



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 - 給在本澳工作的外地僱員的建議

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。

預防措施

為預防新型冠狀病毒肺炎，衛生局建議在本澳工作的外地僱員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：

1. 個人預防

- 避免前往廣泛社區傳播地區及高發地區；
- 避免聚集/聚會；



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- 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；
- 如廁後應蓋上廁板沖廁，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；
- 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。

2. 入境及健康管理

自 2020 年 3 月 25 日零時起，所有持外地僱員身份認別證的外籍人士、以及過去 14 日曾到過外國的擁有中國內地/香港特別行政區/台灣地區居民身份的外地僱員身份認別證持有者禁止入境。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](#)，並遵照衛生當局指示處理：
 - 所有由內地入境本澳的人士，須持 7 日內病毒核酸檢測證明且健康碼顯示為綠碼；
 - 所有由香港及台灣地區入境本澳的人士，均須持有效病毒核酸檢測證明，並按照衛生當局的指示在指定的地點進行 14 日醫學觀察；
- 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 14 日醫學觀察；



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- 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。

3. 環境衛生

- 經常清潔消毒家居或工作場所中手容易接觸的地方，例如傢具表面、牆壁、地板、扶手、門把、電梯按鈕、電腦鍵盤等；
- 確保衛生間內備有皂液、一次性的紙巾或乾手機供使用，切忌使用公用毛巾；
- 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；
- 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；
- 所有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：以具吸水力物料作初步清理，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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Prevent Novel Coronavirus Pneumonia – Advice for Non-Resident Workers in Macao

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.
 - **Mild cases:** Mild cases may only have mild symptoms like low fever and fatigue, but no presentation of pneumonia.



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- **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

In order to prevent the novel coronavirus pneumonia, non-resident workers in Macao are advised to pay attention to the epidemic information released by the MSAR Government, support various preventive measures implemented by the authorities, and also to observe personal hygiene, home and environmental hygiene, and food hygiene, in particular:

1. Personal precautions

- **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;**
- 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;



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- 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.

2. Immigration and Health Management

Starting from 00:00 on March 25, all foreign nationals holding non-resident worker's identification card, as well as residents of the mainland China/Hong Kong SAR/region of Taiwan holding non-resident worker's identification card 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;
 - All arrivals from the Mainland are required to hold a nucleic acid test report issued within 7 days and a green health code;
 - All arrivals from Hong Kong and the region of Taiwan are required to hold a valid nucleic acid test certificate, and submit to medical observation at the



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designated venue for 14 days according to the instructions of the health authorities.

- **Persons who have visited a high-incidence country/region or an area with widespread community transmission of COVID-19 within 14 days prior to their arrival in Macao, are required to undergo medical observation at the designated venue for 14 days according to the instructions of the health authorities;**
- **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.**

3. Environmental hygiene

- **Regularly clean and disinfect frequently-touched surfaces in home or workplace, e.g. furniture surfaces, walls, floors, handrails, door knobs, lift buttons, computer keyboards, etc.;**
- **Ensure liquid soap, disposable paper towel or hand-dryers (but no reusable towel) 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 the space available for use should have windows open as often as possible to**



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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
Health Bureau of Macao Special Administrative Region Government