## Health Care Workers (HCW) Self-health Management Notice for Prevention of COVID-19

## Revised on April 1st, 2020

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## You have received testing for SARS-CoV-2 as recommended by doctors since you have either developed a fever (38°C), symptoms of upper respiratory tract infection, abnormal sense of smell (anosmia), or abnormal sense of taste (dysgeusia). To minimize the risk of further transmission, and to protect the health of yourself, friends, family members, as well as people around you, please make sure you comply with the following self-health management measures:

## I. After returning home from the healthcare facility where you were tested, stay at home and DO NOT go out until you receive the test results. Please return to the same facility for a second test at least 24 hours after the first test.

## II. After the first test, DO NOT return to work until the fever has subsided for at least 24 hours (without using antipyretics). Return to work only after respiratory symptoms have resolved and after at least 2 consecutively negative nasopharyngeal swab/throat swab/sputum tests (at least 24 hours apart). Please follow the “Guidelines for Returning to Work for Health Care Worker COVID-19 Under Expanded Examination” for guidance on returning to work.

## III. Rest and recover at home when feeling unwell, wear a medical mask, avoid leaving home, and keep a distance of at least 1 meter from others. Replace the mask immediately when it is contaminated with nasal or oral secretions, the discarded mask should be folded with its inner side covered and thrown into the trash can.

## IV. If symptoms worsen, please make sure you wear a medical mask and contact local health authorities or dial 1922 for assistance, seek medical help as soon as possible following their advice and DO NOT use public transportation.

## V. Measure and record your body temperature every morning and evening , please also keep a record of your daily health status and activity history. Avoid public places as much as possible. Please wear medical masks at all times when you leave your home.

## VI. Maintain personal hygiene and wash your hands frequently with soap or alcohol-based hand sanitizer. Make sure you DO NOT touch your eyes, nose, or mouth with your hands. If your hands have contacted respiratory secretions, please wash your hands thoroughly with soap.

## VII. Failure to comply with the self-health management regulations is a violation of Article 48 of the "Communicable Disease Control Act", and will be subjected to a fine ranging from NT$60,000 to NT$300,000 according to Article 67 of the same Act.

## If you have already been under home isolation or home quarantine, please continue home isolation or quarantine until the designated date of release according to the relevant regulations.

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## Testing facility: \_\_\_\_\_\_\_\_ Time and date of the first test: \_\_\_\_\_\_\_\_\_

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## [Please return to the same facility for a second test at least 24 hours after the first test, and before you return to work]

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## Signing Receipt for Testing Subjects under Health Care Workers Self-health Management

## (Please return this receipt to the testing facility or fax it to the district public health bureau)

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|  |  |
| --- | --- |
| Name: | ID no.: |
| Address: | Telephone number:Mobile number: |

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## I have understood the management and precaution measures during self-health management

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## Signature: \_\_\_\_\_\_\_\_\_\_

## Date: \_\_\_\_\_\_\_\_\_ (yyyy/mm/dd)

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