

**Self-Health Management Notice**  
**( Coronavirus disease 2019, COVID-19 )**  
**(Short-term business travelers after the end of the shortened home quarantine)**

2020/08/25 version

To reduce the risk of disease transmission and protect your family and friends, after the end of the shortened home quarantine, please abide by the following rules for enhanced self-health management measures until the 14th day after entry into Taiwan; and from the 15th to 21st day after entry, please follow the rules for regular self-health management measures.

● Rules for enhanced self-health management

1. During the 14-day period after entry, you are only allowed to carry out limited business activities. And you are prohibited from going to crowded places (such as markets, nightclubs, night markets, department stores, restaurants, tourist attractions, etc.). Moreover, you should postpone all non-essential or non-urgent medical care or examinations.
2. You shall visit leisure facilities in the quarantine hotel at staggered times to avoid contact with others. In addition, after you leave those facilities, please notify quarantine hotel staff to conduct environmental disinfection.
3. A person must be designated to pick you up and accompany you throughout your stay in Taiwan to ensure that protective measures are followed. Furthermore, the host company should record your daily activities and the names of people you come into contact with. You must not come into contact with anyone except the persons you planned to meet according to your itinerary, and you must wear a medical mask and maintain social distance all the time.

● Rules for regular self-health management

1. Please keep your hands clean. You should wash your hands with soap or alcohol-based hand sanitizers frequently. In addition, please refrain from touching your eyes, nose and mouth with your hands. If your hands touch any secretions from your respiratory tract,

please wash your hands with soap and water thoroughly.

2. During the self-health management period, please record your temperature, health status, daily activities twice a day (morning and evening) correctly, and reply to text messages requesting an update on your health status.
3. During the period, if you have no symptoms, please still avoid going to public places, and postpone all non-essential or non-urgent medical care or examinations. When you go outside, please ensure that you wear a medical mask all the time as required.
4. If you have fever ( $\geq 38^{\circ}\text{C}$ ), loss of smell or taste, diarrhea or any respiratory symptoms, please put on a medical mask. Please call the toll-free hotline 1922 or contact the local health authority and follow instructions to seek medical attention. You may not go out to seek medical attention by yourself without following the above procedure beforehand. Please avoid taking public transportation when you go to the hospital. Please voluntarily inform your physician of your contact history, travel history, residence history, occupational exposure, and whether anyone else has similar symptoms.
5. During illness, please rest at your quarantine hotel, wear a medical mask and avoid going outside. If your mask is contaminated by secretions of nose or mouth, please fold it and throw it into the trash immediately.
6. During illness, please wear a medical mask and keep at least 1 meter away from others while talking to them.
7. After seeking medical care, being tested for COVID-19 in the hospital, and returning to your quarantine hotel, you should stay at the quarantine hotel and should not go outside before you receive your test results. If your test results come back positive, the local health authority will inform you and help you seek medical attention. You are still required to conduct self-health management until the 21st day after entry even if you test results come back negative. If your symptoms become worse, please make sure to wear a medical mask and contact local health authority or call the toll-free hotline 1922 to obtain instructions on seeking medical attention. Please do not use public transportation to go to the hospital.
8. If the duration of stay in Taiwan is less than 14 days, you shall still acquire a negative COVID-19 RT-PCR test result issued within three days before departure and provide the

test result for inspection during departure.

9. Those who flout the self-health management regulations will violate Article 58 of the Communicable Disease Control Act and be fined ranging from NT\$100,000 to NT\$1,000,000 in accordance with Article 15 of the Special Act for Prevention, Relief and Revitalization Measures for Severe Pneumonia with Novel Pathogens.

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Name : \_\_\_\_\_

ID : \_\_\_\_\_

Phone : \_\_\_\_\_

Date : \_\_\_\_\_