

航空公司及其所屬人員執行麻疹/德國麻疹個案接觸者之 自主健康管理應遵循事項

107 年 4 月 19 日

為使航空公司及其所屬人員於接觸麻疹/德國麻疹個案後之自主健康管理有所依循，衛生福利部疾病管制署依據傳染病防治法第 58 條及第 59 條，說明航空公司及其機組人員於接觸麻疹/德國麻疹病患後應遵循事項如下：

一、航空公司應遵循事項

1. 應配合「衛生福利部疾病管制署航空器傳染病接觸者航艙資料申請單暨防疫通知」提供資料，並儘速建立個案同航班機組人員等接觸者名冊，送交_____（衛生單位名稱），做為健康監視作業依據。
2. 應由專責人員主動追蹤及提醒自主健康管理注意事項，並依_____（衛生單位名稱）指示回報健康管理結果。
3. 接觸者如出現身體不適，務必先暫停其執勤，由航空公司主動通知_____（衛生單位名稱），並請其配合就醫安排及相關防疫措施。
4. 航空公司應積極安排所屬人員接種 MMR 疫苗，及落實新進人員疫苗接種管理機制，以確保員工具有麻疹及德國麻疹免疫力，降低職場傳播風險。

二、機組人員應遵循事項

1. 自主健康管理期間：
 - 麻疹暴露後，每日量測體溫，留意自身健康狀況，有無出現發燒、咳嗽、流鼻水、出疹或結膜炎，直到最後暴露日起滿 18 天(麻疹最大潛伏期)為止。
 - 德國麻疹暴露後，自主健康管理期間，每日監測自身健康狀況，如輕度發燒、疲倦、鼻咽炎、耳後淋巴結明顯腫大，並伴隨全身性不規則丘疹（與麻疹或猩紅熱發疹相似），直到最後暴露日起滿 21 天(德國麻疹最大潛伏期)為止。
2. 當出現前述任一症狀時，應立即戴上口罩，進行自我健康隔離及通知公司，暫停執行勤務；並由公司通知衛生單位以協助就醫，且遵守相關防疫措施。
3. 自主健康管理期間，應落實每日健康監視並應避免接觸未施打疫苗之嬰幼兒、孕婦或免疫不全者。請落實勤洗手、遵守咳嗽禮節及呼吸道衛生、維持居家環境的清潔與通風、避免不必要的探病及出入公共場所。

Self-Health Management Precautions for Personnel of Airline Companies and Affiliates with Possible Measles/Rubella Exposure

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To provide a set of precautions for personnel of airline companies and affiliates who are potentially exposed to measles/rubella cases and are thus required to conduct self-health management to follow, the following set of precautions has been developed and promulgated by the Taiwan Centers for Disease Control according to Article 58 and 59 of the Communicable Disease Control Act and detailed as follows:

1. Precautions for Airline Companies

- A. The company shall provide information regarding the exposed personnel according to the “Taiwan CDC Aircraft Contact Investigation Form and Potential Exposure Notification”, and promptly submit the list of exposed personnel, including the air crews on the same flight with the confirmed case, to _____ (name of the competent health authority) as a reference for contact tracing and follow-up.
- B. A designated personnel shall actively follow up with and remind the exposed personnel to conduct self-health management, and report the health management status according to the instructions provided by _____ (name of the competent health authority).
- C. The exposed personnel shall be suspended from duty if he/she has any symptoms, and the airline company shall actively notify _____ (name of the competent health authority) of the exposed personnel, assist the exposed personnel in seeking medical attention, and cooperate with relevant disease prevention measures.
- D. The airline company shall actively arrange for the exposed personnel to receive MMR vaccines, and implement a management mechanism for the vaccination of newly recruited personnel in order to ensure that employees have immunity to measles/rubella and reduce the risk of workplace infection.

2. Precautions for Air Crews

- A. Period of Self-Health Management:

After being exposed to measles, you shall continue measuring your body temperature on a daily basis for 18 consecutive days (which is the maximum incubation period for measles) and check whether you have the symptoms of fever, coughing, running nose, rash or conjunctivitis.

After being exposed to rubella you shall continue monitoring your health status on a daily basis for 21 consecutive days (which is the maximum incubation period for rubella) and check whether you have the symptoms of mild fever, fatigue, nasopharyngitis, swollen lymph nodes behind ears, and with irregular papule all over the body (similar to measles or scarlet fever rash).

B. When you develop any of the aforementioned symptoms, you shall immediately put on a mask, quarantine yourself and notify your company of your symptoms to suspend your duty and you shall follow relevant disease prevention measures while your company informs the competent health authority to assist you in seeking medical attention.

C. During the period of self-health management, you shall closely monitor your health status on a daily basis and avoid contact with unvaccinated infants, pregnant women, and people with immunodeficiency. Please wash your hands with soap and water frequently, practice respiratory hygiene and cough etiquette, maintain environmental cleanliness and good indoor ventilation, and avoid unnecessary visits to the hospital and public places.