COVID-19 Protocols After Entry

Home quarantine - 10 days
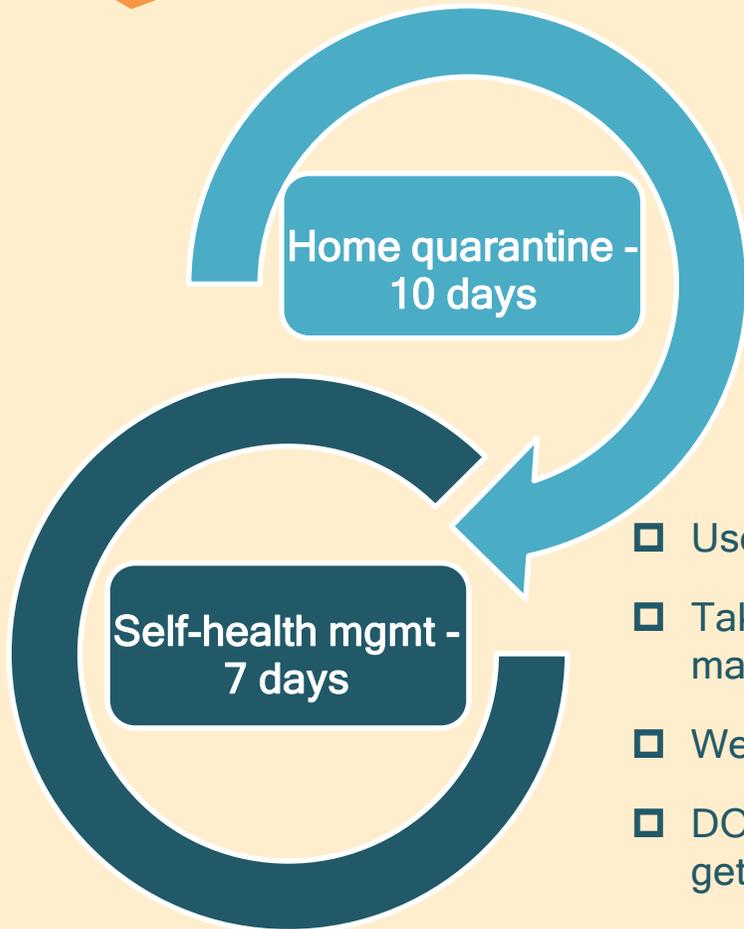
- ☐ Use Disease Containment Expert Line BOT or SMS to report your health every day.　(SMS to 0911-514600)

- ☐ Take rapid tests on **the 3th, 5th and 7th days** of their quarantine, and PCR tests **on the 10th day** of the quarantine.

- ☐ PCR test negative + quarantine ends → you can leave the quarantine hotel.

Self-health mgmt - 7 days

- ☐ Use SMS to report health every day.

- ☐ Take rapid test between **the 3th and the 6th to 7th day** of their self-health management period and to voluntarily report their test result via SMS.

- ☐ Wear a mask when going out.

- ☐ DO NOT have close-up or group activities, e.g., lunch/dinner with friends, get-togethers, public gatherings.

- ☐ DO NOT enter the campus when you're undergoing self-health management (including classrooms, offices, labs...) You are NOT allowed to live in on-campus dorm during self-health mgmt period.

Disease Containment Expert Line BOT

1
Scan
- Scan QR code and add Disease Containment Expert Line BOT.

2
Register
- Tap on Menu, then Register.
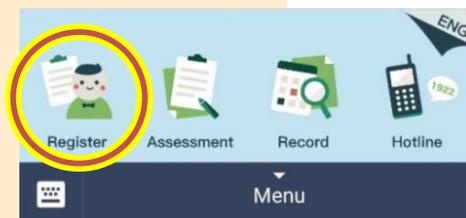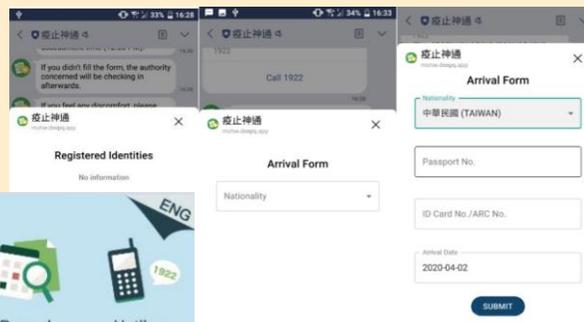- Fill in information and tap Submit.

3
Confirmation
- Wait 1~2 hours after registration. The system will notify you for confirmation.

4
Assessment
- Tap on Menu, then Assessment.
- Complete your health assessment before 12:00 noon every day during the 10-day home quarantine.

Home Quarantine: Things to Know

Electronic Fence

During the home quarantine period, you are not allowed to leave the place where you are staying without authorization. Violators can be fined up to NT$1 million.

Mgmt Period

10 +7

After completing your 10-day home quarantine, you should undergo self-health mgmt for another 7 days. Do NOT enter the campus, including classrooms, offices, labs, research offices, studios...

Self-monitoring

Take your body temperature every morning and evening and report it on the Disease Containment Expert Line BOT or via SMS. Your health assessment info will be sent to the Ministry of Health and Welfare at noon every day for follow-up.
The health center nurse will also contact you to check up on you.

Self-report

If you have a fever (armpit temp ≧37.5℃, forehead temp ≧37.5℃, ear temp ≧38℃), cough, diarrhea, abnormal smell/taste or any other physical discomfort, call the pandemic prevention hotline and follow instructions to seek medical attention as soon as possible.

24-hour hotline
CDC hotline: ☎ 1922
NTNU hotline: ☎ 02-77493111

Links to Information

Covid-19 Pandemic Prevention Page

The school's Covid-19 Pandemic Prevention page announces the latest updates and measures related to the pandemic.

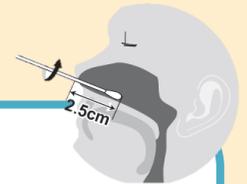## Pandemic Prevention Videos

Promotional videos on home isolation/quarantine, self-health management, and seeking medical attention.

Taiwan Social Distancing App

Free to download and use. It lets users know if they have been in contact with a confirmed case in real time to stop the further spread of Covid.

COVID-19 Ag Self Test Procedure

The how-to demo video for the take a rapid test.

NTNU Health Center

Targets

Reporting System for Following Up on Persons at Risk of Infection

- ⊙ You've been to a COVID hotspot visited by confirmed cases
- ⊙ You've been in contact with a confirmed case
- ⊙ Your location history overlaps with that of a confirmed case
- ⊙ You've been notified to undergo home isolation/quarantine, (enhanced) self-health management or self-health monitoring

Self-reporting System for Fever or Other Symptoms

Fever | Headache | Diarrhea | Muscle pain/soreness | Abnormal smell/taste

Cough | Sore throat | Nasal congestion/runny nose | Other COVID symptoms

Report COVID-19 Symptoms/Exposure to Protect You and Others

#confirmedcase #imighthavecovid #covidhotspots
#neighborhascovid #contact #symptoms #exposure

Every day is prevention day

Once self-mgmt period ends, still stick to prevention measures

- ✪ Wear a mask when going out
- ✪ Maintain social distancing
- ✪ Wash hands frequently
- ✪ Notify voluntarily

How to Report

NTNU app

Health Center website

Self-Report Hotline

📞 Health Center at 02-77493111

Student Adviser Office at 02-77493123

You are not alone. We are with you.

Mask Wearing

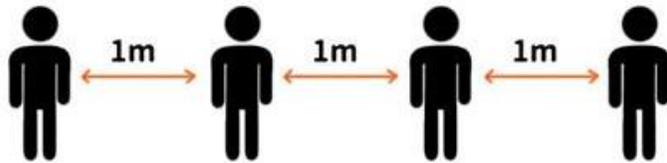- **Wearing a mask**

    - If a mask needs to be reused, it should be limited to the same person.

    - Replace it when it becomes dirty, damaged, damp, or smelly.

    - After taking off a mask, it is recommended to store it in a clean, breathable container (such as a paper bag) if you want to reuse it later.

    - The container used to store the mask should be discarded after use or cleaned regularly.
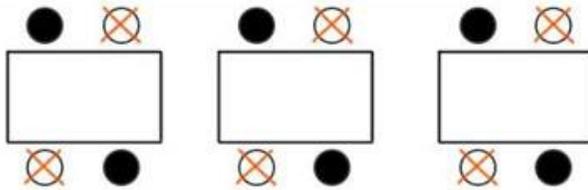
- **Taking off a mask**

    - When taking off a mask, avoid direct contact with the outside of the mask to avoid the spread of contaminated germs through the touch of your hands.

    - Clean your hands after taking off a mask.

    - When your mask comes into contact with mouth and nose secretions, it should be replaced immediately. Remember to fold it inwards before throwing it into the trash.

step 1
Open
Open the package.
Make sure the mask is intact.

step 2
Wear
Place the loops over your ears.
Secure the metal edge on your nose bridge.
Extend the mask to fully cover your nose, mouth, and chin.

step 3
Pinch
Pinch the metal edge of the mask gently.
So it will press firmly on your nose bridge.

step 4
Fit
Check the mask and your face.
Ensure all sides of the mask fit your face snugly.

Respecting Social Distancing

Outdoors:
keep a distance of **1 meter**

Indoors:
keep a distance of **1.5 meters**

- **<u>An Easy Way to Estimate Social Distance:</u>**

  — 1 meter: When an adult raises one arm horizontally without touching others, the distance from the fingertip to the shoulder on the other side is approximately 1 meter.

  — 1.5 meters: When an adult raises both arms horizontally without touching others, the distance between the fingertips is approximately 1.5 meters.

Hand Hygiene

Steps to Hand Washing

Wet | **Lather** | **Scrub** | **Rinse** | **Dry**

- <u>Wash your hands frequently</u> with soap and water or alcohol-based hand sanitizer to keep your hands clean.

- <u>Proper Hand Washing</u>

  – Without water: use alcohol-based hand sanitizer, with alcohol content of 60-80%; take 2~3ml and rub your hands for at least 20 seconds

  – With water: rub your hands with soap and water for at least 40 seconds

- Be careful not to directly touch your eyes, nose or mouth with your hands.

- When your hands come into contact with respiratory secretions, clean thoroughly with soap and water.

- Cover your mouth and nose with a tissue or handkerchief when you sneeze. If you don't have one, sneeze into your sleeve.

Palms — 1. Rub palms

Backs — 2. Rub back of hands

Interlace — 3. Interlace fingers and rub

Fingers — 4. Interlock fingers and rub

Thumbs — 5. Rub thumbs

Fingertips — 6. Rub fingertips

Wrists — 7. Rub wrists