



澳門特別行政區政府
Governo da Região Administrativa Especial de Macau
衛生局
Serviços de Saúde

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

No.: 022.CDC-DPS.GL.2022
Ver.: 3.1
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預防新型冠狀病毒肺炎-

完成集中隔離醫學觀察或獲解除隔離後健康管理的注意事項

Prevention of Novel Coronavirus Pneumonia- Important Notes on Health Management After Completion of Centralized Quarantine and Medical Observation or upon Discharge from Isolation



[Updated version \(Click here \)](#)

(I) Target individuals

- 1.1 For those who have been tested negative for COVID-19 upon entry and throughout medical observation, 3-day of self-health management is required, from the day of completing medical observation to Day 3 from the day following the date of completing medical observation. During this period, a yellow “Macao Health Code” will be assigned.
- 1.2 For those who had tested positive for COVID-19 upon entry or during medical observation, self-health management is not required. A green “Macao Health Code” will be assigned on the day upon discharge from isolation.

(II) Important points on nucleic acid testing

- 2.1 For those who have been tested negative for COVID-19 upon entry and throughout medical observation:
 - 2.1.1 Nucleic acid testing should be conducted on day 3 from the day following the date of completing medical observation/discharge from isolation. After obtaining a negative result, the “Macao Health Code” will be converted to green.
 - 2.1.2 Links for NAT appointment:
 - Free NAT (cannot be used for border crossing purposes):
<https://app.ssm.gov.mo/mandatoryrnatestbook>
 - Self-paid NAT (can be used for border crossing purposes):
<https://eservice.ssm.gov.mo/rnatestbook>



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2.2 For those who had tested positive for COVID-19 upon entry or during medical observation:

2.2.1 Individuals may only undergo single-sample nucleic acid tests within 90 days from the day following the date of discharge from isolation. Single-sample nucleic acid tests can only be conducted in designated NAT stations. For specific information of these NAT stations, please refer to the latest announcements of the Novel Coronavirus Response and Coordination Centre.

2.2.2 Within the specified period(s) below, it is not necessary to participate in NAT for key areas or key populations, NAT for target worker populations, and NAT for people who need to leave home for work:

- Local cases: Within 60 days from the day following the day of discharge from isolation.
- Imported cases: Within 30 days from the day following the day of discharge from isolation.

2.2.3 In view that a considerable number of patients who have recovered from COVID-19 may repeatedly show “re-positive” after being discharged from isolation, unnecessary outbound travels should be avoided. After the period of self-health management, if it is deemed necessary to leave the city, it is advised to carry out the NAT in Macao. If it is necessary to take a NAT in the Mainland, the history of COVID-19 infection must be declared to the testing facility, and the NAT must be performed on a single sample basis.

(III) Other important points

3.1 Before the “Macao Health Code” is converted to green, travelling to the Mainland via Macao is not allowed.



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- 3.2 The “Macao Health Code” should be generated using the same identification document that has been used for entry clearance and medical observation or isolation.
- 3.3 For more information, please refer to the “Prevention of Novel Coronavirus Pneumonia - Precautions for Self-Health Management”.



Precautions for Self-Health
Management

For recommendations on personal hygiene and environmental disinfection, please refer to the Special Webpage Against Epidemics: <https://www.ssm.gov.mo/PreventCOVID-19>

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