



預防新型冠狀病毒感染 - 居家醫學觀察指引

Prevent Novel Coronavirus Infection - Guidelines for Medical Surveillance at Home

(I) Targets

Individuals who have been to any part of Hubei province or other areas with extensive transmission in the community (as announced by the Novel Coronavirus Response and Coordination Centre).

(II) Period of Medical Surveillance

The period of medical surveillance is 14 days, counting from the day following the departure from Hubei province or from the day following the last exposure. If no sign of infection is found, one may go back to school or work as usual after the completion of medical surveillance. For example, for a person departing from Hubei province on 10th January, the 14-day period of medical surveillance should end on 24th January 2020. If he/she has not developed any symptoms during the aforesaid period, he/she may return to school or work from 25th January 2020.

(III) Precautions

- 3.1 Persons who are subject to medical surveillance at home are required to stay at home, and prohibited from going out.
- 3.2 Minimize contact with other members of the household, and wear a mask at home at all times.
- 3.3 Eat separately from other family members.
- 3.4 Do not allow visitors into the home.
- 3.5 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,



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

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- 3.6 Pay attention to toilet hygiene: After using the toilet, flush it with the lid closed, and then wash hands immediately.
- 3.7 Maintain environmental hygiene: Ensure good indoor ventilation, clean and disinfect home surfaces and toilets with diluted household bleach solution regularly. See more in “Household Disinfection Guidelines”.
- 3.8 Measure body temperature twice a day, and fill out the annexed “Health Monitoring Record”.
- 3.9 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 at Conde de S. Januário General Hospital, and reveal details of the contact or travel history.
- 3.10 ATTENTION: Please go to the hospital on foot or by an ambulance of the Fire Services Bureau. Do not use public transport.

Centre for Disease Control and Prevention
Health Bureau of Macao SAR Government



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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.						