

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

Dear Mr. / Ms. _____ ,

TEL: _____

Citizen ID No. /Passport No.:

Address: _____

You are (or have)	<input type="checkbox"/> not subject to home quarantine or home isolation, but you have been reported as a suspected COVID-19 case and tested negative. <input type="checkbox"/> contact history related COVID-19 or are at risk of infection, and you need to practice self-health management. <input type="checkbox"/> other : _____
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To reduce the risk of disease transmission and protect your family and friends, please from ___ / ___ / ___ (YYYY/MM/DD) to ___ / ___ / ___ (YYYY/MM/DD) follow self-health management rules.

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 thoroughly.
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.
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.
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.

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.
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).
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.
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.
9. After seeking medical attention, if you have been reported as a suspected 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.
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.
11. If you need psychological consultation, you can call the 24-hour toll-free 1925 care hotline.

12. Those who flout the self-health management regulations will violate Articles 36 and 48 of the Communicable Disease Control Act, and be fined ranging from NT\$3,000 to NT\$15,000 or NT\$6,000 to NT\$30,000 in accordance with Articles 70 and 67 of the Act.

※If you are subject to either home quarantine or home isolation, please follow related rules until the end of your home quarantine/isolation period.

Acknowledgement receipt of COVID-19 Self-Health Management Notice

(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.)

Recipient: _____ Legal representative: _____
(signature) (signature)

ID No./Passport No.: _____ Responsible person: _____
(signature) (signature)

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