

自主防疫指引

Self-initiated Prevention Directions

111.10.13 實施

Implemented from Oct. 13, 2022

一、適用對象及期間

Applicable Persons and Duration

(一) 國外入境人員：入境日(第 0 天)次日起，進行 7 天自主防疫。

Arriving travelers: 7 days of self-initiated prevention should be carried out from the day following the entry date (Day 0).

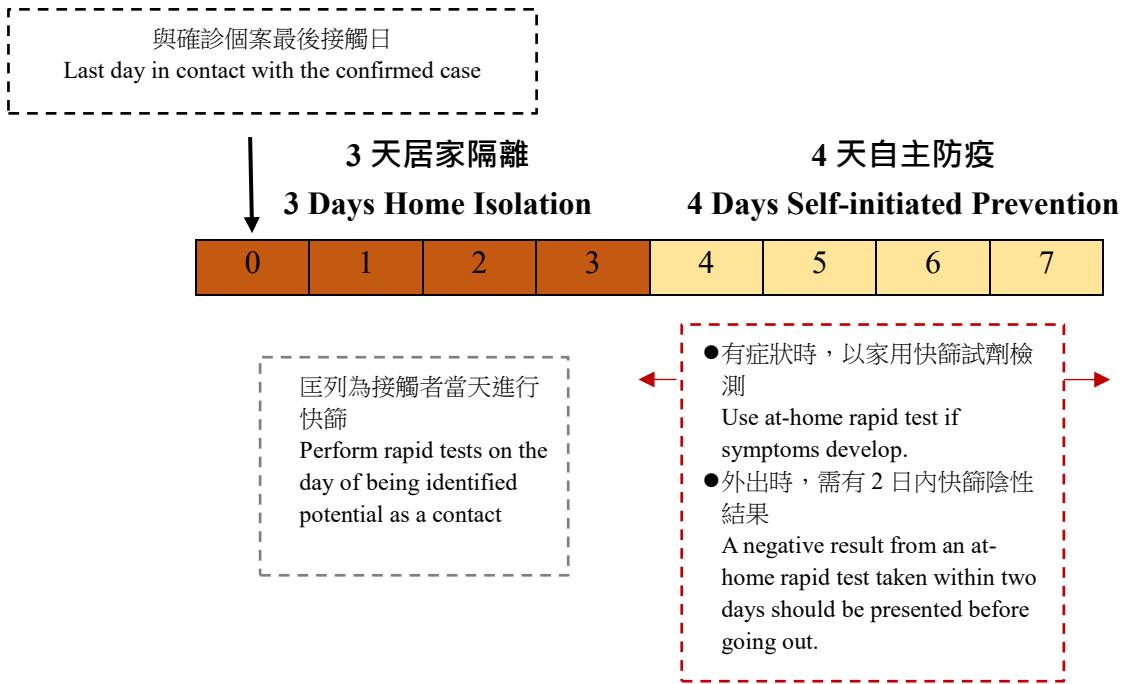


(二) 確診個案之同住親友：

Family members living in the same residence as the confirmed case

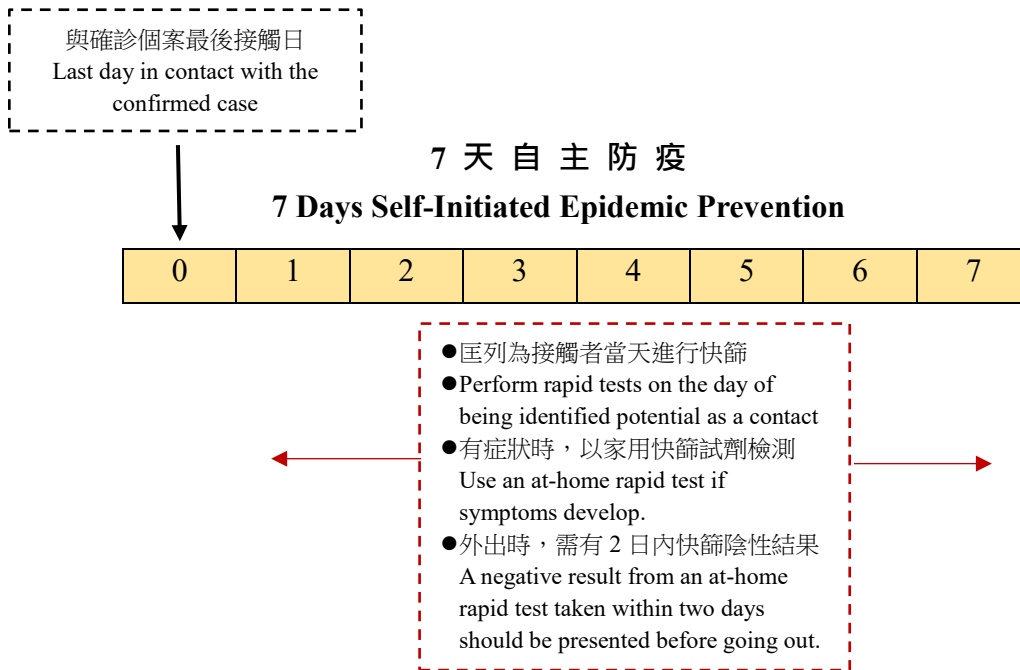
1. 與確診個案最後接觸日(第 0 天)次日起算完成 3 天居家隔離後，進行 4 天自主防疫

A 4-day period of self-initiated prevention should be carried out after 3 days of home isolation from the day following the last day of contact with the confirmed case (Day 0).



2. 與確診個案最後接觸日(第 0 天)次日起，進行 7 天自主防疫

A 7-day period of self-initiated prevention should be carried out from the day following the last day of contact with the confirmed case (Day 0).



二、應遵守防疫規範

Epidemic Prevention Measures

(一) 檢測措施：

Test Measures

1. 檢測時機：

Test Time:

- (1) 入境當日或自主防疫第一天(D0/D1)或匡列為接觸者當天以家用抗原快篩進行快篩。

Perform an at-home antigen rapid test on the day of entry, on the first day of self-initiated prevention (D0/D1), or on the day when the person is identified as a contact.

- (2) 有症狀時應於自主防疫地點休息，並以家用抗原快篩試劑進行快篩。

If any symptoms are observed, rest at your place of self-initiated prevention and perform a test with an at-home antigen rapid test kit.

- (3) 需有 2 日內家用抗原快篩陰性結果才可外出。(例如 10/12 外出，需有 10/11 或 10/12 執行快篩之陰性結果)。

A negative result from an at-home rapid test taken within two days should be presented before going out. (e.g., to go out on 10/12, a negative test result taken on 10/11 or 10/12 is required.)

2. 檢測陽性處置：

Positive Test Result Handling Procedures:

- (1) 請備妥健保卡及快篩檢測卡匣/檢測片，透過遠距/視訊診療或委由親友至診所或負責居家照護之責任院所(含衛生所)，請醫師協助評估快篩陽性結果，經評估達成共識由評估醫師進行通報即為確診，如未能達成共識，則由所在地地方政府衛生局安排 PCR 採檢^(註 1)。

Please prepare your National Health Insurance (NHI) card and rapid test cassette/strip and ask the doctor to assist in evaluating your positive rapid test result through a telemedicine/video consultation, or by asking a friend or family member to bring them to the clinic or the hospital (including public health center) responsible for home

care. After a consensus is reached through the evaluation, the doctor will report the case, and the diagnosis is confirmed. If a consensus cannot be reached, PCR testing will be arranged by the local government health bureau. (Note 1)

- (2) 外國人或未具健保身分者，可委由國內友人、在臺聯絡人或地方政府衛生局協助遠距/視訊診療，或安排至診所/負責居家照護之責任院所(含衛生所)評估篩檢結果^(註 2)。

Foreigners or those who are not enrolled in the NHI program may have their friends, contacts in Taiwan, or local government health bureau assist in remote/telemedicine consultations or arranging for them to go to clinics/institutions responsible for home care (including public health centers) to evaluate test results. (Note 2)

※註 1：快篩陽性結果視訊或現場評估門診服務院所[網址](#)，請至衛生福利部疾病管制署全球資訊網/首頁/傳染病與防疫專題/傳染病介紹/第五類法定傳染病/嚴重特殊傳染性肺炎/地方政府居家檢疫及居家隔離關懷服務中心/COVID-19 快篩陽性結果視訊或現場評估門診服務院所項下查詢。

※Note 1: For the [link](#) to find the clinics and institutions that provide telemedicine or on-site positive test result evaluations, please visit the website of the Taiwan Centers for Disease Control→Home→傳染病與防疫專題(Special Topics on Infectious Diseases and Prevention)→傳染病介紹(Introduction to Infectious Diseases)→第五類法定傳染病(Category V Communicable Diseases)→嚴重特殊傳染性肺炎(Coronavirus disease 2019)→地方政府居家檢疫及居家隔離關懷服務中心(Local Government Home Quarantine/Home Isolation Care Service Center)→COVID-19 快篩陽性結果視訊或現場評估門診服務院所(COVID-19 Positive Rapid Test Result Telemedicine or On-site Consultation Institutions)

※註 2：各縣市政府衛生局醫療諮詢專線及可提供外籍人士視訊看診或就醫之醫療院所名單，請至衛生福利部疾病管制署全球資訊網/首頁/傳染病與防疫專題/傳染病介紹/第五類法定傳染病/嚴重特殊傳染性肺炎/地方政府居家檢疫及居家隔離關懷服務中心/外籍人士視訊看診或就醫之醫療院所名單項下查詢。

※Note 2: For a list of medical consultation hotlines of local health bureaus and medical institutions that can provide telemedicine consultations or medical treatment for foreigners by city/county, please visit the website of the Taiwan Centers for Disease Control→Home→傳染病與防疫專題(Special Topics on Infectious Diseases and Prevention)→傳染病介紹(Introduction to Infectious Diseases)→第五類法定傳染病(Category V Communicable Diseases)/嚴重特殊傳染性肺炎(Coronavirus disease 2019)→地方政府居家檢疫及居家隔離關懷服務中心(Local Government Home Quarantine/Home Isolation Care Service Center)→外籍人士視訊看診或就醫之醫療院所名單(List of medical institutions providing telemedicine consultations or medical treatment to foreigners)

3. 確診者處置：COVID-19 確診個案須依據嚴重特殊傳染性肺炎中央流行疫情指揮中心公布之「COVID-19 確診者分流收治原則」處置。輕症個案可於原自主防疫地點(不含一般旅館)、加強型防疫旅宿或集中檢疫所進行居家照護。如有急迫性就醫需求，可自行開車、騎車、步行、家人親友載送(雙方全程佩戴口罩)或依地方政府衛生局安排就醫。就醫時請佩戴口罩且禁止搭乘大眾運輸工具前往。如有緊急醫療需求，請撥打 119 或連繫當地衛生局，以 119 救護車送醫為原則或依衛生局指示搭乘防疫計程車、同住親友接送或自行前往(如步行、自行駕/騎車)等方式為輔。

Confirmed Case Handling Procedures: Confirmed COVID-19 cases

should be handled in accordance with the "Principles for Admission and Treatment of Confirmed COVID-19 Cases" published by the Central Epidemic Command Center. Mild cases can receive home care at their original places of self-initiated prevention (excluding general hotels), enhanced quarantine hotels, or government quarantine facilities. If urgent medical care is needed, you can drive, ride, walk, get a ride from your family or friends (both wearing masks the entire time), or follow the arrangements of your local health bureau to seek medical help. Please wear a medical mask, and do not travel by public transportation when seeking medical treatment. If you have an emergency medical need, please call 119 or contact your local health bureau, and use a 119 ambulance to go to the hospital. If an ambulance is not available, you can follow the instructions of your local health bureau to take a quarantine taxi, get a ride from a friend or family, or go on your own (e.g., walking, driving/riding) to the hospital.

4. 未滿 2 歲幼童無需執行家用抗原快篩。如出現症狀，請照顧者依前述輕症個案就醫方式儘速攜帶幼童就醫，或聯繫地方政府衛生局協助就醫。如有緊急醫療需求，請撥打 119 或連繫當地衛生局，以 119 救護車送醫為原則或依衛生局指示搭乘防疫計程車、同住親友接送或自行前往(如步行、自行駕/騎車)等方式為輔。

Children under the age of 2 do not need to perform at-home antigen rapid test. If any symptoms are observed, caregivers should bring symptomatic children to a doctor as soon as possible according to the aforementioned steps to seek medical attention for minor cases, or contact their local government health bureau to assist in seeking medical treatment. In case of emergency medical needs, please call 119 or contact the local health bureau and use a 119 ambulance to send a symptomatic child to the hospital. If an ambulance is not available, the caregiver can follow the instructions of the local health bureau to take

a quarantine taxi, get a ride from a friend or family member living with the child to the hospital, or take the child to the hospital on their own (e.g., walking, driving/riding).

(二)外出注意事項：

Instructions for Going Out:

1. 外出需遵守本指引，需有 2 日內家用抗原快篩陰性結果。

These instructions need to be followed when you go out. A negative result from an at-home rapid test taken within 2 days needs to be presented.

2. 外出、上班、上學期間全程佩戴口罩，維持社交距離，有飲食需求可暫免佩戴口罩，並於用畢後立即佩戴口罩。

Wear a mask and maintain a social distance when going out, going to work, or going to school. You may take off the mask when eating; you should put it on immediately after finishing your meal.

3. 儘量避免接觸重症高風險對象(包括 65 歲以上長者、6 歲以下幼童、免疫不全及免疫力低下者等)。

Avoid contact with people at high risk of serious illness (including elderly people 65 years old and older, children 6 years old or under, immunocompromised people, and individuals with a weak immune system.)

4. 有用餐需要，得於餐廳內獨自或與特定對象共餐。離開座位時及餐點使用完畢後應立即佩戴口罩。

If you need to eat, you may eat alone or with a specific person in the restaurant. Wear a mask when you leave your seat and immediately after finishing your meal.

5. 禁止前往醫院陪病、探病，建議延後非急迫性需求之醫療或檢查，並避免前往長照機構。

Do not accompany or visit patients in hospitals. Postponing non-urgent medical treatment or examinations is advised. Avoid visiting long-term

care institutions.

(三)環境條件

Environmental Conditions

1. 符合「1 人 1 室」(獨立衛浴)條件之自宅、親友住所或旅館與民宿；倘能於每次使用浴廁後均能適當清消，則可於不含獨立衛浴設備之個人專用房間自主防疫；倘家戶中所有同住者或同行者皆為自主防疫對象，可不受「1 人 1 室」之限制。

The place needs to be your primary residence, a friend or relative's residence, a hotel or home stay that fulfills the “one person per room” (with a private bathroom) principle. If a bathroom can be properly cleaned after each use, you can undergo self-initiated prevention in a room without a private bathroom. If all the people living in the same household need to undergo self-initiated prevention, the “one person per room” principle does not have to be followed.

2. 一般旅宿建議具備空調或窗戶可維持空氣流通。工作人員可於以入住須知、廣播或房間內張貼文宣等方式，提醒入住者「房間內應維持適當空調，不能隨意開窗或調整空調，可能影響房間之通風及換氣，如有調整需要請聯繫櫃檯人員」等宣導內容。

General hotels should be equipped with air conditioning or windows to maintain proper airflow. Staff should remind occupants, by means of check-in information, broadcasting, or posters in the room, that: “Maintain proper airflow in the room. Do not open windows or adjust air conditioning at will in order not to affect the airflow or ventilation in the room. Please contact a receptionist if any adjustment needs to be made.”

(四)其他注意事項

Additional Notes

1. 請維持手部清潔，保持經常洗手習慣，原則上可以使用肥皂和清水

或酒精性乾洗手液進行手部清潔。另應注意儘量不要用手直接碰觸眼睛、鼻子和嘴巴。手部接觸到呼吸道分泌物時，請用肥皂及清水搓手並澈底洗淨。

Please keep your hands clean and wash them frequently. You can use soap and water or alcohol-based hand sanitizers to clean your hands. You should refrain from touching your eyes, nose, and mouth directly with your hands. If your hands come into contact with respiratory fluids, rub and wash your hands with soap and water thoroughly.

2. 如需心理諮詢服務，可撥打 24 小時免付費 1925 安心專線。

For psychological counseling services, you can call the 24-hour, toll-free 1925 hotline.

3. 如中央目的事業主管機關就權管業務有另外訂定規範者，則依該規範辦理。

Other applicable regulations issued by the central regulatory authorities of respective businesses should prevail if such other applicable regulations are in place.