

## 自我防疫守則 Infection Control Measures

由於工作性質需要，本中心治療師需要到訪機構或受助者家中進行音樂治療，但最近新冠肺炎(COVID-19)在全球多國蔓延，本中心將會要求治療師、受助者及其照顧者採取一系列自我防疫措施，盡力減少感染風險。

Due to the nature of our work, our music therapists at IMTC are often required to provide service at organizations or clients' houses. In response to the recent global COVID-19 pandemic, all therapists, clients and carers involved in music therapy services are required to adhere to a series of infection control measures in order to minimise risk of infection.

### 治療師工作時必需遵守以下守則：

1. 過去14日未曾離開香港或有任何外遊紀錄
2. 每天自行測量體溫
3. 任何時候出現發熱（耳溫等於或高於攝氏38度）、急性咳嗽或全身肌肉痛等不適時，應戴上口罩，儘快求醫，向醫生詳述接觸史或旅遊史，並停止所有治療工作
4. 在工作場所中，盡量與人保持一定距離
5. 經常戴上口罩
6. 注意個人衛生：經常洗手；未洗手前避免接觸口、鼻、眼；打噴嚏或咳嗽時應用紙巾掩着口鼻，沒有紙巾時應用衣袖或肘部，而不應用手掌掩着口鼻
7. 如廁後蓋上廁板後沖廁，並徹底洗手
8. 需自行檢查正在接受強制檢疫人士(《若干到港人士強制檢疫規例》第599C章)所居住的大廈名單，如發現居住的大廈在名單上，必需自我隔離14日，並立刻通知本中心，停止所有治療工作
9. 每次進行治療前後，都必需使用75%酒精紙巾清潔消毒所有樂器
10. 任何會接觸到口、鼻的物品或樂器，用完必需即棄，不能重用

### Music Therapists are required to adhere to the following precautionary measures:

1. No travelling history outside of Hong Kong in the past 14 days
2. Measure body temperature everyday
3. Any symptoms of illness including but not limited to fever (38 degree Celsius or higher by infrared ear thermometer), cough, body aches should render the use of face mask and immediate consultation with the physician. Therapists need to provide a detailed travel history to physician and stop all therapy work immediately
4. Maintain a safe distance with others in the workplace environment
5. Wear face masks frequently
6. Maintain good personal hygiene: wash hands frequently, avoid touching mouth, nose and eyes before washing hands, use tissue paper to cover mouth and nose when sneezing or coughing, use elbow or sleeves to cover mouth and nose when sneezing or coughing in the absence of tissue paper
7. Cover the lid of toilet bowl before flushing and wash hands thoroughly afterward
8. Inform IMTC if therapists are residing in one of the buildings on list where persons under compulsory quarantine pursuant to the Compulsory Quarantine of

INTERNATIONAL MUSIC THERAPY CENTRE

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Certain Persons Arriving at Hong Kong Regulation (Cap. 599C) (the Regulation) are conducting quarantine. Therapists need to effect self-quarantine for 14 days and stop all therapy work immediately

9. Clean all instruments with 75% alcohol-based wipes before and after each therapy session
10. Dispose of any instruments that have been in contact with a person's mouth or nose after one-time usage

受助者及其照顧者必需遵守以下守則：

1. 過去14日未曾離開香港或有任何外遊紀錄
2. 每天自行測量體溫
3. 任何時候出現發熱（耳溫等於或高於攝氏38度）、急性咳嗽或全身肌肉痛等不適時，應戴上口罩，儘快求醫，向醫生詳述接觸史或旅遊史，並立刻通知治療師或本中心同事
4. 在宿舍/機構/家居中，盡量與人保持一定距離
5. 經常戴上口罩
6. 注意個人衛生：經常洗手；未洗手前避免接觸口、鼻、眼；打噴嚏或咳嗽時應用紙巾掩着口鼻，沒有紙巾時應用衣袖或肘部，而不應用手掌掩着口鼻
7. 如廁後蓋上廁板後沖廁，並徹底洗手
8. 需自行檢查正在接受強制檢疫人(《若干到港人士強制檢疫規例》第599C章) 所居住的大廈名單，如發現居住的大廈在名單上，必需立刻通知治療師或本中心同事

Clients and carers are required to adhere to the following precautionary measures:

1. No travelling history outside of Hong Kong in the past 14 days
2. Measure body temperature everyday
3. Any symptoms of illness including but not limited to fever (38 degree Celsius or higher by infrared ear thermometer), cough, body aches should render the use of face mask and immediate consultation with the physician. Clients need to provide a detailed travel history to physician and inform IMTC or therapists
4. Maintain a safe distance with others at homes/organizations/residential centres
5. Wear face masks frequently
6. Maintain good personal hygiene: wash hands frequently, avoid touching mouth, nose and eyes before washing hands, use tissue paper to cover mouth and nose when sneezing or coughing, use elbow or sleeves to cover mouth and nose when sneezing or coughing in the absence of tissue paper
7. Cover the lid of toilet bowl before flushing and wash hands thoroughly afterwards
8. Inform IMTC if clients are residing in one of the buildings on list where persons under compulsory quarantine pursuant to the Compulsory Quarantine of Certain Persons Arriving at Hong Kong Regulation (Cap. 599C) (the Regulation) are conducting quarantine, and stop all therapy sessions immediately

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