



新冠病毒感染者居家隔離治療指引

Important Notes for Home Isolated medical observation of Covid-19 Cases



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1 Criteria of home isolated medical observation

1.1 Target individuals

- (1) Asymptomatic or mildly symptomatic infected persons without severe underlying diseases ;
- (2) Infected persons with stable underlying diseases and no serious insufficiency of heart, liver, lung, kidney, brain and other important organs that require hospitalization ;
- (3) Have the ability to live independently and can walk independently; if they cannot take care of themselves, at least one adult family member who can take care of the infected person ;
- (4) Elderly people aged 65 and over, children 0-3 years old, pregnant women (≥ 28 weeks), and those with chronic underlying diseases that are not well controlled should visit Community Outpatient Clinic for evaluation.

1.2 Home requirements

- (1) Home isolation should be carried out in a separate room as much as possible, and those who have conditions can use a dedicated bathroom ;
- (2) The room should be well ventilated, if natural ventilation is not possible, mechanical ventilation such as exhaust fans should be used ;
- (3) The room should be equipped with personal protective equipment and disinfection products such as thermometers, paper towels, masks, disinfectants, and trash cans with lids.

2 Home treatment

- (1) Home isolation treatment personnel should take temperature measurement and self-health monitoring once a day in the morning and evening.



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

編號： 020.CDC.PERE.GL.2022
版本： 3.0
制作日期： 2022.12.10
修改日期： 2022.12.22
頁數： 2/4

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- (2) If symptoms such as fever and cough occur, symptomatic treatment can be carried out. If the body temperature is below 38.5°C, physical cooling is the main method. If it exceeds 38.5°C, antipyretic drugs can be given to reduce the temperature. If there is cough and sore throat, cough and other drugs can be used for symptomatic treatment. Use antipyretics and Chinese patent medicines in accordance with drug instructions to avoid blind or inappropriate use of antibacterial drugs.
- (3) If you have chronic lung disease and need home oxygen therapy for a long time, continue home oxygen therapy under the guidance of a doctor and monitor the changes in your condition.
- (4) If necessary, a daily health report is required through the following electronic platforms so that medical staff can understand the condition.

https://app.ssm.gov.mo/health_declare

- (5) Infected persons can undergo assessment through the following platforms or make an appointment at Community Outpatient Clinic for persons infected with COVID-19. They can also call the hotline for infected persons (28700600) for inquiries and check the home isolation page for infected persons to obtain the latest information.

<https://eservice.ssm.gov.mo/covid19positivebook>

3 Seeking Prompt Medical Attention

If the infected person under home isolation treatment has the following conditions, please seek the medical attention promptly :

- (1) **Difficulty breathing or shortness of breath.**
- (2) **Lethargy, persistent food refusal, difficulty feeding, persistent diarrhea or vomiting in children.**
- (3) **Pregnant women have symptoms such as headache, dizziness, palpitation, and chest tightness, or abdominal pain, vaginal bleeding or fluid, abnormal fetal movement, etc.**
- (4) After drug treatment, the body temperature is still higher than 38.5 °C for more than 3 days.
- (5) The original underlying disease is obviously aggravated and cannot be controlled.



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In an emergency, especially when the situation (1) occurs, please call an ambulance in time (Tel : 119 、 120 or 2857 2222) .

4 Principle of protection

- (1) Except for going out for nucleic acid testing, you must stay at home, refuse all visits, and try not to enter the isolation room for other co-residents. If you open the door for receiving food, collecting items, putting out garbage, going out for nucleic acid sampling, etc., you should wear a mask, and clean and disinfect your hands before and after opening the door.
- (2) Before going out for a nucleic acid test, you must first conduct an antigen test and upload the results of the antigen test.
- (3) Infected persons should live in separate rooms. If there are companions living together at home, it is necessary to arrange a separate room with good ventilation for the infected person. If the condition permits, the infected person should also wear a mask indoors, and minimize activities in other indoor areas.
- (4) As far as possible, determine a relatively fixed family member to take care of as an accompanying family member. Persons who are in good health and have completed a full course of vaccinations and boosters are preferred.
- (5) Dining alone in the room. Tableware should be properly washed and sanitized after use.
- (6) Those who have the conditions use the dedicated bathroom; if they share the bathroom with the co-residents, they should use it in different periods of time.
- (7) Avoid sharing utensils, towels, bath towels, bed sheets, etc.
- (8) Hands should be washed or disinfected before and after preparing food, before and after meals, and before and after wearing a mask. When wiping hands, it is best to use disposable paper towels.
- (9) Pay attention to cough etiquette, cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing, throw the used tissue into a special trash can, and wash or disinfect your hands immediately if you come into contact with respiratory secretions.

5 Antigen and Nucleic Acid Test

It is not necessary to perform antigen detection every day. It is recommended to perform antigen detection at least on or after the 4th day of the disease course



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(symptoms appear, asymptomatic cases are counted from the day when the antigen/nucleic acid is positive), and those with mild symptoms can be carried out earlier. Unless there is a special need, after the antigen test is negative, no nucleic acid test is required.

6 Criteria to start returning to normal activities

The following conditions must be met at the same time :

- (1) Significant improvement in subjective symptoms or no obvious symptoms ;
- (2) The COVID-19 rapid antigen test is negative, or the rapid antigen test is positive but more than 7 days have passed since the first positive test or the onset of symptoms (whichever is earlier).

People who meet the criteria for resuming normal activities must still wear masks at all times, pay attention to respiratory etiquette, wash their hands frequently, and refrain from participating in activities without masks within 5 days

7 Requirements for contacts

- (1) Residents or other persons need to declare in the health code that they have been in contact with infected persons as required. After the declaration, the health code will be converted into a yellow code (English code T) ;
- (2) Contacts must conduct self-health management until 5 days after the antigen test or nucleic acid test of the infected person meets the criteria for release from isolation, during which time a rapid antigen test is performed before going out every day ;
- (3) When going out for work or other reasons, appropriate measures should be taken to reduce the risk of transmission. Do not participate in parties, dinners, visit the elderly or other people with low immunity, do not go to visit the elderly care or rehabilitation homes, and do not go to visit the prison.