

入境旅客在家檢疫期間同住家人（非居家檢疫者）
自主健康管理通知書
(限「7天集中檢疫所/防疫旅宿+7天在家檢疫」方案適用)
**Family Members Living with Arriving Travelers During Home
Quarantine Periods (for individuals not under home quarantine)
Self-Health Management Notice**
(applicable only to [7 days at group quarantine facility/quarantine
hotel + 7 days of home quarantine] program)

_____先生/女士 您好：

Dear Mr./Ms. _____：

您的家人_____先生/女士自國外入境，於集中檢疫所/防疫旅宿完成7天檢疫並經PCR檢測陰性後，返家進行在家檢疫至入境後14天(入境日為第0天)。因您的家人具有感染風險，為降低可能傳播風險，並保障您自己、親友及周遭人士的健康，請您於家人在家檢疫期間同時配合「加強自主健康管理」7天(____年____月____日至____年____月____日24時)，續於家人檢疫期滿並經PCR檢測陰性後，配合「一般自主健康管理」至家人入境後21天：

Once your family member Mr./Ms. _____ has entered the country and completed 7 days of quarantine at a group quarantine facility/quarantine hotel and received a negative PCR test, he or she will be able to return home to quarantine for 14 days after entry (entry date is day 0). As your family may be at risk of infection, you and your family are requested to comply with **[enhanced self-health management]** for 7 days (from __/__/__ (MM/DD/YYYY) to __/__/__ (MM/DD/YYYY) in order to reduce the risk of spreading and protect you, your friends, relatives, and those around you. After your family member's quarantine period is fulfilled and receives a negative PCR test, please comply with **[regular self-health management]** rules until 21 days after your family member has entered the country:

※「加強自主健康管理」期間應特別遵守及注意事項：

- 一、不可與自國外入境家人共用房間、衛浴，亦不可同處、共食。於提供其必要之生活協助(如生活補給)時，雙方皆應採取適當防護措施，包含佩戴口罩、保持社交距離，並儘量縮短接觸時間。
- 二、如沒有出現任何症狀，可以外出，但僅能從事固定且有限度之活動，且不可

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搭乘大眾運輸，禁止至人潮擁擠場所(如賣場、百貨公司、夜市、夜店、酒吧、喜宴、餐廳、觀光景點...等)。另延後非急迫之醫療或檢查，且就醫時應告知有家人在家檢疫。

三、落實實名制，須記錄每日活動，且應全程佩戴口罩及保持社交距離。

四、應於加強自主健康管理第 3 天、第 7 天，以自費家用快篩試劑檢測 1 次，並配合雙向簡訊回報快篩結果。

※ Special compliance and precautions during [enhanced self-health management]

1. Do not share a room, bathroom, food, or stay in the same room with the family member who recently entered the country. When providing necessary living assistance (such as supplies), both parties should take appropriate protective measures, such as wearing medical masks, maintaining social distance, and minimizing the duration of contact as much as possible.
2. You may go outside if no symptoms occur; however, only limited activities are permitted. Taking public transportation and visiting crowded areas (such as markets, department stores, night markets, clubs, bars, wedding banquets, restaurants, tourist attractions, etc.) are prohibited. Please postpone non-urgent medical treatment or examinations; when seeking medical attention, you should provide notice that a family member is currently under home quarantine.
3. Register contact information, record daily activities, wear face masks at all times, and maintain social distancing.
4. Do a self-paid at-home rapid test on day 3 and day 7 of enhanced self-health management and report the test results via interactive SMS.

※加強自主健康管理及一般自主健康管理期間，全程應遵守及注意事項：

- 一、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及澈底洗淨。
- 二、每日早/晚各量體溫一次、詳實記錄體溫、健康狀況及活動史，並配合雙向簡訊回報健康狀況，自主健康管理個人資料於結束後 28 天銷毀。
- 三、自主健康管理對象資訊均上傳至全民健康保險醫療資訊雲端查詢系統提示醫事人員落實「TOCC」機制，確實詢問並記錄旅遊史(Travel history)、職業別(Occupation)、接觸史(Contact history)及是否群聚(Cluster)等資訊，以避免院內感染群聚事件發生。
- 四、如沒有出現任何症狀，可正常生活，必須外出時，請一定嚴格遵守全程正確

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佩戴醫用口罩，並避免出入無法保持社交距離(室內 1.5 公尺，室外 1 公尺)，或容易近距離接觸不特定人之場所。

- 五、禁止從事近距離或群聚型之活動，如聚餐、聚會、公眾集會或其他相類似之活動。
- 六、禁止前往醫院陪病；若無嚴重特殊傳染性肺炎相關症狀如發燒、咳嗽、腹瀉、嗅味覺異常或呼吸道症狀者，可依「開放民眾自費檢驗 COVID-19 申請規定」採檢陰性後探病。
- 七、非急迫性需求之醫療或檢查應延後，倘有急迫性需求之醫療或檢查，應主動與當地衛生局聯繫，或撥 1922，依指示方式就醫。
- 八、若出現嚴重特殊傳染性肺炎相關症狀，或曾就醫後症狀加劇必須再度就醫，應主動與當地衛生局聯繫，或撥 1922，依指示方式儘速就醫，前往就醫時禁止搭乘大眾運輸。就醫時應主動告知醫師接觸史、旅遊史、居住史、職業暴露、以及身邊是否有其他人有類似的症狀。
- 九、就醫後若經通報為嚴重特殊傳染性肺炎個案，並經醫療院所安排採檢，於接獲檢查結果通知前，應留在家中，不可外出，如檢驗結果陽性，地方政府衛生局將會通知您及安排就醫。獲知檢驗結果為陰性後，仍需自主健康管理至期滿。
- 十、有症狀期間應於家中休養，並佩戴醫用口罩、避免外出，與他人交談時，除戴上醫用口罩外，儘可能保持 1 公尺以上距離。當口罩沾到口鼻分泌物時，應立即更換並內摺丟進垃圾桶。
- 十一、倘經通知為確診個案之密切接觸者，應立即停止自主健康管理，改列居家隔離，並配合後續疫情調查。
- 十二、如未確實遵守各項自主健康管理規定，係違反傳染病防治法第 36 條規定，可裁處新臺幣 3 千元以上 1 萬 5 千元以下罰鍰。
- 十三、如不服本處分者，得自本處分送達翌日起 30 日內，繕具訴願書逕送原處分機關，並由原處分機關函轉訴願管轄機關提起訴願。

※Rules and precautions that must be followed during enhanced and regular self-health management:

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.
2. Record your body temperature twice a day in the morning and evening. Record your

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body temperature, health conditions, and activities and respond to interactive SMS concerning your health conditions. All 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 inquiring and recording travel history, occupation, contact history, and cluster information to prevent 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 face 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

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COVID-19 and received testing organized by a medical institution, you are required to stay in your residence and may not go outside before receiving the test results. If the test results are positive, the local Department of Health will notify you and arrange for you to seek medical attention. 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 and wear a medical mask. You should avoid going outside and 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 have been notified of having close contact with a confirmed case, you should immediately cease self-health management and begin home quarantine while cooperating with subsequent contact tracing investigations.
12. Those who flout the self-health management regulations are in violation of Article 36 of the Communicable Disease Control Act, and a fine of between NT\$3,000 and NT\$15,000 may be imposed.
13. If you are in disagreement with this notice of disposition, submit an administrative appeal with the original sanctioning agency within 30 days from the receipt of the disposition; the original sanctioning agency will transfer your appeal to the agency with jurisdiction of the administrative appeal.

若人員為無行為能力(7歲以下、監護宣告)及限制行為能力(超過7歲未滿20歲), 應由法定代理人簽收

The notice shall be signed by a legal representative if the individual in question has no legal capacity (under 7 years old, declaration of guardianship) or has limited legal capacity (over 7 years but less than 20 years old)

受文者簽收 Recipient : _____

法定代理人簽章 Legal Representative : _____

個案 ID/護照號碼 ID No./passport no. : _____

執行人員簽章 Executing Staff : _____

送達說明時間 : _____年_____月_____日_____時_____分

Date : __/__/__ (MM/DD YYYY/) __:__(HR/MIN)