

短期研修生健康檢查問答輯
Questions and Answers about Medical Examination
Requirements for Short-Term Students

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短期研修生健康檢查問答輯
Questions and Answers about Medical Examination
Requirements for Short-Term Students

Q1：短期研修生一定要接受健康檢查嗎？

Is a medical examination mandatory for short-term students?

A1：過去校園曾發生外籍學生德國麻疹群聚事件及肺結核聚集事件，為維護學生健康及校園安全，建議學校應要求來臺研習 3 個月以上且未滿 6 個之外籍學生（包括華語文生）、僑生及港澳學生，或來臺研習 2 個月以上且未滿 6 個月之大陸地區學生，務必辦理健康檢查。

In the past, rubella and tuberculosis outbreaks originating from foreign students have occurred on campus. Therefore, in order to ensure students' health, schools are advised to ask short-term students (foreign students, including students studying Mandarin, who intend to stay in Taiwan for more than three months, but less than 6 months, overseas Chinese students, and Chinese students who intend to stay in Taiwan for more than two months, but less than 6 months) to do a medical examination.

Q2：短期研修生的健康檢查項目主要有哪些？

What are the standard items in the required medical examination?

A2：健康檢查項目包括：

Examination items include:

1. 麻疹及德國麻疹之抗體陽性檢驗報告或預防接種證明（二擇一）：

Proof of Positive Measles and Rubella Antibody Titers or Measles and Rubella Immunization Certificates (alternative) :

- (1) 學生可檢具麻疹及德國麻疹預防接種證明（此證明無效期限限制，但接種年齡必須大於 1 歲），或提供麻疹及德國麻疹之抗體陽性檢驗報告（檢驗日期距今 < 5 年）。

Students may present their childhood measles and rubella immunization record (The document is acceptable as long as the vaccines were given no earlier than 12 months of age) or proof of positive measles and rubella antibody titers (the test date must be no more than 5 years from the present) .

- (2) 學生可以不經抗體檢測，直接進行麻疹及德國麻疹之預防接種；也可經抗體檢測陰性後，再行預防接種。

Students may choose not to take the antibody test and proceed directly with the measles and rubella immunization or choose to receive the immunization only after the antibody test turns out to be negative.

- (3) 學生可先行於母國辦理，或於來臺後 14 日內補辦理。

Students may choose to take the test in their home country in advance or within 14 days after arriving in Taiwan.

2. 胸部 X 光肺結核檢查：

Chest X-ray for Tuberculosis:

- (1) 學生提供胸部 X 光肺結核檢查報告。

Students provide their chest X-ray examination report for tuberculosis.

- (2) 學生先行於母國辦理，或於來臺後 14 日內補辦理。

Students may choose to take a chest X-ray examination for tuberculosis in their home country before coming to Taiwan or they can get a chest X-ray within 14 days after arriving in Taiwan.

Q3：為何要求短期研修生檢具麻疹及德國麻疹之抗體陽性檢驗報告或預防接種證明？

Why are short-term students required to have proof of positive antibody tests for measles and rubella or measles and rubella immunization certificates?

A3：

1. 麻疹及德國麻疹的傳染力極強，可經由空氣、飛沫、或病人鼻

咽黏液接觸而感染，由於鄰近中國大陸、東南亞，以及部分國家的疫情仍然嚴重，病毒可能經由經商、遊學、探親、觀光等方式進入國內，特別是在學校容易造成傳播與聚集。

Measles and rubella are highly contagious and can be transmitted through air, droplets, or contact with nasopharyngeal mucus of infected individuals. As the infections remain serious in neighboring China, Southeast Asia, and other surrounding countries, these viruses may enter the country through different means, such as business trips, study tours, family visits, sightseeing. Schools are especially prone to transmission and clustering of the two diseases.

2. 我國 97 年曾發生 2 起校園德國麻疹群聚事件，各有 1 名僑生於僑居地感染德國麻疹，並來臺後發病，分別導致同校 7 名及 8 名僑生感染德國麻疹；另民國 100 年也發生數起外籍學生於返回母國探親或在臺居住時感染德國麻疹的案例。

In 2008, two clusters of rubella infections occurred at schools in Taiwan. One overseas Chinese student in each cluster was infected with rubella in their place of residence and developed symptoms after coming to Taiwan and transmitted the disease to seven and eight other overseas Chinese students, respectively, in their schools. In addition, in 2011, several foreign students contracted rubella when they returned to their home countries to visit relatives or during their stay in Taiwan.

3. 接種 1 劑麻疹、腮腺炎、德國麻疹混合疫苗（MMR）有 95%-100% 可產生保護力，是預防麻疹、德國麻疹最有效的方法。接種 MMR 疫苗後除了可能會有一般疫苗常見的紅、腫、痛等局部反應外，發生嚴重不良反應的機率極低。

One dose of the measles, mumps, and rubella (MMR) vaccine can offer 95%-100% protection, which is the most effective way to prevent measles and rubella. While common local reactions following a vaccination, such as redness, swelling, and pain, may occur, serious adverse reactions are extremely rare after MMR

vaccination.

Q4：為何要求短期研修生進行胸部 X 光肺結核檢查？

Why are short-term students required to undergo a chest X-ray examination for tuberculosis?

A4：

1. 結核病為空氣/飛沫傳播疾病，與結核病個案一同修課的人員，將暴露於感染風險。我國曾經發現罹患多重抗藥結核病的外籍學生，在校園內接觸百餘名學生之案例。

Tuberculosis is an infectious disease transmitted through the air/droplets. People who take the same courses as TB cases are at risk of infection. In Taiwan, a foreign student had been diagnosed with multidrug-resistant tuberculosis (MDR-TB) and later found to have come into contact with more than 100 students on campus.

2. 近期來臺就讀短期華語班之外籍學生，剛入臺時未接受胸部 X 光肺結核檢查，後續確診為前趨廣泛性抗藥結核個案 (pre-XDR-TB)。因個案未及早診斷並就醫治療，恐增加傳播風險，影響學校師生健康及校園安全。

One foreign student who recently came to Taiwan for short-term Mandarin courses did not undergo a chest X-ray examination for tuberculosis upon arrival. This student was later diagnosed with pre-extensively drug-resistant tuberculosis (pre-XDR-TB). The case's failure to seek diagnosis and medical treatment early could increase the risk of transmission and jeopardize the health of teachers and students around this student.

3. 因此，建議學生於母國辦理胸部 X 光肺結核檢查後來臺，或於來臺後 14 日內，由學校安排至外國人健康檢查指定醫院辦理或併入新生健康檢查。

Therefore, students coming to Taiwan are advised to undergo a chest X-ray examination for tuberculosis in their home country or within 14 days after arrival in Taiwan. If students choose to receive their

chest X-ray examination in Taiwan, their schools should arrange for them to go to a designated hospital for foreigner health examinations or incorporate the examination into the health examination for new students.

Q5：短期研修生健康檢查如有不合格項目者，該如何處理？

If there are unqualified items in the health examination of short-term students, what should they do?

A5：

1. 有關麻疹及德國麻疹之抗體陽性檢驗報告或預防接種證明：
Proof of Positive Measles and Rubella Antibody Titers or Measles and Rubella Immunization Certificates:

(1) 學生未檢具麻疹及德國麻疹之預防接種證明者，可以不檢驗抗體，直接自費接種麻疹、腮腺炎、德國麻疹混合疫苗（MMR 疫苗）。但經醫師評估有接種禁忌者，得免接種。
Students who do not present their childhood Measles and Rubella immunization record, may choose not to take the antibody test and directly received the Mumps vaccine or the Measles, Mumps, Rubella (MMR) vaccine. However, if a person is determined by the doctor to have vaccine contradictions, he/she shall be exempt from vaccination.

(2) 麻疹及德國麻疹抗體檢查結果為陰性或未確定者，須自費接種 MMR 疫苗。但經醫師評估有接種禁忌者，得免接種。

If the results of Measles and Rubella antibody tests are negative or undetermined, MMR vaccine must be vaccinated at their own expense. However, if a person is determined by the doctor to have vaccine contradictions, he/she shall be exempt from vaccination.

(3) MMR 疫苗接種禁忌，包括：

MMR vaccine contradictions are as follows:

◇已知對「蛋」之蛋白質或疫苗的成份有嚴重過敏者，不予接種。

Someone who has known severe allergies to egg protein or the vaccine component shall be exempt from vaccination.

◇孕婦。

Pregnancy.

◇已知患有嚴重免疫缺失者（包括嚴重免疫不全的愛滋病毒陽性個案、先天性免疫缺失症與白血病、淋巴瘤等惡性腫瘤病人或接受化療、免疫抑制藥物治療及高劑量類固醇者）。

Someone who has known severe immuno-deficiency, including AIDS patients with severe immuno-deficiency, individuals with congenital immuno-deficiency, patients with malignant tumor such as leukemia, lymphoma etc., and patients receiving chemotherapy, immunosuppressive drugs, or high-dose steroids.

2. 有關胸部 X 光肺結核檢查：

Chest X-ray for Tuberculosis:

(1)對於疑似肺結核個案，請學校安排學生至確認機構胸腔科門診檢查。確認機構名單請至衛生福利部疾病管制署網頁查詢，網址：www.cdc.gov.tw>國際旅遊與健康>外國人健康管理>外國人健檢指定與認可醫院名單>胸部 X 光肺結核檢查之指定機構（複檢）（縮網址：<https://gov.tw/U63>）。

For suspected Tuberculosis cases, further tests at the chest outpatient department of a designated institution arranged by the school are necessary. The list of designated institutions can be found on the Taiwan CDC website: www.cdc.gov.tw, under Diseases & Conditions Foreigners' Health The list of designated institutions of chest X-ray examination for tuberculosis (for re-examination) (shortened URL: <https://gov.tw/U63> U63) .

(2) 對於確診肺結核個案，可於在臺合法停留期間接受治療。

請配合地方衛生單位提供之「都治 (Directly Observed Treatment Short-Course, DOTS)」服務，由指派之關懷員送藥及親眼目睹服藥，以觀察服藥副作用，協助個案完成 6~9 個月的抗結核藥物治療。

For confirmed Tuberculosis cases, they can receive treatment during their legal stay in Taiwan. They should cooperate with the Directly Observed Treatment Short-Course (DOTS) service provided by their local health authority which will assist them in completing the anti-tubercular medical treatment for 6~9 months. A care worker will be appointed to dispatch medicine and witness the patient take the drug to observe medication side effects.

(3) 結核病個案如經診斷為多重抗藥性結核病者 (MDR-TB)，會協助完成初步治療，至痰液檢查培養為陰性後，將請其返回母國繼續治療。

Tuberculosis cases, such as those diagnosed with Multidrug-Resistant Tuberculosis (MDR-TB), after starting the Tuberculosis treatment, are advised to receive further treatment in their home country after completing their preliminary treatment in Taiwan and their sputum result changes to negative.

(4) 不論有無健保身分，衛生單位皆提供結核病「智慧關懷卡」，協助其於留臺期間進行結核病之治療。

Regardless of whether they are enrolled under the national health insurance program, health authorities will provide a tuberculosis "smart card" to assist them in the treatment of tuberculosis during their stay in Taiwan.

Q6：一定要使用「短期研修健康檢查項目表」嗎？

Is the use of the Medical Examination Form for Short-term Students mandatory?

A6：該項目表僅供參考，短期研修生可分別檢具麻疹及德國麻疹預防接種證明（或抗體陽性檢驗報告）及胸部 X 光檢查報告。

The form is used for reference only. Students may choose to submit certificates of Measles and Rubella immunization (or the positive titer laboratory result) and the chest X-ray examination report to suffice the medical examination requirements.

Q7：短期研修生如未辦理健康檢查，該如何處理？

What action should be taken if a short-term student has not gone through a health examination?

A7：建議併入新生健康檢查，或通知學生補辦理。

It is recommended that the school incorporate the examination into the health examination for new students or request the student undergo one.

Q8：每個學校對於短期研修生的健康檢查規定都一樣嗎？

Are the regulations for the medical examination of short-term students the same for different schools?

A8：每個學校對於短期研修生的健康檢查規定都一樣嗎？

The regulations may vary from school to school. Please follow the regulations of the school you are attending.

Q9：如果我在母國已接種過麻疹、德國麻疹疫苗，可以只提供接種證明嗎？

Are the regulations for the medical examination of short-term students the same for different schools?

A9：若已經在母國接種（得直接使用本署公布之表格，或將母國語言翻譯為中文或英文，並經駐外館處驗證），您可以攜帶接種證明來臺，供入學報到時備查，可免再次接種。預防接種證明無效期限限制，但預防接種年齡必須大於 1 歲。

If the immunization has been completed in your home country, you

may bring the certificate of immunization to Taiwan, and submit the document at the time of school registration to avoid re-taking the vaccine. (The document is acceptable as long as the vaccines were given no earlier than 12 months of age.)

Q10：我已接種腮腺炎疫苗，可以再接種麻疹、德國麻疹疫苗嗎？

If I have already received the Mumps vaccine, can I still receive the Measles and Rubella vaccines?

A10：

1. 曾接種腮腺炎疫苗或麻疹、腮腺炎、德國麻疹混合疫苗 (MMR) 者，可以重複接種 MMR 疫苗，並不會有所影響。但經醫師評估有接種禁忌者，得免接種。接種 MMR 疫苗後除了可能會有一般疫苗常見的紅、腫、痛等局部反應外，發生嚴重不良反應的機率極低。

Anyone who has received the Mumps vaccine or the Measles, Mumps, Rubella (MMR) vaccine can receive the MMR vaccine repeatedly without incurring harms. However, if a person is determined by the doctor to have vaccine contradictions, he/she shall be exempt from vaccination. The common side effects of the MMR vaccine include redness, swelling, and pain at the injection site. The possibility of developing adverse reactions is extremely low.

2. MMR 疫苗接種禁忌，包括：

MMR vaccine contradictions are as follows:

◇ 已知對「蛋」之蛋白質或疫苗的成份有嚴重過敏者，不予接種。

Someone who has known severe allergies to egg protein or the vaccine component shall be exempt from vaccination.

◇ 孕婦。

Pregnancy.

◇ 已知患有嚴重免疫缺失者（包括嚴重免疫不全的愛滋病毒

陽性個案、先天性免疫缺失症與白血病、淋巴癌等惡性腫瘤病人或接受化療、免疫抑制藥物治療及高劑量類固醇者)。

- ◇ Someone who has known severe immuno-deficiency, including AIDS patients with severe immuno-deficiency, individuals with congenital immuno-deficiency, patients with malignant tumor such as leukemia, lymphoma etc., and patients receiving chemotherapy, immunosuppressive drugs, or high-dose steroids.

Q11：如果我在臺灣檢查出肺結核，可以在臺灣接受治療嗎？

If I am diagnosed with Tuberculosis after my arrival in Taiwan, can I receive treatment in Taiwan?

A11：

1. 對於疑似肺結核個案，請學校安排學生至確認機構胸腔科門診檢查。確認機構名單請至衛生福利部疾病管制署網頁查詢，網址：www.cdc.gov.tw>國際旅遊與健康>外國人健康管理>外國人健檢指定與認可醫院名單>胸部 X 光肺結核檢查之指定機構（複檢）（縮網址：<https://gov.tw/U63>）。

For suspected Tuberculosis cases, further tests at the chest outpatient department of a designated institution arranged by the school are necessary. The list of designated institutions can be found on the Taiwan CDC website: www.cdc.gov.tw, under Diseases & Conditions Foreigners' Health The list of designated institutions of chest X-ray examination for tuberculosis (for re-examination) (shortened URL:<https://gov.tw/U63> U63) .

2. 對於確診肺結核個案，可於在臺合法停留期間接受治療。請配合地方衛生單位提供之「都治（Directly Observed Treatment Short-Course, DOTS）」服務，由指派之關懷員送藥及親眼目睹服藥，以觀察服藥副作用，協助個案完成 6~9 個月的抗結核藥物治療。

For confirmed Tuberculosis cases, they can receive treatment

during their legal stay in Taiwan. They should cooperate with the Directly Observed Treatment Short-Course (DOTS) service provided by their local health authority which will assist them in completing the anti-tubercular medical treatment for 6~9 months. A care worker will be appointed to dispatch medicine and witness the patient take the drug to observe medication side effects.

3. 結核病個案如經診斷為多重抗藥性結核病者 (MDR-TB)，會協助完成初步治療，至痰液檢查培養為陰性後，將請其返回母國繼續治療。

Tuberculosis cases, such as those diagnosed with Multidrug-Resistant Tuberculosis (MDR-TB), after starting the Tuberculosis treatment, are advised to receive further treatment in their home country after completing their preliminary treatment in Taiwan and their sputum result changes to negative.

4. 不論有無健保身分，衛生單位皆提供結核病「智慧關懷卡」，協助其於留臺期間進行結核病之治療。

Regardless of whether they are enrolled under the national health insurance program, health authorities will provide a tuberculosis "smart card" to assist them in the treatment of tuberculosis during their stay in Taiwan.

Q12：短期研修生接受健康檢查的法律依據？

What is the legal basis that requires short-term students to take a medical examination?

A12：

1. 學校衛生法第 8 條：學校應建立學生健康管理制度，定期辦理學生健康檢查。

According to Article 8 of the School Health Act, all schools shall establish a student health management system and organize student health examinations on a regular basis.

2. 學校衛生法施行細則第 6 條：本法第 8 條第 1 項所定學生健康檢查管理制度，包括「學生健康檢查、學生健康資料管理

及應用、其他各級主管機關規定之事項」等事項（節錄）。

According to Article 6 of the Enforcement Rules of School Health Act, the student health examination/management system as provisioned by Paragraph 1, Article 8 of the Act shall include the following matters (excerpts) : student health examination, student health data management and application, other matters provisioned by the competent authorities at all levels, etc.

3. 傳染病防治法第 36 條：民眾於傳染病發生或有發生之虞時，應配合接受主管機關之檢查、治療、預防接種或其他防疫、檢疫措施。

According to Article 36 of the Communicable Diseases Control Act, when communicable diseases occur or are expected to occur, the public shall cooperate and accept the inspections, treatment, immunization or other disease control and quarantine measures conducted by the competent authorities.

4. 「大陸地區教育專業人士及學生來臺從事教育活動審查要點」第 6 點：大陸地區學生來臺研修，停留期間逾 2 個月者，邀請單位應協助辦理健康檢查（節錄）。

According to Point 6 of the Review Points of Chinese Education Professionals and Students Coming to Taiwan for Educational Activities (excerpts) : the inviting units should arrange the medical examination for Chinese students who intend to stay in Taiwan for more than two months.