

COVID-19 加強自主健康管理通知書
(居家照護個案同住家人解除居家隔離者)
Enhanced Self-health Management Notice
(Release from Home Isolation for Family of a COVID-19 confirmed case undergo Home Isolation)

「民眾姓名」先生/女士 您好：

聯絡電話：「聯絡電話」

身分證號碼/護照號碼：「身分證號碼護照號碼」

居住地址：「居住地址」

Dear Mr. / Ms. _____ ,

TEL: _____

Citizen ID No. /Passport No.:

Address: _____

因您的家人具有感染風險，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，請您於解除居家隔離後，配合「加強自主健康管理」7天(____年____月____日至____年____月____日24時)，加強自主健康管理期間，應遵守「加強自主健康管理應特別遵守及注意事項」及「一般自主健康管理應遵守及注意事項」：

To reduce the risk of disease transmission and protect your family and friends, after the end of the home isolation, please abide by enhanced self-health management for 7 days(From__ to__) and the following rules for enhanced self-health management and regular self-health management.

※「加強自主健康管理應特別遵守及注意事項」：

● Rules for enhanced self-health management

一、如沒有出現任何症狀，可以外出，但僅能從事固定且有限度之活動，且不可搭乘大眾運輸，禁止至人潮擁擠場所(如賣場、百貨公司、夜市、夜店、酒吧、喜宴、餐廳、觀光景點…等)。另延後非急迫之醫療或檢查，且就醫時應告知有家人在家檢疫。

1. You are only allowed to carry out limited 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.

二、落實實名制，須記錄每日活動，且應全程佩戴口罩及保持社交距離。

2. You should record your daily activities and the names of people you come into contact with, and you must wear a medical mask and maintain social distance all the time.

三、加強自主健康管理期間有症狀時，請自行以家用快篩試劑進行快篩。

3. If any symptom occurs during enhanced self-health management period, please use at-home COVID-19 rapid test kits.

※「一般自主健康管理應遵守及注意事項」：

● Rules for regular self-health management

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。

1. Please maintain hand hygiene by washing your hands often with soap and water or alcohol-based hand sanitizers, and 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 and water.

二、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，自主健康管理個人資料於結束後 28 天銷毀。

2. During the self-health management period, please record the body temperature twice a day in the morning and evening and record health conditions and activities. You must also cooperate in providing a domestic mobile phone number, responding to interactive SMS, accepting telephone inquiries of health conditions, or following other necessary care and follow-up mechanisms. The personal information for self-health management shall be destroyed 28 days after the end of the period.

三、自主健康管理對象資訊均上傳至全民健康保險醫療資訊雲端查詢系統提示醫事人員落實「TOCC」機制，確實詢問並記錄旅遊史(Travel history)、職業別(Occupation)、接觸史(Contact history)及是否群聚(Cluster)等資訊，以避免院內感染群聚事件發生。

3. All information on individuals practicing self-health management shall be uploaded to the National Health Insurance Medi-Cloud system to remind medical personnel to implement the "TOCC" mechanism, rigorously inquire and record the travel history, occupation, contact history, and cluster information to prevent cases of cluster infections in hospitals.

四、如沒有出現任何症狀，可正常生活，必須外出時，請一定嚴格遵守全程正確佩戴醫用口罩，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。

4. If you do not exhibit any symptoms, you may go about your life normally. 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.

五、禁止從事近距離或群聚型之活動，如聚餐、聚會、公眾集會或其他相類似之活動。

5. 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.

六、禁止前往醫院陪病；若無嚴重特殊傳染性肺炎相關症狀如發燒、咳嗽、腹瀉、嗅味覺異常或呼吸道症狀者，可依「開放民眾自費檢驗 COVID-19 申請規定」採檢陰性後探病。

6. You may not stay with a hospitalized individual in a hospital. If you do not exhibit COVID-19 symptoms such as fevers, coughs, diarrhea, loss of smell or taste, or respiratory symptoms, you can visit hospitalized individuals after testing negative in accordance with the regulations concerning the Application Form for Out-of-Pocket Polymerase Chain Reaction (PCR) Testing for Coronavirus Disease 2019 (COVID-19).

七、非急迫性需求之醫療或檢查應延後，倘有急迫性需求之醫療或檢查，應主動與當地衛生局聯繫，或撥 1922，依指示方式就醫。

7. Non-essential or non-urgent medical services or examinations must be postponed. In the event that urgent medical services are required, you must actively contact the local Department of Health or call 1922 and follow instructions to seek medical attention.

八、若出現嚴重特殊傳染性肺炎相關症狀，或曾就醫後症狀加劇必須再度就醫，應主動與當地衛生局聯繫，或撥 1922，依指示方式儘速就醫，前往就醫時禁止搭乘大眾運輸。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。

8. If you exhibit COVID-19 symptoms such as fevers, coughs, diarrhea, loss of smell or taste, or respiratory symptoms, or if your symptoms become severe and you need to seek medical attention again, you must actively contact the local Department of Health or call 1922 and follow instructions to seek medical attention; you may not use public transportation when you seek medical attention. Also, you must actively inform the doctor of your contact history, travel history, residence history, occupation, and whether other people around you exhibit similar symptoms.

九、就醫後若經通報為嚴重特殊傳染性肺炎個案，並經醫療院所安排採檢，於接獲檢查結果通知前，應留在家中，不可外出，如檢驗結果陽性，地方政府衛生局將會通知您及安排就醫。獲知檢驗結果為陰性後，仍需自主健康管理至

期滿。

9. After seeking medical attention, if you have been reported as a possible case of COVID-19 and received testing organized by a medical institution, you are required to stay in your residence (including quarantine hotel and general hotels) and may not go outside before receiving the test results. If the test results are negative, you are still required to practice self-health management until the end of the period.

十、有症狀期間應於家中休養，並佩戴醫用口罩、避免外出，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。當口罩沾到口鼻分泌物時，應立即更換並內摺丟進垃圾桶。

10. If you exhibit symptoms, you must rest in your residence (including quarantine hotels and general hotels) and wear a medical mask. You may not go outside. You must wear a medical mask when talking with others and maintain a distance of at least 1 meter. When your mask is contaminated by nasal or oral secretions, you must replace it immediately, fold it inwards, and put it in a trash can.

十一、倘經通知為確診個案之密切接觸者，應立即停止自主健康管理，改列居家隔離，並配合後續疫情調查。

11. If you are notified as a close contact with COVID-19 confirmed cases, please stop self-health management, undergo home isolation, and abide by the following investigation.

十二、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 36 條規定，可裁處新臺幣 3 千元以上 1 萬 5 千元以下罰鍰。

12. Those who flout the self-health management regulations will violate Article 58 of the Communicable Disease Control Act, and be fined ranging from NT\$10,000 to NT\$150,000 in accordance with Article 69 of the Act.

十三、如不服本處分者，得自本處分送達翌日起 30 日內，繕具訴願書逕送原處分機關，並由原處分機關函轉訴願管轄機關提起訴願。

13. If you disagree with this notice of administrative disposition, please prepare an administrative appeal pleading and file the administrative appeal to the agency which the administrative disposition was made within 30 days from the next day of the receipt of the administrative disposition, and the agency rendering this disposition shall transfer the appeal to the agency with jurisdiction of the administrative appeal.

加強自主健康管理通知書簽收聯

Acknowledgement receipt of COVID-19 Enhanced Self-Health Management Notice

(若個案為未成年人，則送請法定代理人簽收，並向法定代理人說明程序)

(If the case is a minor, the notice will be sent to his/her legal representative, and the procedure will be explained to the legal representative.)

受文者簽收(Recipient)：

_____ (signature)

法定代理人簽章(Legal representative)：

_____ (signature)

個案 ID/護照號碼(ID/Passport No.)：

執行人員簽章(Responsible person)：

_____ (signature)

送達說明時間(Date)：____年____月____日____時____分 (YYYY/MM/DD/HH/MM)