



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 -

給在內地包括湖北省醫療機構就學或實習的學生的建議

Prevent Novel Coronavirus Infection –

Advice for Students Pursuing Academic Programmes or Internships in Medical Institutions in the Mainland, Especially Wuhan Province

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



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of severe and critical patients can be moderate to low fever or even no obvious fever.

- **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, students pursuing academic programmes or internships in medical institutions in the Mainland, especially Wuhan Province, are advised to stay tuned to the epidemic information of the local health authorities and that of the MSAR Government, support various preventive measures implemented by the authorities, and also to observe personal hygiene, environmental hygiene and food hygiene, in particular:

1. Infection control measures – General principles

- When facing or treating any patients, **strictly adhere to the application of standard precautions**;
- When handling cases with acute respiratory infection, **in addition to strict adherence to the application of standard precautions, droplet precautions should also be adopted**;
- When handling suspected or confirmed cases of novel coronavirus infection, **in**



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addition to strict adherence to the application of standard precautions, contact precautions and goggles should also be adopted;

- When performing aerosol generating procedures/care activities, **in addition to strict adherence to the application of standard precautions, airborne precautions should also be adopted;**
- After removing gloves or other protective equipment, or after touching respiratory secretions, **immediately wash hands with liquid soap and water, or clean hands with alcohol-based handrub.**

2. Health management

- Pay attention to personal health condition after performing procedures/care activities for a suspected/possible case. If developing fever or symptoms of respiratory infection, wear a mask and seek medical attention right away, and follow the recommendations of the local medical institutions.

If it is necessary to return to Macao, pay special attention to the following:

- All persons are obliged to complete **health declaration** truthfully upon arrival in Macao;
 - 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;
 - If necessary, the relevant persons will be put in medical observation at a designated place;



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- 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. Personal precautions

- **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 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;**



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- 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.

4. 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;



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- 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;
- 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