
 <p>澳門特別行政區政府 Governo da Região Administrativa Especial de Macau 衛生局 Serviços de Saúde</p>	<p>疾病預防控制中心 技術指引 CDC (Macao SS) Technical Guidelines</p>	<p>No. : 030.CDC-NDIV.GL.2020 Ver. : 19.0 Created on : 2020.01.15 Revised on : 2020.12.23 Page : 1/3</p>
<p>預防新型冠狀病毒肺炎 - 給在本澳工作的外地僱員的建議</p> <p>Prevent Novel Coronavirus Pneumonia – Advice for Non-Resident Workers in Macao</p>		

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 medium to high risk countries/ areas of COVID-19;**
- **Do not gather / assemble;**
- **Maintain social distancing and wear a mask;**
- **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;
- 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;

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- If developing fever or respiratory symptoms, wear a mask and seek medical attention right away.

2. 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 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;

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- 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