



COVID-19防疫-校園篇

- 1、遵守防疫新生活運動，戴口罩、勤洗手、保持社交安全距離。
 - 2、遠距上課勿趴趴走，盡量待在宿舍、租屋處或家中。
 - 3、避免不必要的外出及減少人與人之間的連結。
 - 4、下載「臺灣社交距離App」，透過手機即時掌握自己的暴露風險！
 - 5、搭乘大眾運輸工具請使用已記名的悠遊卡、一卡通、iCash
 - 6、在校園內每天至「自助體溫量測站」量體溫1次，並將貼紙貼在易辨識處。
 - 7、如出現COVID-19相關症狀如發燒、咳嗽、喉嚨痛、倦怠、肌肉酸痛、腹瀉、嗅味覺異常、呼吸急促等，請戴上口罩至校園發燒篩檢站，將為您進一步評估送醫。**假日請直接撥打「通報專線」！**
 - 8、確診COVID19怎麼辦？接觸過確診個案該做什麼？(English)請參考CDC指引。
- 校園通報專線：03-2804814（上班時間）；03-2805666（非上班時間）

中央大學關心您的健康



正確戴口罩4步驟



4 Steps

to Wearing the Mask Properly





正確洗手 遠離疫病

Wash Hands Correctly

Keep Disease Away



1. 把手弄濕
Wet hands with water



2. 抹上肥皂，手心、手背、指尖及指縫搓揉二十秒
Rub hands with soap at least 20 seconds



3. 把手上肥皂泡沖洗乾淨
Rinse hands with water



4. 用水把水龍頭沖乾淨並記得關水龍頭
Hold water to rinse faucet then turn it off



5. 把手擦乾或烘乾
Wipe or dry hands with clean tissue

全民洗手 遠離疫病
Wash hands to avoid disease infection

餐前、廁後應洗手
Wash hands before eating and after using the lavatory



衛生署疾病管制局關心您
Centers for Disease Control, Taiwan, R.O.C.

STOP COVID-19

保持社交距離

與他人保持社交距離



室外
1公尺以上



室內
1.5公尺以上

若無法保持距離應正確配戴口罩

身體出現不適，請戴口罩儘速就醫，並告知醫師旅遊史、職業別、接觸史及是否群聚 (TOCC)。

尊重他人 保護自己



STOP COVID-19

Maintain Social Distancing

Maintain social distancing with others



Outdoor
1 meter or more



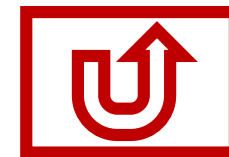
Indoor
1.5 meters or more

If you cannot maintain social distancing,
make sure to wear a MASK

If you feel unwell, please wear a mask when you seek for medical treatment, and inform the doctor about your travel history, occupation, contact history and whether they are in a group gathering (TOCC)。



RESPECT OTHERS PROTECT YOURSELF



英文版

搭乘大眾公共運輸請多使用 已記名之悠遊卡、一卡通、iCash



中央流行疫情指揮中心

2021/5/16

Please use these cards
if you take public transportation
Registered Easy card 、 iPASS Card 、 ICASH



Central Epidemic Command Center 2021/5/16

勞動部勞動力發展署
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

自助體溫量測站



- 1、每日請自行量測體溫，並領取當日識別貼紙。
W1紅、W2黃、W3橘、W4綠、W5藍、W6銀、W日金
- 2、額溫如超過37.5度，請休息5分鐘再測量1次，如體溫仍過高請至中正圖書館發燒篩檢站重新測量。
- 3、如有發燒、上呼吸道症狀者，請勿到校上班上課。
- 4、無法保持安全社交距離，請務必配戴口罩。
- 5、校外人士入校，請依規定量體溫、戴口罩及線上實聯制登記。
- 6、校園自助體溫量測站：
行政大樓、圖書館、依仁堂、松苑餐廳、宿舍區（女14、1-4舍、男5、9A、9B及13舍）、綜教館、科一館、科二館、科五館、管二館、國鼎光電大樓、機械館、工一館、工五館

1.TAKE YOUR BODY TEMPERATURE ONCE A DAY AND RECEIVE IDENTIFICATION STICKERS.
MON RED, TUE YELLOW, WED ORANGE, THU GREEN, FRI BLUE, SAT SILVER, SUN GOLD
2.MAINTAIN A SAFE SOCIAL DISTANCE AND WEAR A MASK.
3.IF THE FOREHEAD TEMPERATURE EXCEEDS 37.5 DEGREES, PLEASE GO TO THE FEVER SCREENING STATION OF ZHONG-ZHENG LIBRARY.

SELF-SERVICE BODY TEMPERATURE MEASUREMENT STATION
ADMINISTRATIVE BUILDING、LIBRARY、YI-RENG HALL、PINE GARDEN RESTAURANT、FEMALE DORM#14#1-4、MALE DORM#5#9A#9B#13、GENERAL EDUCATION BUILDING、SCIENCE BUILDING#1#2#5、MANAGEMENT BUILDING#2、KWOH-TING OPTOELECTRONICS BUILDING、ENGINEERING BUILDING #1#5、MECHANICAL ENGINEERING BUILDING

發燒通報專線

上班時間：03-2804814

非上班時間：03-2805666

教職員工生發燒線上通報

PORTAL服務櫃臺

健康監測自主回報作業

校外人士實聯制



發燒篩檢站



Fever screening station

每日量體溫

Take your body temperature every day

額溫 37.5 度以上

Forehead temperature above 37.5 degrees

發燒篩檢站

Fever screening station



中正圖書館迴廊 Corridor of Zhongzheng Library

請按鈴通知護理人員，勿進入建築物

Please ring the bell to inform the nursing staff not to enter the building.

中央大學關心您的健康

我是COVID-19確診個案， 應該要注意甚麼？

1. 大部分的COVID-19感染者症狀輕微，休養後即可自行康復，為了將醫療資源留給重症患者，請您先留在家中不要離開，等候公衛人員通知。
2. 在家中請單獨一人一室，盡量和家人使用不同的衛浴設備，不要離開房間。
3. 在家中請避免與其他同住者接觸，特別是長者、幼兒或免疫力低下的同住家人。
4. 請務必佩戴口罩和注意手部衛生(使用肥皂和水洗手，或使用酒精)。
5. 若出現發燒症狀，可以使用退燒藥減緩不適症狀，盡量臥床休息和飲水。
6. 務必觀察自身症狀變化，若出現以下症狀時，請立即聯繫119、衛生局或撥打1922：喘、呼吸困難、持續胸痛、胸悶、意識不清、皮膚或嘴唇或指甲床發青。
7. 請依指示就醫，並禁止搭乘大眾運輸工具。
8. 請家人準備食物飲水，不要和家人共餐或共用物品。
9. 請使用稀釋後的漂白水或酒精清潔所有經常觸摸的物體表面。
10. 電話連絡我的密切接觸者(在我開始有症狀發生的前三天至隔離前，曾有共同用餐、共同居住或未佩戴口罩下面對面15分鐘以上的接觸)，請他們自我隔離並健康監測。

我有**接觸**到COVID-19確診個案， 應該要注意甚麼？



1. 如果您與確診個案於症狀發生前三天至隔離前有密切接觸(如共同用餐、共同居住或曾有面對面15分鐘以上的接觸)，請先留在家中自我隔離，等候衛生單位通知，除非有需立即就醫需求，請不要離開住所。
2. 在家中請單獨一人一室，盡量和家人使用不同的衛浴設備，不要離開房間。
3. 在家中請避免與其他同住者接觸，特別是長者、幼兒或免疫力低下的同住家人。
4. 請務必佩戴口罩和注意手部衛生(使用肥皂和水洗手，或使用酒精)。
5. 觀察自己是否出現COVID-19的相關症狀，如：發燒、流鼻水、咳嗽、喉嚨痛、倦怠、肌肉痠痛、頭痛、腹瀉、嗅覺或味覺異常、呼吸急促等。
6. 若出現以下症狀時，請立即聯繫119、衛生局或撥打1922：喘、呼吸困難、持續胸痛、胸悶、意識不清、皮膚或嘴唇或指甲床發青。
7. 請依指示就醫或前往篩檢，並禁止搭乘大眾運輸工具。
8. 請家人準備食物飲水，不要和家人共餐或共用物品。
9. 請使用稀釋後的漂白水或酒精清潔所有經常觸摸的物體表面。
10. 如果您不是密切接觸者，則僅需進行自我健康監測14天，如有疑似症狀，請佩戴口罩後就醫評估，並告知可能的接觸史。

What should I do, if I have been **exposed** with confirmed COVID-19 case?

1. What if you had close contact with a confirmed case three days before the onset of symptoms and before isolation? (Such as eating together, living together, or having face-to-face contact for more than 15 minutes) please stay at home and self-isolate and wait for the notification from the health unit. Please do not leave your home unless you need immediate medical attention.
2. Please use a separate room for one person at home, try to use different bathroom equipment from your family and do not leave the room.
3. Please avoid contact with other people living at home, especially the elderly, young children or family members with weak immune system.
4. Please wear a mask and pay attention to hand hygiene (wash your hands with soap and water or use alcohol).
5. Observe whether you have symptoms related to COVID-19 such as fever, runny nose, cough, sore throat, fatigue, muscle pains, headache, diarrhea, loss of smell or taste, shortness of breath, etc.
6. Be sure to observe the changes in your symptoms. If you are experiencing the following symptoms: wheezing, breathing difficulties, persistent chest pain, chest tightness, unconsciousness, blue skin, lips or nail bed, please contact 119, the Health Bureau or dial 1922 immediately.
7. Please follow the instructions to seek medical attention and do not take public transportation.
8. Ask your family members to prepare food and water for you and do not share meals or items with them.
9. Please use disinfectants or alcohol to clean the frequently touched surfaces and objects.
10. If you are not a close contact, you only need to conduct self-monitoring for 14 days. If you have any suspected symptoms, please wear a mask and go to a doctor for evaluation and inform the possible exposure.

What should I do if I am tested positive for COVID-19?

1. Most people infected with COVID-19 have mild symptoms and they can recover at their own pace. In order to reserve medical resources for critically ill patients, please stay at home and do not leave, and wait for the notification from public health personnel.
2. Please use a separate room for one person at home, try to use different bathroom equipment from your family and do not leave the room.
3. Please avoid contact with other people living at home, especially the elderly, young children or family members with weak immune system.
4. Please wear a mask and pay attention to hand hygiene (wash your hands with soap and water or use alcohol).
5. If you have fever, you can use antipyretics to relieve the symptoms, stay in bed and drink water as much as possible.
6. Be sure to observe the changes in your symptoms. If you are experiencing the following symptoms: wheezing, breathing difficulties, persistent chest pain, chest tightness, unconsciousness, blue skin, lips or nail bed, please contact 119, the Health Bureau or dial 1922 immediately.
7. Please follow the instructions to seek medical attention and do not take public transportation.
8. Ask your family members to prepare food and water for you and do not share meals or items with them.
9. Please use disinfectants or alcohol to clean the frequently touched surfaces and objects.
10. Call my close contacts (from the first three days of the onset of symptoms before the quarantine, I had shared meals, lived together or had contact with them face to face for more than 15 minutes without wearing a mask) and asked them to self-isolate and monitor their health condition.

