

附件 5

COVID-19

自主健康管理通知書

(短期商務人士縮短居家檢疫監測期滿者)

為降低可能傳播風險，並保障您自己、親友及周遭人士的健康，請您於縮短之居家檢疫監測期滿後至入境後 14 天內配合「加強自主健康管理」，於入境後第 15 天至第 21 天則可恢復一般自主健康管理：

※「加強自主健康管理」應特別遵守及注意事項：

- 一、僅能從事固定且有限度之商務活動，禁止至人潮擁擠場所(如賣場、夜店、夜市、百貨公司、餐館、觀光景點...等)。另延後非急迫之醫療或檢查，且就醫時應告知旅遊史。
- 二、使用防疫旅館之公用休閒設施應與其他人時間錯開，結束後並通知防疫旅館管理人員進行消毒。
- 三、專人負責接送及全程陪同，以落實各項防護措施，採實名制，須記錄每日活動及接觸人員，不可接觸不特定人士，且應全程佩戴口罩及保持社交距離。

※自主健康管理期間，基本應遵守及注意事項如下：

- 一、維持手部清潔，保持經常洗手習慣，原則上可以使用肥皂和清水或酒精性乾洗手液進行手部清潔。另應注意儘量不要用手直接碰觸眼睛、鼻子和嘴巴。手部接觸到呼吸道分泌物時，請用肥皂及清水搓手及澈底洗淨。
- 二、於自主健康管理期間，每日早/晚各量體溫一次、詳實記錄體溫、健康狀況及活動史，並配合雙向簡訊回報健康狀況。
- 三、如沒有出現任何症狀，可正常生活，但應儘量避免出入公共場所，延後非急迫之醫療或檢查，外出時，請一定嚴格遵守全程佩戴口罩。
- 四、倘您有發燒($\geq 38^{\circ}\text{C}$)、嗅/味覺異常、腹瀉或有呼吸道症狀，請立即佩戴口罩，撥打 1922 或聯繫地方政府衛生主管機關，依指示方式儘速就醫，未經上述程序不得逕行外出就醫就診，且禁止搭乘大眾運輸工具前往。就醫時應主動告知醫師接觸史旅遊史、居住史、職業暴露、以及身邊是否有其他人有類似的症狀。
- 五、生病期間應於防疫旅館中休養，並佩戴口罩、避免外出。當口罩沾到口鼻分泌物時，應立即更換並內摺丟進垃圾桶。
- 六、生病期間，與他人交談時，除戴上醫用口罩外，儘可能保持 1 公尺以上距離。
- 七、如您就醫後，經醫院安排採檢，自採檢醫院返回防疫旅館後，於接獲通知檢驗結果前，應留在防疫旅館中，不可外出，如檢驗結果陽性，地方政府衛生主管機關將會通知您及安排就醫。另於獲知檢驗結果為陰性後，仍需自主健康管理至入境後 21 天，期間如果症狀加劇，請確實佩戴好醫用口罩，並應主動與衛生單位聯繫，或撥 1922，依指示儘速就醫，且禁止搭乘大眾運輸工具就醫。
- 八、入境後在臺停留期間若未滿 14 天，應取得出境前 3 日內 COVID-19 核酸檢驗陰性報告始可離境，並於出境時檢具以備查驗。
- 九、如未確實遵守各項自主健康管理規定，係違反傳染病防治法第 58 條檢疫措施，依嚴重特殊傳染性肺炎防治及紓困振興特別條例第 15 條規定，可裁處新臺幣 10 萬至 100 萬元罰鍰。

COVID-19 自主健康管理通知書(短期商務人士縮短居家檢疫監測期滿者)

姓名：_____

證號：_____

聯絡電話：_____

日期：_____

Self-Health Management Notice
(Coronavirus disease 2019, COVID-19)
(Short-term business travelers after the end of the shortened home quarantine)

2020/08/25 version

To reduce the risk of disease transmission and protect your family and friends, after the end of the shortened home quarantine, please abide by the following rules for enhanced self-health management measures until the 14th day after entry into Taiwan; and from the 15th to 21st day after entry, please follow the rules for regular self-health management measures.

● Rules for enhanced self-health management

1. During the 14-day period after entry, you are only allowed to carry out limited business activities. And you are prohibited from going to crowded places (such as markets, nightclubs, night markets, department stores, restaurants, tourist attractions, etc.). Moreover, you should postpone all non-essential or non-urgent medical care or examinations.
2. You shall visit leisure facilities in the quarantine hotel at staggered times to avoid contact with others. In addition, after you leave those facilities, please notify quarantine hotel staff to conduct environmental disinfection.
3. A person must be designated to pick you up and accompany you throughout your stay in Taiwan to ensure that protective measures are followed. Furthermore, the host company should record your daily activities and the names of people you come into contact with. You must not come into contact with anyone except the persons you planned to meet according to your itinerary, and you must wear a medical mask and maintain social distance all the time.

● Rules for regular self-health management

1. Please keep your hands clean. You should wash your hands with soap or alcohol-based hand sanitizers frequently. In addition, please refrain from touching your eyes, nose and mouth with your hands. If your hands touch any secretions from your respiratory tract, please wash your hands with soap and water thoroughly.
2. During the self-health management period, please record your temperature, health status,

daily activities twice a day (morning and evening) correctly, and reply to text messages requesting an update on your health status.

3. During the period, if you have no symptoms, please still avoid going to public places, and postpone all non-essential or non-urgent medical care or examinations. When you go outside, please ensure that you wear a medical mask all the time as required.
4. If you have fever ($\geq 38^{\circ}\text{C}$), loss of smell or taste, diarrhea or any respiratory symptoms, please put on a medical mask. Please call the toll-free hotline 1922 or contact the local health authority and follow instructions to seek medical attention. You may not go out to seek medical attention by yourself without following the above procedure beforehand. Please avoid taking public transportation when you go to the hospital. Please voluntarily inform your physician of your contact history, travel history, residence history, occupational exposure, and whether anyone else has similar symptoms.
5. During illness, please rest at your quarantine hotel, wear a medical mask and avoid going outside. If your mask is contaminated by secretions of nose or mouth, please fold it and throw it into the trash immediately.
6. During illness, please wear a medical mask and keep at least 1 meter away from others while talking to them.
7. After seeking medical care, being tested for COVID-19 in the hospital, and returning to your quarantine hotel, you should stay at the quarantine hotel and should not go outside before you receive your test results. If your test results come back positive, the local health authority will inform you and help you seek medical attention. You are still required to conduct self-health management until the 21st day after entry even if you test results come back negative. If your symptoms become worse, please make sure to wear a medical mask and contact local health authority or call the toll-free hotline 1922 to obtain instructions on seeking medical attention. Please do not use public transportation to go to the hospital.
8. If the duration of stay in Taiwan is less than 14 days, you shall still acquire a negative COVID-19 RT-PCR test result issued within three days before departure and provide the test result for inspection during departure.
9. Those who flout the self-health management regulations will violate Article 58 of the

Communicable Disease Control Act and be fined ranging from NT\$100,000 to NT\$1,000,000 in accordance with Article 15 of the Special Act for Prevention, Relief and Revitalization Measures for Severe Pneumonia with Novel Pathogens.

Self-Health Management Notice
(Coronavirus disease 2019, COVID-19)

(Short-term business travelers after the end of the shortened home quarantine)

Name : _____

ID : _____

Phone : _____

Date : _____