# Notice on the Self-Management of Health of coronavirus disease (COVID-19)

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| --- | --- |
| **Name：** | **ID No.：** |
| **Student No.：** | **Department：** |
| **Date of issue：** | **Tel：** |
| **Address：** |  |
|  Date of entry：Month Day\_\_\_\_\_\_Year \_\_ |
|  End date of self- management of health：Month \_\_\_ \_Day\_\_\_\_\_\_\_Year \_\_\_\_\_\_ |

( This notice is a legal document, please fill in correctly. The upper part is to

 give to the disease control official; the lower part is for you to keep.)

# Notice on the Self-Management of Health of coronavirus disease (COVID-19)

To prevent the infection of COVID-19, and at the same time, to protect the health of yourself and your friends and relatives, please in the next 14 days, correctly practice measures for the self-management of health.

1. The person under self-management and his/her family members can maintain normal life, such as going to school or office. There is no restriction of activities unless the person under self-management develops symptoms.
2. Keep hands clean. Wash hands regularly. In principle, soap and clean water or alcoholic dry cleaner can be used to keep hands tidy. Do not touch eyes, nose and mouth directly with hands.
3. Observe hygiene of respiratory tracts and coughing manners. Wear a mask if there are respiratory tract symptoms such as coughing. If mask is contaminated with discharges of mouth or nose, use a new one immediately and throw the contaminated one into the dust bin. When sneezing, cover mouth and nose with tissue or handkerchief. If tissue or handkerchief is not available on hand, sleeves can be used. If there are respiratory tract symptoms, when talking with others, wear surgical mask and keep a distance of more than one meter. When hands are contaminated with discharges of respiratory tracts, rub hands with soap and wash thoroughly.
4. During the illness, you should take a rest at home, wear surgical masks, and avoid going out. In common places, when you go out, please strictly abide by wearing surgical masks.
5. In the 14 days of self-management, measure body temperatures once every morning and evening, and keep in detail body temperatures and activities (as per Attachment).
6. Cases under self-management, if are infected with acute respiratory infection (fever higher than 38℃ and coughing), wear surgical mask immediately, call the toll-free Communicable Disease Reporting and consultation Hotline,1922 ( or 0800-001922),seek immediate medical attention.
7. When under medical care, present this notice to the doctor. Tell the doctor at own initiative the history of contact, travel and living conditions.
8. If the regulations of self-management are not observed correctly, the persons concerned will be violating regulations of Article 36 of the Communicable Disease Control Act, and are liable by Article 70 of the same Act to a fine of NT$3,000 to 15,000, successively.

## Body Temperature and Activities Record

Name：

ID No.：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_

Student No.：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Department：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

End date of autonomous health management：Month Day\_ Year \_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Date | AM | PM | Health Condition | 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 |  |  |

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