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“Guidelines for epidemic prevention and hygiene measures at RCs”

- 1) According to the anti-epidemic guidelines of the MSAR Government, holders of red Macao Health Codes will be prohibited from entering the Residential Colleges (RCs) or be required to undergo medical observation (quarantine); holders of yellow Macao Health Codes should follow the required measures of the MSAR Government and those of the University and RCs.
- 2) Arrangements for students who return to the RCs from areas outside Macao:
 - 2.1) At their first entry to RCs, students shall present the Macao Health Bureau’s “Macao Health Code” and fill in the “University Health Declaration Form”.
 - 2.2) Individuals who have visited a medium or high risk country/ area of novel coronavirus pneumonia prior to arriving in Macao should undergo medical observation at designated venue and the subsequent self-health monitoring in accordance with the instructions of the health authorities.
 - 2.3) Aside from students mentioned in 2.2), other students who have been outside of Macao within 7 days prior to arrival at RCs shall undergo self-health management in the RCs for 7 days, detailed arrangements as follows:
 - Measure body temperature two times a day and fill in the “Health Monitoring Record Form” accordingly;
 - Present the Macao Health Bureau’s “Macao Health Code” to the security guard when entering the RCs;
 - Upon entering the RCs each time, disinfect hands with alcohol sanitizer, have body temperature measured and wear a face mask;
 - Present the Macao Health Bureau’s “Macao Health Code” to the RT/RA every night. For non-green code, student has to fill in the daily check-in/out log form.
 - Do not go out unless necessary;
 - Wear a surgical or higher-grade mask according to the requirement of MSAR government in and outside the RCs;
 - Do not allow any visitor and do not visit others;
 - Do not have gatherings with others and often stay at least 2 meters away from others;
 - Undertake antigen testing proactively and receive nucleic acid testing for COVID-19 as per relevant instructions;
 - Pay attention to personal and environmental hygiene;
 - In any event of fever (with ear temperature $\geq 38^{\circ}\text{C}$, forehead temperature $\geq 37.5^{\circ}\text{C}$), malaise, muscle pain, dry cough, sore throat, reduced sense of smell/taste, runny nose or diarrhea, put on a face mask and seek medical attention right away, and provide doctor with the detailed information about the contact history, travel or residence history, and



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- whether the close contacts have developed any symptoms suggestive of COVID-19; undergo nucleic acid testing and restrict movements as per doctor's instructions;
- If staff, staff relatives, students or outsourced workers residing in RCs develop fever or symptoms of respiratory infection and are advised to rest at home by a doctor, RCs should try to arrange for them a separate room for rest and sleep, and instruct them to wear a mask in the RCs at all times, avoid having meals with others, and strengthen indoor ventilation as well as cleaning and disinfection of the environment.
- 3) For students who have completed the 7-day self-health management and for students who have been in Macau for the past 7 days, the arrangements are as below:
- Present the Macao Health Bureau's "Macao Health Code" to the security guard when entering the RCs. For non-green code, student has to fill in the in-out logs.
 - Upon entering the RCs each time, disinfect hands with alcohol sanitizer, have body temperature measured and wear a face mask;
 - Present the Macao Health Bureau's "Macao Health Code" to the RT/RA every night. For non-green code, student has to fill in the daily check-in/out log form.
 - Pay attention to personal and environmental hygiene;
 - In any event of fever (with ear temperature $\geq 38^{\circ}\text{C}$, forehead temperature $\geq 37.5^{\circ}\text{C}$), malaise, muscle pain, dry cough, sore throat, reduced sense of smell/taste, runny nose or diarrhea, put on a face mask and seek medical attention right away, and provide doctor with the detailed information about the contact history, travel or residence history, and whether the close contacts have developed any symptoms suggestive of COVID-19; undergo nucleic acid testing and restrict movements as per doctor's instructions.
 - If staff, staff relatives, students or outsourced workers residing in RCs develop fever or symptoms of respiratory infection and are advised to rest at home by a doctor, RCs should arrange for them a separate room for rest and sleep, and instruct them to wear a mask in the RCs at all times, avoid having meals with others, and strengthen indoor ventilation as well as cleaning and disinfection of the environment.
- 4) In response to changes of the epidemic and the MSAR government's measures, the above arrangements may be adjusted in due course. Please pay attention to the epidemic information released by the MSAR government (<https://www.ssm.gov.mo/PreventCOVID-19>) and act in accordance with the University's prevention measures.
- 5) Considering the epidemic situation and to safeguard health and safety of the residing students, only resident students are allowed to enter the rooms. A maximum of 2 companions are allowed, but they cannot enter any rooms or floors.
- 6) The RCs will keep a record of any violation of the above arrangements and violators will be subject to severe punishments.



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書院防疫衛生安排

- 1) 根據政府的防疫指引，健康碼為紅碼者將被禁止進入書院或被要求進行醫學觀察（隔離）；黃碼者須遵守特區政府、大學及書院的防疫措施。
- 2) 從澳門以外地區返回書院住宿的所有宿生，安排如下：
 - 2.1) 第一次進入書院時，須出示澳門特區政府衛生局之《澳門健康碼》及《大學健康申報表》。
 - 2.2) 入境前曾到過新型冠狀病毒肺炎中、高風險國家或地區，須嚴格按照衛生當局的指示在指定的地點進行醫學觀察及其後的自我健康監測。
 - 2.3) 除 2.2)所述的宿生，其他入宿書院之前 7 天內曾身處澳門以外地區的宿生均須在書院進行自我健康管理 7 天，具體安排為：
 - 每天自行測量體溫兩次，並填寫健康監測記錄表；
 - 進入書院時須向保安出示《澳門健康碼》。如非健康綠碼，須填寫出行紀錄表。
 - 每次進入書院都須用消毒酒精清潔雙手，量度體溫及戴上口罩；
 - 每晚須向 RT/RA 出示《澳門健康碼》。如非健康綠碼，須填寫出行紀錄表。
 - 如非必要，減少外出；
 - 在書院及外出均要按特區政府當下指引戴上外科口罩或更高級別的口罩；
 - 不能在房間接待訪客，或造訪他人；
 - 避免聚集，經常與他人保持至少 2 米的距離；
 - 按照相關指引，主動進行新冠病毒抗原檢測和接受新冠病毒核酸檢測；
 - 注意個人及環境衛生；
 - 任何時候出現發熱（耳溫等於或高於 38°C；額溫等於或高於 37.5°C）、乏力、肌痛、乾咳、咽痛、嗅（味）覺減退、流涕、鼻塞或腹瀉等不適時，應戴上口罩，儘快求醫，並向醫生詳述接觸史、旅居史以及密切接觸者是否有疑似新冠病毒感染症狀，並按醫生要求接受新冠病毒檢測及限制活動；
 - 倘若居於書院內的教職員工或其家屬、學生或外判工作人員出現發熱或呼吸道症狀等不適而醫生囑其留在家中休息，書院應儘量為其

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安排獨立的休息和睡眠空間，囑其在書院內經常戴上口罩，避免與他人同桌進餐，同時應加強室內的通風和環境的清潔消毒。

- 3) 已經結束7天自我健康管理的宿生，或過去7天一直在澳的宿生防疫安排如下：
 - 進入書院時須向保安出示《澳門健康碼》。如非健康綠碼，須填寫出行紀錄表。
 - 每次進入書院都須用消毒酒精清潔雙手，量度體溫及戴上口罩；
 - 每晚須向 RT/RA 出示《澳門健康碼》。如非健康綠碼，須填寫出行紀錄表。
 - 注意個人及環境衛生。
 - 任何時候出現發熱（耳溫等於或高於 38°C ；額溫等於或高於 37.5°C）、乏力、肌痛、乾咳、咽痛、嗅（味）覺減退、流涕、鼻塞或腹瀉等不適時，應戴上口罩，儘快求醫，並向醫生詳述接觸史、旅居史以及密切接觸者是否有疑似新冠病毒感染症狀，並按醫生要求接受新冠病毒檢測及限制活動；
 - 倘若居於書院內的教職員工或其家屬、學生或外判工作人員出現發熱或呼吸道症狀等不適而醫生囑其留在家中休息，書院應儘量為其安排獨立的休息和睡眠空間，囑其在書院內經常戴上口罩，避免與他人同桌進餐，同時應加強室內的通風和環境的清潔消毒。
- 4) 因應疫情變化及特區政府防疫政策的轉變，以上安排可能適時作出調整。請留意特區政府的疫情資訊(<https://www.ssm.gov.mo/PreventCOVID-19>)，以及配合本校各項預防措施。
- 5) 考慮疫情和入住學生的個人健康及安全，只允許宿生進入房間。隨行人員最多兩名，且不能到宿舍房間及樓層。
- 6) 如有違反以上規定，書院將紀錄在案，並予嚴懲。

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