

**衛生福利部 公告**  
**Ministry of Health and Welfare Announcement**

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附件：

Attachments:

主旨：公告「自主健康管理對象應遵守及注意事項」。

Subject: Announcement of the "Self-Health Management Compliance Items and Notice".

依據：傳染病防治法第 36 條、第 48 條第 1 項、第 58 條第 1 項第 4 款。

Basis: Article 36, Paragraph 1 of Article 48, and Subparagraph 4, Paragraph 1 of Article 58 of the Communicable Disease Control Act.

公告事項：

Announcement Details:

一、應自主健康管理對象及期間計算方式如下：

I. The individuals for whom self-health management is required and the calculation method for the duration of self-health management are as follows:

(一)非屬居家隔離/檢疫對象，經通報嚴重特殊傳染性肺炎並檢驗陰性者，依傳染病防治法第 36 條，應執行自主健康管理，自主健康管理期間之計算，為發病日或與來自國外有發燒或呼吸道症狀人士最後一次接觸日之次日起算 14 天，並於第 14 日之 24 時結束。

(I) Individuals who are not subject to home isolation/quarantine but have been reported as suspected cases of COVID-19 and tested negative are required to practice self-health management in accordance with Article 36 of the

Communicable Disease Control Act. The calculation of the self-health management period shall be 14 days starting from the day after the date of onset or date of last contact with an individual returning from overseas with a fever or respiratory symptoms, and it shall end at 24:00 on the 14th day.

(二)曾與嚴重特殊傳染性肺炎病人接觸或疑似被傳染者，依傳染病防治法第 48 條第 1 項執行隔離措施期滿，應續執行自主健康管理 7 天，自主健康管理期間之計算，為隔離期滿日之次日起算 7 天，並於第 7 日之 24 時結束。或依同法條執行自主健康管理，自主健康管理期間之計算為與嚴重特殊傳染性肺炎確診個案最後一次接觸日之次日起算 14 天，並於第 14 日之 24 時結束。

(II) Individuals who had contact with a COVID-19 patient or is suspected of having been infected are required to practice 7 days of self-health management after the expiry of the isolation measure implemented in accordance with Paragraph 1 of Article 48 of the Communicable Disease Control Act. The calculation of the self-health management period shall be 7 days starting from the day after the final day of the isolation, and it shall end at 24:00 on the 7th day. Individuals may also implement self-health management in accordance with provisions in the same article. The calculation of the self-health management period shall be 14 days starting from the day after the date of last contact with a confirmed case of COVID-19, and it shall end at 24:00 on the 14th day.

(三)入、出(國)境之人員，依傳染病防治法第 58 條第 1 項第 4 款執行檢疫措施期滿，應續執行自主健康管理 7 天，自主健康管理期間之計算，為檢疫期滿日之次日起算 7 天，並於第 7 日之 24 時結束。

( III) Individuals entering or exiting the (country) borders are required to practice 7 days of self-health management after the expiry of the quarantine implemented in accordance with Subparagraph 4, Paragraph 1, Article 58 of the Communicable Disease Control Act. The calculation of the self-health management period shall be 7 days starting from the day after the final day of the quarantine, and it shall end at 24:00 on the 7th day.

二、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。

II. 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 inquire and record the travel history, occupation, contact history, and cluster history or other related information to prevent cases of cluster infections in hospitals.

三、自主健康管理對象應遵守事項如下：

III. Individuals practicing self-health management must comply with the following items:

（一）自主健康管理期間，請依「防範嚴重特殊傳染性肺炎自主健康管理通知書」或「防範嚴重特殊傳染性肺炎自主健康管理通知書（專案申請獲准縮短居家檢疫期滿者）」，自主詳實記錄體溫及健康狀況及活動史，並配合提供國內手機門號、回復雙向簡訊或接受電話詢問健康情形等必要

之關懷追蹤機制，自主健康管理個人資料於結束後 28 天銷毀。

( I) During the self-health management period, please record the body temperature, health conditions, and activity history in accordance with the COVID-19 Self-Health Management Notice or COVID-19 Self-Health Management Notice (Special Application for Shortened Home Quarantine Periods). You must also cooperate in providing a domestic mobile phone number, responding to interactive SMS, accepting telephone inquiries of health conditions, or following other necessary care and follow-up mechanisms. The personal information for self-health management shall be destroyed 28 days after the end of the period.

(二)如果沒有出現任何症狀，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。

(II) If you do not exhibit any symptoms, you may go about your life normally. If you must go outside, please wear a medical 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.

(三)禁止與他人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的活動。

(III) 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.

(四)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(武漢肺炎)申請規定」採檢陰性後探病。

(IV) 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).

(五)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。

(V) Non-essential or non-urgent medical services or examinations shall 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.

(六)若有出現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，或就醫後症狀加劇必須再度就醫者應遵守：

(VI) 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, please abide by the following regulations:

1、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工具。

1. You must actively contact the local Department of Health or call 1922 and follow instructions for seeking medical attention. You may not use public

transportation when you seek medical attention.

2、就醫時應主動告知醫師接觸史、旅遊史、居住史、職業別、以及身邊是否有其他人有類似的症狀。

2. You must actively inform the doctor of your contact history, travel history, residence history, occupation, and whether other people around you exhibit similar symptoms.

3、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，應留在住居所(含防疫旅宿及一般旅宿)中，不可外出，獲知檢驗結果為陰性後，仍需自主健康管理至期滿。

3. After seeking medical attention, if you have been reported as a suspected case of COVID-19 and received testing organized by a medical institution, you are required to stay in your residence (including quarantine hotels and general hotels) and may not go outside before receiving the test results. If the test results are negative, you are still required to practice self-health management until the end of the period.

4、有症狀時應在住居所(含防疫旅宿及一般旅宿)中休養，並佩戴醫用口罩，禁止外出，與他人交談時，應佩戴醫用口罩，並應保持 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。

If you exhibit symptoms, you must rest in your residence (including quarantine hotels and general hotels) and wear a medical mask. You may not go outside. You 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.

四、違反上述自主健康管理規定者，依傳染病防治法第 67 條、第 69 條、第 70 條規定，可裁處最高新臺幣 30 萬元罰鍰。

IV. Any person violating the aforementioned health management regulations may be penalized with a fine of up to NT\$300,000 in accordance with Article 67, Article 69, and Article 70 of the Communicable Disease Control Act.

五、其他注意事項：

V. Other matters of note:

(一)請維持手部衛生，例如用肥皂或其他清潔用品勤洗手。

(I) Please maintain hand hygiene by washing your hands often with soap or other cleaning products.

(二)注意儘量不要用手觸摸眼睛、鼻子及嘴巴，手部接觸到呼吸道分泌物時，請用肥皂澈底洗手。

(II) Please 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.

(三)如需心理諮詢服務，可撥打 24 小時免付費 1925 安心專線。

(III) If you need psychological consultation, you can call the 24-hour toll-free 1925 care hotline.