

# Home Quarantine Precautions



國立成功大學  
National Cheng Kung University



成大醫學院  
抗武衛教小組



Regulations followed by The Central Epidemic Command Center (CECC) on Feb 5th, 2020. Please keep updated information from Taiwan Centers for Disease Control.

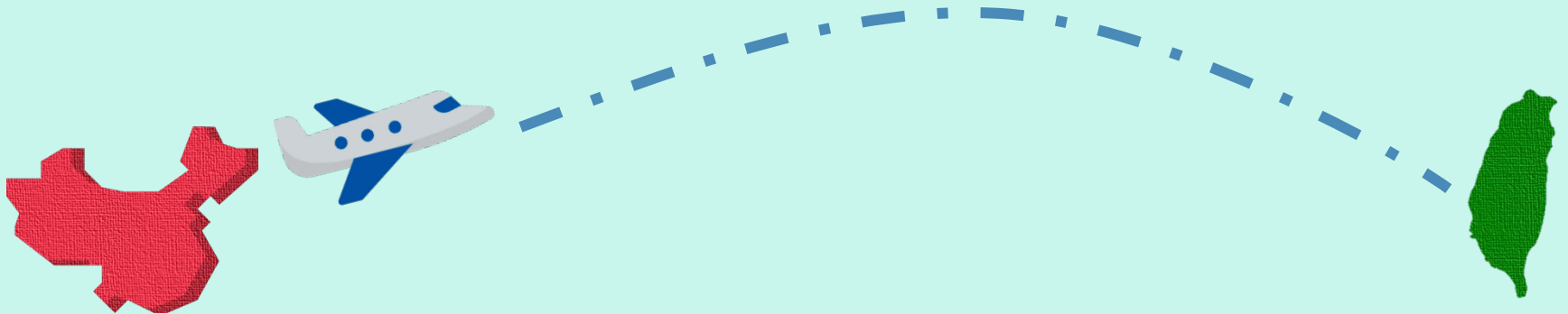


# Protect others, We Care you!

The virus needs to be isolated and prevented,  
but the people need to be cared and protected !  
During the quarantine period, you are not alone!  
Here are the steps for you to follow.



# Self-health Management before entering Taiwan





## Preventive Actions

Avoid unnecessary going out.  
Clean hands immediately  
after back to home.  
Seek medical care if you  
develop symptoms.



## Wear a Mask on the Flight and the Whole Way Back to School

After entering Taiwan, home  
quarantine for 14 days to  
prevent contact  
transmission.



## **Record Body Temperature**

Record Body Temperature and bring it back to school.



## **Wash Hands Often & Good Hygiene**

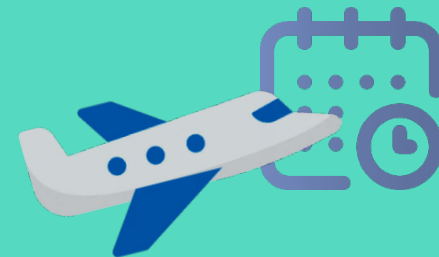
Wash your hands frequently with soap or alcohol-based hand rub. Keep respiratory and cough hygiene.



## Follow the Updated Information



<https://inequalitylab.wixsite.com/website-1>



## Inform the School

Inform the Office of International Affairs and your advisor of your return date and flight number. **Back to Taiwan 14 days before Start Date of Spring Semester on March 2 is strongly encouraged.**

## Preparation before entering Taiwan



Daily necessities

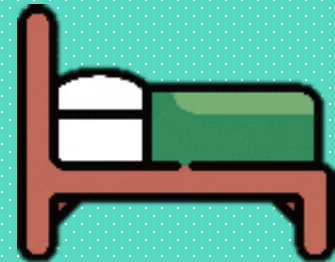


Personal medicine

## Provided by NCKU dorm



Meals



Accommodation

★★★ Those who were quarantined outside of campus, you need to ask family and friends to send meals for you. Please arrange in advance.

# 14-Day Home Quarantine





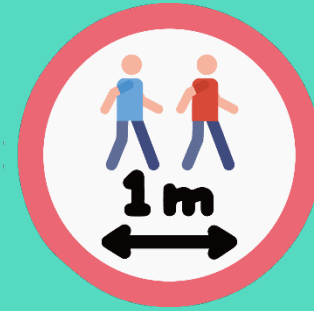


## Do Not Leave the Designated Location

Please stay at home (or at the designated location).

It is forbidden to leave the quarantined place, visitors or take public transportations.

Violation will be fined for  
**NTD 10,000-150,000.**



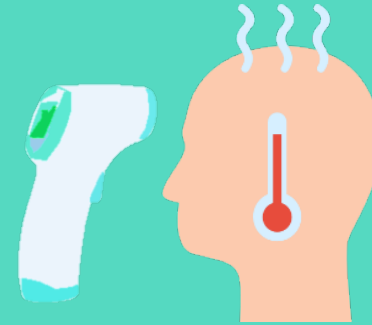
## Keep a Distance with Others for 1 Meter

Wear your mask and keep distance with others



## Surgical Mask & Good Hygiene

Wear a surgical mask. Implement respiratory hygiene and cough etiquette. Wash your hands frequently with soap or alcohol-based hand rub.



## Check Body Temperature

Use ear/forehead thermometer or body surface bracelet to monitor your body temperature  
**If fever  $>37.5^{\circ}\text{C}$ , inform school and your advisor immediately.**  
At home → Inform the health center  
At dorm → Inform the dorm supervisor



## Cooperate with Daily Follow-up

Fill "Health Condition Record" for 14 days.

Keep in contact with Village Chief or Village Officer of Taiwan City Government.



## Inform Travel History

If you have symptoms, call **1922** for further management.

Inform your travel, occupation, contact, cluster history to medical personnel.



# After Home Quarantine Completed





## Purchase Mask with Resident Certificates

Avoid unnecessary going out.  
Wear a surgical mask if going out.  
Wear a surgical mask and keep a distance of more than 1 meter when speaking to others.



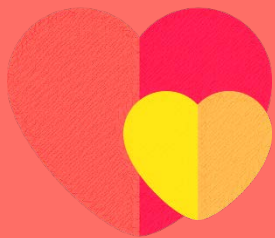
## Cooperate with School Follow-up

Cooperate with counselors, school nurses or your advisor of department.

# Staying Peaceful and Healthy

Fighting against novel coronavirus infection is not only about protecting your physical health, but also mental health.

Take a look at the tips for building mental health!



Counseling and Wellness Services division,  
Office of Student Affairs & Office of Student Affairs.



## Take Care of Your Physical Health

Maintain daily routines.  
Suitable exercise with  
balanced diet .  
Good personal hygiene.



## Reduce Exposure to Anxiety-provoking Things

Get your correct information  
from official sources.  
Avoid crowded public places.



## Create Happy Feelings

Engage in activities that make you feel happy and relaxed, and distract you from rumination.



## Express Emotions

Speak out your feelings.  
Write down your thoughts.  
Close your eyes and  
take a deep breath.





## Cheer Yourself Up

Although the novel coronavirus infection outbreak makes us worry, you can choose to relax and practice to find peace in mind.

## Prevention information

*<https://inequalitylab.wixsite.com/website-1>*



## Contact information

*CDC Hotline: 1922*

*NCKU Health Center: 06-2757575 extension 50430*

*NCKU Housing Services: 06-2757575 extension 86340*

## Counseling and Wellness Services

*06-2757575 extension 50328 or 50334*

*em50320@email.ncku.edu.tw*

Online Questionnaire for your mental health:

★★ International students

→ [https://happiness.osa.ncku.edu.tw/cs\\_ncku/index.aspx](https://happiness.osa.ncku.edu.tw/cs_ncku/index.aspx)