

【重要訊息】「健康校園不痘留」-水痘防治措施

- 一. 臺北市衛生局表示，水痘為病毒引起的高傳染性疾病，可經由皮膚直接接觸、飛沫或空氣傳染，且好發於冬季及早春，發病初期(紅疹出現前1~2天)症狀包含輕微發燒、疲倦、食慾不振、頭痛及肌肉或關節痠痛等，之後開始出現紅疹，逐漸發展成紅丘疹、水泡疹、膿泡疹而後結痂，約二至四星期內痊癒。水痘傳染期由出紅疹以前5天起(通常為前1~2天)到所有病灶結痂為止，在出現水痘疹前之際的傳染力最高。
- 二. 健康中心接獲通報，本校出現水痘零星個案，已聯繫校內相關單位及衛生主管機關掌握個案情形，並進行校園環境清潔消毒等，積極辦理水痘防治作業。
- 三. 請教職員工生落實下列水痘防治措施：
 1. 接種水痘疫苗。
 2. 勤洗手，並用正確的方法洗手。
 3. 維持良好的個人衛生，遵循呼吸道衛生與咳嗽禮節。
 4. 居家及教室環境可使用500ppm漂白水消毒(1毫升市售漂白水：100毫升水)。
 5. 保持室內空氣流通，避免長期處於密閉空間內。
 6. 相關資訊請至疾管署全球資訊網(<https://www.cdc.gov.tw>)、臺北市政府衛生局(<https://health.gov.taipei/Default.aspx>)、或致電臺北市政府衛生局防疫專線02-23753782或臺北市民當家熱線1999洽詢。
 7. 若發現身體出現異常狀況，請盡速就醫並通報本校健康中心(通報專線02-77493111)或專責導師室(通報專線02-77493123)。

115.05.08 學生事務處健康中心製

[Important Notice] “Healthy Campus, No Chickenpox Left Behind” – Chickenpox Prevention Measures

1. The Taipei City Department of Health stated that chickenpox is a highly contagious viral disease that can spread through direct skin contact, respiratory droplets, or airborne transmission. It is most common during winter and early spring. In the early stage of infection (1–2 days before the appearance of rash), symptoms may include mild fever, fatigue, loss of appetite, headache, and muscle or joint soreness. This is followed by the appearance of red rashes, which gradually develop into papules, vesicles, pustules, and eventually scab over. Recovery usually occurs within two to four weeks. The infectious period begins five days before the rash appears (typically 1–2 days before onset) and lasts until all lesions have crusted over. Infectiousness is highest immediately before the appearance of the rash.
2. The Health Center has received reports of sporadic chickenpox cases on campus. Relevant university units and public health authorities have been contacted to monitor the cases, and environmental cleaning and disinfection measures have been carried out on campus. Active prevention and control measures against chickenpox are currently being implemented.
3. All faculty, staff, and students are requested to comply with the following chickenpox prevention measures:
 - A. Receive the chickenpox vaccine.
 - B. Wash hands frequently and use proper handwashing techniques.
 - C. Maintain good personal hygiene and follow respiratory hygiene and cough etiquette.
 - D. Use 500 ppm bleach solution for home and classroom disinfection (1 mL household bleach diluted with 100 mL water).
 - E. Keep indoor spaces well ventilated and avoid staying in enclosed spaces for extended periods.
 - F. For more information, please visit the websites of the Taiwan Centers for Disease Control (<https://www.cdc.gov.tw>) or the Taipei City Department of Health (<https://health.gov.taipei/Default.aspx>), or contact the Taipei City Department of Health Epidemic Prevention Hotline at 02-23753782 or the Taipei Citizen Hotline 1999.
 - G. If you experience any abnormal physical symptoms, please seek medical attention promptly and notify the school Health Center (reporting hotline: 02-77493111) or the Office of Student Advisors (reporting hotline: 02-77493123).

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