



## 指揮中心公布「COVID-19 疫情期間民眾假期生活防疫指引」，籲請同仁主動落實防疫措施，平安過好年

發佈時間：111.01.27

因應 Omicron 新型變異株威脅持續，春節連假期間團聚交流、遊憩活動頻繁，社區傳播的風險提高，指揮中心特別訂定「COVID-19 疫情期間民眾假期生活防疫指引」，提醒同仁在享受春節連假時光時，主動落實防疫措施，平安過好年。

春節連假期間落實勤洗手、呼吸道衛生與咳嗽禮節等良好個人衛生習慣尤為重要；若民眾本身或家人屬於慢性病患者、老年人、孕婦、體重過重、嬰幼兒等免疫力比較不好的族群，更易受感染及感染後病症較為嚴重，請符合接種條件者，儘速完整接種疫苗，獲得保護力，同時也應儘量避免參加可能密集接觸不特定人的聚會或活動，及前往人潮聚集、密閉空間或通風不良的公共場所。另民眾如果要探視上述免疫力較差的對象，建議雙方皆已完整接種疫苗，而探視者也要確認自身沒有身體不適症狀，且近期沒有參加密集接觸不特定人的聚會或活動，再行當面探視，探視時雙方都應佩戴口罩，以降低感染傳播的機會；否則建議使用電話或視訊方式取代。

連假期間外出活動，儘量選擇前往開放且沒有人群擁擠的地方，並遵循疫情警戒期間外出全程佩戴口罩、與不特定人保持適當社交距離(室內 1.5 公尺、室外 1 公尺)、落實實聯制、體溫監測等防疫規範，親友聚餐也儘量控制人數，並遵守餐飲防疫措施。外出時可攜帶乾洗手用品隨時保持手部清潔，並準備備用口罩以便替換，返回住所時，要確實執行手部衛生。如果出現發燒、呼吸道症狀、腹瀉或嗅、味覺異常時，應佩戴口罩，儘速就醫，不要搭乘大眾運輸工具及前往其他公共場所。

- 以上內容詳文來源:[衛生福利部疾病管制署新聞稿](#)

# COVID-19 疫情期間 民衆假期生活防疫指引

## 一、良好個人衛生習慣

- 落實**勤洗手**、呼吸道衛生與咳嗽禮節



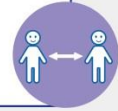
## 二、完整接種疫苗，獲得保護力

- 慢性病患者、老年人、孕婦、體重過重、嬰幼兒等免疫力較不好的族群，易受感染及感染後病症較為嚴重**符合接種條件者，應儘速完整接種疫苗，獲得保護力**
- 探視上述對象，建議雙方皆已完整接種疫苗、佩戴口罩並確認自身沒有不適症狀，否則建議以電話/視訊聯繫



## 三、外出防疫不可少，安心出遊沒煩惱

- 遵循疫情警戒期間外出**全程佩戴口罩**規定，落實實聯制、配合量體溫
- 選擇開放且沒有人群擁擠的地方，與不特定人保持適當社交距離
- 攜帶乾洗手用品隨時保持手部清潔，準備備用口罩以便替換



## 四、有症狀，速就醫，不搭大眾運輸，不前往公共場所！

- 出現發燒、呼吸道症狀、腹瀉或嗅、味覺異常時，應佩戴口罩，儘速就醫不要搭乘大眾運輸工具及前往其他公共場所！



## CECC announces Guidelines for Activities During Holidays Amid COVID-19 Pandemic and urges the public to follow disease prevention measures to enjoy a safe and healthy Lunar New Year

PublishTime : 2022-01-27

On January 27, the Central Epidemic Command Center (CECC) announced that in consideration of the increased risk of community transmission associated with social gatherings and reunions during the Lunar New Year holiday, it has formulated the Guidelines for Activities During Holidays Amid COVID-19 Pandemic. The CECC pointed out that practicing good personal hygiene, including frequent handwashing, respiratory hygiene, and cough etiquette, is particularly important during the Lunar New Year holiday. People with a weakened immune system, such as individuals with chronic diseases, elderly people, pregnant women, overweight people, babies and infants are at higher risks of infection and developing severe symptoms if infected with COVID-19. Members of the public who wish to visit the abovementioned individuals should make sure that both parties are fully vaccinated. Furthermore, members of the public should make sure that they don't have any discomfort themselves and that they have not participated in any gatherings or activities involving close contact with non-specific persons before visiting recently. During the visit, everyone must wear a mask to reduce the risk of transmission and infection, otherwise, members of the public are advised to communicate with such individuals through phone calls or video chats. Also, members of the public should minimize the number of participants in gatherings and abide by dining rules.

Source : [Taiwan Centers for Disease Control Press Releases](#)