 <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.: 017.CDC.NDIV.GL.2020 Ver.: 8.0 Created on: 2020.03.02 Revised on: 2020.12.23 Page: 1/3</p>
<p>預防新型冠狀病毒肺炎 - 自我健康管理的注意事項</p> <p>Prevent Novel Coronavirus Pneumonia - Precautions for Self-Health Management</p>		

(I) Targets


- 1.1. Individuals who, without due protection, shared the same room with a confirmed case for less than 30 minutes - or were at a distance greater than 1 metre from the confirmed case - during the infectious period:
 - a. Individuals providing or receiving services within the same room (e.g. staff or patrons of casinos, restaurants, shops, etc.).
 - b. Passengers, drivers and crew members on the same transport facility;
 - c. Colleagues / classmates sharing the same workplace / classroom;
 - d. Patients and healthcare workers who were in the same waiting area or ward;
 - e. Residents and workers (e.g. doormen and cleaners) of the same building or residential home.
- 1.2. Individuals who have recently travelled to medium to high risk countries/ areas of COVID-19, but are not classified as requiring medical observation.
- 1.3. Other individuals assessed by the Health Bureau to be required to undergo self-management of health.

(II) Period of Self-Health Management

The period of self-health management is a maximum incubation period or 14 days, counting from the day of the last contact with a confirmed case, or from the day of departure from the medium to high risk countries/ areas of COVID-19.

(III) Precautions

- 3.1 Persons on self-health management may go to school or work as usual, but the employer / school should be proactively informed of their contact or travel history so that proper arrangements can be made to minimize their contact with others;

 <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.: 017.CDC.NDIV.GL.2020 Ver.: 8.0 Created on: 2020.03.02 Revised on: 2020.12.23 Page: 2/3</p>
<p>預防新型冠狀病毒肺炎 - 自我健康管理的注意事項</p> <p>Prevent Novel Coronavirus Pneumonia - Precautions for Self-Health Management</p>		

- 3.2 Except for going to school or work, the above persons are advised to stay at home or in their bedroom, and refrain from going out;
- 3.3 Minimize contact with other members of household, as well as colleagues/ classmates who are working/ studying together; avoid having meals together;
- 3.4 Do not allow visitors into the home;
- 3.5 Measure body temperature twice a day, and fill out the form below.
- 3.6 In any event of fever (with ear temperature $\geq 38^{\circ}\text{C}$), acute cough or generalised muscle pain, put on a mask and seek medical attention right away, and reveal details of the contact or travel history. Avoid using public transport.
- 3.7 Wear a mask at all times;
- 3.8 Observe personal hygiene: Perform hand hygiene frequently; avoid touching the eyes, nose and mouth before washing hands; cover nose and mouth with a tissue when sneezing or coughing, if a tissue is not available, cover nose and mouth with a sleeve or the crook of an elbow instead of the palms.
- 3.9 Pay attention to toilet hygiene: After using the toilet, flush it with the lid closed, and then wash hands immediately.
- 3.10 Maintain environmental hygiene: Ensure good indoor ventilation, 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>).



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

No.: 017.CDC.NDIV.GL.2020
Ver.: 8.0
Created on: 2020.03.02
Revised on: 2020.12.23
Page: 3/3

預防新型冠狀病毒肺炎 - 自我健康管理的注意事項

Prevent Novel Coronavirus Pneumonia -
Precautions for Self-Health Management

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.						