

In response to severe special infectious pneumonia Self-Health Management Notice

**Self-Health Management period: ___/___/___ to ___/___/___ (yyyy/mm/dd)
(From the date of entry to 14 days after entry, such as 2/1 to 2/15)**

According to the provisions of the Central Epidemic Command Center, in order to prevent the spread of severe special infectious pneumonia and protect your health, please conduct the following self-health management measures for 14 days.

- During the period of self-health management, please avoid going outside. If you need to go outside, please wear a surgical mask. (If you have no symptoms, please still avoid going to public places. When you go outside, please ensure that you wear a surgical mask as required.)
- 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.
- Please implement respiratory hygiene and cough etiquette. Wear a mask when you have respiratory symptoms such as cough. If your mask is contaminated by secretions of nose or mouth, please fold it and throw into the trash immediately. When sneezing, cover your mouth and nose with a tissue or handkerchief. If there is no tissue or handkerchief, you can use a sleeve instead. If you have respiratory symptoms, please wear a surgical mask and keep at least 1 meter away from others while talking to them. If your hands touch any secretions from your respiratory tract, please wash your hands with soap and water thoroughly
- **Please record your temperature twice a day (9am & 1pm) in the Record of Body Temperature, Health status and Daily activities, and complete online report before 2pm.**
- **If you have symptoms such as fever($\geq 38^{\circ}\text{C}$), cough and breathing difficulties, please make sure to wear a surgical mask and notify the local health authority to help you seek medical attention. When you seek medical attention, please inform the physician of your contact history, travel history, residence history, occupational exposure, and whether anyone else has similar symptoms. Please also contact the Health Services Division 03-2652162 (working hours) or the Campus Security Report Center 03-265-7777 (non-working hours).**
- **After you complete the specimen collection process in the hospital and return home, please stay at home and do not go outside before you receive your test results.**
- After the self-health management is completed, please be sure to sterilize the "Electronic Thermometer" with an alcohol pad, dry it, and return it to the Health Services Division (1F, North Wing, Holistic Education Village) with the original packaging.
- Those who violate the self-health management regulations will be fined ranging from NT\$3,000 to NT\$15,000 in accordance with Article 36 and 70 of the Communicable Disease Control Act.

- **School Contact**

Health Services Division (working hours): 03-2652162

Campus Security Report Center (non-working hours): 03-265-7777

- **Nearby hospital**

Hospital		
Ten-Chan General Hospital	No.155, Yanping Rd., Zhongli Dist., Taoyuan City	03-4629292
Taoyuan General Hospital, Ministry of Health and Welfare	No.1492, Zhongshan Rd., Taoyuan Dist., Taoyuan City	03-3699721



Scan QR Code for more list of hospital(clinics) in Taoyuan City
(網址 <https://ma.mohw.gov.tw/masearch/SearchBAS-101-1.aspx>)

- For further information on severe special infectious pneumonia, you can:
 1. Visit the website of Taiwan Centers for Disease Control
 2. Use LINE to search the official account "疾管家" or "@taiwandc" to get the epidemic prevention information in real time.



Scan QR Code to get more information of the severe special infectious pneumonia. (<https://www.cdc.gov.tw>)

- **Recommendations for Environmental Disinfection**

1. General environment: (such as desk, chair, elevator button panel, handle, furniture, kitchen) sterilized by 1:100 diluted bleach (500 ppm).
2. Bathroom or surface of toilet: sterilized by 1:10 diluted bleach (5000 ppm).
3. Disinfection should be done at least once a day, and use bleach of that day.
4. Maintain good ventilation and clean air indoor.

Record of Body Temperature, Health status and Daily activities

NO. : _____ (To be filled out by the management unit)

Class: _____ Student ID: _____ Name: _____

Day	Date	09:00	13:00	Health status	Daily activities
1		°C	°C		
2		°C	°C		
3		°C	°C		
4		°C	°C		
5		°C	°C		
6		°C	°C		
7		°C	°C		
8		°C	°C		
9		°C	°C		
10		°C	°C		
11		°C	°C		
12		°C	°C		
13		°C	°C		
14		°C	°C		



Scan QR Code to report temperature online immediately.

(<https://forms.gle/buM5z5qpt2zPpHDu7>)

Please complete the report before 2pm every day.

After self-health management is completed, please return the "electronic thermometer" to the Health Services Division.

The paper record shall be stored and inspected by yourself to facilitate random inspection by the health unit.