



✓ Check your suitcase

✓ Check your health

Travelers' Health

Before Going Abroad:

1. Be aware of potential infectious disease risks at your destination (detailed information available online at <http://www.cdc.gov.tw>).
2. If a vaccination or prophylaxis is required or recommended for your destination, please consult your doctor or the CDC 4 to 6 weeks before your trip. For example, Sub-Saharan Africa is an epidemic area for yellow fever and meningococcal meningitis. As such, some countries in Sub-Saharan Africa require proof of yellow fever and/or meningococcal meningitis vaccination for entry, and travelers need to be vaccinated at least 10 days prior to departure. Likewise, there is risk for malaria in many tropical and sub-tropical regions, but many effective antimalarial drugs are available. To allow enough time for the drugs to become effective, visit your doctor at least 1 week before travel.

During the Trip:

1. Wash your hands with soap and clean water before meals and after going to the toilet.
2. Drink bottled or boiled water. Avoid drinking tap water or consuming dirty ice cubes.
3. Do not consume food items that are not thoroughly cooked or are sold by street vendors. Avoid peeled fruits.
4. Avoid visiting farms or bird sanctuaries and having contacts with wild animals.
5. Use insect repellents for protection against mosquitoes.

After Returning to Taiwan:

Upon arrival, if you develop symptoms such as fever, respiratory illness, vomiting, diarrhea, muscle and bone aches, rash, swollen lymph nodes, etc., please consult quarantine officers at the airport and fill out the "Communicable Disease Survey Form".

If symptoms develop after you return home, please take precautions and seek medical assistance promptly. Inform the doctor of your recent travel and contact history to aid diagnosis.

Communicable Disease Control Act:

The Act stipulates that all inbound and outbound passengers should fill out the "Communicable Disease Survey Form" in accordance with government regulations in a detailed and truthful manner, and should submit health certificates or other relevant documents upon request. Violations of the Act are punishable by a fine between NT\$3,000 and NT\$15,000.

