



旅遊防疫



全程健康免擔心

Travel Health : Disease Prevention - Stop, Watch and Listen

不少人會趁著假期出國旅遊，但是想要玩得盡興，可別忽略簡單的「停」、「看」、「聽」三步驟，因為只有健康的身體，才能擁有快樂的假期。

Many people choose to travel abroad during their vacation. To ensure a wonderful vacation, please do not forget the following three simple steps that you can take to protect yourself: "Stop ", "Watch "and "Listen ". After all, you can only fully enjoy a vacation if you have a healthy body.

## 停 了解當地衛生

出國前，務必花時間蒐集旅遊地疾病資訊，或行前一個月至「旅遊醫學門診」評估是否施打疫苗或預防性投藥。

### Stop

Understanding the public health status of your chosen destination

Before going abroad, it is necessary to collect the disease information of your chosen destination.

Alternatively, you can visit a "travel medicine clinic" for evaluation of the need of vaccination or prophylaxis one month before traveling abroad.

## 看 觀察周遭環境

旅遊途中做好個人防護，用肥皂勤洗手，不要生飲、生食或食用已切好的水果。小心蚊蟲叮咬，避免發生不安全性行為。

### Watch

Observing the surrounding environment

During your journey, you should protect yourself from potential hazards by washing hands with soap, drinking boiled water, and avoiding eating raw food or prepared fruit. Be cautious of mosquito bites and avoid unsafe sex.

## 聽 聆聽身體訊息

入境時，請配合檢疫。回國15天內，有發燒、呼吸道疾病、嘔吐、腹瀉、骨頭肌肉疼痛等症狀，請看醫生告知旅遊史，並撥打1922專線。

### Listen

Listening to the messages from your own body

Upon arrival, please cooperate with the quarantine procedures. Within 15 days of returning home, if you experience any of the following symptoms: fever, respiratory diseases, vomiting, diarrhea, muscle pain and/or bone pain, please seek immediate medical attention and inform the physician of your recent travel history, and call the toll-free Communicable Disease Reporting and Consultation Hotline, 1922 .



衛生署疾病管制局  
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疫情通報及諮詢專線：1922

<http://www.cdc.gov.tw>