

## 職業安全衛生署參考資訊-菲律賓版

類別	標題	網址	頁次
職業安全	事業類外國人安全衛生宣導	<a href="https://www.osha.gov.tw/1106/1196/31310/31318/">https://www.osha.gov.tw/1106/1196/31310/31318/</a>	1

## 衛生福利部參考資訊

類別	標題	網址	頁次
新南向人員健康服務中心	2021年搭機返臺注意事項	<a href="https://www.newsouthhealth.org.tw/website/s/w/lastest_news_a/article/f10bfbfedc77482595d0496dc36a3610">https://www.newsouthhealth.org.tw/website/s/w/lastest_news_a/article/f10bfbfedc77482595d0496dc36a3610</a>	16
1996長照宣導專區	政策溝通資源	<a href="https://1966.gov.tw/LTC/cp-3648-38028-201.html">https://1966.gov.tw/LTC/cp-3648-38028-201.html</a>	18
防疫宣導資訊	Covid-19 防疫專區	<a href="https://fw.wda.gov.tw/wda-employer/home/covid">https://fw.wda.gov.tw/wda-employer/home/covid</a>	49

## 跨國勞動力權益維護資訊網站參考宣導資訊

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懷孕相關資訊	移工受聘僱期間懷孕及其後續工作權益相關處理原則	<a href="https://fw.wda.gov.tw/wda-employer/home/policy/2c95efb36df26470016df285ce3b002e">https://fw.wda.gov.tw/wda-employer/home/policy/2c95efb36df26470016df285ce3b002e</a>	62
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	新住民與移工孕產婦照護資源 ( 衛生福利部國民健康署 )	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb36eed4b3b016ef7b0258d3263">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb36eed4b3b016ef7b0258d3263</a>	網站連結
	避孕衛教宣導	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c9552e05d1578e0015d1c13877b001a">https://fw.wda.gov.tw/wda-employer/home/file/2c9552e05d1578e0015d1c13877b001a</a>	68
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	外籍看護工中文基礎訓練課程教材	<a href="https://fw.wda.gov.tw/wda-employer/home/textbook">https://fw.wda.gov.tw/wda-employer/home/textbook</a>	74
	地方政府專區 - 開課資訊查詢	<a href="https://fw.wda.gov.tw/wda-employer/home/local-gov/class">https://fw.wda.gov.tw/wda-employer/home/local-gov/class</a>	74
移工在臺工作須知	移工在臺工作須知電子書	<a href="https://fw.wda.gov.tw/wda-employer/home/ebook">https://fw.wda.gov.tw/wda-employer/home/ebook</a>	75
禁止盜伐我國山林資源宣導資訊	維護臺灣珍貴森林資源	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb37f301dc2017f52c160af0ded">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb37f301dc2017f52c160af0ded</a>	76

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非洲豬瘟防疫資訊	郵包輸入豬肉產品 · 最高可罰100萬	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb380f7a9120180f8ab24270051">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb380f7a9120180f8ab24270051</a>	77
	防堵非洲豬瘟全民一起來	<a href="https://fw.wda.gov.tw/wda-employer/home/asf/asf-file/2c95efb37b9fa3d3017ba40971de0585">https://fw.wda.gov.tw/wda-employer/home/asf/asf-file/2c95efb37b9fa3d3017ba40971de0585</a>	78
	動植物檢疫	<a href="https://fw.wda.gov.tw/wda-employer/home/asf/asf-">https://fw.wda.gov.tw/wda-employer/home/asf/asf-</a>	79
	認識非洲豬瘟	<a href="https://fw.wda.gov.tw/wda-employer/home/asf/asf-file/2c95efb37f5317e0017f6359f2cd1741">https://fw.wda.gov.tw/wda-employer/home/asf/asf-file/2c95efb37f5317e0017f6359f2cd1741</a>	80
購買及騎乘審驗合格 電動自行車及遵守交通規	騎車注意事項	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb381b634610181b7a8e74106c5">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb381b634610181b7a8e74106c5</a>	81
	請勿擅自改裝電動自行車	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3819227d8018193c4bb7a02">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3819227d8018193c4bb7a02</a>	82
	沒有合格標章的電動自行車會被沒入	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb381a894330181a8d15f3800">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb381a894330181a8d15f3800</a>	86
	電動自行車行車前注意事項	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3818487b0018184d7b83b00">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3818487b0018184d7b83b00</a>	84
	電動自行車已納管未來需合格掛牌才能上路	<a href="https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3817f615201817fab33460117">https://fw.wda.gov.tw/wda-employer/home/file/2c95efb3817f615201817fab33460117</a>	85

# 職業安全衛生口袋手冊

Occupational Safety and Health Pocket Manual

Buku Saku Panduan Keselamatan dan Kesehatan Kerja

Sổ tay vệ sinh an toàn nghề nghiệp

คู่มืออาชีวอนามัยและความปลอดภัยในการทำงานฉบับพกพา

Pocket Manual sa Kaligtasan at Kalusugan patungkol sa Trabaho



勞動部職業安全衛生署

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION, MINISTRY OF LABOR



# 使用高空工作車從事 作業時應佩戴安全帶

Use seat belts while operating a high-altitude work vehicles

Majikan mengharuskan pekerja yang mengoperasikan scissor lift  
(mesin peninggi) untuk wajib memakai tali pengaman

Khi sử dụng xe để nâng người lên cao làm việc, người lao động phải  
cài dây an toàn

เมื่อใช้ยานพาหนะทำงานในที่สูงนายจ้างควรให้แรงงานที่ทำงานที่สูง ต้องคาดเข็มขัดนิรภัย

Gumamit ng sinturon na nakakabit sa upuan kapag nakasakay o nagmamaneho  
ng sasakyang panghimpapawid o kapag nasa mataas na lugar ang trabaho



# 吊掛作業中 勿進入吊掛區域內

Keep clear of any lifting operations in progress

Dilarang memasuki area gantung saat pekerjaan operasi gantung berlangsung

Trong khi tác nghiệp cấu móc không được đi vào bên trong khu vực đó

ห้ามเข้าไปในพื้นที่ที่กำลังทำงานเป็นจัน

Huwag pumunta sa lugar na may mga nagtrabaho o nag-aangat ng mabibigat na bagay



# 機械操作要有護罩 及緊急停止裝置

Use protective shield and emergency stop device for machine operation

Saat operasi mekanis harus memiliki alat pelindung dan perangkat berhenti darurat

Thao tác máy móc phải mang mặt nạ bảo hộ và lắp đặt nút dừng khẩn cấp  
เครื่องจักรต้องติดตั้งการป้องกันและปุ่มหยุดฉุกเฉิน

Gumamit ng panangga at aparatong pipindutin para sa  
biglaang paghinto kapag nagpapatakbo ng makina

## 護罩、護圍

Shield, guard enclosure  
Alat pelindung, perindungan area sekitarnya  
Cái khiên bảo hộ, tấm quây bảo hộ  
การป้องกันกัน ตะแกรงป้องกัน  
Takip, kasuotang pangtakip sa katawan



## 設置緊急制動裝置

Set up emergency braking device  
Pemasangan alat pengaman untuk kondisi darurat  
Lắp đặt nút phanh hãm khẩn cấp  
ติดตั้งอุปกรณ์เบรกฉุกเฉิน  
Banda ang aparatong pipindutin para sa biglaang paghinto kung kinakailangan

## 緊急拉繩

Emergency pull rope  
Tali darurat  
Dây kéo khẩn cấp  
สายฉุกเฉิน  
Hilahin ang lubid kapag biglaang kinailangan

# 化學品作業要有防護具

Protective devices are required for chemical operations  
Perangkat keamanan yang diperlukan saat pengoperasian  
bahan kimia

Các thiết bị bảo hộ cần thiết cho hoạt động hoá học  
ทำงานสารเคมีต้องมีอุปกรณ์ป้องกัน

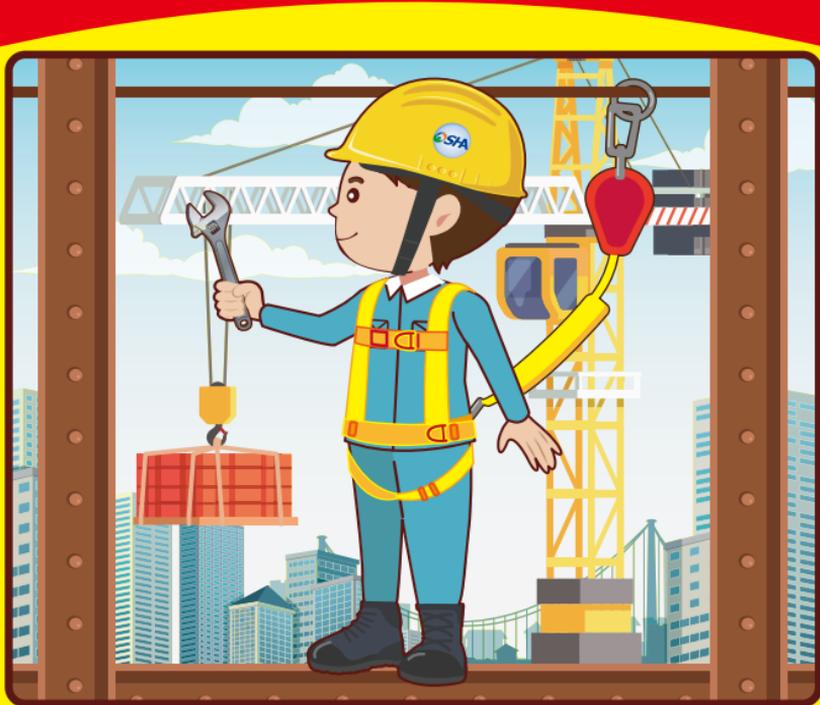
Dapat may mga proteksyong kagamitan para sa  
pagpapatakbo ng mga mayroong kemikal



# 高處作業請確實佩戴 背負式安全帶

**Wear safety protective gear while working at high risk**  
**Gunakan sabuk pengaman full body Ketika bekerja**  
**di tempat yang tinggi**

**Tác nghiệp nơi cao phải đeo dây an toàn**  
**ทำงานบนที่สูงโปรดคาดเข็มขัดนิรภัยให้เรียบร้อย**  
**Ugaliing magsuot ng gamit pangkaligtasan kapag**  
**nagtratabaho sa matataas na lugar**



# 有物體飛落之虞時 請戴安全帽

**Wear a helmet for safety when there is  
a falling-object hazard**

**Kenakan helm apabila ada resiko benda jatuh**

**Có nguy cơ vật rơi trên cao xuống phải đội mũ bảo hiểm**

**กรุณาสวมหมวกนิรภัยป้องกันสิ่งของตกใส่**

**Magsuot ng helmet para maprotektahan ang ulo kapag may  
mga nahuhulog na mabibigat na bagay**



# 操作維修要關機上鎖

Shut down and lock out during maintenance

Matikan mesin sebelum memperbaiki mesin

Khi sửa chữa cần phải tắt máy khoá lại

ทำงานซ่อมบำรุงต้องหยุดเครื่องล็อคกุญแจ

Isarado at ikandado ang mga makina habang inaayos



**Under repair / maintenance • Danger! Do not operate**  
**Selama sedang dalam perbaikan, bahaya! Dilarang dioperasikan**  
**Trong lúc bảo dưỡng sửa chữa, nguy hiểm! Không được thao tác**  
**อยู่ระหว่างซ่อมบำรุง อันตราย! ห้ามใช้งาน**  
**Nasa ilalim ng pagkukumpuni / pag-aayos.**  
**Mapanganib! Huwag patakbuin**

# 電氣作業 應佩戴絕緣防護具

Wear insulating protective gear for electrical work  
Memakai alat pelindung isolasi untuk pekerjaan elektronik  
Mặc đồ bảo hộ cách điện trong công việc điện  
ทำงานเกี่ยวกับไฟฟ้าควรสวมใส่อุปกรณ์กันไฟฟ้า  
Magsuot ng damit na pang proteksyon sa kuryente at sa gawaing elektrikal



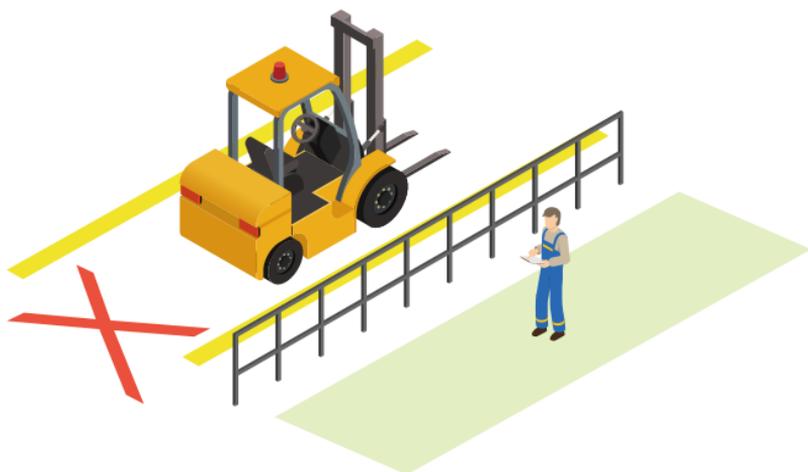
# 人車分道 勿行走於車道上

**Separate pedestrians and vehicles.  
pedestrians must use the pedestrian access**  
**Jalur untuk orang dan kendaraan harus dipisah,  
dilarang berjalan di jalur kendaraan**

**Phân làn đường riêng cho người đi bộ và xe cộ,  
không đi trên làn đường**

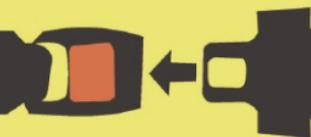
**แยกทางรถ และ คน ห้ามเดินเข้าช่องทางเดินรถ**

**Paghiwalayin ang mga linya ng tawiran para sa mga  
naglalakad na tao at sasakyan, huwag lumakad sa  
daanan ng mga sasakyan**



# 操作堆高機

應佩戴



安全帶

**Fasten seat belt when using forklift**

**Kenakan sabuk pengaman saat mengendarai forklift**

**Thao tác máy nâng hàng cần đội mũ bảo hiểm**

**ขับรถโฟล์คลิฟท์ต้องคาดเข็มขัดนิรภัย**

**Isuot ang sinturon na nakakabit sa upuan kapag nagmamaneho ng forklift**



# 噪音作業場所 請佩戴耳朵防護具

**Wear ear protection in a loud environment**

**Kenakan peralatan pelindung telinga saat bekerja di tempat dengan suara bising**

**Đeo thiết bị bảo vệ tai ở nơi làm việc ồn ào**

**ใช้อุปกรณ์ป้องกันหูเมื่อทำงานในที่ที่มีเสียงดัง**

**Magsuot ng proteksyon sa tenga kapag nasa maingay na lugar**



# 工作中禁止飲用 含酒精飲料

**No alcoholic beverages at work**

**Saat bekerja, dilarang minum minuman beralkohol**

**Trong công việc nghiêm cấm uống nước có cồn**

**ระหว่างทำงานห้ามกินอาหารหรือเครื่องดื่ม**

**Bawal ang inuming may alcohol o alak kapag nasa trabaho**





**24H**  
**1955**  
**Foreign Workers' Free Hotline**

สายด่วนโทรฟรีสำหรับแรงงานต่างชาติ  
Đường dây miễn phí dành cho lao động.

Saluran Hotline Gratis khusus TKI

勞工諮詢申訴專線



<https://www.osha.gov.tw/1106/1196/31310/31318/>



勞動部職業安全衛生署

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION, MINISTRY OF LABOR

外籍移工安全衛生宣導專區

Occupational Safety and Health Administration Ministry of Labor-Safety and health promotion for migrant workers

Kementerian Keselamatan dan Kesehatan Kerja - Zona Penyuluhan Keselamatan dan Kesehatan Kerja untuk Pekerja Asing

Sở vệ sinh an toàn chức nghiệp bộ lao động - khu tuyên truyền vệ sinh an toàn cho lao động nước ngoài

สำนักงานอาชีวอนามัยและความปลอดภัยในการทำงาน  
กระทรวงแรงงาน

-พื้นที่ประชาสัมพันธ์อาชีวอนามัยและความปลอดภัยในการทำงานสำหรับแรงงานต่างชาติ

Pangangasiwa sa Kaligtasan at Pangkalusugan sa Trabaho Kagawaran ng Kaligtasan sa Paggawa at Kaligtasan sa kalusugan para sa mga manggagawang migrante



<https://fw.wda.gov.tw/>



勞動部勞動力發展署

WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

移工在臺工作權益資訊，快上網查詢！

Information about your work rights in Taiwan is available online.

Informasi hak Tenaga Kerja Asing di Taiwan,yo segera online!

Thông tin quyền lợi làm việc của người lao động nước ngoài tại Đài LoanHãy nhanh lên mạng tìm hiểu nhé!

ข้อมูลเกี่ยวกับสิทธิประโยชน์ของแรงงานข้ามชาติที่ทำงานในไต้หวันสืบค้นจากทางอินเตอร์เน็ต!

# 2021年 搭機返台注意事項



## 返台前 BEFORE YOU RETURN

### 搭機前48小時內登錄 入境檢疫系統

請配合使用台灣電信門號(1人1機)。  
無門號者可於下機後，現場申辦SIM卡。



預定防疫旅宿



預定集中檢疫場所

## 返台後 ON ARRIVAL

### 搭乘防疫計程車

入境後，不得搭乘大眾運輸交通工具。  
可搭乘防疫計程車，  
前往防疫旅宿或集中檢疫場所。



### 準備搭乘航班三日內 核酸檢測報告

需有登機者之護照姓名、出生年月日(或護照號碼)、  
出生年月日(或護照號碼)、採檢日及報告日、  
疾病名稱、檢驗方法及判讀結果等項目



### 準備檢疫居所證明

重點高風險國家旅客一律入住集中檢疫所。  
非重點風險國家旅客應入住防疫旅宿或自費集中檢  
疫所完成檢疫。

### 入境後出示健康憑證畫面

下機後，若已填畢入境檢疫系統者，手機重  
新啟動後將收到健康申報憑證簡訊，入境時  
請出示健康憑證畫面供現場人員核對。



### 落實14天檢疫及7天 自主健康管理

入境後應按照規範落實14天檢疫以及7天自  
我健康管理，一起保護自己也保護他人。

## 重點提醒

### FRIENDLY REMINDER

#### 「重點高風險國家」返台者

印度、英國、秘魯、緬甸、以色列、  
印尼、孟加拉

- 入境後均應至集中檢疫所進行14天檢疫。
- 且須配合於入住時與檢疫期滿分別進行PCR檢測。
- 檢疫期間第10至12天以「家用快篩」採檢一次。

#### 非「重點高風險國家」返台者

前述7國旅遊史以外之所有入境旅客

- 入境時皆須配合採深喉唾液及進行PCR檢測。
- 搭乘防疫車隊前往防疫旅宿或自費入住集中檢疫場所接續完成14天檢疫。
- 檢疫期滿前(檢疫第12至14天) PCR檢測。
- 另增加第10至12天以「家用快篩」採檢一次。

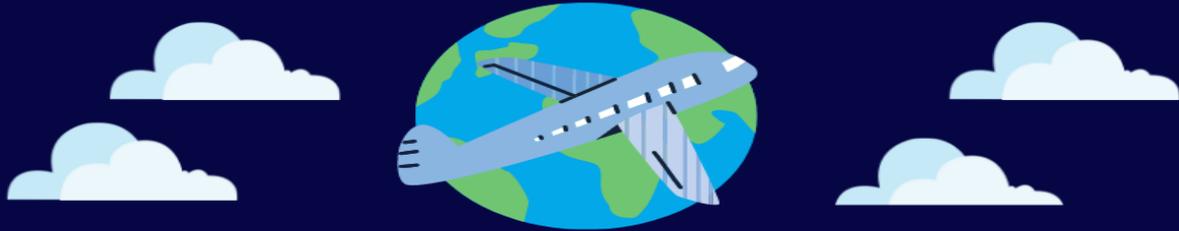


諮詢專線: 02-23123456 #66607  
Skype: newsouthhealth  
Instagram: newsouthhealth  
諮詢信箱: newsouthhealth@gmail.com  
<https://www.newsouthhealth.org.tw>

新南向人員健康服務中心  
關心您的健康



# 2021 GUIDELINES FOR TRAVELLING TO TAIWAN BY AIR



## BEFORE YOU RETURN

Please sign in to the quarantine system for entry **within 48 hours before your flight**

Those who do not have a mobile number can apply for a SIM card on site after getting off the plane.



Quarantine Hotel Booking System



Group Quarantine Facilities Booking System

## ON ARRIVAL

Take the **quarantine taxi**

After entering the country, you are not allowed to travel on public transportation. You may take the quarantine taxi.



Before returning to Taiwan, **prepare PCR test result within three days prior to taking the flight**

Test result should include the passenger's name shown on the passport, date of birth(or passport number), date of birth(or passport number), date of taking the PCR test and the date of report, name of disease, test method and result.



Prepare proof of **quarantine location**

All travelers from **key high-risk countries** will be admitted to group quarantine facilities. Travelers from **non-key high-risk countries** should stay in quarantine hotels or complete your quarantine in group quarantine facilities at your own expense.

Show your **health certificate screen** after entering the country

After disembarking from the plane, those who have completed filling the information on the quarantine system for entry will receive a health certificate SMS message after rebooting the mobile phone. Please show your health certificate screen to the airport staffs.



Carry out **14-day quarantine and 7-day self-health monitoring**

After entering the country, you should carry out 14-day quarantine and 7-day self-health monitoring in accordance with the regulations to protect yourself and others.

## FRIENDLY REMINDER

Travelers from **"Key high-risk countries"** to Taiwan

INDIA, UNITED KINGDOM, PERU, MYANMAR, ISRAEL, INDONESIA, AND BANGLADESH

- Travelers would be admitted to the group quarantine facilities for 14 days.
- PCR tests will be taken when admitted to the facility and when the quarantine is completed.
- On the 10 to 12 day, the rapid test will be conducted with "home test kits."

Travelers from **"non-Key high-risk countries"** to Taiwan

ALL INBOUND TRAVELERS OTHER THAN THOSE WHO HAVE TRAVELED TO THE 7 COUNTRIES MENTIONED ABOVE.

- Take the quarantine taxi to the quarantine hotels or group quarantine facilities at their own expense to complete the 14-day quarantine.
- Take the PCR test before the quarantine is complete (On the 12th day and the 14th day.)
- Additionally, the test will be conducted with "home test kits" on the 10th day to the 12th day.



諮詢專線: 02-23123456 #66607  
Skype: newsouthhealth  
Instagram: newsouthhealth  
諮詢信箱: newsouthhealth@gmail.com  
<https://www.newsouthhealth.org.tw>

新南向人員健康服務中心  
關心您的健康



New Southbound Health Center  
新南向人員健康服務中心  
Taiwan CDC & NTUH

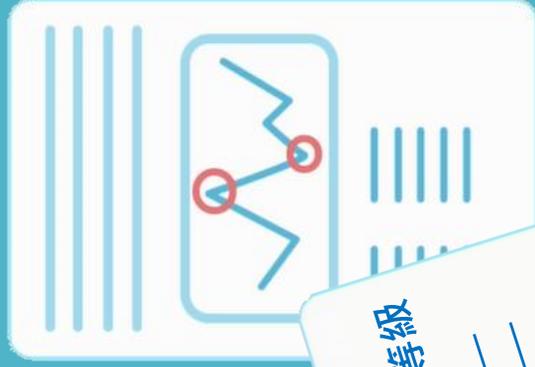


# 聰明使用長照2.0服務

居家照顧服務篇——解開常見的費用計算疑惑

111年1月修正版





長期照顧需要等級

- 第1級 \_\_\_\_\_
- 第2級 \_\_\_\_\_
- 第3級 \_\_\_\_\_
- 第4級 \_\_\_\_\_
- 第5級 \_\_\_\_\_
- 第6級 \_\_\_\_\_
- 第7級 \_\_\_\_\_
- 第8級 \_\_\_\_\_



照管專員

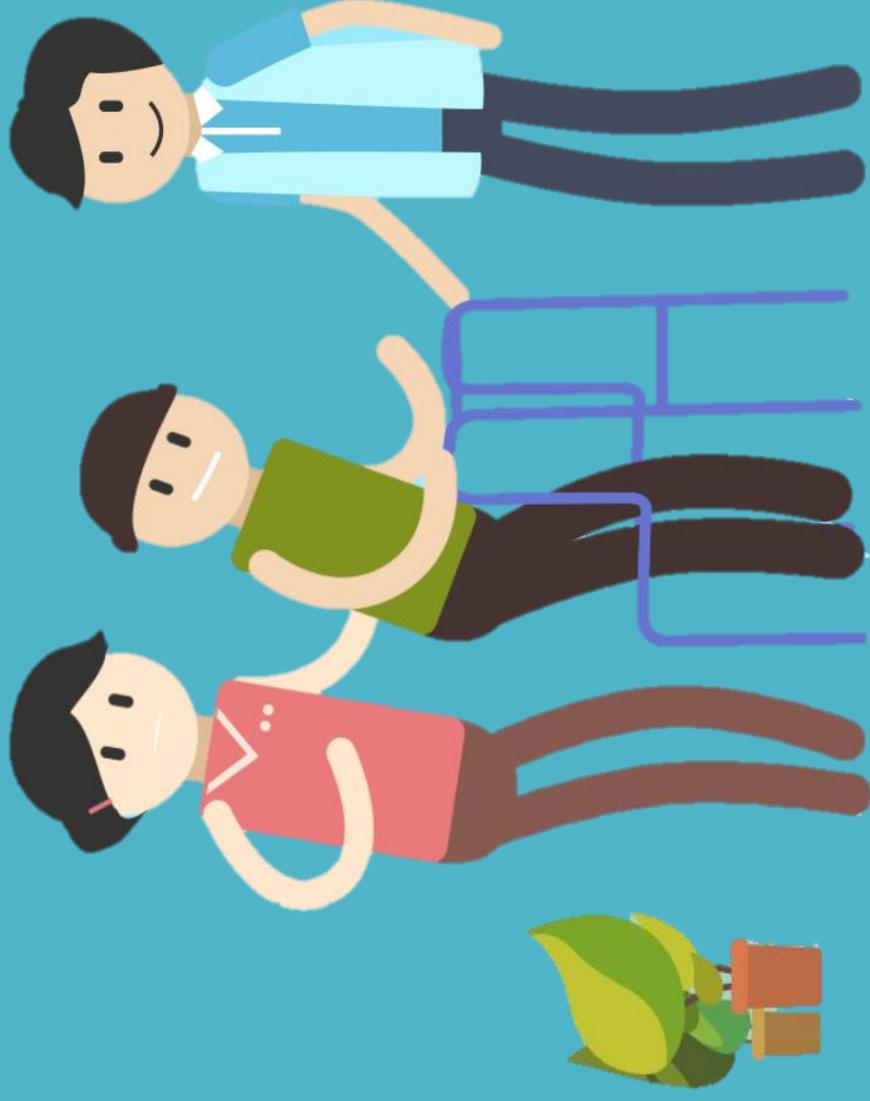
1. 照顧及專業服務

2. 交通接送服務

3. 輔具與居家無障礙環境  
改善服務

4. 喘息服務

長照新制將失能程度由原本的輕、中、重度，更精細的區分為**長期照顧需要8等級**，並將長照服務分成上述**4類**，希望讓有長照需要的民眾，能選擇更多元及妥適的長照服務。



個案管理員



**個案管理員與個案及家屬**討論長照需求，擬訂專屬照顧計畫（需要的服務項目、內容及時段）；當個案長照需求改變時，也可調整計畫內容。



照顧服務員

**照顧服務員**是失能者家庭的好朋友，除是供個案**日常身體照顧**外，更維持了個案的**生活品質及尊嚴**，減少家庭的**照顧負荷**。

長照給付支付到底怎麼計算？

怎樣的照顧組合，  
才是合適、正確的搭配方式？



## 案例1. 中風臥床重度失能個案



王阿公80歲，體重75公斤，由76歲的妻子照顧。患有中風、巴金森氏症、失智症，需鼻胃管餵食，意識不清、完全臥床，日常生活起居完全依賴他人，需照服員每天3次至家中協助照顧。

## 長照失能等級第8級



## 居家照顧服務需求

照顧及專業服務額度 36,180元（每月）

### 基本身體清潔問題

協助床上擦澡、洗頭、更換衣物及口腔照顧

### 基本日常照顧問題

協助早、午、晚如廁、換尿片、服藥等

### 進食問題

早、中、晚各一次管灌餵食（含加熱）

### 長期臥床不動問題

肢體關節活動；早、中、晚各一次翻身拍背



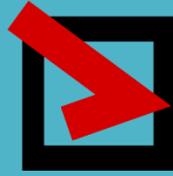
# 錯誤照顧組合計算方式

(以日為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	一般戶部分負擔金額
AA05	照顧困難之服務加計 (50歲以上經確診之失智症患者)	200	1	<u>32</u>
AA07	家庭照顧功能微弱之服務加計 (失能4級以上且 家庭照顧者年齡超過75歲，每月僅可申請1次)	760	1	<u>121</u>
BA01	基本身體清潔	260	1	41
BA02	基本日常照顧	195	3	93
BA04	協助進食或管灌餵食	130	3	60
BA05	餐食照顧	310	3	<u>147</u>
BA10	翻身拍背	155	3	72
BA11	肢體關節活動	195	1	31
總計				<b>597</b>

1. AA05、AA07組合不扣個人額度，也不需部分負擔，皆由政府補貼。

2. 協助管灌餵食已包含食物加熱，故不能再另計BA05餐食照顧服務。



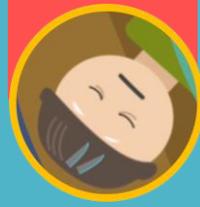
# 正確的照顧組合計算方式

(以日為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	小計	一般戶部分負擔金額
AA05	照顧困難之服務加計 (50歲以上經確診之失智症患者)	200	1	200	0
AA07	家庭照顧功能微弱之服務加計 (失能4級以上且家庭照顧者年齡 超過75歲，每月僅可申請1次)	760	1	760	0
<b>照顧管理及政策鼓勵服務 (AA組合) 合計</b>				<b>960</b>	<b>0</b>
BA01	基本身體清潔	260	1	260	41
BA02	基本日常照顧	195	3	585	93
BA04	協助進食或管灌餵食	130	3	390	60
BA10	翻身拍背	155	3	465	72
BA11	肢體關節活動	195	1	195	31
<b>居家照顧服務額度 (BA組合) 合計</b>				<b>1,895</b>	<b>297</b>



王阿公 照顧及專業服務額度 36,180元 (每月)



本次使用額度 1,895 元



本次需自行負擔

297 元

## 案例2. 肢體障礙高血壓慢性病個案

陳婆婆69歲，與女兒同住，肢體障礙導致行動不便，有高血壓及心臟病等慢性疾病，需每月至住家附近醫院回診1次；另需每週協助洗澡、洗頭、打掃家務，以及初一、十五陪同至廟宇拜拜，順便購物。

### 長照失能等級第3級



### 居家照顧服務需求



照顧及專業服務額度 15,460元（每月）

協助沐浴時偕同洗頭  
每週1次

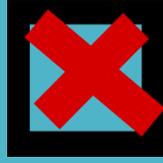
需協助打掃家務  
每週1次（每次約1小時）



陪同外出拜拜，回程購物  
每月2次（每次約2小時）

協助就醫  
每月1次





# 錯誤照顧組合計算方式

(以月為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	一般戶部分負擔金額
BA07	協助沐浴及洗頭	325	4	208
BA15	家務協助 (30分鐘為一單位)	195	8	<u>248</u>
BA13	陪同外出 (30分鐘為一單位)	195	8	248
BA16	代購或代領或代送服務	130	2	40
BA14	陪同就醫	685	1	109
總計				853

1. 家務協助範圍以**長照失能者主要活動區域為主**，如個案臥室、浴室等；**其他共用區域**如客廳、餐廳等，需另外負擔**50%費用**。本案例計算方式如下：  
 $195 \times 0.5 \times 0.16 = 15.6$  (非共用區)； $195 \times 0.5 = 97.5$  (共用區)； $(15 + 97) \times 8$  (式) = 896  
 所以，陳婆婆使用家務協助服務的部分負擔應為896元。

2. 陪同外出 (每月2次) 回程順便前往購物，同一時間只能計算主要的照顧組合項目 (BA13)，故不能另計BA16。

# 正確照顧組合計算方式

(以月為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	小計	一般戶部分負擔金額
BA07	協助沐浴及洗頭	325	4	1,300	208
BA15	家務協助 (30分鐘為一單位)	195	8	1,560	896
BA13	陪同外出 (30分鐘為一單位)	195	8	1,560	248
BA14	陪同就醫	685	1	685	109
總計				<b>5,105</b>	<b>1,461</b>

 **陳婆婆** 照顧及專業服務額度 15,460元 (每月)



本月使用額度 **5,105元**

本月剩餘額度 **10,355元**  
(可保留至下月使用)



本月需自行負擔

**1,461元**

# 若臨時安排出差， 家中剛好沒人，可以照顧陳婆婆怎麼辦呢？

陳婆婆平常由女兒照顧，女兒偶爾需要短期出差2天，希望能這樣搭配、安排陳婆婆的照顧服務：



前往日間照顧中心

2天



使用小規模多機能-

夜間喘息服務1天(1次)



陳婆婆家庭照顧者喘息服務額度 32,340元（每年）



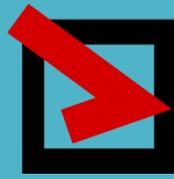


# 錯誤照顧組合計算方式

(以次為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	一般戶部分負擔金額
BD03	社區式服務交通接送	100	4	64
GA03	日間照顧中心喘息服務—全日 (含交通接送)	1,250	2	400
GA06	小規模多機能服務-夜間喘息 (含交通接送)	2,000	1	320
總計				784

1. 小規模多機能夜間喘息服務已含交通接送，故BD03社區式服務交通接送，不可納入計算。
2. 應將 GA03日間照顧中心喘息服務（全日），改用居家照顧與專業服務的BB03日間照顧（全日），不僅能節省喘息服務額度，部分負擔也更少！  
〔BB03可併計陳婆婆第一天至日照中心及第二天自日照中心返家交通費用(BD03)2式〕



# 正確照顧組合計算方式

(以次為計算單位，若有小數點，無條件捨去)

編號	照顧組合項目	給(支)付價格	給(支)付單位(個)	小計	一般戶部分負擔金額
BD03	社區式服務交通接送	100	2	200	32
BB03	日間照顧(全日) - 第2型(不含交通接送)	840	2	1,680	268
<b>照顧及專業服務 小計</b>				<b>1,880</b>	
GA06	小規模多機能服務- 夜間喘息(含交通接送)	2,000	1	2,000	320
<b>喘息服務 小計</b>				<b>2,000</b>	
<b>總計</b>					<b>620</b>

**照顧及專業服務**

本次使用額度 **1,880元**

**喘息服務**

本次使用額度 **2,000元**

**陳婆婆本次需自行負擔**



**620元**

原來這樣搭配照顧方式，

較划算! 😊😊😊





# 想申訴要怎麼辦？

若您對**服務內容或品質**不滿意  
或有**服務中斷、收費爭議**等問題  
請洽您的專屬個案管理師或撥1966



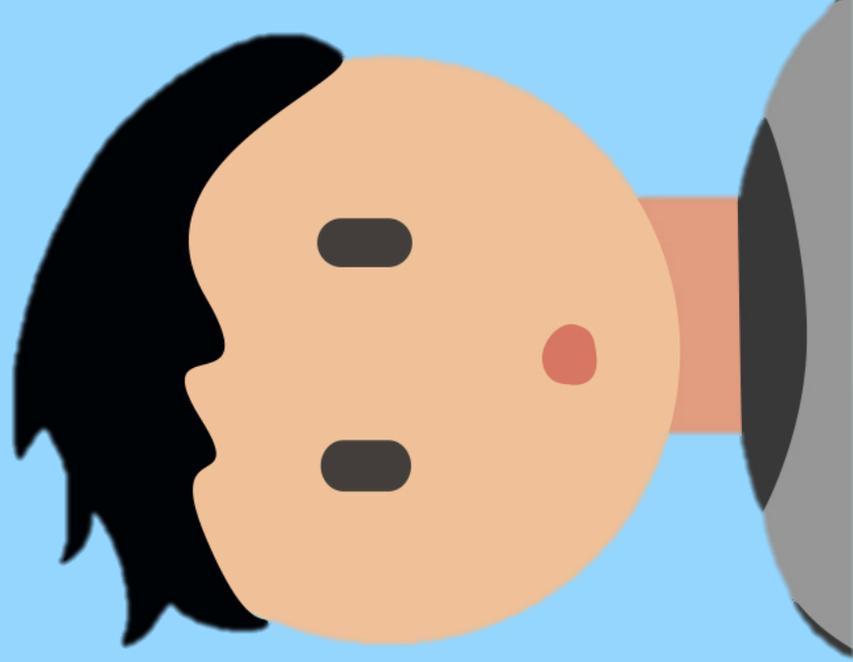
# 長照2.0

## ‘懶人包’

長照申請與服務資訊，  
一次告訴您！



**哪些人可以使用長照？**

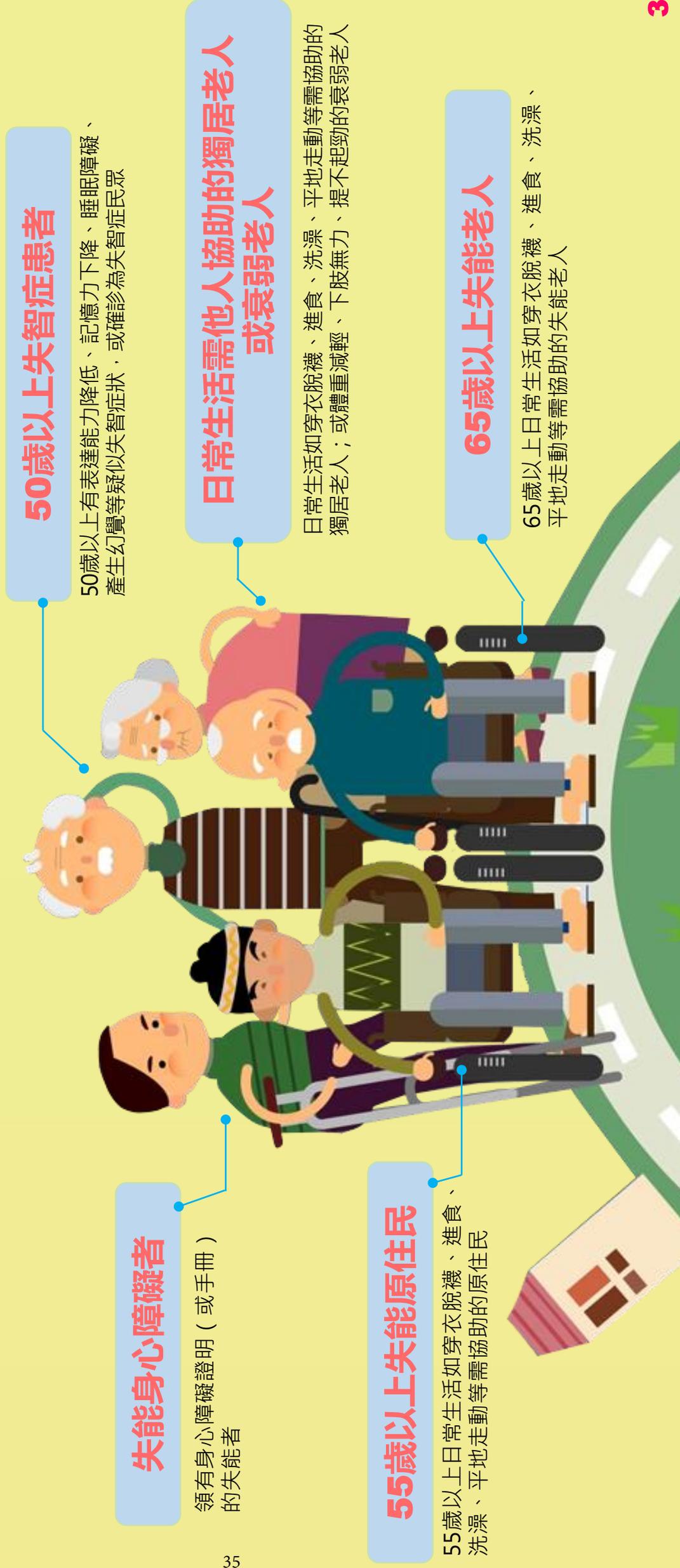


**長照服務有哪些？**

**要怎麼申請呢？**

# 有下列狀況的人，

# 都可以向各縣市長期照顧管理中心提出申請喔！



## 失能身心障礙者

領有身心障礙證明（或手冊）的失能者

## 50歲以上失智症患者

50歲以上有表達能力降低、記憶力下降、睡眠障礙、產生幻覺等疑似失智症狀，或確診為失智症民眾

## 日常生活需他人協助的獨居老人 或衰弱老人

日常生活如穿衣脫襪、進食、洗澡、平地走動等需協助的獨居老人；或體重減輕、下肢無力、提不起勁的衰弱老人

## 55歲以上失能原住民

55歲以上日常生活如穿衣脫襪、進食、洗澡、平地走動等需協助的原住民

## 65歲以上失能老人

65歲以上日常生活如穿衣脫襪、進食、洗澡、平地走動等需協助的失能老人

# 長照服務分成四大類

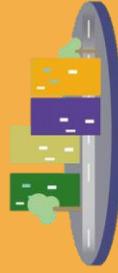
## 1. 照顧及專業服務



居家照顧



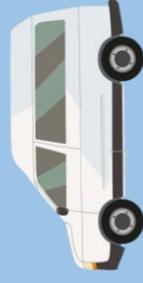
社區照顧



專業服務



## 2. 交通接送服務



協助往返醫療院所就醫或復健

## 3. 輔具與居家無障礙環境改善服務



居家生活輔具購置或租賃



居家無障礙設施改善

## 4. 喘息服務

提供家庭照顧者獲得休息時間



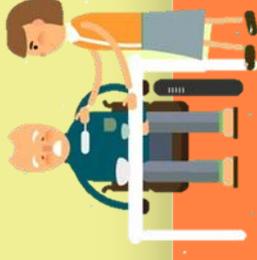
# 要怎麼申請長照服務？



照管專員到府評估  
了解您的長照需要



與您討論長照需求  
擬定專屬照顧計畫



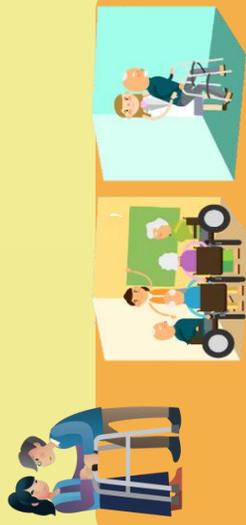
取得長照服務

- 照管專員完成評估後，確認失能等級與照顧問題清單，給予長照使用額度

- 與個案管理員討論需要的照顧服務項目、內容及時段
- 個案長照需求改變時，也可更改照顧計畫

- 您只需負擔部分費用，就可取得所需服務
- 照顧過程如有突發狀況，可與服務單位討論調整服務內容

# 使用服務需要付錢嗎？怎麼計算？



## 照顧及專業服務

依失能等級每月給付  
**10,020-36,180元**

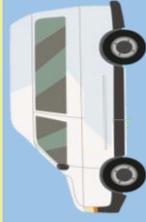
**一般戶：**  
給付額度 X 部分負擔比率 16%  
**中低收入戶：**  
給付額度 X 部分負擔比率 5%



## 輔具及居家無障礙 環境改善服務

每3年給付  
**40,000元**

**一般戶：**  
給付額度 X 部分負擔比率 30%  
**中低收入戶：**  
給付額度 X 部分負擔比率 10%



## 交通接送服務

依失能等級與城鄉距離每月給付  
**1,680-2,400元**

### 依距離遠近計算

**一般戶：**  
給付額度X部分負擔比率 21%~30%  
**中低收入戶：**  
給付額度X部分負擔比率 7%~10%



## 喘息服務

依失能等級每年給付  
**32,340-48,510元**

**一般戶：**  
給付額度 X 部分負擔比率 16%  
**中低收入戶：**  
給付額度 X 部分負擔比率 5%

\* 低收入戶由政府全額補助，免部分負擔

\* 請注意！長照住宿式機構服務使用者不能申請這四類長照服務

# 誰來幫我連結照顧資源呢？



**如果評估結果沒有達到失能，  
就沒有長照服務了嗎？**

**聘請外籍看護工家庭  
可以申請長照嗎？**





王奶奶走路不穩、下肢無力，  
有輕微失智症狀，怎麼辦呢？

對於輕微失智或衰弱但生活上可自理的長輩，照管專員協助連結失智共照中心、失智社區服務據點、社區照顧關懷據點、巷弄長照站，提供民眾失智症照護及預防延緩失能照護等服務

# 聘請外籍看護工家庭也可以申請長照服務喔！



原來我們家也可以申請長照，  
真是太好了！

✓ 交通接送服務

✓ 輔具及居家無障礙環境改善服務

✓ 照顧及專業服務（額度僅給付30%，  
且限使用專業服務、到家沐浴車及社區  
式服務交通接送）

✓ 喘息服務（被照顧者經評估為長照需要等  
級2-8級者，於外籍看護工休(請)假即可申請）

# 109年12月1日起放寬

## 聘僱外籍看護工家庭使用喘息服務對象條件

被照顧者  
經評估為  
長照需要等級  
2至8級者

外籍看護工休假或因故請假  
即可申請喘息服務！

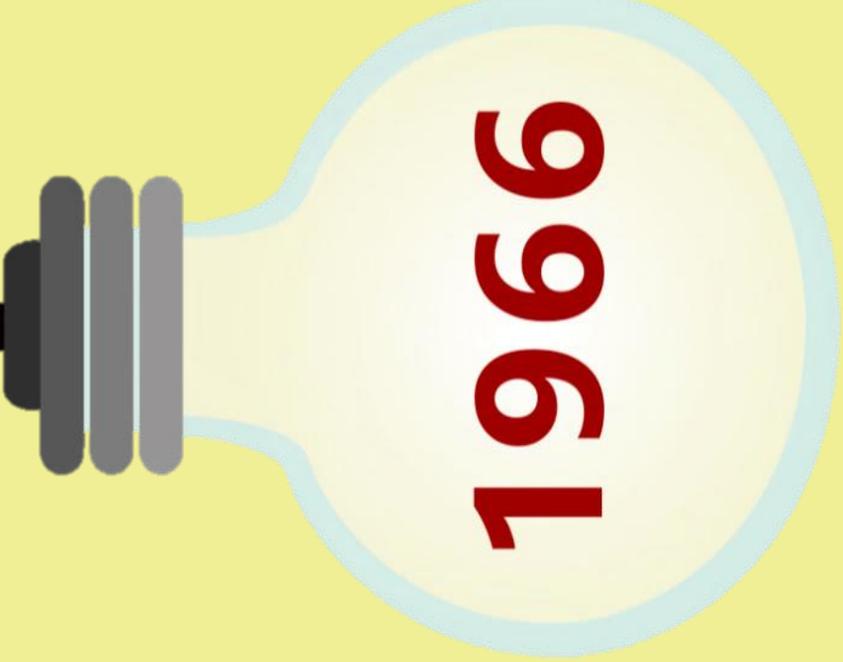
這樣我就不擔心我家瑪莉  
不在時，沒人照顧我了！



# 想申訴要怎麼辦？

若您對**服務內容**或**品質**不滿意  
或有**服務中斷**、**收費爭議**等問題

請洽您的專屬個案管理員或撥**1966**長照服務專線



1966



# 有 哪些人 適用 長照扣除額呢？



衛生福利部  
Ministry of Health and Welfare



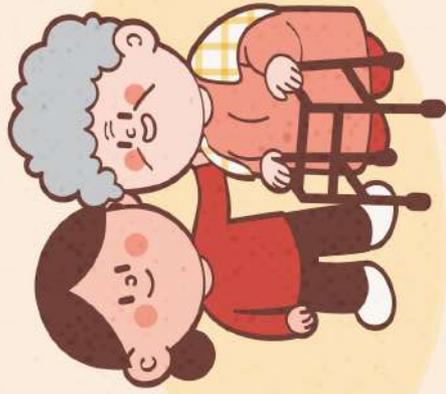
長照 2.0  
我們照顧您

廣告

## 證明文件

課稅年度有效之  
聘僱許可函影本

## 聘請外籍家庭看護工者



## 證明文件

課稅年度使用指定服務繳費  
收據影本一張

## 長期照顧給付及支付 基準服務使用者



身心失能者經評估其失能程度屬  
長期照顧給付及支付基準所定失  
能等級為第2級至第8級，且使用  
照顧及專業服務、交通接送服務、  
輔具及居家無障礙環境改善服務  
、喘息服務者

## 證明文件

課稅年度入住適格機構累計達  
90日之繳費收據影本

## 入住住宿式服務機構者



- 課稅年度入住下列機構全年累積應達90日：
1. 老人福利機構(除安養床位外)
  2. 國軍退役除役官兵輔導委員會所屬榮譽國民之家(除安養床、公費床位外)
  3. 身心障礙住宿式機構
  4. 護理之家機構  
(一般護理之家及精神護理之家)
  5. 依長期照顧服務法設立之機構住宿式服務類長期照顧機構
  6. 設有機構住宿式服務之綜合式服務類長期照顧機構

## 證明文件

經評估符合聘僱  
外籍家庭看護工資格：  
病症暨失能診斷證明書影本  
(於課稅年度取得)  
符合可聘僱外籍家庭看護工  
之特定身心障礙項目  
重度(或極重度)或鑑定向度：  
課稅年度有效之  
身心障礙證明(或手冊)影本

## 在家自行照顧者



### 1. 經指定醫療機構專業評估結果

符合下列情形之一：

- (1) 年齡未滿80歲且有全日照護需要
- (2) 年齡滿80歲以上且有嚴重依賴照顧需要
- (3) 年齡滿85歲以上且有輕度依賴照顧需要
- (4) 經醫療專業診斷巴氏量表評為0分

且於6個月內病情無法改善

2. 符合勞動部所定可聘僱外籍家庭看護工之特定身心障礙重度(或極重度)等級項目或鑑定向度之一

# 長照扣除額 排富規定

1. 經減除幼兒學前特別扣除額及長照扣除額後，全年綜合所得稅適用稅率在20%以上，或採本人或配偶之薪資所得或各類所得分開計算稅額適用稅率在20%以上。
2. 選擇股利及盈餘按28%單一稅率分開計算應納稅額。
3. 依所得基本稅額條例計算之基本所得額超過規定之扣除金額670萬元。



衛生福利部  
Ministry of Health and Welfare



長照 2.0  
我們照顧您





世 / 界 / 手 / 部 / 衛 / 生 / 日

# 手住疫情 手護台灣



衛生福利部  
Ministry of Health and Welfare



衛生福利部疾病管制署  
TAIWAN CDC

## 正確洗手5時機

吃東西前



接觸小孩前



上廁所後



擤鼻涕後



看病前後



衛生福利部  
Ministry of Health and Welfare



衛生福利部疾病管制署  
TAIWAN CDC



財團法人歐巴尼紀念基金會 翻譯  
Taiwan Urbani Foundation  
Translated by Taiwan Urbani Foundation

World Hand Hygiene Day



# Clean Hands Save Lives

## Five Key Times to Wash Hands

Before eating food



Before any physical  
contact with children



After using the toilet



After sneezing



Before and after  
visiting a clinic

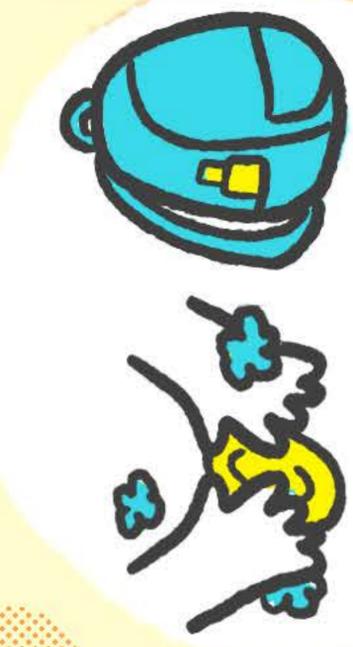


# Navigating through COVID-19 Outdoor living

Take pandemic prevention measures to live with peace of mind

# 防疫新生活運動 戶外活動篇！

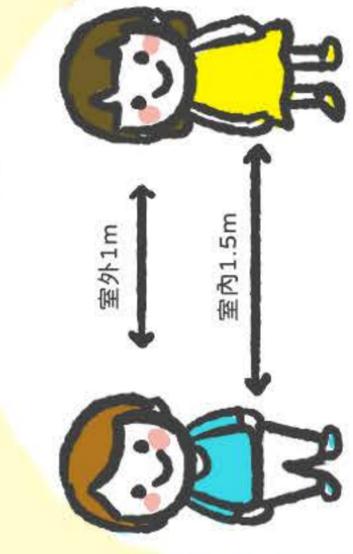
落實防疫  
輕鬆生活



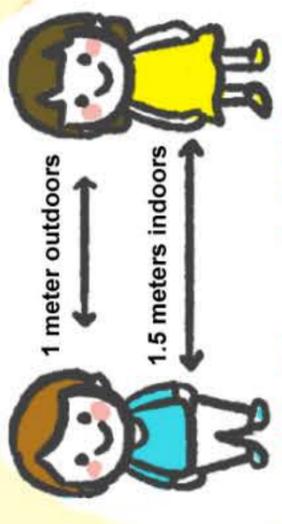
保持雙手潔淨勤洗手  
隨身攜帶乾洗手或酒精



Keep your hands clean by washing regularly  
Bring alcohol-based hand sanitizer



保持社交距離  
愛有多深距離有多遠



Maintain social distancing  
The deeper the love,  
the farther the distance.



出遊踏青首選  
人潮少的開放空間



For outings, choose open spaces  
with little traffic.



搭乘大眾運輸工具或無法保持  
社交距離時應全程戴口罩



Wear a mask when you take public  
transport or when you cannot  
maintain a distance from others.



配合景點人流管制  
人太多的地方先別去



Take traffic control advice.  
Don't go to crowded places.

# 防疫期間，我們可以這樣做

## 你的一小步 是全體防疫的一大步



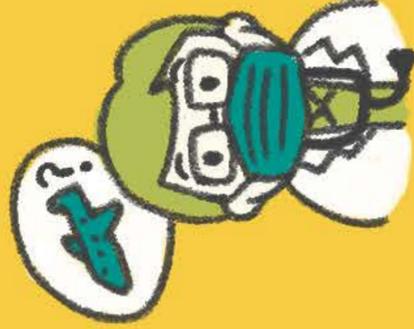
搭乘大眾運輸、搭電梯、出入人潮擁擠場所  
或無法保持社交距離時，請戴上口罩。



出入公共場合、搭乘大眾運輸後、吃東西前、  
返家後，記得先肥皂洗手。



防疫期間少出門、少去人多場所，在家做運  
動、看書、打電動、追劇也很chill!



出現發燒、呼吸道症狀別慌張，戴上口罩速  
就醫，如有可能接觸史請告知醫師，以利診  
斷，在家多休息，康復再出門。

### Best Practices During COVID-19

*you take is a big step in our joint defense*



Wear a face mask on public transport, in an  
elevator, in crowded spaces, and when you  
cannot maintain social distancing.



Wash your hands with soap after you visit public  
places, take public transport, arrive home, and  
before you eat.



Avoid going out, and avoid crowded places.  
You can chill at home exercising, reading,  
playing video games, and binge watching!



Do not panic if you have a fever or respiratory  
symptoms.  
Put on a face mask and see a doctor.  
Inform the doctor of your contact history to  
facilitate timely diagnosis.  
Rest at home. Leave home only after recovery.

# 防疫新生活運動“餐飲篇”

# Navigating through COVID-19 Dining



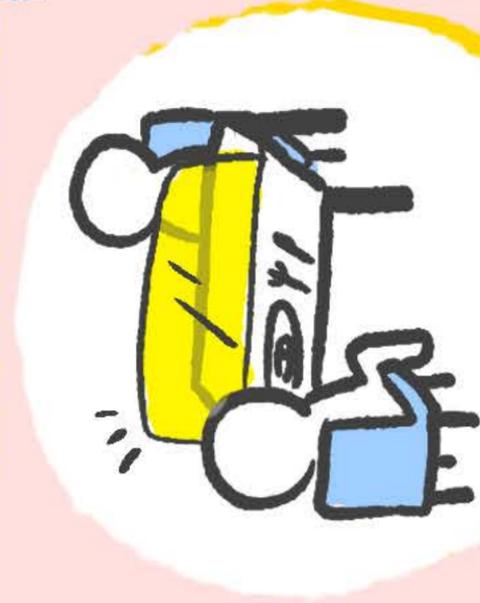
少點自由自在，保你健康常在

疫情期間，防疫與生活都要兼顧，選擇符合以下防疫及安全措施的餐廳，也可以安心享受美食。



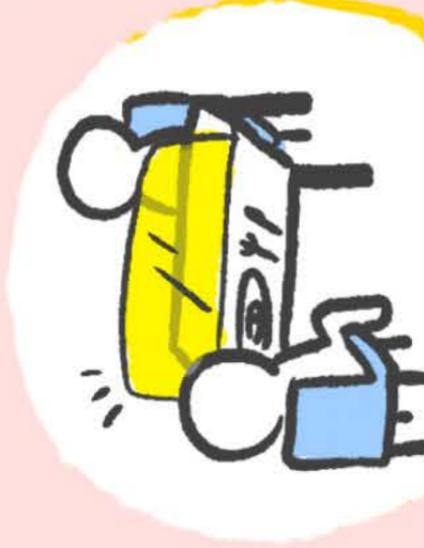
Trade a bit of spontaneity for assured health

During COVID-19, we can balance disease prevention and life by choosing restaurants that take prevention and safety measures, so we can enjoy good food comfortably.



保持社交距離

如室內1.5公尺、室外1公尺  
座位採梅花座或增設隔板區隔



Maintain social distancing

1 meter indoors or 1.5 meters outdoors  
Spare a seat from the next diner  
or install partitions



落實個人衛生防護

如戴口罩、量測體溫、入口及  
場所內提供洗手用品或設備



Protect each and every one

by wearing a mask, taking  
temperatures, and providing handwashing  
products at entrances or in restaurants.



建立實名制並確實執行  
人流管制及環境清消



Facilitate tracing by keeping a record  
of customers, managing crowd, and  
sanitizing environments after every  
customer visit.



消防安全檢查及建築物  
公共安全檢查合格



Complete fire safety and  
public safety inspections.

# 接觸過COVID-19

## 確診者， 可以這樣做!!

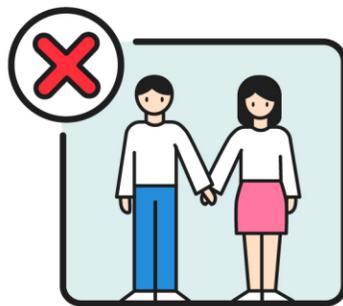
若曾與確診者(出現症狀前三天至隔離前)**密切接觸**(共餐、共居、共處15分鐘以上)，**請先居家隔離勿自行離家**，待衛生單位通知。  
非密切接觸者，仍需**14天自我健康監測**，有疑似症狀請戴口罩就醫，並告知接觸史。

### 生活指引

#### 居住



一人一室  
獨立衛浴



勿接觸同住者



勿共餐  
共用物品

#### 衛生



佩戴口罩



酒精 / 肥皂  
清潔手部



酒精 / 稀釋漂白水  
清潔物品

#### 健康

觀察是否出現 COVID-19 相關症狀：

發燒 / 喉痛 / 頭痛 / 流鼻水 / 腹瀉 / 倦怠 / 嗅味異常 / 呼吸急促 等



若出現以下嚴重症狀：



喘 / 呼吸困難



持續胸痛 / 胸悶



意識不清



皮膚 / 唇 / 指甲發青

**立即聯繫**

**119、衛生局**

依指示就醫，勿搭大眾運輸

# What you can do if you had **contact** with a COVID-19 patient

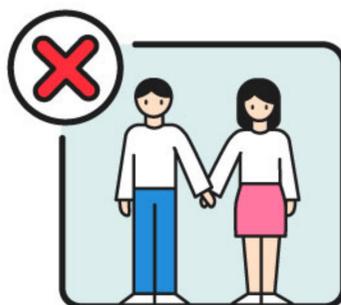
**Do not leave your home** if you had **close contact** with a patient (this includes sharing a meal, living together, interacting for over 15 minutes with no mask on 3 days before the patient started showing symptoms till when he/she is told to self-isolate). Wait for further instructions from a health agency. If you have not had close contact, **monitor your health for 14 days**. If any symptoms occur, keep your mask on and seek medical attention. Inform the medical staff of your contact history.

## Guidelines

### Living arrangement



Stay in a separate room with a separate bathroom



Do not come in contact with members of your household



Do not share a meal or any object

### Hygiene



Wear a mask



Clean your hands with alcohol/soap



Disinfect objects with alcohol/diluted bleach

### Health

Look out for COVID-19 symptoms

Fever/sore throat/headache/runny nose/diarrhea/fatigue/loss of smell and taste/shortness of breath



If the following symptoms occur:



Shortness of breath/difficulty breathing



Persistent chest pain/pressure



Loss of consciousness



Skin/lips/nails turning blue

**Call**

**119 or the Department of Health** and seek medical care by following the instructions. **Do not take public transport.**

# ? 防疫大解惑?

接種COVID-19疫苗  
會使我感染  
COVID-19嗎?

1



## COVID-19 疫苗原理

將SARS-CoV-2病毒的抗原或遺傳物質打入人體，刺激免疫系統產生抗體。接種COVID-19疫苗能讓免疫系統學習如何識別和抵抗SARS-CoV-2病毒，以便在真正接觸到具感染力的活病毒時避免感染或降低嚴重程度。

# ? 防疫大解惑?

接種COVID-19疫苗  
會使我感染  
COVID-19嗎?

2



## 接種疫苗後身體不適?

接種後可能產生發燒、肌肉痠痛或局部腫痛，是人體對疫苗內的SARS-CoV-2病毒抗原或遺傳物質產生免疫反應的正常表現，但並不是真正的感染。



# ? 防疫大解惑?

接種COVID-19疫苗  
會使我感染  
COVID-19嗎?

3



## 有人接種疫苗後還是 確診SARS-CoV-2?



接種疫苗後需要兩周產生抗體，期間仍可能因接觸感染原在接種疫苗後確診，但並非因接種疫苗而感染。

## 安心接種全民防疫

資料來源：疾病管制署-1922防疫達人

廣告

## 安心接種全民防疫

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廣告

## 安心接種全民防疫

資料來源：疾病管制署-1922防疫達人

廣告

# ? Answering COVID-19 FAQ ?

Can I catch COVID-19  
from getting  
vaccinated?

1



## Explaining the COVID-19 vaccine

Vaccination injects antigens or genetic material from the SARS-CoV-2 virus into the body which stimulates the immune system to produce antibodies. Being vaccinated with a COVID-19 vaccine enables the human immune system to learn how to identify and combat the SARS-CoV-2 virus. This helps to avoid infection or reduces the severity of infection if you encounter an infectious live virus.

# ? Answering COVID-19 FAQ ?

Can I catch COVID-19  
from getting  
vaccinated?

2



## Can vaccination make you ill?

After being vaccinated you could develop a fever, muscle soreness or some swelling and pain. This is a normal immune response to the presence of antigens or genetic material from the SARS-CoV-2, it is not the same as being infected.



## Getting vaccinated is safe and helps combat COVID-19

Source: Taiwan Centers for Disease Control-1922 Hotline

廣告

# ? Answering COVID-19 FAQ ?

Can I catch COVID-19  
from getting  
vaccinated?

3



## Is it possible to test positive for SARS-CoV-2 after being vaccinated?



After vaccination the body needs two weeks to create antibodies and in that period one could still come into contact with an infection source and test positive for COVID-19, but that infection is not caused by the vaccination

## Getting vaccinated is safe and helps combat COVID-19

Source: Taiwan Centers for Disease Control-1922 Hotline

廣告

## Getting vaccinated is safe and helps combat COVID-19

Source: Taiwan Centers for Disease Control-1922 Hotline

廣告

# 防疫期間

## 疫情滯臺外國人可以辦理轉換



**實施期間自**

**110年10月29日至  
111年6月30日止**

**如有相關問題可撥打1955專線諮詢**

廣告

## During the pandemic prevention period

## Foreign workers who remained in Taiwan due to the pandemic can now apply for a transfer



**Implementation  
period**

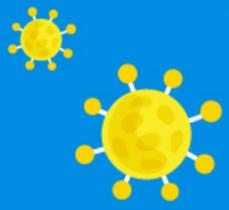
**October 29, 2021 -  
June 30, 2022**

**If you have any questions contact the 1955 hotline**

廣告



# 自我健康監測



## 無症狀

外出佩戴口罩



## 有症狀

發燒、嗅/味覺異常、  
呼吸道症狀或腹瀉

立即就醫



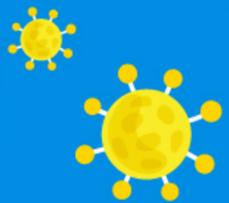
勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR



廣告



# Health monitoring



## Asymptomatic

wear a face mask  
outdoors



## Symptomatic

Fever, abnormal sense of  
smell/taste, respiratory  
tract symptoms or diarrhea

Seek immediate  
medical attention



勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR



廣告

# 疫苗接種後多久

產生保護力



約2週產生保護力

x2

完成2劑接種

保護力持續較久



資料參考:疾病管制署

廣告

# How long does it take to build up immunity after vaccination



Immunity builds up

2 weeks after vaccination.

x2

Complete 2 doses of vaccination,  
immunity can last longer.



Source: Taiwan Centers for Disease Control, Ministry of Health and Welfare

廣告

貼心提醒!

# 施打疫苗後記得妥善保管 疫苗接種紀錄卡



COVID-19 疫苗接種紀錄卡 COVID-19 Vaccination Record

中文姓名 \_\_\_\_\_ 英文姓名(同護照) \_\_\_\_\_ Last Name \_\_\_\_\_ First Name  
Name

出生日期(西元) \_\_\_\_\_ 國 籍 \_\_\_\_\_ 身分證/居留證/護照號碼  
Date of Birth yyyy mm dd Nationality ID/ARC/passport No.

疫苗種類/劑次 Vaccine/ Dose	廠牌/品名 Manufacturer/ Product name	接種日期 Date vaccine given yyy / mm / dd	醫師或接種者簽名 Signature of healthcare professional	接種單位章戳 Official stamp of administering center
COVID-19疫苗第1劑 COVID-19 1 <sup>st</sup> dose		/ /		
第2劑預約日期 Appointment date for 2 <sup>nd</sup> dose _____ / _____ / _____				
COVID-19疫苗第2劑 COVID-19 2 <sup>nd</sup> dose		/ /		
		/ /		
		/ /		

A friendly reminder

# After receiving your vaccination shots keep the COVID-19 Vaccination Record Card safe



COVID-19 疫苗接種紀錄卡 COVID-19 Vaccination Record

中文姓名 \_\_\_\_\_ 英文姓名(同護照) \_\_\_\_\_ Last Name \_\_\_\_\_ First Name  
Name

出生日期(西元) \_\_\_\_\_ 國 籍 \_\_\_\_\_ 身分證/居留證/護照號碼  
Date of Birth yyyy mm dd Nationality ID/ARC/passport No.

疫苗種類/劑次 Vaccine/ Dose	廠牌/品名 Manufacturer/ Product name	接種日期 Date vaccine given yyy / mm / dd	醫師或接種者簽名 Signature of healthcare professional	接種單位章戳 Official stamp of administering center
COVID-19疫苗第1劑 COVID-19 1 <sup>st</sup> dose		/ /		
第2劑預約日期 Appointment date for 2 <sup>nd</sup> dose _____ / _____ / _____				
COVID-19疫苗第2劑 COVID-19 2 <sup>nd</sup> dose		/ /		
		/ /		
		/ /		

# COVID-19

## 疫苗施打前注意事項



1

若有慢性病、過敏史，  
或特殊健康情況應先向醫生諮詢



2

發燒或正患有急性中重疾病者，  
宜待病情穩定後再接種



3

放鬆心情、注意防曬  
攝取足量水分



4

備妥護照、居留證健保卡及相關證件

疾病管制署

廣告

## Before receiving a COVID-19 vaccination



1

Anyone with a chronic illness, history of allergies  
or special medical condition should consult with  
a doctor before being vaccinated.



2

Anyone with a fever or suffering from an acute  
bout of a serious illness should wait until their  
health has stabilized before being vaccinated



3

Relax, protect against sunburn and be sure to  
drink enough water



4

Bring your passport, Alien Residence Certificate  
(ARC), National Health Insurance Card and any  
other related documents.

# COVID-19

## 疫苗施打後注意事項

1



一般民眾  
建議原地觀察身體狀況15分鐘

2



過去曾因接種疫苗  
或注射治療發生急性過敏反應者  
建議原地觀察身體狀況30分鐘

3



返家後持續注意  
身體是否有不適症狀至少28天

4



如果不是症狀持續未改善  
請盡速就醫診治

疾病管制署

廣告

# After receiving a COVID-19 vaccination

1



Most people should remain in the place where they received their vaccination for 15 minutes, to ensure there is no adverse reaction

2



Anyone who has previously experienced an acute allergic reaction as a result of being vaccinated or receiving an injection should remain in the place where they received their vaccination for 30 minutes, to ensure there is no adverse reaction

3



After returning home continue to monitor your health for the next 28 days

4



If you fall ill or feel uncomfortable and the symptoms persist, immediately see a doctor and get a medical diagnosis.

## 外國人懷孕後相關權益(英文)

### 法令規定：

- 一.性別工作平等法第 11 條規定，略以雇主對受僱者之退休、資遣、離職及解僱，不得因性別或性傾向而有差別待遇。工作規則、勞動契約或團體協約，不得規定或事先約定受僱者有結婚、懷孕、分娩或育兒之情事時，應行離職或留職停薪；亦不得以其為解僱之理由。
- 二.就業服務法(以下簡稱本法)第 73 條第 3 款及第 74 條規定，略以移工有聘僱關係終止之情事，應廢止其聘僱許可，且應即令其出國，不得再於我國境內工作。雇主聘僱外國許可及管理辦法(以下簡稱本辦法)第 45 條第 2 項規定，移工於聘僱許可有效期間因聘僱關係終止出國，雇主應於該外國人出國前通知當地主管機關，由當地主管機關探求移工之真意，並驗證之(以下簡稱解約驗證)。
- 三.本法第 58 條第 1 項、第 2 項及本辦法第 20 條第 4 款規定，略以移工於聘僱許可有效期間內，因不可歸責於雇主之原因出國者，雇主得向本部申請遞補。雇主原聘僱移工因受羈押、刑之執行、重大傷病或其他不可歸責於雇主之事由，致須延後出國，並經本部專案核定，得於原聘僱移工出國前，引進或聘僱新移工。本辦法第 44 條規定，移工不得攜眷居留。但受聘僱期間在我國生產子女並有能力扶養者，不在此限。
- 四.本法第 59 條及外國人受聘僱從事就業服務法第 46 條第 1 項第 8 款至第 11 款規定工作之轉換雇主或工作程序準則(以下簡稱轉換準則)第 11 條規定，略以移工經本部核准轉換雇主或工作，應於 60 日內依相關規定辦理轉換作業。但移工有特殊情形經中央主管機關核准者，得延長轉換作業期間 60 日，並以 1 次為限。

### 基於保障雇主及移工權益，懷孕移工於受聘僱期間及後續工作權益，應依據下列規定辦理：

- 一.禁止單方終止聘僱關係：當移工有懷孕、分娩等情事，雇主不得以上開事由終止聘僱關係，倘若雇主強迫遣返移工時，移工得透過 1955 專線或向地方政府提出申訴，另地方政府受理雇主解約驗證申請時，於向移工確認解約出國真意時，如有發現上開情事時，應不予同意解約驗證，以保障移工權益。倘雇主有違法片面終止聘僱關係之情事，已違反本法第 54 條第 1 項第 16 款其他違反保護勞工之法令情節重大，依本法第 54 條及第 72 條規定，應廢止或不予核發許可，並管制雇主 2 年不得提出申請。
- 二.移工得終止聘僱轉換雇主：勞雇雙方合意終止聘僱關係並經本部廢止聘僱許可，懷孕移工有本法第 59 條第 1 項第 4 款規定不可歸責之事由，本部將同意移工得轉換雇主或工作。另移工於轉換雇主期間如有身心不適之情事，移工應檢具醫療機構開具之懷孕診斷證明或孕婦健康手冊，向本部申請暫緩辦理轉換雇主，經本部核定同意，得暫緩轉換雇主期間最長至妊娠結束日起 60 日，該移工欲恢復轉換雇主，應於該期間屆至日起 10 日內，依行政程序法第 50 條規定，向本部申請續行辦理轉換雇主，經本部核准者，得再延長轉換作業期限 60 日，並以 1 次為限。逾期申請者不予同意申請續行轉換雇主，並應依規定出國。
- 三.雇主得聘僱新移工：原依據本法第 58 條規定及本辦法第 20 條第 1 款規定，移工需出國或轉換雇主由新雇主接續聘僱後，始得向本部申請遞補或引進新移工。考量雇主用人需求，針對移工因故需延後出國且經本部核定同意時，原雇主已合於本辦法第 20 條第 4 款不可歸責雇主事由之規定，得引進或聘僱新移工，另製造業之雇主，該人數依外國人從事就業服務法第 46 條第 1 項第 8 款至第 11 款工作資格及審查標準(以下簡稱審查標準)第 14 條之 7 第 1 項第 4 款但書規定，不計入聘僱外國人之總人數計算，且不計入審查標準第 14 條之 7 第 1 項第 2 款規定人數。
- 四.移工安置：為保障移工遭受人身傷害、或發生勞資爭議、雇主違法等所衍生之安置問題，本部已訂有受聘僱從事就業服務法第 46 條第 1 項第 8 款至第 11 款規定之外國人臨時安置作業要點，有關移工受聘僱期間符合上開安置要點規定者，得依規定予以安置。

**Subject: Please take notice of the handling principles on migrant workers pregnancy during the employment and the workers' rights to work**

Laws & Regulations:

- (1) According to Article 11 of the Act of Gender Equality in Employment, employers shall not discriminate against employees because of their gender or sexual orientation in the case of retirement, lay-offs, severances, and termination. Work rules, labor contracts, or collective bargaining agreements shall not stipulate or be arranged in advance that when employees marry, become pregnant, give birth, or partake in child care activities, they have to sever or have a leave of absence without pay. Employers also shall not use the above-mentioned factors as excuses for termination.
- (2) According to Subparagraph 3 of Article 73, and Article 74 of the Employment Service Act (hereinafter referred to as the "Act"), where a migrant worker meets any circumstance resulting in termination of the employment, his/her employment permit shall be annulled, and then the worker shall be immediately ordered to depart from the country and be barred from further engaging in work in this country. According to Paragraph 2 of Article 45 of the Regulations on the Permission and Administration of the Employment of Foreign Workers (hereinafter referred to as the "Regulations"), where a migrant worker departs from this country within the validity of the employment permission as a result of the termination of employment, the employer shall notify the local competent authority prior to his/her departure, and the local competent authority shall investigate and verify the real intention of the worker (hereinafter referred to as "Verification for Cancellation of Employment Contract").
- (3) According to Paragraph 1 and Paragraph 2 of Article 58 of the Act, and the Subparagraph 4 of Article 20 of the Regulations, where a migrant worker has departed from this country due to reason(s) not attributable to their employer, the employer may apply with the Ministry for replacement thereof; where departure for a migrant worker is postponed due to judicial custody, penalty, major disease or injuries, or other reasons not attributable to the employer and upon special approval by the Ministry, the employer may introduce or employ a new migrant worker before the former worker leaves this country. According to Article 44 of the Regulations, no migrant workers are allowed to bring along with his/her family to stay for residence, unless the migrant worker gives birth to offspring in this country during the term of employment and can maintain their livelihood.
- (4) According to Article 59 of the Act and Directions of the Employment Transfer Regulations and Employment Qualifications for Foreigners Engaging in the Jobs Specified in Subparagraphs 8 to 11, Paragraph 1, Article 46 of the Employment Services Act (hereinafter referred to as the "Transfer Regulations"), a migrant worker who is approved by the Ministry to transfer his/her employer or job shall conduct the transfer process pursuant to the relevant requirements within sixty days, provided that the migrant worker who meets certain special circumstances as approved by the central competent authority may extend the transfer process for another sixty days one time only.

(5). In order to protect the interests and rights of employers and migrant workers, the pregnant workers' interest and right during the employment period and their right to work shall be handled in the following manners:

1. Unilateral termination of the employment relationship is forbidden: An employer is forbidden to terminate the employment relationship with a migrant worker with the excuse that the worker is pregnant or in labor. Where the employer deports the migrant worker coercively, the migrant worker may file a complaint via the 1955 hotline or with the local government. Furthermore, upon acceptance of the employer's application for the Verification for Cancellation of Employment Contract and verification of the migrant worker's real intention on termination of the contract and departure, the local government finds said circumstance, it shall not approve the cancellation of employment contract, in order to protect the migrant worker's interests and rights. Where the employer terminates the employment relationship unilaterally against the law, the employer shall be held as violating the Subparagraph 16, Paragraph 1 of Article 54 of the Act for being in serious violation of applicable laws and regulations protecting laborers. Therefore, according to Article 54 and Article 72 of the Act, the employment permit shall be annulled or rejected, and the employer is prohibited from filing another application within two years.

2. A migrant worker is allowed to terminate the employment and transfer employers: Where both the employer and worker agree to terminate the employment relationship and the employment permit is abolished by the Ministry, and the migrant worker meets the Subparagraph 4, Paragraph 1 of Article 59 of the Act for similar circumstances not attributable to the worker, the Ministry agrees that the migrant worker may transfer the employer or job. Meanwhile, where the migrant worker feels uncomfortable physically and mentally during the transfer of employer, he/she shall submit a certificate of diagnosis for pregnancy issued by a medical institution or Maternal Health Booklet to apply with the Ministry for a suspension of the transfer. Upon the Ministry's approval, the transfer of employer may be extended for no more than 60 days at the end of the pregnancy. Where the migrant worker wishes to resume the transfer of employer, he/she shall apply with the Ministry for the resumption of the transfer pursuant to Article 50 of the Administrative Procedure Act within ten days upon the expiration of the said-noted time limit. Upon the Ministry's approval, the transfer may be extended for another sixty days for one time only. The application filed beyond the said-noted time limit will be rejected, and the migrant worker shall leave this country as required.

3. The employer may hire new migrant workers: Where a migrant worker is required to leave this country or the employer is transferred and succeeded by a new employer in accordance with Article 58 of the Act and the Subparagraph 1, Article 20 of the Regulations, the employer may apply for employment or introduction of new migrant workers. In consideration of the employer's need for human resource, when a migrant worker's departure is postponed with causes upon the Ministry's approval, the former employer may

introduce or employ a new migrant worker insofar as it has satisfied the Subparagraph 4 of Article 20 of the Regulations (other reasons not attributable to the employer). Further, for employers in the manufacturing industry, the number of such workers shall be excluded from the total number of employed foreign workers, in accordance with the Subparagraph 4, Paragraph 1 of Article 14-7 of the Reviewing Standards and Employment Qualifications for Foreigners Engaging in the Jobs Specified in Subparagraphs 8 to 11, Paragraph 1 to Article 46 of the Employment Service Act (hereinafter referred to as the “Reviewing Standards”), and also from the number of workers referred to in the Subparagraph 2, Paragraph 1 of Article 14-7 of the Reviewing Standards.

4.The housing of migrant workers: For the housing issues derived from the protection of migrant workers from personal injury, management-labor disputes, and employer’s violation laws, the Ministry has established the Directions Governing Temporary Housing referred to in the Subparagraphs 8 to 11, Paragraph 1 of Article 46 of the Employment Service Act. Any migrant worker who satisfies said Directions Governing Temporary Housing shall be provided with housing as required.

為了給予下一代更好的養育環境，在臺工作之移工應有計畫性之避孕或生育措施；另合法居留之移工婦女，如有參加全民健保，可享有與國民相同之孕婦產前檢查，孕婦產前健康照護衛教指導等服務，倘在臺工作期間遇有生育等相關問題，均可撥打 1955 勞工諮詢申訴專線尋求協助。

英文：

In order to give the next generation cultivate a better upbringing environment, migrant workers in Taiwan must have an understanding in sexual contraception or fertility measures; for legal female migrant workers in Taiwan, if you have Health Insurance, You can avail the same prenatal checkups for pregnant women as of the local nationals, and prenatal health care education and guidance services, etc. If you have any problem or issues related to this matter, you can call 1955 Labor Consultation and Complaint Hotline for assistance.





標題：在臺移工懷孕相關事宜

內容：

為了給予下一代更好的養育環境，在臺工作之移工應有計畫性之避孕或生育措施；另合法居留之移工婦女，如有參加全民健保，可享有與國民相同之孕婦產前檢查，孕婦產前健康照護衛教指導等服務，倘在臺工作期間遇有生育等相關問題，均可撥打 1955 勞工諮詢申訴專線尋求協助。

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泰國：

เพื่อให้คนรุ่นต่อไปมีสภาพแวดล้อมที่ดีในการเลี้ยงบุตร ،  
ขณะที่ทำงานในไต้หวันควรจะมีการวางแผนสำหรับการคุมกำเนิดหรือวางแผนมีบุตร ;  
แรงงานผู้หญิงที่พำนักอย่างถูกกฎหมาย ، หากมีการเข้าร่วมประกันสุขภาพแห่งชาติ ،  
สำหรับหญิงตั้งครรภ์ได้รับการตรวจและฝากครรภ์เช่นเดียวกันคนไต้หวัน ،  
ขณะที่ตั้งครรภ์ได้รับการคำแนะนำดูแลสุขภาพและบริการอื่น ،  
หากพบปัญหาการมีบุตรหรือปัญหาที่เกี่ยวข้องระหว่างที่คุณทำงานในไต้หวัน ، สามารถโทรสายด่วน1955  
ปรึกษาด้านแรงงานต่างชาติและให้ความช่วยเหลือ ◦

印尼：

Demi memberikan sebuah lingkungan asuh yang lebih baik untuk generasi berikutnya, para pekerja di Taiwan semestinya mempunyai rencana langkah-langkah KB atau kontrasepsi, para wanita pekerja migran yang tinggal secara resmi dan terdaftar dalam asuransi kesehatan, maka bisa menikmati fasilitas periksa masa kehamilan yang sama dengan warga negara Taiwan. Seperti periksa, perawatan kesehatan prenatal ibu, layanan pendidikan, bimbingan, dll.

Jika Anda memiliki masalah dengan kehamilan dan masalah terkait lainnya selama bekerja di Taiwan, Anda dapat menghubungi Saluran Khusus Tenaga Kerja 1955 untuk mendapatkan bantuan ◦

越南：

Để tạo cho thế hệ tiếp theo một môi trường nuôi dạy con tốt hơn,  
lao động nước ngoài làm việc tại Đài Loan,  
nên lập biện pháp tránh thai hoặc kế hoạch sinh sản,  
ngoài ra, đối với lao động nữ cư trú hợp pháp, nếu có tham gia bảo hiểm y tế toàn dân, có thể được hưởng quyền lợi giống như người trong nước về các mặt như : khám thai trước khi sinh con ,chăm sóc trước khi

sinh, giáo dục sức khỏe, hướng dẫn và các dịch vụ khác ,trong quá trình làm việc tại Đài Loan ,nếu bạn có thắc mắc về các vấn đề liên quan đến sinh sản, vv....có thể gọi đến 1955 Đường dây tư vấn và khiếu nại dành cho lao động để được hỗ trợ

# 口服避孕藥

## Oral Contraceptive Pill

### • 避孕原理：

#### **Contraceptive principle:**

主作用是抑制卵巢排卵、其它還有阻礙精卵結合與胚胎著床來達到避孕的效果。

The main function of the Oral Contraceptive Pill is to prevent ovulation, impede sperm penetration and lower the chances of implantation of a fertilized egg.

### • 避孕效果：

#### **Contraceptive effectiveness:**

完全正確使用，效果為99.7%

If taken correctly, the pills is 99.7% effective.

1. 一般婦女：月經來潮的第五天開始服用(視品牌不同而不同，有些口服避孕藥是自月經來潮當天就需開始服用)  
For general women: Start taking your pills on the fifth day of your menstrual period (depending on the brands, some pills should be taken on the first day of the menstrual period)
2. 產後婦女：未哺乳母乳者可於產後三週開始服用，最遲不可超過產後28天。  
For postpartum women: Non breastfeeding mothers can start taking the pills 3 weeks after the delivery, and no later than 28 days after the delivery.
3. 流產或人工流產婦女：於流產或人工流產之後第五天開始服用。  
Women with miscarriage or induced abortion: Start the pills on the fifth day after the abortion.
4. 新婚婦女：結婚前一個月之月經來潮第五天開始服用。  
Newly married women: Start taking pills on the fifth day of the last menstruation a month before marriage.



# 口服避孕藥

## Oral Contraceptive Pill

### • 注意事項： Precautions:

1. 口服避孕藥屬於固醇類荷爾蒙，服用之前必須先經醫師診察，處方才可領用。  
Oral Contraceptive Pills are steroid hormones. Individuals should consult their physicians before taking any oral contraceptive pills and which should be through proper medical prescription.
2. 服藥期間應每半年定期請醫師檢查。  
Regular health check up should be done once every six months during the course of medication.
3. 有下列情況的婦女絕不可服用：35歲以上的抽菸婦女，心臟病、重度高血壓、重度糖尿病、懷孕中、哺餵母乳、肝病、有凝血疾病、乳癌患者、偏頭痛。  
Women should not take the pills if they are a 35-year-old or above smoker, have heart disease, have severe hypertension, have severe diabetes, are pregnant, are breastfeeding, have liver disease, have blood clotting disease, have breast cancer or migraine.

# 口服避孕藥

## Oral Contraceptive Pill

### • 優點： Advantages:

1. 正確使用，避孕效果佳  
If taken correctly, is an effective contraceptive.
2. 可降低月經量，改善貧血  
Reduce menstrual flow and improve anemia.
3. 可減輕痛經  
May reduce dysmenorrhea.
4. 可預防卵巢癌的發生  
May prevent occurrence of ovarian cancer.
5. 某些避孕藥可減輕經前症候群  
Some contraceptives may reduce premenstrual syndrome.
6. 某些避孕藥可治療青春痘  
Some contraceptives may treat acne.

### • 缺點： Disadvantages:

1. 需每日服用，不能遺忘，若忘記服用則會影響效果  
Do not forget to take the pills. You need to take the pills every day.  
Missing a pill may affect the contraceptive effectiveness.
2. 部分婦女可能會有少許的副作用，例如：噁心、嘔吐、乳房脹痛、頭暈的感覺，但不久就會消失  
Some women may have few side effects such as nausea, vomiting, chest pain, dizziness; but those symptoms subside soon.
3. 某些避孕藥可能會導致體重增加，心情低落，嗜睡  
Some contraceptives may cause weight gain, depression, and lethargy.



# 口服避孕藥

## Oral Contraceptive Pill

- **單靠口服避孕藥無法預防性傳染疾病及愛滋病，建議搭配保險套使用。**

**Taking oral contraceptives alone do not prevent sexually transmitted diseases (STDs) and AIDS; therefore, it is recommended to use condoms in preventing STDs.**

- **資料來源：衛生福利部國民健康署**  
**Source: Health Promotion Administration, Ministry of Health and Welfare**
- **感謝台灣婦產科醫學會協助修正**  
**Special thanks to the Taiwan Association of Obstetrics and Gynecology for their contribution.**

# 保險套 Condom

## • 避孕原理：

### Contraceptive principle:

保險套為一種乳膠所製成的男性避孕套，性交前將保險套套在勃起的陰莖上，使精子無法進入陰道，達到避孕效果。

Condom is made from latex and is used as a male contraception to practice safe sex and to prevent unplanned pregnancy. Before a sexual intercourse, place the condom on the head of an erectile penis to prevent semen being passed into, or on, the vagina.

## • 避孕效果：

### Condom Effectiveness:

若每次性交均正確使用，效果約可達90%。

When condoms are used correctly, they are 90% effective in preventing pregnancy.

1. 使用前用手指捏住尚未展開的前端小袋，把空氣擠出，套在陰莖的龜頭上，再慢慢地展開套在勃起的陰莖上。

Pinch air out of the condom by using your fingers before you start to roll it down on your penis. Slowly unroll condom to the base of your penis.



2. 射精後立即將陰莖連保險套抽出陰道外，取下保險套，以免精液外溢，且以紙包妥丟棄。

After ejaculation, hold the condom at the base of the penis and carefully pull out of the vagina, and prevent the semen from flowing out. Then, wrap the condom in paper and discard it.



3. 使用保險套者應經常剪短手指甲，以免弄破，並保持手部乾淨。  
Condom users should frequently cut their nails to avoid breakage, and keep their hands clean.

## • 優點：Advantages:

1. 可預防性傳染疾病及愛滋病  
Prevent sexually transmitted diseases and AIDS.
2. 使用簡便  
Easy to use.
3. 無禁忌症，無副作用  
No contraindications, no side effects.

## • 缺點：Disadvantages:

1. 避孕效果較差，如有破損或精液外溢時，避孕會失敗  
The effect of the contraception is relatively poor. If a condom breaks or spillage of semen occurs, this could result in failure of contraception.
2. 在每次性交前必須套上  
Must be used before sexual intercourse.

## • 資料來源：衛生福利部國民健康署

**Source: Health Promotion Administration, Ministry of Health and Welfare**

## • 感謝台灣婦產科醫學會協助修正

**Special thanks to the Taiwan Association of Obstetrics and Gynecology for their contribution.**

# 外籍家庭看護工補充訓練專區

補充訓練專區

<https://fw.wda.gov.tw/wda-employer/home/course>



外籍看護工中文基礎訓練  
課程教材

<https://fw.wda.gov.tw/wda-employer/home/textbook>

標題	發佈日期	更新日期	點閱率
外籍看護工中文基礎訓練課程教材(中印文版)	2018/05/31	2022/01/20	4,876
外籍看護工中文基礎訓練課程教材(中英文版)	2018/05/31	2022/01/20	3,326
外籍看護工中文基礎訓練課程教材(中泰文版)	2018/05/31	2022/01/20	1,709
外籍看護工中文基礎訓練課程教材(中越文版)	2018/05/31	2022/01/20	4,872

地方政府專區－開課資訊  
查詢

<https://fw.wda.gov.tw/wda-employer/home/local-gov/class>

# 移工在台工作須知電子書

移工在台工作須知電子書-中英文版

<https://fw.wda.gov.tw/wda-employer/home/ebook/2c95efb375ce7d0d0175e35069614a19>

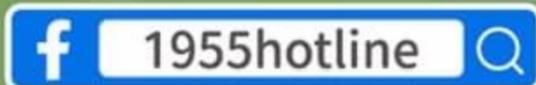
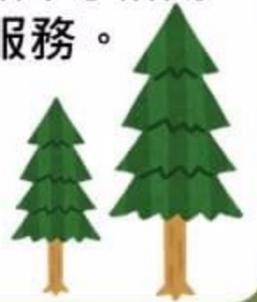


# 維護臺灣珍貴森林資源 保護水土、減少災害

## 嚴禁盜伐！違者重罰！

- 森林法大幅提高竊取森林主副產物罰金，凡是砍伐林木、參與搬運、為他人保管或知情下購買森林主副產物都有刑責，而且須繳罰金。
- 嚴重危害自然生態與珍貴景觀之犯罪，最重須坐牢10年6個月，且須繳交新臺幣150萬元~3000萬元罰金，除此之外，**經檢察官起訴或法院判決有罪，勞動部將依就業服務法廢止其聘僱許可，並管制永久不得再來臺工作，請勿以身試法。**
- 如果您知道非法盜伐之案件者，**歡迎電洽0800-000-930檢舉**，抓到  
人犯最高可發給300萬元獎金。
- 如果您有勞動契約、工資、工時或遭受不合理對待或人身侵害等相關問題，請撥打本部1955勞工諮詢申訴專線，將有專人為您服務。

資料來源：行政院農業委員會林務局



廣告

英文版

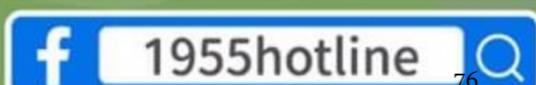
## Protect Taiwan's Precious Forestry Resources

## Promote Soil and Water Conservation to Reduce Natural Disasters

### Illegal Logging is Strictly Forbidden! Violators will be Prosecuted to the Full Extent of the Law!

- The Forestry Act greatly increases fines for the theft of primary and subsidiary forestry products. Anyone involved in the cutting down, transportation or storage of such forestry resources, as well as those who knowingly purchase them are criminally liable and will be fined.
- The maximum penalty for severely damaging the natural eco-system or precious landscapes is a prison sentence of 10-years and 6-months and a fine of NT\$1.5 million to NT\$30 million. In addition, **if an individual is indicted by prosecutors and found guilty in court, the Ministry of Labor will revoke his/her employment permit in accordance with the provisions of the Employment Service Act, and impose a lifetime ban from working in Taiwan. Please obey the laws of the country during your time in Taiwan.**
- If you have any information on illegal logging **call 0800-000-930**. For information that leads to an arrest a maximum reward of NT\$3 million is available.
- If you encounter any problems relating to your labor contract, salary, work hours, are treated unreasonably or physically injured, call the 1955 Counseling and Protection Hotline for Foreign Workers and expert staff will provide assistance.

Source: Forestry Bureau, Council of Agriculture, Executive Yuan



廣告

5/20上路

# 郵包輸入豬肉產品 最高可罰100萬

查獲自非洲豬瘟疫區夾帶豬肉產品之郵包  
將依《動物傳染病防治條例》處罰收件人

第1次 20萬元罰鍰 / 第2次 100萬元罰鍰  
及以上

 @baphiq

 動植物防疫檢疫局-防疫小尖兵

Starting on May 20

***The maximum fine for  
pork products mailed to Taiwan  
will increase to NT\$1 million***

Recipients of intercepted international mail containing pork products sent from an area where there is an outbreak of African swine fever will be fined in accordance with the Statute for Prevention and Control of Infectious Animal Diseases

**First offense NT\$200,000**

**Second offense (or additional) NT\$1 million**

 @baphiq

 動植物防疫檢疫局-防疫小尖兵

全民一起來!!



# 防堵 非洲豬瘟



不要從國外  
違規輸入肉品



不要網購  
產地不明的肉製品



收到不明肉品勿丟廚餘  
請丟一般垃圾  
或交防檢局/動保處

通報專線: 0800-039-131

外國人請撥打: 1955

※違規輸入肉品最高可處**七年有期徒刑**  
得併科新臺幣**300萬元罰金**



行政院農業委員會  
COUNCIL OF AGRICULTURE, EXECUTIVE YUAN



勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

中文版

Everyone Shall Join In  
The Effort As Follows



# To keep

# African swine fever (ASF) at bay



Do not import meat  
illegally from abroad.



Do not purchase meat  
products of  
unknown origins online.



If you receive meat without clear  
source of origin, please throw it  
away as general trash instead of  
kitchen waste, or you can send it  
to the Bureau of Animal and Plant  
Health Inspection and Quarantine  
(BAPHIQ) or to local Animal  
Protection Offices.

Notification hotline: 0800-039-131

Foreign workers please call the 1955 Hotline

※Illegally importing meat products can be punished with up to seven years  
in prison and/or up to a fine of NT\$3 million.



行政院農業委員會  
COUNCIL OF AGRICULTURE, EXECUTIVE YUAN



勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

英文版

นำเข้าหรือส่งพัสดุที่เป็นสินค้าต้องห้ามต่อไปนี้มายังได้ทุกวัน  
มีโทษปรับสูงสุด  
3 ล้านเหรียญไต้หวัน!

# 從國外違規攜帶 或寄送這些東西

## 最高罰新臺幣300萬元!



Bringing or Sending These Products to Taiwan  
Can Result in a Fine of Up to NT\$ 3 Million

### 禽畜肉類、內臟 及加工製品

ผลิตภัณฑ์เนื้อสัตว์  
เครื่องใน  
และผลิตภัณฑ์แปรรูป  
Fresh/Processed  
meat products



### 蔬菜水果、植株等 生鮮植物

ผักผลไม้สด ต้นกล้า  
และพืชสด  
Fresh plant products:  
vegetables, fruits,  
plants...etc



### 含動物性成分 的寵物食品

อาหารสำหรับสัตว์เลี้ยง  
ที่มีส่วนผสมจากสัตว์  
Pet-related products  
which contain  
animal ingredients



### 種子、根莖等 會發芽的植物產品

เมล็ดพืช ราก หัว  
และผลิตภัณฑ์จากพืชที่งอกได้  
Propagable plant products:  
seeds, roots,  
bulbs...etc



### 鮮奶、蛋、 未加工毛皮、骨骼、角

นมสด ไข่  
ขนที่ยังไม่ได้แปรรูป  
กระดูก เขาสัตว์ ฯลฯ  
Milk, egg,  
unprocessed antler or bone...etc



### 活昆蟲、木材、 土壤、栽培介質等

แมลงที่ยังมีชีวิต ไม้ ดิน  
วัสดุที่ใช้ในการเพาะปลูก ฯลฯ  
Living insect, wood, soil,  
growing media...etc



# Q: 為何非洲豬瘟很可怕?

A: 因為無藥可治，讓所有的豬可能感染急性、惡性傳染病突然死亡。

病毒在

冷藏豬肉可以存活 100 天

冷凍豬肉可以有 1000 天



**請勿從國外違規輸入肉品，包含親友寄送及自行網購等違規行為**

\*最高處七年有期徒刑併科新台幣300萬元罰金，移工如遭處罰，已同時違反《就業服務法》將遭廢止聘僱許可並限令出國。

如收到國外肉品請丟垃圾桶勿丟廚餘，或交防檢局/動保處

通報專線:0800-039-131

資料來源:中央災害應變中心、行政院農委會

廣告

# Q: Why is African swine fever dangerous?

A: Because there is no cure and infected pigs can die suddenly from the acute infectious disease.

The virus can

Survive in refrigerated pork for 100 days

Survive in frozen pork for 1,000 days



**Do not illegally import meat. This includes such illegal actions as getting friends or family to send meat to Taiwan or buying it online.**

\*Individuals who violate this provision can be sentenced to a maximum of seven years in prison and a fine of NT\$3 million. Any foreign worker who breaks the law is in violation of the Employment Service Act and will have his/her employment permit revoked and be ordered to leave the country within a fixed period of time.

If foreign meat is received it should be disposed of by throwing it in the trash not food waste, or by contacting the Bureau of Animal and Plant Health Inspection and Quarantine/Animal Protection Office

Report hotline: 0800-039-131

Source: Central Emergency Operation Center,  
Council of Agriculture, Executive Yuan

廣告

# 騎車注意事項

# 安全行爲



▶ 戴安全帽與前車  
保持安全距離



▶ 遵守號誌  
勿闖紅燈



▶ 變換車道請提早打  
方向燈查後照鏡及  
擺頭察看



▶ 不可騎  
人行道、騎樓



資料來源:交通安全入口網

LINE 1955

f 1955hotline

勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

英文版

# Safety precautions when riding a scooter

# Safety first



▶ Wear a crash helmet and  
keep a safe distance from  
the vehicle in front



▶ Obey traffic signs and do  
not run red lights



▶ Use indicator lights early before  
changing lanes, check your  
rearview mirrors and turn your  
head to watch for traffic  
approaching from behind



▶ Do not ride on  
sidewalks or  
covered walkways



Source: Road Traffic Safety Portal

LINE 1955

f 1955hotline

勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

# 請勿擅自改裝電動自行車

Ben, 我看到你買了新的電動自行車, 你想要改裝成更酷炫的樣子嗎? 速度也會更快喔!

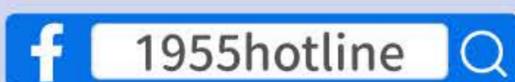
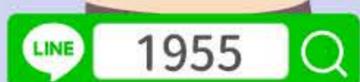


不了! 我有看到宣導電動自行車不能擅自改裝。

擅自改車不只被警察臨檢會罰款, 還會被要求改回原樣, 而且自行改裝電動自行車, 容易造成過熱、甚至發生火燒車意外, 很危險!



擅自改裝電動自行車, 增、減或變更電子控制裝置或原有規格, 違者可處新臺幣1800元以上5400元以下之罰鍰, 並需改回原有規格。



英文版

# Do not modify electric bicycles without authorization

Ben, I noticed you got a new electric bicycle do you want to modify it to make it cooler? It will go a lot faster.



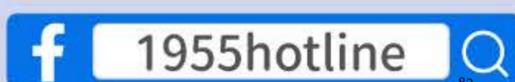
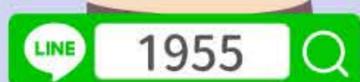
No thanks. I saw an advisory saying modifying electric bicycles is illegal.

You can get fined by the police and they make you change everything back.

Also, modifications can cause the battery to overheat resulting in fire and is extremely dangerous.



Any unauthorized modification of an electric bicycle, whether adding, removing or altering electronic control components or factory settings, will result in offenders being fined NT\$1,800-NT\$5,400, and being required to restore the original specifications.



注意!!

# 騎乘沒有合格標章的 電動自行車會被沒入!



請騎乘或購買有紅色閃電標誌的  
合格標章的電動自行車

資料來源：交通安全入口網



Attention!

# Electric bicycles without a certification mark will be confiscated



Ride or buy only electric bicycles  
with a red lightning bolt certification mark

Source: Road Traffic Safety Portal Site





## 【電動自行車】

### 行車前注意事項

1. 配戴合格標章及安全帽
2. 勿酒駕
3. 勿載人
4. 勿行駛人行道、快車道、高速公路



資料來源: 交通安全入口網



LINE

1955



1955hotline



勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

英文版



## Electric bicycles

### Precautions to take before riding

1. Wear a crash helmet that is certified safe
2. Do not drink alcohol and ride
3. Carrying passengers is not allowed
4. Do not ride on sidewalks, in fast lanes or on the freeway

Source: Road Traffic Safety Portal



LINE

1955



1955hotline



勞動部勞動力發展署  
WORKFORCE DEVELOPMENT AGENCY, MINISTRY OF LABOR

廣告

注意!!

# 電動自行車已納管 未來需合格掛牌才能上路

- 請騎乘或購買有紅色閃電標誌的合格標章的電動自行車



- 騎乘沒有合格標章的電動自行車會被沒入!
- 擅自改裝合格的電動自行車將處

新臺幣1,800-5,400元!

- 速限25公里
- 不可酒駕
- 配戴安全帽
- 不可載人
- 不可超速
- 停讓行人



Attention!

# Electric bicycles are now regulated In the future, electric bicycles will need to be registered and have a license plate before they can hit the road

- Ride or buy only electric bicycles with a red lightning bolt certification mark



- Electric bicycles without a certification mark will be confiscated
- Fines of NT\$1,800-NT\$5,400 will be levied for the unauthorized modification of certified electric bicycles

- The speed limit is 25 km/h
- Wear a crash helmet
- Give way to pedestrians
- Do not speed
- Do not drink and drive
- Do not carry passengers

