

# NHCC News

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The National Health Command Center (NHCC) announces :

**As of today all inbound passengers are required to fill in the “COVID-19 Health Declaration Card”.**

1. Passengers of flights from China, Hong Kong, and Macau are required to fill in the “COVID-19 Health Declaration and Home Quarantine Notice” and comply with the 14-day home quarantine after entry to Taiwan.
2. Passengers of flights from other regions are required to fill in the “COVID-19 Health Declaration Card” and give exact information on travel history (including travels to China, Hong Kong, and Macau) and health condition within 14 days before arriving in Taiwan. Giving untrue information or refusal, avoidance, or obstruction of cooperation will face a maximum fine up to NT\$150,000.



# What is

home isolation

home quarantine

self-health management

item	Objects	Provision	Penalties
Self health management	<ul style="list-style-type: none"> <li>➤ Application for admission to Hong Kong and Macau</li> <li>➤ Report the case but the test is negative or quarantined</li> </ul>	<ul style="list-style-type: none"> <li>➤ Avoid going out within 14 days. If you need to go out, you must wear a surgical mask.</li> <li>➤ Implement respiratory hygiene and cough etiquette.</li> <li>➤ Take your body temperature every morning and evening.</li> <li>➤ If discomfort occurs, call 1922 for medical advice.</li> </ul>	no
Home quarantine	Those with travel history of China, Hong Kong and Macao (including transit)	<ul style="list-style-type: none"> <li>➤ You must stay at home or at a designated place within 14 days. You must not go out or go abroad. You must not take public transportation.</li> <li>➤ Take your body temperature every morning and evening.</li> <li>➤ You should not seek medical treatment on your own if you have suspected symptoms. You must arrange for a medical consultation by a health unit.</li> </ul>	Fine 100,000 ~ 1 million
Home isolation	Confirmed case contact	<ul style="list-style-type: none"> <li>➤ You must stay at home or at a designated place within 14 days. You must not go out or go abroad. You must not take public transportation.</li> <li>➤ Take your body temperature every morning and evening.</li> <li>➤ You should not seek medical treatment on your own if you have suspected symptoms. You must arrange for a medical consultation by a health unit.</li> </ul>	Fine 200,000 ~ 1 million

## To prevent the New Corona Virus 2019 Pneumonia originated in China

In order to prevent the New Corona Virus 2019 Pneumonia originated in China, we advise all migrant workers especially to all caretakers to accompany their ward to go to hospital, wear own mask all the time, and change mask everyday.

If going out to crowded or poorly ventilated places:



Please wear mask  
when coughing



Please use soap to wash  
hands frequently



Avoid going to  
traditional market or  
hospital and any  
public places.



Avoid contact with  
wild animals and  
birds

Upon returning back to Taiwan, if you have a fever, cough, or other discomfort, employers are requested to assist migrant workers to notify the airport quarantine personnel; If you have any suspicious symptoms within 14 days upon entering the country, you can call the toll-free Disease Prevention Line 1922 or MOL1955 hotline to assist in reporting.

## Maintain proper indoor ventilation



## Wash hands with soap

- Before eating
- After going to the toilet
- Before and after seeing a doctor



Maintain good hygiene and good habit, work happily and live healthily

## Fulfill respiratory tract hygiene

- Cover mouth and nose when cough or sneeze



## Stay home when you are sick



# Wash Hands

# Frequently



Be Mindful of These Areas When Washing Your Hands

- Finger Tips
- Between Fingers
- Palm
- Back of Your Hand
- Wrist

## When to Wash Hands



Before Meal      Before Physical Contact with Patients      After Using the Toilet      After Blowing nose, Coughing and Sneezing      After Seeing a Doctor

## Steps of Hand Washing

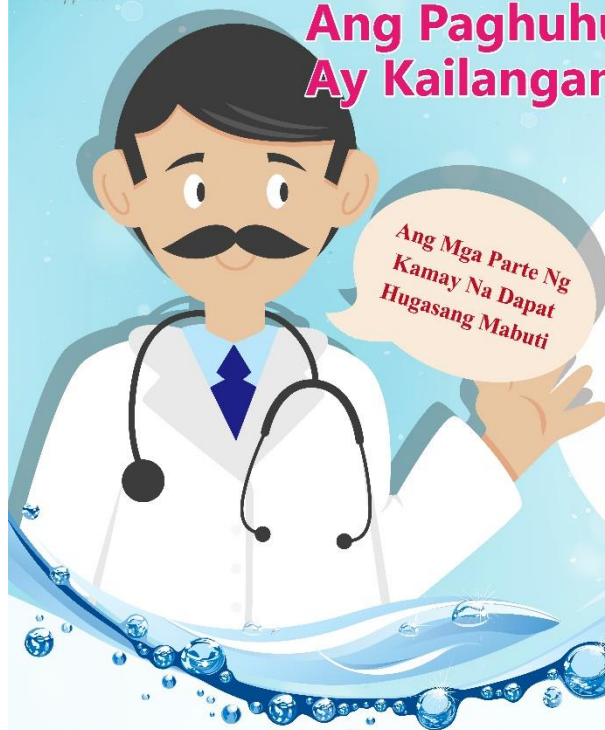


**Wet** your hands      **Apply soap & Rub** your hands for at least 20 seconds      **Wash** your hands with water until they are clean      **Clean** the faucet and turn it off      **Dry** your hands

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# Ang Paghuhugas Ng Kamay Ay Kailangan



Ang Mga Parte Ng Kamay Na Dapat Hugasang Mabuti



Dulo Ng Daliri

Gilid Ng Daliri

Palad

Likod Ng Kamay

Pulso

## Ang Tamang Oras Ng Paghuhugas Ng Kamay



Bago Kumain



Bago At Pagkatapos Humawak Sa Pasyente



Pagkatapos Gumamit Ng Banyo



Pagkatapos Suminga, Umubo At Bumahing



Pagkatapos Komunsulta Sa Doktor ...At Iba Pa

## Tamang Paraan Ng Paghuhugas Ng Kamay



**BASAIN**

Basain Ang Kamay Ng Tubig



**KUSKUSIN**

Lagyan Ng Sabon Ang Palad Likod Ng Kamay Mga Daliri At Kuskusin Ng 20 Segundo



**BANLAWAN**

Banlawan Ang Dalawang Kamay Ng Tubig Mabuti



**SALUKIN**

Salukin Ng Kamay Ang Tubig Para Mabanlawan Ang Gripo



**PUNASAN**

Gumamit Ng Pantuyo Sa Kamay O Tuyong Papel Sa Kamay Para Pampunas



## 居家檢疫注意事項

### Notice of home quarantine

- 如您是在家居家檢疫，應儘量與家人分開居住，您的共同生活者須與您一同採取適當防護措施（佩戴外科口罩與良好衛生習慣），並儘可能保持1公尺以上距離。
- 請維持手部衛生，用肥皂勤洗手。
- 如您有發燒、咳嗽等症狀或其他任何身體不適，請您佩戴外科口罩，主動與衛生局聯繫，或撥1922、1955專線，依指示儘速就醫，且禁止搭乘大眾運輸工具就醫。
- If you stay at home for quarantine, please avoid close contact with the people living with you and keep away from them at a distance of at least 1 meter.
- Please keep your hands clean.
- If you develop symptoms such as fever, cough or discomfort, please put on a surgical mask, contact with the local health authorities or call the toll-free hotline 1922 or 1955 to obtain instructions on seeking medical attention. Please avoid taking public transportation when you go to the hospital.