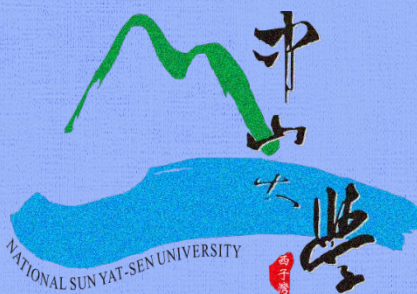




National Sun Yat-sen University

2019-nCoV precaution

Manual for Quarantine Life



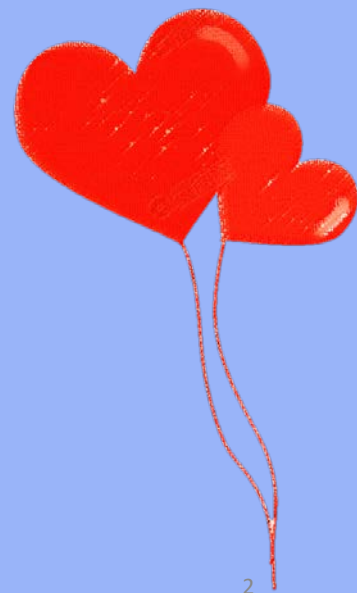
Edited by NSYSU SPNP Prevention Team

February 7, 2020



CONTENTS

1. A Letter for You
2. Regulations
3. Supplies in Quarantine Quarter
4. Precautionary Measures
5. Attention
6. Message from Counseling and
Career Development Division
7. Information



A LETTER FOR YOU

Dear Student:

We are facing a difficult challenge in dealing with the novel coronavirus epidemic. Effective prevention requires everyone to do their parts to fight the war against the virus, and you play an essential role in this battle.

You take this noble task to go through the 14 days of quarantine to protect yourself and everyone. Your compliance and honesty will bring high power to this battle. On behalf of all members of NSYSU and the community, we want to give you our utmost respect and gratitude.

It is a challenging task to go through the quarantine, and we will keep you company. If you have any needs or inquiries, please contact us anytime. We wish you well and healthy.

NSYSU SPNP Prevention Team

REGULATIONS

Quarantine is a measure of health management for people who are at risk of infection. According to the announcements of the Taiwan Centers for Disease Control and the Ministry of Education, you are required to follow the regulations below:



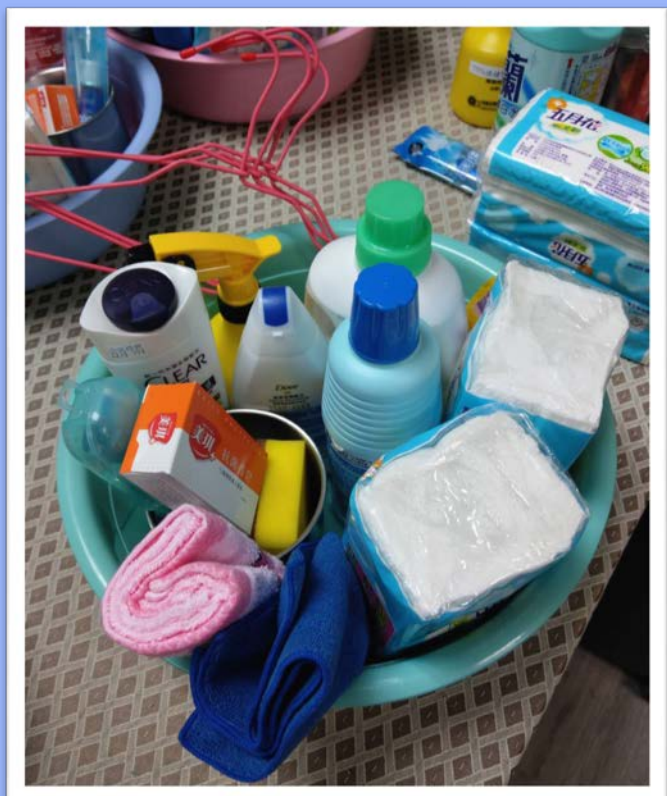
During the 14-day quarantine, please follow the regulations below:

- Each person should stay in a single room, and the main area for daily life should be limited to the room.
 - Please record your body temperature and health status during the quarantine. There will be responsible staff contacting you daily to monitor your health status.
 - Please wash your hands frequently with soap and water or alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with hands. When your hands come into contact with respiratory secretions, please wash them with soap and water thoroughly.
 - If you have symptoms of fever, cough, shortness of breath or any discomfort, please wear a surgical face mask and contact the university staff directly. Do not go to the doctor by yourself.
- * Violating of quarantine regulations by leaving the Quarter or taking public transportations, a penalty of NT\$10,000 – NT\$150,000 will be imposed following Article 58 & 69 of the Communicable Disease Control Act.

SUPPLIES IN THE QUARANTINE QUARTER

Each bedroom accommodates only one person, with everyone having their own assigned bathroom and toilet.

- Bedding: mattress(used), quilt, pillow and sheet (all new)
- Toiletry: plastic washbasin, soap, shower gel, shampoo, towel, toothpaste, toothbrush and flip-flops
- Cleaning supplies: 4 clothing hangers, two packs of toilet paper, home use sanitizing bleach, spread bottle, rag, scotch-brite, small garbage bags and trash can
- Water: stainless steel cup, electric kettle, and 2 bottled water@19L



PRECAUTIONARY MEASURES

Diet



1. Meal Delivery

- 1) The University will order and pay the meals for you first. You are to make the payment to the University after the quarantine is over.
- 2) Please inform the university nurse about your dietary requirements and restrictions upon arrival. The staff will place your meals on the bench outside your room and knock the door to notify you.
- 3) The meals come from the eateries around and on the campus (such as Milo at Wu Ling Village, the cafeteria at Dorm E, Convenient Store at College of Science). Each day, there will be a separate menu for regular and vegan meals.
- 4) Delivery of the meals - Breakfast: 08:00 ~ 08:30
Lunch: 11:45 ~ 12:15
Dinner: 18:00 ~ 18:30

2. Payment

The University will provide the bill with details after the quarantine is over. You will need to make the payment at the Environmental Protection and Safety Center (Room 4008, 4F, Administration Building) during office hours (08:30-17:30) within 5 days.



Clothes

1. Please hand-wash your clothes and hang them in your room (It is suggested to soak them with bleach water before cleaning).
2. Do not use the public laundry machine, spin dryer or clothes dryer.

PRECAUTIONARY MEASURES

Living



1. Using Shower Room

- 1) Use your own assigned shower room
- 2) Sanitize and clean the shower room before and after use
- 3) Try to use the shower room at your designated time to avoid contact with others

2. Garbage Disposal

Dormitory E

- 1) All shower rooms outside your room, toilets, and public areas will be regularly sanitized and cleaned every day at the scheduled times. Please stay in your room during that time.
- 2) Tie up your garbage bag and leave it in the trash can inside your assigned toilet before the scheduled cleaning and sanitizing time. Cleaning staff will dispose of it.

Lodging Unit at The Student Activity Center

- 1) Tie up your garbage bag and leave it outside your room between 10 to 10:30 am Monday through Friday.
- 2) Keep the garbage inside your room on Saturdays and Sundays and wait until Monday to leave it outside your room between 10 to 10:30 am.



Transportation

1. There will be a university shuttle and staff picking you up from the airport to the University.
2. In case of possible infection, please stay in your room. Leaving the Quarter and guest visits are strictly prohibited.



ATTENTION



Beware of Your Health Condition

1. Please take your body temperature every day in the morning and afternoon and record the reading into the on-line form on the university website (scan the QR code below).
2. During the 14-day quarantine, keep the fresh air ventilated in your room, exercise regularly, maintain a balanced diet, rest when needed, have sufficient sleep, and relax.
3. Anytime you feel ill, contact the Quarter staff immediately and DO NOT attempt to go to a doctor by yourself.



Record your daily temperature here:
<https://forms.gle/65z1oAQWhHcB6Az69>



Scan me !

Health Records

Name: _____

Date of Birth: ____YYYY/____MM/____DD

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TO THE STUDENT

Dear student,

New coronavirus pneumonia has started cluster infection in many places. It is imperative to take preventive isolation measures to reduce the spread of the disease. Thank you for enduring inconveniences and participating in the prevention to protect the health of all members of the university.

All rooms in both the “Quarantine Quarter” and the “Observation Quarter” have been arranged as single rooms. During the period, the university will assist in purchasing meals. Nursing and security staff will keep track of the health of the quarter residents at any time. Please feel assured in the quarters till the isolation is over. There will be psychologists checking on you by phone on the 3rd, 10th and 15th days after your check-in.

In the process of isolation, you may go through anxiety, worry and fear. These are normal emotional reactions when facing conditions beyond your control. However, if the emotion you feel is too intense, please call the Counselling & Career Development Division at 07-5252000 # 2233 or 0956-615995 for help. Also, you are encouraged to go to the fan page of the Division to learn about the latest information on mental health and stress-release under epidemic prevention.

You should also thank yourself for contributing to preventing the spread of the disease. You are not alone against it cause we are always with you to complete this challenge. In this critical time, we will see more goodness from people and hope for the crisis to be over soon.

Counselling & Career Development Division

Fan Page



Counseling Psychologists (University TEL : 07-5252000)

Liberal Arts	Ms Yen (Ext.2236)	Management	Mr. Cheng (Ext.2231)
Science	Ms. Liu (Ext.2235)	Marine Science	Mr. Hsiao (Ext.2262)
Engineering	Mr. Wu (Ext.2234)	Social Sciences	Ms. Yen (Ext.2235)

INFORMATION



1. CDC's SPNP webpage
2. For the latest epidemic information, refer to the CDC press releases and the infectious disease statistics search system
3. NSYSU's SPNP webpage



5. Inquiries on campus (University Tel: 07-5252000)

1) Office of Academic Affairs:

- Curriculum and courses: Ms. Hsieh (ext.2132)
- Enrolment status: Ms. Huang (ext.2124)

2) Office of International Affairs:

- Mainland students: Melissa Su (ext.2244)
- Overseas Chinese students, students from HK & Macao: Hui-Ching Yap (ext.2241)
- International degree students: Christine Yen (ext.2242)
- International exchange students: Hana Ting (ext.2636)

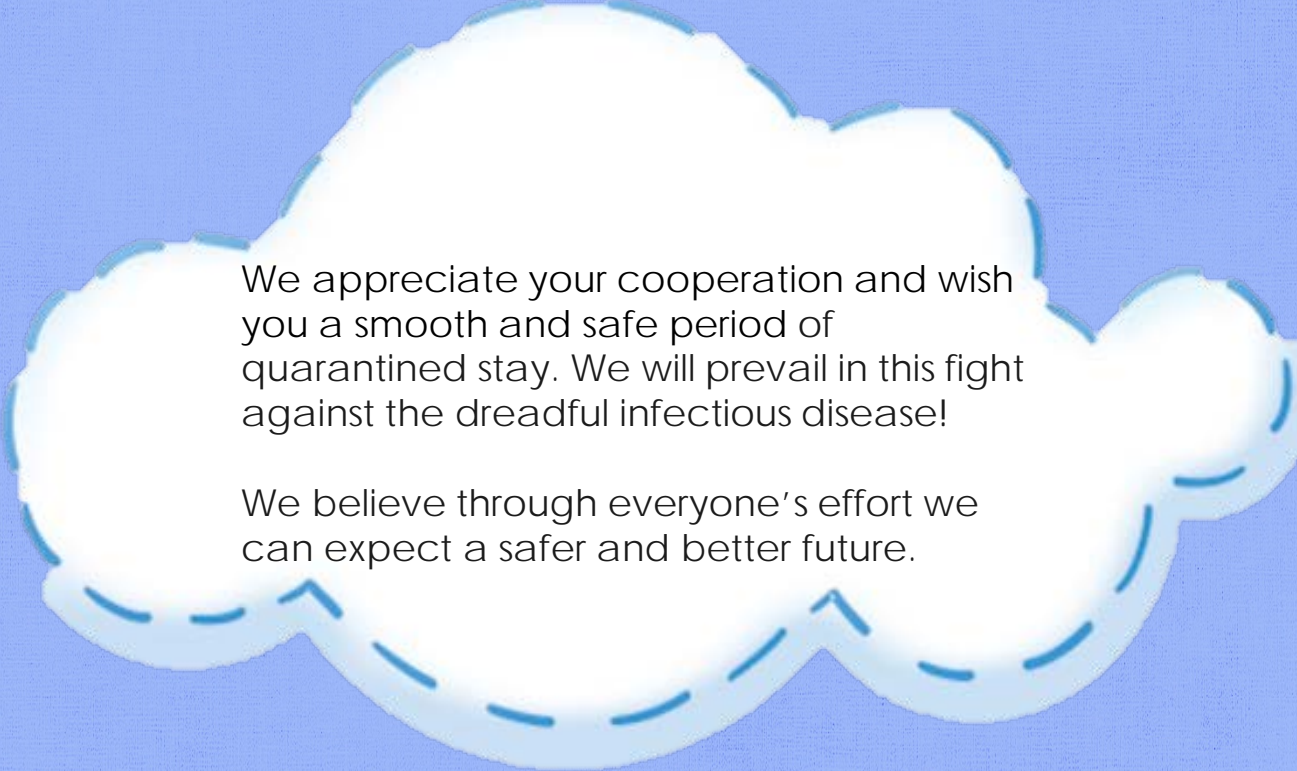
3) Personal matters:

- Physical Health: Ms. Kuo (ext.2252)
- Internet: Mr. Kuo (ext.2512)
- Mental Health : Ms. Chuang (ext.2233)
- Meal Delivery: Ms. Huang (ext.2390)
- Daily Supplies: Ms. Yang (ext.2373)
- Emergency: University Security (0911-705999)



4) Other queries:

- Dorm Service: Ms. Cheng (ext.5937 or (07-5256001)



We appreciate your cooperation and wish you a smooth and safe period of quarantined stay. We will prevail in this fight against the dreadful infectious disease!

We believe through everyone's effort we can expect a safer and better future.

