

防範新型冠狀病毒期間提醒事項

Novel coronavirus : What You Need to Keep in Mind

1. 若發現有類似感冒現象，請加強自我隔離意識。倘有發燒、呼吸道症狀或腹瀉等症狀，應安排請假或暫停活動/工作，直至未使用解熱劑/退燒藥且不再發燒 24 小時後，才可恢復活動/工作。

If you have any symptoms similar to having a cold, please be conscious of self-quarantine. If you have a fever, respiratory symptoms or diarrhea, you should arrange your day-off or suspend your activities and work. Please don't resume to activities or work, until you no longer have a fever for more than 24 hours without taking antipyretics.
2. 請由物理所大門進入，側門及後門改為只出不進。

Please use the main gate of IOP for entrance, side and back gates are only for exit.
3. 勤洗手，盡量避免用手接觸眼口鼻，適時配戴口罩及量體溫，做好自身防護。

Please wash your hands frequently, do not touch your eyes, mouth and nose by hand directly, wear a mask when needed, keep an eye on your body temperature, and protect yourself.
4. 生活飲食作息正常，多運動，增加自身免疫力。

Please attend to your nutrition, sleep, exercise, mood, water intake, and rest in order to maintain your immune system.
5. 電梯按鈕已一天消毒兩次，仍請盡量以雙手不直接接觸按鈕的方式按鈕或盡量以爬樓梯替代搭電梯。

The elevator buttons are sterilized twice a day. Yet, we suggest not to press the buttons by hand directly, or take the stairs instead of the elevator.
6. 請多加利用所內訂便當系統或自備午餐，以減少進出公眾場合機會。

To avoid large crowds, please make more use of online lunch box order system or bring your own lunch box.
7. 此段期間，除了公務，請盡量避免出國及邀請訪者。

Except for mandatory business trips, please avoid going aboard and inviting visitors.