

普通家庭新型冠状病毒肺炎

预防控制指引

一、“三勤”

（一）勤洗手：饭前、便后、外出后、进食前、双手弄脏后应立即洗手。

（二）勤通风：勤开窗，多通风。少去不通风、人流密集的场所。

（三）勤运动：坚持室外运动，如步行、跑步等非团体运动。

二、“四主动”

（一）主动防护

1.不要接触、购买和食用野生动物（即野味）；尽量避免前往售卖活体动物（禽类、海产品、野生动物等）的市场。

2.不去湖北和其他已知出现疫情的地区场所，避免近距离接触咳嗽、发热病人，避免到医院探望病人。

3.外出时佩戴口罩。家中有可疑病人的，所有家庭成员居家佩戴口罩。

4.家庭备置体温计、口罩、家用消毒用品等物资。

5.保持卫生，勤晒衣被。

（二）主动监测

主动做好家庭成员健康监测，自感发热时要主动测量体温。家中有小孩的，要早晚摸小孩的额头，如有发热要测量体温。

（三）主动就医

怀疑家庭成员感染新型冠状病毒，不要带病上班或上学，应主动戴口罩到医院发热门诊就诊。主动告诉医生14天内旅行史，以及可疑病人接触史。

（四）主动报告

1.14天内有市域外旅行史或居住史，或与可疑病人有接触的，主动向社区（村）申报。

2.发现周边14天内有市域外旅行史或居住史，或与可疑病人有接触的人员，主动向社区报告。



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