

# 外國人抵台自主健康聲明 Declaration of Foreigner Arriving in Taiwan

部門Dept.		重出入口 Re-entry/ 抵台日期Date arrival in Taiwan	
單位Unit			
工號I.D. No.		姓名Name	

## 自述旅遊史暨身體狀況 Self introduction to travel history and physical condition

1. 本人是否有以下症狀：Whether I having the following symptoms  
發燒Fever 咳嗽Cough 鼻塞Stuffy nose、流鼻水Runny nose 喉嚨痛Sore throat
2. 出國旅遊史History of travel abroad 本人前往：I Travel to  
大陸China 香港Hongkong 澳門Macau 新加坡Singapore 日本Japan 韓國Korea  
泰國Thailand 菲律賓Philippines 印尼Indonesia 越南Vietnam  (其他地區Other areas)

## 自主聲明內容 Self Declaration Content

本人近期抵達台灣，為預防武漢肺炎（COVID-19）疫情降低可能傳播風險，保障個人自己、親友及周遭人士的健康，本人聲明於抵台14日內確實做好自主健康管理措施：

I recently arrived in Taiwan, in order to prevent the possible spread of Wuhan Pneumonia (COVID-19) and reduce the risk of transmission and to protect the health of myself, relatives, friends and others around, I declare to do my own independent health management measures within 14 days of arriving in Taiwan:

- 一、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。手部接觸到呼吸道分泌物時，請用肥皂及清水搓手及徹底洗淨。  
 Keeping hands clean and often hands washing habit conservation, in principle, you can use soap and water or alcohol-based dry cleaners keeping your hands clean. Also be aware not to touch your eyes, nose, and mouth directly with your hands. When your hands come into contact with respiratory secretions, wash your hands with soap and water and wash thoroughly.
- 二、於自主健康管理期間，每日早/晚各量體溫一次、詳實記錄體溫及活動史。  
 During the period of independent health management, body temperature should be measured twice a day in the morning / night, fill up recording details of your daily body temperature and activity history.
- 三、如沒有出現任何症狀可正常生活，但應儘量避免出入公共場所，外出時請一定嚴格遵守全程佩戴外科口罩。  
 If you don't have any symptoms, live livelihood normally, but should try to avoid going in and out of public places, please strictly follow rules by wearing surgical masks when going out.
- 四、如出現發燒、呼吸道症狀或有身體不適，請確實佩戴外科口罩，儘速就醫。就醫時，並應主動告知醫師接觸史、旅遊史、居住史、工作環境、以及身邊是否有其他人有類似的症狀。  
 Having fever, respiratory symptoms, or physical discomfort, make sure to wear surgical mask, consult a doctor as soon as possible. When consulting the doctor, you should take the initiative in informing the doctor of your contact history, travel history, living whereabouts history, working environment, and whether anyone else besides you having similar symptoms.
- 五、生病期間應於家中休養，並佩戴外科口罩、避免外出。當口罩沾到口鼻分泌物時，應立即更換並內摺丟進垃圾桶。  
 During illness you should take rest at home, wear surgical masks, avoid going out. When your surgical mask comes into contact with oral and nasal secretions, it should be replaced immediately and folded into the trash.
- 六、生病期間，與他人交談時，除戴上外科口罩外，儘可能保持 1 公尺以上距離。  
 When talking to others during your illness, apart from wearing a surgical mask, keep your distance of at least 1 meter.

請詳細閱讀後簽署聲明 Please read thoroughly before signing this declaration

聲明人 Declarant		聲明日期 Declared date	
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**體溫及行程記錄表**  
**Temperature Record Sheet**

體溫單位°C Body temp unit °C
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填表人 Name :

紀錄期間：從 from \_\_\_\_年 Y \_\_\_\_月 M \_\_\_\_日 D 至 to \_\_\_\_年 Y \_\_\_\_月 M \_\_\_\_日 D

天數 DAY	日期 DATE	早上 08:00 AM	下午 13:00 PM	健康狀況 HEALTH CONDITION	活動記錄 或 其他症狀特殊 Activity record or Other symptoms specify
1		度 (°C)	度 (°C)		
2		度 (°C)	度 (°C)		
3		度 (°C)	度 (°C)		
4		度 (°C)	度 (°C)		
5		度 (°C)	度 (°C)		
6		度 (°C)	度 (°C)		
7		度 (°C)	度 (°C)		
8		度 (°C)	度 (°C)		
9		度 (°C)	度 (°C)		
10		度 (°C)	度 (°C)		
11		度 (°C)	度 (°C)		
12		度 (°C)	度 (°C)		
13		度 (°C)	度 (°C)		
14		度 (°C)	度 (°C)		

備註：請指定專人，每日上、下午各測量乙次，並完成紀錄留存備查。

Remarks: Please assign someone to take measurements once a day in the morning and in the afternoon, and keep records for future reference.