



澳門特別行政區政府
Governo da Região Administrativa
Especial de Macau
衛生局
Serviços de Saúde

疾病預防及控制中心
技術指引
CDC (Macao SS)
Technical Guidelines

No.: 017.CDC.NDIV.GL.2020
Ver.: 9.0
Created on: 2020.03.02
Revised on: 2022.01.01
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預防新型冠狀病毒肺炎 - 自我健康管理的注意事項

Prevention of Novel Coronavirus Pneumonia - Precautions for Self-Health Management

1. Individuals who are required to exercise self-health management should avoid visiting crowded places.
2. Wear a mask at all times, and practise personal hygiene such as frequent hand hygiene, avoiding touching the eyes, nose and mouth with unwashed hands, covering nose and mouth with a tissue when sneezing or coughing, etc. If a tissue is not available, cover nose and mouth with a sleeve or the crook of an elbow instead of the palms.
3. Measure body temperature twice a day, and fill out the Health Monitoring Record in the annex.
4. In any event of fever, dry cough, malaise, sore throat, reduced sense of smell/taste or other respiratory symptoms, put on a mask, seek medical attention right away and give full details of contact and travel history to the doctor. After seeking medical attention, stay home for rest if so suggested by the doctor.
5. Students who are placed under self-health management are not recommended to go to school. If there are essential reasons for the student to enter the campus, parents/guardians of the student should proactively communicate the situation with the school, so that the school can make epidemic prevention arrangements as appropriate to avoid contact between the student concerned and other students or teachers.
6. If an employee is required to exercise self-health management, they should proactively communicate the situation with their employer or department head, so that the employer or department head can make epidemic prevention arrangements as appropriate at the workplace, such as removing the employee from the frontline reception roles, arranging for separate work environment, avoiding contact between the employee concerned and other persons in the venue, carrying out cleaning and disinfection work properly, etc.



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7. If for urgent or essential reasons it is necessary to enter premises of public departments, make sure the Macao Health Code of the day is ready for inspection, and cooperate with the department's anti-epidemic arrangements.
8. Avoid using public transport wherever possible.
9. Minimize contact with other members of the household, colleagues and classmates; avoid having meals together;
10. Do not allow visitors into the home;
11. Pay attention to toilet hygiene: After using the toilet, flush it with the lid closed, and then wash hands immediately.
12. Maintain environmental hygiene: Ensure good indoor ventilation, open windows instead of using air-conditioners if possible; clean and disinfect home surfaces and toilets with diluted household bleach solution regularly. See more in "Guidelines for Household Disinfection".

For personal hygiene and environmental disinfection guidelines, see the "Special Webpage Against Epidemics" for details (<https://www.ssm.gov.mo/PreventCOVID-19>).

Centre for Disease Prevention and Control
Health Bureau of Macao SAR Government



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附表

Annex

健康監測記錄表

Health Monitoring Record

姓名 Name :						
日期 Date	時間 Time	體溫 (°C) Body Temp.	症狀 Symptoms	時間 Time	體溫 (°C) Body Temp.	症狀 Symptoms
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						