

**Notice on the Self-Management of Health of Virus  
Hemorrhagic Fever (VHF)  
(Persons returning to Taiwan from epidemic areas)**

**Name :** \_\_\_\_\_ **ID No. :** \_\_\_\_\_

**Date :** \_\_\_\_\_ **Tel :** \_\_\_\_\_

**Address :** \_\_\_\_\_

( This notice is a legal document, please fill in correctly. The upper part is to give to the disease control official; the lower part is for you to keep.)



**Notice on the Self-Management of Health of Virus  
Hemorrhagic Fever (VHF)  
(Persons returning to Taiwan from epidemic areas)**

Notice of Self-Management of Health of VHF (Persons returning Taiwan from epidemic areas) You have in the last 21 days travelled or lived in areas epidemic of VHF (Ebola Virus Disease, Marburg Hemorrhagic Fever, and Lassa Fever). VHF is transmitted through direct contact with blood, secretions and semen of infected persons. To monitor the infection of VHF, and to protect the health of yourself and your friends and relatives, please practice in the 21 days correctly measures for the self-management of health.

1. The person under self-management and his/her family members can maintain normal life, such as going to school or office. There is no restriction of activities unless the person under self-management develops symptoms.
2. Keep hands clean. Wash hands regularly. In principle, soap and clean water or alcoholic dry cleaner can be used to keep hands tidy. Do not touch eyes, nose or mouth directly with hands.
3. During the period of self-management, measure body temperature once every morning and evening. Keep in detail body temperatures and activities (as per Attachment), and notify local health bureau/station on own accord.
4. If you have symptoms such as fever ( $\geq 38^{\circ}\text{C}$ ), diarrhea, vomiting, difficulty swallowing, muscle pain, maculopapular rash or hemorrhage, cough, sore throat, wear surgical mask immediately and inform on own initiative local health bureau/station to help arrange medical care. When under medical care, present this notice to the doctor. Tell the doctor at own initiative the history of contact, travel, and living conditions.
6. If you feel ill or have any questions, please contact the institution issued for further information and consultation.
7. If the regulations of self-management are not observed correctly, the persons concerned will be violating regulations of Article 36 of the Communicable Disease Control Act, and are liable by Article 70 of the same Act to a fine of NT\$3,000 to 15,000, successively.

**Issued by (Institution) :** \_\_\_\_\_

**Tel :** \_\_\_\_\_



## Body Temperature and Activities Record

Name : \_\_\_\_\_

Last day departing epidemic area: Month\_\_\_\_\_Day\_\_\_\_\_Year\_\_\_\_\_

Flight No. at Departure : \_\_\_\_\_ Date of Transfer:Month\_\_\_\_\_Day\_\_\_\_\_Year\_\_\_\_\_

Place of Transfer : \_\_\_\_\_ Flight No. at Transfer : \_\_\_\_\_

Day	Date	AM	PM	Health Condition	Activities
1		____°C	____°C		
2		____°C	____°C		
3		____°C	____°C		
4		____°C	____°C		
5		____°C	____°C		
6		____°C	____°C		
7		____°C	____°C		
8		____°C	____°C		
9		____°C	____°C		
10		____°C	____°C		
11		____°C	____°C		
12		____°C	____°C		
13		____°C	____°C		
14		____°C	____°C		
15		____°C	____°C		
16		____°C	____°C		
17		____°C	____°C		
18		____°C	____°C		
19		____°C	____°C		
20		____°C	____°C		
21		____°C	____°C		

