



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

(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 travelled to a high-incidence area of novel coronavirus pneumonia in the past 14 days, 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 14 days, counting from the day of the last contact with a confirmed case, or from the day of departure from the high-incidence region of novel coronavirus pneumonia.



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(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;
- 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.



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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 <https://www.ssm.gov.mo/PreventCOVID-19>

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.						