

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

2020.04.06 version

As you had contact history related the coronavirus disease 2019 (COVID-19) or are at risk of infection, to reduce the risk of disease transmission and protect your family and friends, please conduct the following self-health management measures for 14 days from the time of your last contact or from the onset of symptoms.

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 14-day self-health management, please record your temperature, health status, and daily activities twice a day (morning and evening) correctly.
 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 and go to a hospital as soon as possible. Please avoid taking public transportation when you visit 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 home, 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 you seek medical care, are tested for COVID-19 in the hospital, and return home, please stay at home and do 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 for 14 days 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. Those who flout the self-health management regulations will violate Article 48 of the Communicable Disease Control Act, and be fined ranging from NT\$60,000 to NT\$300,000 in accordance with Article 67 of the Communicable Disease Control Act.
- ※If you are subject to either the home quarantine or home isolation, please follow related rules until the end of your home quarantine/isolation period.

Reported suspected COVID-19 case Reported community surveillance case
 Acknowledgment of Receipt of Self-Health Management Notice for COVID-19 (Please send it to the local health authority by fax or to the hospital.)

Name :	ID/Passport No :
Address :	TEL : Mobile Phone :

After receiving health education, I understand all the requirements of self-health management for COVID-19.

Signature : _____ Date: ____/____/____ (/MM/DD/YYYY)