



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

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

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預防新型冠狀病毒肺炎 - 給公共機構的建議

新型冠狀病毒肺炎是一種主要經呼吸道飛沫和接觸傳播的傳染病，症狀主要為發熱、乏力、乾咳為主；部分患者無明顯的症狀。大多數患者病情較輕，可治癒出院，年齡較大或有慢性疾病患者較易發展為重症，可出現呼吸困難或肺炎，甚至死亡。

疾病介紹

- **傳染源**：目前所見傳染源主要是新型冠狀病毒肺炎的患者。無症狀感染者也可能成為傳染源。
- **傳播途徑**：經呼吸道飛沫和接觸傳播是主要的傳播途徑。在相對封閉的環境中長時間暴露於高濃度氣溶膠情況下存在經氣溶膠傳播的可能。經消化道傳播途徑尚待明確。
- **易感人群**：人群普遍易感。
- **潛伏期**：1-14天，多為3-7天。
- **症狀**：以發熱、乏力、乾咳為主要表現。少數患者伴有鼻塞、流涕、咽痛和腹瀉等症狀。
 - **重症病例**：多在發病一周後出現呼吸困難和/或低氧血症，嚴重者快速進展為急性呼吸窘迫綜合徵、膿毒症休克、代謝性酸中毒和凝血功能障礙。值得注意的是重症、危重症患者病程中可為中低熱，甚至無明顯發熱。
 - **輕症病例**：僅表現為低熱、輕微乏力等，無肺炎表現。
- **治療及預後**：以支持性療法為主，部分病例病情嚴重，有死亡病例，亦有治癒出院病例。年齡較大或有慢性疾病患者，有較大機會出現嚴重情況。

預防方法

為預防新型冠狀病毒肺炎，衛生局建議各公共機構及其人員應提高警惕，採取以下措施：

1. 協調管理

- 留意特區政府的疫情信息，並配合各項預防措施；適時向員工發佈及更新有關疾病預防的資訊；



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- 公共部門須加強各項衛生措施，對場所的工作人員及進入場所的人士進行體溫監測，所有人士須配戴口罩，避免聚集；
- 留意工作人員身體情況，若發現有發熱或呼吸道症狀等不適的情況，應指示其戴上口罩和就醫；倘醫生認為有需要，應允許其留在家中休息，暫不參與工作；
- 留意市民的身體狀況，若發現有發熱或呼吸道症狀的人士，應勸籲其戴上口罩及早就醫，並避免與場所內的其他人士密切接觸；
- 如出現發熱或呼吸道症狀等不適，向其詢問是否曾經在發病前 14 日在新型冠狀病毒肺炎廣泛社區傳播地區、高發國家/地區*逗留，或曾接觸確診病人，如是，應聯絡消防局安排救護車送仁伯爵綜合醫院作進一步檢查；
- 如有大量員工出現不適，應通知相關權責公共部門及衛生局疾病預防控制中心（電話：2870 0800；傳真：2853 3524）。

2. 個人預防

為預防新型冠狀病毒肺炎，衛生局呼籲所有居澳人士留意特區政府的疫情資訊，配合當局各項預防措施，同時注意個人衛生、家居及環境衛生、食物衛生，尤其包括：

- 避免前往廣泛社區傳播地區及高發地區；
- 避免聚集/聚會；
- 在工作場所及家居或宿舍中，盡量與人保持一定距離；
- 如必要外出須配戴口罩；
- 經常以水和皂液洗手或以酒精搓手液搓手，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，及儘快洗手；沒有紙巾時應用衣袖或肘部掩着口鼻，而不應用手掌掩着口鼻；
- 如廁後蓋上廁板後沖廁，並徹底洗手；
- 不要與他人共用毛巾；
- 經常清潔消毒家居或工作場所中手容易接觸的地方；
- 處理被分泌物或排泄物污染的物品或地方時應戴上手套；



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- 避免到人多擠迫的地方逗留，特別是免疫力低的人士；
- 避免與發熱、患有呼吸道症狀的病人作近距離接觸；
- 避免前往醫院探望病人，如必要進入醫院範圍內須配戴口罩；
- 避免接觸動物、到有動物出售的市場或食用未煮熟的動物產品；
- 如有發熱或呼吸道症狀等不適，須配戴口罩，及時就醫。

3. 入境及健康管理

自 2020 年 3 月 25 日零時起，所有外籍人士、以及過去 14 日曾到過外國的中國內地/香港特別行政區/台灣地區居民禁止入境。其他可以入境澳門人士、以及曾接觸確診病人的人士應特別注意：

- 所有人士入境本澳時必須如實進行[健康申報](#)；
- 所有由內地及香港入境澳門的人士，均須持有效病毒核酸檢測證明；
- 入境前14日內曾到過新型冠狀病毒肺炎廣泛社區傳播地區、高發國家或地區，按照衛生當局的指示在指定的地點進行醫學觀察：
 - 外地僱員請參見“給在本澳工作的外地僱員的建議”；
 - 除上述以外的其他人士，由入境本澳起計 14 日內需要進行自我健康管理。
- 除就醫外避免外出及避免接觸他人；
- 如有發熱或呼吸道症狀等不適的人士，戴上口罩、及時就醫、避免乘坐公共交通工具，聯絡消防局安排救護車送院；
- 如實向醫生詳述旅行史及接觸史，並按醫生指示處理。

4. 環境衛生

- 經常清潔消毒場所中手容易接觸的地方，如傢具表面、牆壁、地板、扶手、門把、電梯按鈕、電腦鍵盤等；
- 確保公眾接待的地方有抹手紙和酒精搓手液；
- 確保衛生間內備有皂液、一次性的紙巾或乾手機供使用，切忌提供公用毛巾；
- 確保渠道通暢，沒滲漏；排水渠有隔氣彎管，至少每星期一次於每一排水口注入半公升的清水，確保管內儲水，以防病原體傳播；

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- 保持衛生間清潔及通風良好，根據衛生狀況加強清潔消毒次數；
- 室內使用的空間儘可能經常打開窗戶，保持環境清潔及空氣流通；倘為密封空間，應保證通風系統運作有效，經常清潔和維護通風系統；
- 地面、地毯、牆壁或其他設施如被分泌物或排泄物弄污，應立即清潔消毒：以具吸水性物料作初步清理，再以 1:10 漂白水消毒被污染的表面及鄰近範圍，待漂白水留在表面 30 分鐘後，再以清水沖洗並抹乾；
- 一次性使用的物品，使用後絕不可再供他人使用，應適當地包裹和棄置；
- 多次使用的物品，在供他人使用前必須嚴格清潔和消毒。

*可能存在新型冠狀病毒肺炎傳播的地方

詳見抗疫專頁 (<https://www.ssm.gov.mo/PreventCOVID-19>)

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Novel coronavirus pneumonia is an infectious disease primarily transmitted through respiratory droplets and contact. Symptoms of the disease are mainly fever, malaise and dry cough; however, symptoms in some patients are insignificant. Most cases are in minor condition which can recover and discharge from hospital; people of older age or having underlying disease are at a higher risk of deterioration into serious condition which may experience breathing difficulties, pneumonia, or even death.

Facts about the disease

- **Source of infection:** So far, source of infection are mainly patients of novel coronavirus pneumonia. Asymptomatic patients are also possible source of infection.
- **Mode of transmission:** Mainly transmitted through respiratory droplets and contact. It is also possible to transmit the disease with exposure to high concentrations of aerosol in a relatively closed environment for a long time. Transmission via digestive tract still requires further clarification.
- **Susceptible population:** Generally susceptible.
- **Incubation period:** 1-14 days, usually 3-7 days.
- **Clinical features:** Fever, weakness and dry cough are the main manifestations; some may also develop symptoms like nasal obstruction, runny nose, sore throat or diarrhoea.
 - **Severe cases:** Most cases develop dyspnoea and/or hypoxemia; severe cases develop rapidly into ARDS (Acute Respiratory Distress Syndrome), septic shock, metabolic acidosis and coagulation dysfunction. It should be noted that the course of severe and critical patients can be moderate to low fever or even no obvious fever.



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- **Mild cases:** Mild cases may only have mild symptoms like low fever and fatigue, but no presentation of pneumonia.
- **Management and prognosis:** Treatment is mainly supportive. Some cases are in severe condition; fatal cases have been reported, and there are also cases recovered and discharged from hospital. Older patients and people with chronic diseases are at higher risk of developing severe illness.

Preventive Measures

To prevent novel coronavirus pneumonia, the Health Bureau advises all public entities and their personnel to heighten vigilance and adopt the following measures:

1. Coordination and management

- Pay close attention to the information released by the MSAR government on the epidemic and implement the required measures. Disseminate information to all employees in a timely manner. Update them with information on the preventive measures;
- **Step up all kinds of health measures; measure body temperature of all personnel and individuals entering your establishment. Every person should put on a mask; do not gather/assemble;**
- Pay close attention to the health conditions of personnel. Staff with fever or respiratory symptoms should wear a surgical mask and seek immediate medical attention. If necessary, the staff should rest at home and suspend from work;
- Pay close attention to the health conditions of service users. Individuals with fever or respiratory symptoms should be advised to put on a mask and to seek immediate



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medical attention. Such individuals should avoid close contact with others in the same establishment;

- If anyone presents with fever or respiratory symptoms, ask them whether they have visited any countries/areas with widespread community transmission or high incidence of novel coronavirus pneumonia * within 14 days prior to the onset of illness, and whether they have had contact with a confirmed patient; if yes, call the Fire Services Bureau to transfer the patient to Conde de S. Januario General Hospital in an ambulance for further examination;
- Notify relevant competent authorities and CDC of the Health Bureau (Tel: 2870 0800; Fax: 2853 3524) in case of a large number of staff feel unwell.

2. Personal Precautions

In order to prevent novel coronavirus pneumonia, the Health Bureau urges all residents to stay tuned to the epidemic information of the MSAR Government, support the preventive measures implemented by the authorities, and also to observe personal hygiene, household hygiene and environmental hygiene, in particular:

- **Avoid travelling to areas with widespread community transmission and/or high incidence of COVID-19;**
- **Do not gather / assemble;**
- **Try to keep a distance from others in the workplace, home or dormitory;**
- **If it is necessary to go out, wear a mask at all times;**
- **Wash hands frequently with water and liquid soap, or rub hands with an alcohol-based handrub; do not touch the eyes, nose and mouth before performing hand hygiene;**



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- Cover nose and mouth with a tissue paper when sneezing and coughing, and then wash hands immediately; if no tissue paper is available, cover nose and mouth with a sleeve or the crook of an elbow, not the palms;
- After using the toilet, flush it with the lid closed, and wash hands thoroughly;
- Do not share towel with others;
- Regularly clean and disinfect frequently-touched surfaces in home or workplace;
- Wear gloves when handling articles or places soiled by secretions or excretions;
- Avoid staying in crowded places, especially for people with low immunity;
- Avoid close contact with patients with fever or respiratory symptoms;
- Avoid visiting patients in the hospital; put on a mask if it is necessary to enter the hospital area;
- Avoid contact with animals, visiting markets where animals are sold, or consuming undercooked animal products;
- If developing fever or respiratory symptoms, wear a mask and seek medical attention right away.

3. Immigration and Health Management

Starting from 00:00 on March 25, all foreign nationals and residents of the mainland China/Hong Kong SAR/region of Taiwan who have visited any overseas countries in the past 14 days will be denied entry to Macao. Other arrivals in Macao, as well as individuals who have had contact with a confirmed case should pay particular attention to the following:

- All persons are obliged to make [health declaration](#) truthfully upon arrival in Macao;



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- **All arrivals from the Mainland and Hong Kong must hold a valid nucleic acid test certificate;**
- **Individuals who have visited a high-incidence county/region or an area with widespread community transmission of novel coronavirus pneumonia within the past 14 days prior to arriving in Macao should undergo medical observation at designated venue in accordance with the instructions of the health authorities:**
 - Non-resident workers may refer to “Advice for Non-Resident Workers in Macao”;
 - Other individuals who are not specified above are required to effectuate self-health management for 14 days upon arrival in Macao.
- **Except for seeking medical treatment, do not go out or have contact with others;**
- **If developing fever or respiratory symptoms, put on a mask, consult a doctor promptly, call the Fire Services Bureau for ambulance service instead of using public transport;**
- **Reveal to your doctor detailed and truthful account of the contact or travel history, and follow the doctor’s instructions.**

4. Environmental Hygiene

- **Regularly clean and disinfect frequently-touched surfaces in the establishment,** e.g. furniture surfaces, walls, floors, handrails, door knobs, lift buttons, computer keyboards, etc.;
- **Ensure disposable paper towel and alcohol-based hand sanitizers are provided in public reception area;**
- **Ensure liquid soap, disposable paper towel or hand-dryers (but no reusable towel)**



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are provided in public toilets;

- Make sure the drains and pipes are free of blockage or leakage; each drain pipe should be fitted with a trap, pour half a litre of water into each drain at least once a week so as to maintain the water column in the pipe to prevent the spread of micro-organisms;
- Keep the toilets clean and well-ventilated, and increase the number of cleaning and disinfection according to sanitary conditions;
- All indoor spaces should have windows open as often as possible to keep the environment clean and well-ventilated; for closed space, make sure the ventilation systems are functioning properly and are cleaned and maintained regularly;
- Floors, carpets, walls and other facilities that are soiled by secretions or excretions should be cleaned and disinfected immediately: Use absorbent materials to clean up contaminated surfaces preliminarily, and then disinfect the contaminated surfaces and surrounding areas with 1:10 diluted bleach. Leave for 30 minutes, then rinse with water and wipe dry;
- Disposable items should never be reused, and should be properly wrapped and disposed of after use;
- Reusable items should be thoroughly cleaned and disinfected before they are provided to others.

* Places with possible transmission of the novel coronavirus pneumonia: see the "Special Webpage Against Epidemics" for details (<https://www.ssm.gov.mo/PreventCOVID-19>).

Centre for Disease Control and Prevention,



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