



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. : 002.CDC-NDIV.GL.2020
Ver. : 5.0
Produced : 2020.01.02
Revised : 2020.02.06
Page : 1/4

預防新型冠狀病毒感染 - 給旅客的建議

Prevention of Novel Coronavirus Infection – Advice for Travellers

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.



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. : 002.CDC-NDIV.GL.2020
Ver. : 5.0
Produced : 2020.01.02
Revised : 2020.02.06
Page : 2/4

預防新型冠狀病毒感染 - 給旅客的建議

Prevention of Novel Coronavirus Infection – Advice for Travellers

- **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 novel coronavirus infection, the Health Bureau urges all travellers 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, household hygiene and environmental hygiene, in particular:

1. Immigration control and health management

- All persons are obliged to complete [health declaration](#) truthfully upon arrival in Macao, and follow the instructions of the health authorities;
- Individuals who have travelled to the Mainland, including Hubei province or other areas with possible transmission of the novel coronavirus* should pay special attention to the following:
 - 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;
 - Individuals from Hubei province who have entered and stayed in Macao of less than 14 days are required to contact relevant competent authorities at once in order to facilitate departure or observation arrangement;



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. : 002.CDC-NDIV.GL.2020
Ver. : 5.0
Produced : 2020.01.02
Revised : 2020.02.06
Page : 3/4

預防新型冠狀病毒感染 - 給旅客的建議

Prevention of Novel Coronavirus Infection – Advice for Travellers

- If necessary, the relevant persons will be put in medical observation at a designated place;
- Individuals who have travelled to other regions of the mainland in the past 14 days are required to effectuate 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 your doctor detailed and truthful account of the contact or travel history, and follow the doctor's instructions**

2. Personal Precautions

- **Avoid going out, do not travel to Macao or other areas;**
- **Do not gather / assemble; stay at your accommodation whenever possible;**
- **Try to keep a distance from others at all times;**
- **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;**



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. : 002.CDC-NDIV.GL.2020
Ver. : 5.0
Produced : 2020.01.02
Revised : 2020.02.06
Page : 4/4

預防新型冠狀病毒感染 - 給旅客的建議

Prevention of Novel Coronavirus Infection – Advice for Travellers

- Do not share towel with others;
- Regularly clean and disinfect frequently-touched surfaces in everyday life;
- 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.

* 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