

For English version, please refers to page 3-4.

自主健康管理 注意事項

1. 居家檢疫者，14 天期滿後，需再進行自主健康管理 7 天。
2. 隨時保持雙手乾淨，使用肥皂或酒精性乾洗手進行手部清潔。避免用手觸摸眼睛、鼻子及嘴巴，手部接觸到呼吸道分泌物時，請用肥皂澈底洗手。
3. **在自主健康管理期間，請務必記錄你的體溫（早、晚各一次）、健康狀況、當天活動史（去了哪裡 / 做了什麼），並配合提供國內手機門號、回復雙向簡訊或接受電話詢問健康情形等必要之關懷追蹤機制。**
4. 在自主健康管理期間，若同租屋處還有其他室友，請務必隨時佩戴口罩，保護自己也保護他人。
5. 請盡量不要出門，**若需要外出時，請一定嚴格遵守全程正確佩戴口罩**，並避免出入無法保持社交距離(室內 1.5 公尺，室外 1 公尺)，或容易近距離接觸不特定人之場所。
6. **不能搭乘大眾運輸工具。自主健康管理期間應避免外出用餐，建議可外帶食物儘速返家食用；及禁止與他人從事近距離或群聚型之活動及人多的公眾場所，如聚餐、聚會、公眾集會或其他相類似的活動。**
7. **禁止進入校園（含學校宿舍）。**
8. 禁止前往醫院陪病 / 探病。
9. 避免非急迫性需求之醫療或檢查，若出現發燒 ($\geq 38^{\circ}\text{C}$)、味覺 / 嗅覺喪失、腹瀉或呼吸道症狀，請務必立刻戴上口罩，撥打 1922 防疫專線並告知

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我們。有不舒服症狀時，你不能自行就醫。

10. 若違反上述自主健康管理規定者，依傳染病防治法第 67 條、第 69 條、第 70 條規定，可裁處最高新臺幣 30 萬元罰鍰。

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Self-Health Management Notice

1. Everyone who completes 14-day home quarantine must undergo an additional 7 days of self-health management
2. Please keep your hands clean. You should wash your hands with soap or alcohol-based hand sanitizers frequently. Please refrain from touching your eyes, nose, and mouth with your hands. If you touch secretions from your respiratory tract with your hands, please wash your hands thoroughly with soap.
3. **During the self-health management period, please keep a record of your temperature (morning and evening), health status and daily activities (what/where you do/go).** You must also cooperate in providing a Taiwan mobile phone number, responding to interactive SMS, accepting telephone inquiries of health conditions, or following other necessary care and follow-up mechanisms.
4. During the self-health management period, please wear a surgical mask all the time to protect yourself and others if your roommates share the same residence with you.
5. Please do avoid going out. **If you must go outside, please wear a medical mask correctly at all times** and avoid entering areas where you cannot maintain social distancing (1.5 meters indoors and 1 meter outdoors) or areas where you are likely to come into close contact with random people.
6. **No taking public transportation. During your self-health management, you may take out the food and return to your self-health management location to eat. You are prohibited from engaging in close or cluster activities with other individuals such as having meals together, gatherings, public gatherings, or other similar activities.**
7. **You are forbidden to go to school (including school dorm).**
8. Do not visit or stay with a hospitalized individual in a hospital.

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9. Non-essential or non-urgent medical services or examinations shall be postponed. If you have a fever ($\geq 38^{\circ}\text{C}$), loss of smell or taste, diarrhea or any respiratory symptoms, please put on a surgical mask. Please call the toll-free hotline 1922 and contact us. You may **NOT** go out to see a doctor by yourself.

10. Any person violating the aforementioned health management regulations may be penalized with a fine of up to NT\$300,000 in accordance with Article 67, Article 69, and Article 70 of the Communicable Disease Control Act.

Updated in August, 2021.