

與「沙士」患者有接觸人士
或
有「沙士」個案大廈之住戶單位
家居消毒程序指引

Home Disinfection Guidelines

for people who have been in
contact with SARS patients

or

for residents of buildings where
there are SARS patients



衛生署

Department of Health

(一) 首先預備以下消毒工具/用具

- 刷子 (浴缸、洗滌盆及洗手盆用普通刷子，水廁用廁所刷子)
- 地拖
- 噴壺
- 水桶 (一個只作浸泡廁所刷子，兩個作一般用途)
- 毛巾
- 漂白水
- 殺蟲水
- 湯匙
- 保護衣物
- 護眼罩 (最好有)
- 口罩
- 膠手套
- 膠靴
- 垃圾袋
- 有蓋垃圾桶

(二) 調校 / 使用稀釋漂白水應注意事項

- 調校 / 使用漂白水時要開窗，使空氣流通。
- 不要與其他家用清潔劑一併或混和使用。
- 使用漂白水消毒時須穿上保護衣物(包括口罩及膠手套，最好亦戴上護眼罩)。
- 調校1:49 稀釋漂白水的方法 - 把1份家用漂白水混和49份清水。
- 避免用於金屬表面。金屬表面可用70%酒精消毒。
- 避免接觸眼睛。如果漂白水濺入眼睛，須以清水沖洗至少15分鐘及看醫生。

(三) 家居首次消毒程序

(1) 廚房

- 洗滌盆
- 地台排水出口
- 地面

(a) 洗滌盆消毒程序：

- 以刷子和 1:49 稀釋的家用漂白水洗刷洗滌盆。
- 以清水沖洗及抹乾。
- 把 1:49 稀釋的家用漂白水噴灑於廚房牆身與洗滌盆的連接處上。
- 把一湯匙未經稀釋的家用漂白水倒進洗滌盆去水口。

(b) 地台排水出口消毒程序：

- 把兩杯清水(大約半公升)倒進排水出口。
- 然後把一湯匙未經稀釋的家用漂白水倒進排水出口。
- 用殺蟲水噴於排水出口內。

(c) 地面消毒程序：

- 以地拖和 1:49 稀釋的家用漂白水拖抹廚房地面。
- 用地拖拖乾。

(2) 經常接觸的地方及物品

- 以 1:49 稀釋的家用漂白水拭抹及用布抹乾。

(3) 地面

- 客廳
- 飯廳
- 睡房

消毒程序：

- 以地拖和 1:49 稀釋的家用漂白水拖抹。
- 再用地拖拖乾。

(4) 廁所

- 水廁
- 浴缸及洗手盆
- 地台排水出口
- 地面

(a) 水廁消毒程序：

- 蓋上廁板，然後拉水沖廁。
- 使用廁所刷子以 1:49 稀釋的家用漂白水洗刷。
- 再次蓋上廁板及拉水沖廁。
- 以 1:49 稀釋的家用漂白水拭抹廁板及抹乾。
- 把 1:49 稀釋的家用漂白水噴灑於廁所牆身與水廁的連接處上。
- 把一湯匙未經稀釋的家用漂白水倒進水廁。
- 清洗水廁後，把廁所刷子浸入一桶以 1:49 稀釋的家用漂白水中三十分鐘，然後用清水沖洗，再吹乾。

(b) 浴缸及洗手盆消毒程序：

- 使用普通刷子以 1:49 稀釋的家用漂白水洗刷。
- 以清水沖洗。
- 把 1:49 稀釋的家用漂白水噴灑於廁所牆身與浴缸及洗手盆的連接處上。
- 把一湯匙未經稀釋的家用漂白水倒進浴缸及洗手盆。

(c) 地台排水出口消毒程序：

- 把兩杯清水(約半公升)倒進排水出口。
- 然後把一湯匙未經稀釋的家用漂白水倒進排水出口。
- 用殺蟲水噴於排水出口內。

(d) 地面消毒程序：

- 以地拖和 1:49 稀釋的家用漂白水拖抹廁所地面。
- 用地拖拖乾。

(5) 其他地台排水出口(如有)

- 把兩杯清水(約半公升)倒進排水出口。
- 然後把一湯匙未經稀釋的家用漂白水倒進排水出口。
- 用殺蟲水噴於排水出口內。

(四) 大門把手

- 以1:49 稀釋的家用漂白水拭抹大門把手及用布抹乾。

(五) 完成消毒

- 在完成單位的消毒工作後，將所有消毒及清潔工具(棄置的工具除外)用1:49 稀釋的家用漂白水浸三十分鐘，用清水沖洗乾淨，才可再次使用。
- 將垃圾包括用完即棄的清潔工具放入垃圾袋扎好，然後再放入垃圾桶並蓋好。
- 用梘液洗手。
- 以清潔的毛巾或用完即棄的紙巾抹乾雙手。

(六) 以後每天消毒程序

(1) 一般地方消毒

- 程序和首次消毒相同。
- 以 1:99 (即1份家用漂白水混和 99 份清水)稀釋的家用漂白水代替 1:49 稀釋的家用漂白水。
- 如地方骯髒，應用 1:49 稀釋的家用漂白水清潔。

(2) 排水口消毒

- 把兩杯清水(約半公升)倒進排水出口。
- 把一茶匙 1:99 稀釋的家用漂白水代替一湯匙未經稀釋的家用漂白水倒進排水口。
- 5分鐘後，用清水沖洗。

(1) Have the Following Disinfection Tools Ready

- Brushes (Ordinary brush for cleaning bath-tubs, wash basins and hand basins. Toilet brush for cleaning toilet bowls)
- Mop
- Sprayer
- Buckets (One for soaking toilet brush. Two for general use)
- Towel
- Bleach
- Insecticide
- Tablespoon
- Protective clothing
- Goggles (Recommended)
- Mask
- Rubber gloves
- Rain boots
- Refuse bag
- Dustbin with a well-fitted cover

(2) Points to Note When Preparing/Using a Diluted Household Bleach Solution

- Keep windows open to maintain good ventilation when preparing/using the bleach solution.
- Do not use or mix the bleach solution with other household detergents.
- Wear protective clothing (mask, rubber gloves and goggles if available) when preparing a diluted household bleach solution for disinfection.
- To prepare a 1:49 diluted household bleach solution, mix 1 part of household bleach with 49 parts of water.
- Avoid cleaning metallic surface with a diluted household bleach solution. For metallic surfaces, use a 70% alcohol solution for cleaning.
- Avoid contact with eyes. If the bleach solution gets into the eyes, rinse with water for at least 15 minutes and see a doctor.

(3) Procedures for First Time Disinfection

i. Kitchen

- Wash basins
 - Drain outlets on floor
 - Floor
- a. Wash basins disinfection procedure:
- Clean with a brush and a 1:49 diluted household bleach solution.
 - Rinse with water.
 - Spray a 1:49 diluted household bleach solution at the junction of the kitchen wall and the wash basin.
 - Pour a tablespoonful of undiluted household bleach down the drain outlet of the wash basin.
- b. Floor drain outlets disinfection procedure:
- Pour two cups of water (around half a litre) into each drain outlet.
 - Pour a tablespoonful of undiluted household bleach down each drain outlet.
 - Spray insecticide into the drain outlets.
- c. Floor disinfection procedure:
- Mop with a 1:49 diluted household bleach solution.
 - Mop dry.

ii. Things or areas that are frequently contacted

- Wipe with a towel soaked with 1:49 diluted household bleach solution then wipe dry with a clean towel.

iii. Floor

- Sitting room
- Dining room
- Bedroom

Disinfection procedure:

- Mop with a 1:49 diluted household bleach solution.
- Mop dry.

iv. Toilet

- Toilet bowls
 - Bath tubs and hand basins
 - Drain outlets on floor
 - Floor
- a. Toilet bowls disinfection procedure:
- Lower the lid, then flush the toilet.
 - Clean with a toilet brush and a 1:49 diluted household bleach solution.
 - Lower the lid again and flush the toilet.
 - Wipe the rim, seat and lid with a cloth soaked with 1:49 diluted household bleach solution and wipe dry.
 - Spray a 1:49 diluted household bleach solution at the junction of the toilet wall and the toilet bowl.
 - Pour a tablespoonful of undiluted household bleach down the toilet bowl.
 - After cleaning the toilet bowl, soak the toilet brush in a bucket of 1:49 diluted household bleach solution for at least 30 minutes, rinse with water, then let dry.
- b. Bath-tubs and hand basins disinfection procedure:
- Clean with an ordinary brush and a 1:49 diluted household bleach solution.
 - Rinse with water.
 - Spray a 1:49 diluted household bleach solution at the junction of the toilet wall and the bath tubs and hand basins respectively.
 - Pour a tablespoonful of undiluted household bleach down the drains of the bath-tub and hand basins respectively.
- c. Floor drain outlets disinfection procedure:
- Pour two cups of water (around half a litre) into each drain outlet.
 - Pour a tablespoonful of undiluted household bleach down each drain outlet.
 - Spray insecticide into the drain outlets.
- d. Floor disinfection procedure :
- Mop with a 1:49 diluted household bleach solution.
 - Mop dry.

v. Other floor drain outlets (if any):

- Pour two cups of water (around half a litre) into each drain outlet
- Pour a tablespoonful of undiluted household bleach down each drain outlet.
- Spray insecticide into the drain outlets.

(4) Front Door

- Wipe the door handle with a towel soaked with 1:49 diluted household bleach solution then dry with a clean towel.

(5) After Disinfection

- Soak all the disinfection and cleaning tools (except those which are disposable) in 1:49 diluted household bleach solution for 30 minutes, then rinse with water before reuse.
- Dispose of rubbish including disposable cleaning tools into a refuse bag and tie the bag securely. Put the refuse bag into a dustbin and cover the dustbin properly.
- Wash hands with liquid soap.
- Dry hands with a clean towel or disposable paper towel.

(6) Procedures for Subsequent Daily Disinfection

i. General Disinfection

- Procedures are the same as that of first time disinfection.
- Substitute the 1:49 diluted household bleach with 1:99 (mix one part of household bleach with 99 parts of water) diluted household bleach.
- If areas are dirty, use 1:49 diluted household bleach for cleaning.

ii. Disinfection of drain outlets

- Pour two cups of water (around half a litre) into each drain outlet.
- Pour 1 teaspoonful of 1:99 diluted household bleach into the drain outlets instead of 1 tablespoonful of undiluted household bleach.
- After 5 minutes, rinse with water.

辦公時間電話熱線：
Hotline during office hours:

187 2222

24小時健康教育錄音熱線：
Pre-recorded 24-hour
Health Education Hotline:

2833 0111

網頁：
Website:

www.dh.gov.hk



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