

## 返國休假及入境移工之防疫事項

近期國內及國外登革熱疫情升溫，為降低境外移入傳染病對國內防疫之影響，請協助移工衛教宣導，提示傳染病預防措施如下：

- 一、移工返國休假前：提醒其於返回母國期間，應作好防蚊措施，如穿著淡色長袖衣物、於皮膚裸露處塗抹防蚊藥劑，避免病媒蚊叮，同時務必落實不生食、不生飲及經常使用肥皂洗手的良好衛生習慣。
- 二、移工入境我國時：移工返回母國期間或入境時，如有出現發燒、頭痛、後眼窩痛、肌肉關節痛、出疹、腹瀉或嘔吐等疑似傳染病症狀，請主動告知國際港埠檢疫人員，並配合防疫檢疫措施。
- 三、移工再次來臺後：入境後 14 天內，請仲介業者與雇主主動關心移工健康，若出現疑似傳染病症狀，請儘速協助就醫並主動告知旅遊史，以利醫師診斷、通報及衛生機關介入防疫。

衛生福利部疾病管制署已委託臺大醫院成立「新南向人員健康服務中心」，該中心設有多國語言線上真人口譯服務，移工如有疾病諮詢、慢性病管理或其他健康疑問等，請逕電洽該中心，以獲得妥適協助。

疾病管制署全球資訊網已建置「外國人健康管理」專區 (<https://www.cdc.gov.tw>；首頁/國際旅遊與健康/外國人健康管理)，提供多國語言衛教資源。

新南向人員健康服務中心

02-23123456 轉 66607



衛生福利部疾病管制署

防疫專線 1922



## Hal-Hal Pencegahan Epidemii bagi Pekerja Migran yang Baru Masuk dan Kembali Setelah Pulang Cuti ke Taiwan

Penyakit Demam Berdarah Dengue (DBD) belakangan ini kembali menghangat baik di dalam negeri maupun di luar negeri, untuk mengurangi dampak penularan penyakit menular yang terbawa dari luar terhadap pencegahan epidemi dalam negeri, harap memberikan bantuan sosialisasi pendidikan kesehatan kepada pekerja migran. Berikut ini adalah langkah-langkah pencegahan penularan penyakit menular:

1. Sebelum pekerja migran kembali ke Taiwan dari cuti pulang ke tanah air: Diingatkan selama berada di negara asal harus melakukan langkah-langkah menghindari sengatan nyamuk, seperti memakai pakaian lengan panjang berwarna cerah, memoleskan bagian kulit yang tidak tertutup dengan minyak atau losion anti nyamuk agar terhindar dari gigitan nyamuk, bersamaan dengan itu juga harus menerapkan dengan baik kebiasaan hidup bersih dengan tidak menyantap makanan dan minuman mentah, serta sering mencuci tangan dengan sabun.
2. Saat pekerja migran masuk ke Taiwan: Selama masa pekerja migran kembali dari liburan ke tanah air atau saat masuk ke Taiwan, jika timbul salah satu dari gejala yang dicurigai sebagai penyakit menular seperti demam, sakit kepala, sakit di belakang mata, nyeri otot dan persendian, muncul ruam, diare atau mual dan lainnya, maka dengan inisiatif sendiri memberitahukan staf karantina di pelabuhan atau bandara internasional serta bekerja sama untuk menerapkan langkah pencegahan epidemi.
3. Setelah pekerja migran datang kembali ke Taiwan: Harap agensi dan pemberi kerja berinisiatif memperhatikan kesehatan pekerja migran selama masa 14 hari setelah masuk ke Taiwan, apabila timbul gejala yang dicurigai sebagai gejala penyakit menular, harap segera memberikan bantuan mencari pertolongan medis dan dengan inisiatif sendiri memberitahukan riwayat perjalanan untuk memudahkan dokter dalam mendiagnosis, melaporkan dan keikutsertaan lembaga kesehatan dalam upaya pencegahan epidemi.

Pusat Pengendalian dan Pencegahan Penyakit Kementerian Kesehatan dan Kesejahteraan telah meminta Rumah Sakit Universitas Nasional Taiwan (National Taiwan University Hospital/NTUH) mendirikan "Pusat Pelayanan Kesehatan Personil Kebijakan Baru ke Arah Selatan" (New Southbound Health Center), pusat pelayanan ini memiliki staf penerjemah dalam berbagai bahasa yang akan memberikan pelayanan secara online, apabila pekerja migran memiliki masalah penyakit, manajemen penyakit kronis atau masalah kesehatan lainnya yang ingin dikonsultasikan, maka dapat langsung menghubungi pusat pelayanan tersebut untuk mendapatkan bantuan yang diperlukan.

Jaringan Informasi Global Pusat Pengendalian dan Pencegahan Penyakit telah mendirikan halaman khusus "Manajemen Kesehatan Orang Asing" (<https://www.cdc.gov.tw>; Beranda/Manajemen Kesehatan Orang Asing dan Pariwisata) menyediakan sumber daya pendidikan kesehatan dalam berbagai bahasa.

Pusat Pelayanan Kesehatan Personil Kebijakan  
Baru ke Arah Selatan  
02-23123456 ext.66607



Pusat Pengendalian dan Pencegahan Penyakit  
Kementerian Kesehatan dan Kesejahteraan  
Saluran Khusus Pencegahan Epidemi 1922



## **Infectious Disease Prevention Measures for Foreign Workers Returning Home on Vacation and Reentering Taiwan**

Following a recent spike in dengue fever cases in Taiwan and overseas, the Ministry of Labor has launched a health education campaign to remind foreign workers about preventative measures to avoid being infected by such infectious diseases, thereby minimizing the possibility of such illnesses being imported into the country and impacting Taiwan's efforts to prevent their spread.

1. Prior to foreign workers returning to their country of origin on vacation: Workers should be reminded to take measures to prevent being bitten by mosquitoes, for example by wearing light colored long-sleeved clothing and rubbing or spraying mosquito-repellant on exposed parts of the body. It is also important to not eat uncooked food, drink tap water and regularly wash one's hands with soap and water.
2. Foreign workers arriving in Taiwan: When foreign workers return to their countries of origin or return to Taiwan if they develop suspected infectious disease symptoms, including a fever, headache, pain behind the eyes, muscle or joint pain, a rash, diarrhea or vomiting, they should inform quarantine personnel at their international port of entry and observe any related infection prevention measures.
3. After foreign workers return to Taiwan: Labor brokerages and employers will be asked to observe their health status for 14 days after returning. If in that period workers develop any infectious disease symptoms medical assistance should be provided as soon as possible. At that time, the worker should inform medical practitioners of his or her travel history to facilitate the doctor's diagnosis, reporting and where necessary the intervention of the health authorities.

The Taiwan Centers for Disease Control (TCDC) under the Ministry of Health and Welfare has instructed National Taiwan University Hospital to establish the "New Southbound Health Center" which provides an online live translation service in multiple languages so foreign workers can seek consultations on illnesses, chronic disease management and other health-related issues. Please feel free to call the center at any time.

The TCDC website has already introduced a "Foreigners' Health" section (<https://www.cdc.gov.tw>; homepage / international travel and health foreign national health management), providing health education resources in multiple languages.

New Southbound Health Center  
02-23123456 Ext 66607



Infectious Disease Prevention Hotline 1922,  
Taiwan Centers for Disease Control, Ministry of  
Health and Welfare



## มาตรการป้องกันโรคสำหรับแรงงานต่างชาติที่เดินทางกลับไปพักร้อนและเดินทางเข้าสู่ไต้หวัน

ขณะนี้ สถานการณ์การระบาดของโรคใช้เลือดออกทั้งในไต้หวันและต่างประเทศมีแนวโน้มรุนแรงขึ้น เพื่อลดผลกระทบต่อ การป้องกันโรคในไต้หวัน ขอความร่วมมือประชาสัมพันธ์ให้แรงงานต่างชาติได้รับทราบ เกี่ยวกับ มาตรการป้องกันโรคติดต่อนี้ :

1. ก่อนการเดินทางกลับไปพักร้อนที่บ้าน : เตือนให้เตรียมการป้องกันถูกยุงกัดในระหว่างกลับไปพักร้อนที่บ้าน เช่น เลือกรวมเสื้อผ้าสีสว่าง ๆ เสื้อแขนยาว กางเกงขายาว ทายากันยุงบนผิวหนังที่เสี่ยงต่อการถูกยุงกัด ขณะเดียวกันไม่รับประทานอาหารสุก ๆ ดิบ ๆ ควรดื่มน้ำสะอาดหรือน้ำต้มสุกและรักษาสุขนิสัยที่ดีด้วยการล้างมือด้วยสบู่เป็นประจำ

2. เมื่อเดินทางเข้าสู่ไต้หวัน : ระหว่างที่แรงงานต่างชาติกลับไปพักร้อนที่บ้านหรือขณะเดินทางเข้าสู่ไต้หวัน หากปรากฏอาการของโรคติดต่อ อาทิ เป็นไข้ ปวดหัว ปวดกระบอกตา ปวดเมื่อยตามตัว ปวดข้อหรือกระดูก มีผื่นขึ้นคล้ายผื่นของโรคหัด ท้องเสียหรืออาเจียนเป็นต้น โปรดแจ้งเจ้าหน้าที่กักกันโรคประจำท่าอากาศยาน และให้ความร่วมมือปฏิบัติตามมาตรการป้องกันโรค

3. หลังการเดินทางเข้าสู่ไต้หวันครั้งใหม่ : ภายใน 14 วันนับจากวันเดินทางเข้าไต้หวัน ขอให้บริษัทจัดหางานและนายจ้างให้ความห่วงใยต่อสุขภาพของแรงงานต่างชาติ หากปรากฏอาการคล้ายโรคติดต่อ โปรดให้ความช่วยเหลือในการเข้ารับการรักษาและแจ้งประวัติการเดินทางให้แพทย์ทราบก่อนการวินิจฉัย และแจ้งหน่วยงานสาธารณสุขเพื่อหามาตรการป้องกัน

กรมควบคุมโรค กระทรวงสาธารณสุขและสวัสดิการได้มอบหมายให้โรงพยาบาลมหาวิทยาลัยแห่งชาติไต้หวัน (ไถต้า) จัดสร้างเว็บไซต์การบริหารสุขภาพชาวต่างชาติ เพื่อเป็นแหล่งข้อมูลสื่อการเรียนรู้ด้านสุขอนามัยหลายภาษา (<https://www.cdc.gov.tw>; 首頁/國際旅遊與健用外國人健康管理)

New Southbound Health Center  
02-23123456 ext. 66607

สายด่วนป้องกันโรค 1922 กรมควบคุมโรค กระทรวง  
สาธารณสุขและสวัสดิการ



## Vấn đề Phòng chống dịch cho Người lao động nhập cư về nước nghỉ phép và nhập cảnh

Gần đây, dịch bệnh sốt xuất huyết trong và ngoài nước đang nóng lên, để giảm tác động của các bệnh truyền nhiễm bị lây nhiễm từ nước ngoài đối với công tác phòng chống dịch bệnh trong nước, vui lòng hỗ trợ tuyên truyền giáo dục sức khỏe với người lao động nhập cư, và nhắc nhở họ các biện pháp phòng ngừa bệnh truyền nhiễm như sau :

1. Trước khi người lao động về nước nghỉ phép: Nhắc nhở họ thực hiện các biện pháp chống muỗi trong thời gian về nước nghỉ phép, ví dụ như mặc áo và quần dài sáng màu, bôi thuốc chống muỗi lên vùng da hở để tránh muỗi đốt, đồng thời thực hiện thói quen vệ sinh tốt không ăn và uống đồ sống và thường xuyên rửa tay bằng xà phòng.
2. Khi người lao động nhập cảnh Đài Loan: Trong thời gian người lao động về nước nghỉ phép hoặc nhập cảnh, nếu có các triệu chứng nghi ngờ mắc bệnh truyền nhiễm như sốt, nhức đầu, đau hốc mắt, đau cơ và khớp, phát ban, tiêu chảy hoặc nôn mửa v.v..., vui lòng chủ động thông báo cho nhân viên kiểm dịch của Cảng quốc tế và phối hợp thực hiện các biện pháp phòng chống dịch, kiểm dịch.
3. Sau khi người lao động tái nhập cảnh Đài Loan: Trong vòng 14 ngày sau khi nhập cảnh, đề nghị công ty môi giới và chủ thuê quan tâm đến sức khỏe của người lao động nhập cư, nếu xuất hiện các triệu chứng nghi ngờ mắc bệnh truyền nhiễm, vui lòng hỗ trợ đưa họ đi khám chữa bệnh càng sớm càng tốt và chủ động thông báo về lịch sử di chuyển, để thuận tiện cho việc chẩn đoán của bác sĩ, thông báo và cơ quan y tế can thiệp phòng chống dịch.

Sở Kiểm soát bệnh tật của Bộ Y tế - Phúc lợi đã ủy thác cho Bệnh viện Đại học Quốc gia Đài Loan thành lập “Trung tâm Chăm sóc sức khỏe Nhân sự các nước mục tiêu của chính sách Hướng Nam Mới”. Trung tâm có dịch vụ phiên dịch trực tuyến đa ngôn ngữ, nếu người lao động nhập cư cần tư vấn về các căn bệnh, quản lý bệnh mãn tính hoặc các vấn đề sức khỏe khác, vui lòng liên hệ trực tiếp với Trung tâm để được hỗ trợ.

Mạng Thông tin toàn cầu của Sở Kiểm soát bệnh tật đã thiết lập chuyên trang “Quản lý sức khỏe người nước ngoài” (<https://www.cdc.gov.tw>; Trang chủ/Du lịch quốc tế và Quản lý sức khỏe người nước ngoài), cung cấp tài nguyên giáo dục sức khỏe bằng nhiều ngôn ngữ.

Trung tâm Chăm sóc sức khỏe  
Nhân sự Hướng Nam Mới  
02-23123456 , máy lẻ: 66607

Sở Kiểm soát bệnh tật  
thuộc Bộ Y tế - Phúc lợi  
Đường dây nóng phòng chống dịch 1922

