

# **Guidelines for NFU members during distance learning**

By the Center for Environmental Protection and Occupational Safety and Health

**NFU is going to practice distance learning for all students since from May 17, students please follow the instructions below certainly**

1. Please stay at your place to take online courses.
2. If you would like to go out, please wear mask all the time and do not take off. Besides, please always wear a mask when visiting public venues. (Wearing mask is necessary in campus.)
3. Wash your hands frequently. You may use the hand wash provided by NFU last year.
4. Keep social distance. It is suggested to keep at least 1.5 meters between each other indoor, at least 1 meter between each other while outdoor.
5. If you feel any uncomfortable, students please call 056315911 or 056315119; NFU staffs please call 056313461 or 056315998.

**If you received the alert message about indigenous COVID-19 cases sent by CECC on May 13, please do not panic. Other 200,000 received the same message like you.**

**Your cellphone was within 1 kilometer apart from the cellphone of confirmed case at the same time, so you are included in the name list.**

**If you have the situation above, please follow the instructions below:**

1. Please wear mask when going to the school for either class or work. Wash your hands frequently, and take your body temperature every day, in order to manage your health and safety protection certainly.
2. Please have meals by your own for 14 days, do not eat with others.
3. If you feel uncomfortable, stop go to work or class. Please seek for medical care and tell the medical staff about your situation of receiving alert message and any related experience.
4. Do not panic. Keep social distancing.
5. Please be patient of the inconvenience of these restrictions for 14 days. It is in order to protect not all of us.

## **SOP for contacts of COVID-19 confirmed cases**

- Direct contact → Undergo quarantine for 14 days and self-health-management for the following 7 days → Traced by medical staff
- Indirect contact with respiratory symptoms or other uncomfortable conditions → Seek for medical care and practice self-health-management for the following 7 days → Traced by medical staff
- Indirect contact without respiratory symptoms or other uncomfortable conditions → Practice self-health monitoring for 7 days → Traced by medical staff

## **SOP for NFU members who received alert message**

- Receiving alert message and have respiratory symptoms or other uncomfortable conditions → Seek for medical care and practice self-health-management for the following 7 days (suggested to live in individual room) → Traced by medical staff
- Receiving alert message without respiratory symptoms or other uncomfortable conditions → Practice self-health monitoring for 7 days → Traced by medical staff

## **Instructions for self-health monitoring**

1. Avoid accessing to public venues with crowds (where are hard for you to keep social distance) or any places may let you get closed to the uncertain public. Also, please avoid attending big event, having meals outside your home, having meals with others, and attending gatherings. If you must go out, you are supposed to wear medical mask all the time.
2. If you have no symptoms, you are still able to maintain daily life as usual, including go to school or go to work and taking public transportations. However, you are supposed to wear mask all the time outside your home, and please throw away your mask into trashcan with folding inward properly when it is stained with oral or nasal secretions
3. Keep your hands clean and make a habit of hand washing. Soap with water and alcoholic hand sanitizers are suggested to use for hand washing. Besides, please avoid touching your eyes, nose and mouth directly with hands. If your hands are touched with respiratory secretions, please wash your hands immediately with soap and water, and please rub the whole hands absolutely when washing.
4. If you have high fever (with body temperature above 38° C), loss taste or smell, have diarrhea or any respiratory symptoms, please put on a medical mask and seek for medical care immediately. Please call 1922 or contact with health bureau of local government, in order to follow the instructions to access the specific medical institution. Please avoid taking public transportation when seeking medical attention.

Please voluntarily inform the physician of any history of contact and activity and mention about you as the member of self-health monitoring, and please also tell whether anyone around you having similar symptoms.

Taiwan COVID-19 Central Epidemic Command Center cares about you.

Source: Taiwan Central Epidemic Command Center