



## Health reminders to protect yourself against Covid-19

### 1. My Co-Resident Is Under Home Isolation/Home Quarantine What Should I Do?

- Maintain a distance of at least 1 meter from those who are under quarantine, and avoid close contact with them (for example, dine together).
- **Wear a medical mask whenever at work**, and avoid going to enclosed crowded area.
- Wash your hands frequently with soap and water. Wash your hands before touching your eyes, nose, and mouth.
- If any discomfort or symptoms occur, please immediately notify the contact person on the Home Isolation/Quarantine Notice, the local health authorities, or call the toll-free Communicable Disease Reporting and Consultation Hotline, 1922, and seek medical assistance accordingly.

### 2. What Should I Pay Attention to When Going to the Hospital?

Seek medical attention only if you have symptoms

Voluntarily inform the doctor of your travel history, occupation, contact history, and cluster (TOCC)

Undergo further screening based on the doctor's professional evaluation, when necessary

- Met the symptoms
- Met the collection criteria
- Undergo screening

### 3. Wash hands Regularly

Frequently Be Mindful of These Areas When Washing Your Hands

- Finger Tips·Between Fingers·Palm·Back of Your Hand·Wrist  
When to Wash Hands·Before Meal·Before Physical Contact with Patients
- After Using the Toilet·After Blowing nose, - Conchionde, Coughing and Sneezing
- After seeing a Doctor

Steps of Hand Washing

1. Wet your hands
2. Apply soap & Rub
3. your hands for at least 20 seconds
4. Wash your hands with water until they are clean
5. Clean the faucet and turn it off
6. Dry your hands