

體溫及行程紀錄表

填表人：_____

離開流行地區最近日期：__年__月__日 / 出發地搭乘航班：_____

轉機日期：__年__月__日 / 轉機地點：_____ / 轉機地搭乘航班：_____

	日期	上午	下午	健康狀況	活動史紀錄
1		____度	____度		
2		____度	____度		
3		____度	____度		
4		____度	____度		
5		____度	____度		
6		____度	____度		
7		____度	____度		
8		____度	____度		
9		____度	____度		
10		____度	____度		
11		____度	____度		
12		____度	____度		
13		____度	____度		
14		____度	____度		

開立機關：

聯絡電話：

Notice on the Self-Management of Health of Middle East Respiratory Syndrome Coronavirus Infections (MERS-CoV)

Name :

ID No. :

Date :

Tel :

Address :

(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 Middle East Respiratory Syndrome Coronavirus Infections (MERS-CoV)

You have in the last 14 days travelled or lived in areas epidemic of MERS-CoV. To monitor the infection of MERS-CoV, and to protect the health of yourself and your friends and relatives, please practice the following measures in the next 14 days correctly for the self-management of health.

1. While sick, please rest at home as much as possible and refrain from going out. If going out is necessary, please wear surgical mask. Your family members may go to school or office as usual.
2. Please keep hands clean. Wash hands regularly. In principle, soap and clean water or alcohol-based hand rub can be used to keep hands tidy. Do not touch eyes, nose or mouth directly with hands.
3. Please follow respiratory hygiene and cough etiquette. Wear a mask if there are respiratory tract syndromes such as coughing. If mask is contaminated with discharges of mouth or nose, use a new one immediately and dispose 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 clean water and wash thoroughly.
4. In the 14 days of self-management, please measure body temperature once every morning and evening. Record daily body temperatures and activities (as per Attachment), and notify local health bureau/station on own accord.
5. If your conditions worsen, wear surgical mask immediately and inform local health bureau/station to help arrange medical care.
6. When under medical care, present this notice to the doctor. Tell the doctor at own initiative the history of contact, travel, and living conditions.
7. 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 : _____

Last day departing epidemic area: Month _____ Day _____ Year _____

Flight No. at Departure : _____ / Date of Transfer:Month _____ Day _____ Year _____

Place of Transfer : _____ / Flight No. at Transfer : _____

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		

Issued by (Institution) :

Tel :