

## National Tsing Hua University Epidemic Prevention Package

Physical: Thermometer \*1, Alcohol Pad \*2, Hand Sanitizer \*1, Mask \*6

Mental: Relieving Propaganda, Five steps for positive thinking, bookmark

Dear All,

Those who are of intervention such as home isolation, home quarantine, **should do self-health management for another 7 days after their quarantine period terminates**. During the isolation or quarantine period, the individual is required to stay at home or designated location and not to go out. **Furthermore, please measure and report body temperature every morning and evening to the survey, “NTHU Division of Health Service Survey on Epidemics”: <http://0rz.tw/kZFPt>.**

Related details are the following:

1. **After home isolation or home quarantine period terminates, students are required to do self-health management for another 7 days. Besides, students should measure and report body temperature every morning and evening to the survey, “NTHU Division of Health Service Survey on Epidemics”: <http://0rz.tw/kZFPt>. You are also required to report your physical status through Line: <https://lin.ee/oY1L00W>, before 12 A.M. during 14-day home quarantine period (weekends included).**
2. **In case your axillary temperature is above 37.5°C, or you have such symptoms including fever, respiratory symptoms, loss of taste and smell, or unexplained diarrhea, please report your symptoms to the survey and Line mentioned above and immediately make contact with : Division of Health Service 03-5743000 (Office Hour Monday to Friday 8:00 AM-17:00 PM) or Student Assistance Division 03-5711814 (24 hours). We will have assistance to transfer you to the hospital. Please don't discuss your status in public or any groups so as to protect yourself and keep it private. In addition, in case there is any unnecessary hurt after being diagnosed COVID-19 positive, your personal information will be fully protected.**
3. To reduce the risk of pandemic outbreak, the Ministry of Education has regulated that the student who is under self-health management is not allowed to come to campus or present at crowded place. If you need to go out, you should wear medical masks at all times, wash your hands frequently, implement respiratory hygiene and cough etiquette and avoid group activities. If you need to eat, it is recommended that you take out and return to the self-health management location to eat. Pay attention to the hygiene habit of washing hands before meals. Individuals with fever or respiratory symptoms such as coughing or running nose are to wear a medical mask, seek medical attention immediately and not to use public transport; inform the physician of your contact and travel history, wearing a surgical mask while returning home and avoid going out, and keep 1 meter away from others when talking to them.
4. If you still feel uneasy or fearful, you can fill in the ‘Relief Prevention’ application form from the NTHU Counseling Center. The consultant will contact you and provide you short-term and supportive consultation according to your need. ‘Relief Prevention’ application form : <https://reurl.cc/6gA3KV>.
5. Suggestions for disinfection and environment hygiene:
  - a. Locations and places where the human body may contact frequently (such as conference room tables and chairs, tea rooms, saloons, etc.) should be sanitized with 1: 100 ratio bleach.
  - b. The toilet should be disinfected with a blend of washing powder and 1: 10 ratio bleach.
6. The thermometer in the package should be sanitized and handed over to Division of Health Service after the self-health management period terminates.

**Division of Health Services wish you all well.**