

中東呼吸症候群冠狀病毒感染症健康監測通知書

姓名： 身分證號：
通知書開立日期： 聯絡電話：
聯絡地址：

(本通知單為法律文件，請正確填寫，並將上聯給防疫人員，下聯自行保留)

中東呼吸症候群冠狀病毒感染症健康監測通知書

因您曾與中東呼吸症候群冠狀病毒感染症之極可能或確定病例有過接觸，為防範中東呼吸症候群冠狀病毒之傳染，並保障您自己及親友的健康，請在 14 日內，確實做好健康監測措施：

- 一、如果您沒有出現任何症狀，可照常進行上班、上學等日常活動。
- 二、您的家人可照常上學、上班，除非您發病，否則您的家人沒有行為上的限制。
- 三、請維持手部清潔，保持經常洗手習慣，原則上可以使用肥皂和清水或酒精性乾洗手液進行手部清潔。另應注意儘量不要用手直接碰觸眼睛、鼻子和嘴巴。
- 四、請落實呼吸道衛生及咳嗽禮節。有咳嗽等呼吸道症狀時應戴口罩，當口罩沾到口鼻分泌物時，應立即更換並內摺丟進垃圾桶。打噴嚏時，應用面紙或手帕遮住口鼻，若無面紙或手帕時，可用衣袖代替。如有呼吸道症狀，與他人交談時，請戴上外科口罩並儘可能保持 1 公尺以上距離。手部接觸到呼吸道分泌物時，請用肥皂及清水搓手及澈底洗淨。
- 五、請於健康監測的 14 日內，每日早/晚各量體溫一次、詳實記錄體溫及活動史(如下列表格)，主動通報地方衛生局/所；地方衛生局/所應主動追蹤其早晚體溫紀錄。
- 六、倘您發生急性呼吸道感染(發燒 $\geq 38^{\circ}\text{C}$ 及咳嗽)，請立即戴外科口罩，主動與地方衛生局聯繫，以協助儘速就醫治療。
- 七、就醫時，請將本通知單出示給醫師，並應主動告知醫師接觸史、旅遊史及居住史。
- 八、如未確實遵守各項健康監測規定，將違反「傳染病防治法」第三十六條規定，依同法第七十條處新臺幣 3,000 至 15,000 元不等罰鍰，得按次處罰。

體溫及行程紀錄表

填表人：

與病例最後接觸日期： 年 月 日

	日期	上午	下午	健康狀況	活動史紀錄
1		___度	___度		
2		___度	___度		
3		___度	___度		
4		___度	___度		
5		___度	___度		
6		___度	___度		
7		___度	___度		
8		___度	___度		
9		___度	___度		
10		___度	___度		
11		___度	___度		
12		___度	___度		
13		___度	___度		
14		___度	___度		

開立機關：

聯絡電話：

Notice on the Health Monitoring of Middle East Respiratory Syndrome Coronavirus Infections (MERS-CoV)

Name : _____ **ID No. :** _____

Date : _____ **Tel :** _____

Address : _____

(This notice is a legal document, please fill in correctly. The upper part is to give to the disease control official; the lower part is for you to keep.)



Notice on the Health Monitoring of Middle East Respiratory Syndrome Coronavirus Infections (MERS-CoV)

You have been in contact with person(s) either highly possible of being infected with MERS-CoV or are confirmed cases. To prevent the infection of MERS-CoV, and at the same time, to protect the health of yourself, your friends and relatives, please in the next 14 days, correctly practice measures for the health monitoring.

1. If you do not have any symptoms, you can continue with daily activities during the period of health monitoring.
2. Your family members can maintain normal life, such as going to school or office. There is no restriction of activities unless you develop symptoms.
3. Please keep hands clean. Wash hands regularly. In principle, soap and clean water or alcohol-based hand rub can be used to keep hands tidy. Do not touch eyes, nose and mouth directly with hands.
4. Please follow respiratory hygiene and cough etiquette. Wear a mask if there are respiratory tract symptoms such as coughing. If mask is contaminated with discharges of mouth or nose, use a new one immediately and dispose the contaminated one into the dust bin. When sneezing, cover mouth and nose with tissue or handkerchief. If tissue or handkerchief is not available on hand, sleeves can be used. If there are respiratory tract symptoms, wear surgical mask when talking with others, and keep a distance of more than one meter. When hands are contaminated with discharges of respiratory tracts, rub hands with soap and clean water and wash thoroughly.
5. During the period of health monitoring, please measure body temperature once every morning and evening, and record daily body temperatures and activities (as per Attachment), and notify local health bureau/station on own accord.
6. If you have symptoms of acute respiratory infection (fever higher than 38°C and coughing), wear surgical mask immediately, contact local health bureau at own initiative to assist in arranging for early medical care.
7. When under medical care, present this notice to the doctor. Tell the doctor at own initiative the history of contact, travel and living conditions.
8. If the regulations of health monitoring are not observed correctly, the persons concerned will be violating regulations of Article 36 of the Communicable Disease Control Act, and are liable by Article 70 of the same Act to a fine of NT\$3,000 to 15,000, successively.

Body Temperature and Activities Record

Name : _____

Date of last contact with case : Month _____ Day _____ Year _____

Day	Date	AM	PM	Health Condition	Activities
1		____ °C	____ °C		
2		____ °C	____ °C		
3		____ °C	____ °C		
4		____ °C	____ °C		
5		____ °C	____ °C		
6		____ °C	____ °C		
7		____ °C	____ °C		
8		____ °C	____ °C		
9		____ °C	____ °C		
10		____ °C	____ °C		
11		____ °C	____ °C		
12		____ °C	____ °C		
13		____ °C	____ °C		
14		____ °C	____ °C		

Issued by (Institution) :

Tel :