



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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預防新型冠狀病毒肺炎 - 乘搭飛機的建議

Prevent Novel Coronavirus Pneumonia - Advice on Air Travel

I. Advance planning and evaluation

- 1.1. Travelling to and from different countries/regions is a risk factor for the novel coronavirus pneumonia, so it is important to consider carefully the necessity of the trip, especially when it involves medium to high risk countries/ areas of COVID-19; non-essential travel should be postponed.
- 1.2. If it is necessary to travel between different countries/regions, travellers should carefully evaluate the risk of contracting the disease at transportation sites or on the means of transport, as well as the risk of ad hoc cancellation of flights. As such, direct flights are recommended.
- 1.3. Some governments may have quarantine or other epidemic prevention measures in place for individuals at risk of infection; therefore, members of the public are advised to take the policies and measures applied at the travel destination and stopovers into account when choosing a flight.
- 1.4. Pay close attention to the physical condition of yourself and your travel companions. In any event of fever or respiratory symptoms, postpone the journey and seek medical attention promptly.
- 1.5. Bring enough protective items such as face masks, alcohol-based handrub (please note the safety requirements of airlines and airports) and disinfecting wipes, and be prepared for emergencies by, for example, purchasing travel insurance.

II. Preventive measures while waiting for boarding

- 2.1 Put on a mask and always keep a distance of at least 1 metre away from others.
- 2.2 Reduce the use of public equipment at lounges/ waiting areas.
- 2.3 Perform hand hygiene after using toilet.
- 2.4 Avoid close contact with people with symptoms of respiratory infection.

III. Preventive measures in flight

- 3.1. If conditions allow, keep a good distance from other passengers to reduce contact.
- 3.2. Always wear a mask; to enjoy your meal, consider staggering the time of eating from other passengers.
- 3.3. Disinfect hands with alcohol-based handrub before eating, and avoid taking food with



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bare hands.

- 3.4. Take caution when using the toilet, avoid touching surfaces as far as possible, and wash hands thoroughly after using the toilet.
- 3.5. Cover nose and mouth with a tissue when sneezing and coughing, and then wash hands or rub hands with alcohol-based handrub as soon as possible; do not touch the eyes, nose and mouth before performing hand hygiene; if no tissue is available, cover nose and mouth with a sleeve or the crook of an elbow, not the palms.

IV. Points to note after returning to Macao

- 4.1. All individuals should complete health declaration truthfully upon entering Macao. Individuals who have travelled to medium to high risk countries/ areas of COVID-19 within the past 21 days should declare their health condition proactively and follow the instructions of the health authorities; if necessary, the health authorities will arrange for the relevant persons to undergo medical observation in designated venue.
- 4.2. In the event that the countries/ areas visited within the past 21 days are changed to medium or high risk after making entry into Macao, the persons concerned, despite not being assessed as requiring medical observation at the time of arrival in Macao, must pay attention to their Macao Health Code, and implement corresponding epidemic prevention measures according to the colour of the code.
- 4.3. If developing fever or respiratory symptoms, put on a mask and consult a doctor promptly; call the Fire Services Bureau for ambulance service instead of using public transport to the hospital. Provide doctor with a detailed and truthful account of the contact and travel history, and follow doctor's instructions.

To find out more recommendations on personal hygiene and others, please refer to the "Special Webpage Against Epidemics": <https://www.ssm.gov.mo/PreventCOVID-19>.

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