



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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預防新型冠狀病毒感染 - 給高等院校及學生的建議

Prevent Novel Coronavirus Infection – Advice to Higher Education Institutions and Students

Since December 2019, multiple pneumonia cases associated with novel coronavirus infection (2019-nCov) have been reported in Wuhan, Hubei Province of the mainland. As the situation evolves, imported and local cases have also been reported in other regions of the mainland, Macao as well as other countries and regions. According to the information provided by relevant health authorities, signs of infection are mainly fever and cough, while some cases have experienced diarrhoea. Some cases in serious condition have presented with breathing difficulties and pneumonia; fatal cases have been reported, and there are also cases recovered and discharged from hospital. Information shows that the novel coronavirus can be spread between humans via respiratory droplets.

Facts about the disease

- **Source of infection:** So far, source of infection are mainly patients of novel coronavirus infection. Asymptomatic patients are also possible source of infection.
- **Mode of transmission:** Mainly transmitted through respiratory droplets and contact. Whether aerosol and digestive tract infections are transmission modes are still under investigation.
- **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

In order to prevent the novel coronavirus infection, higher education institutions are advised to heighten vigilance and adopt the following measures:

1. Coordination and Management

- Pay attention to the epidemic information released by the MSAR Government and support various preventive measures; disseminate and update information related to disease prevention to students and staff in a timely manner;
- **Everyone should wear a mask when working, doing activities or having classes in the venue;**
- Pay attention to the health condition of students / staff and take their temperature regularly. If anyone develops fever or respiratory symptoms, advise them to wear a mask and seek medical attention; allow them to suspend from school/work and stay at home for rest if recommended by doctors;
- If anyone presents with a fever or respiratory symptoms, ask them whether they have visited Hubei province or stayed in any other places with potential outbreaks of novel coronavirus infection* within 14 days prior to the onset of illness, and



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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;

- Inform the Higher Education Bureau and the Centre for Disease Control and Prevention of the Health Bureau (Tel: 2870 0800; fax: 2553 3524) if you notice a large number of students / staff become sick or when there is a sudden increase of absentees.

2. Personal precautions

In order to prevent the novel coronavirus infection, the Health Bureau urges all Macao 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, home hygiene and environmental hygiene, in particular:

- **Avoid going out, do not travel to Macao or other areas;**
- **Do not gather / assemble; stay at home or in the dormitory whenever possible;**
- **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 when sneezing and coughing, and then wash hands immediately; if no tissue 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.

Individuals who have travelled to the Mainland, including Hubei province or other places with potential outbreaks of novel coronavirus infection* should pay special attention to the following:

- All persons are obliged to complete **health declaration** truthfully upon arrival in Macao;
 - Individuals from Hubei province or non-Macao residents who have visited Hubei province in the past 14 days are required to present a “medical certificate of no infection from novel coronavirus” issued by a medical institution recognized by the Macao authorities;
 - Macao residents who have stayed in Hubei province in the past 14 days should take the initiative to make declarations upon arrival, and follow the instructions of the health authorities;



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- If necessary, the relevant persons will be put in medical observation at a designated place;
- Those who have travelled to other parts of the Mainland within the past 14 days are required to adopt 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 doctors a detailed and truthful account of the contact or travel history, and follow doctors' 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 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) 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



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disinfection according to sanitary conditions;

- All the space for students / staff 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: see the "[Special Webpage Against Epidemics](https://www.ssm.gov.mo/PreventWuhanInfection/)" for details (<https://www.ssm.gov.mo/PreventWuhanInfection/>).

Centre for Disease Control and Prevention
Health Bureau of Macao Special Administrative Region Government