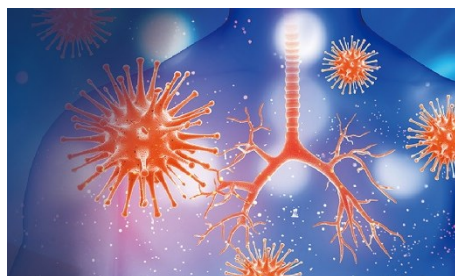


Severe Special Infectious Pneumonia: Covid-19 嚴重特殊傳染性肺炎 COVID-19 【中、英文對照版】



Nursing Department
Telephone: (04) 7256652 Service hours:
Monday to Saturday Morning: 8:00 - 12:00
Monday to Friday Afternoon: 1:30 - 5:50
Praise hotline: (04) 7238595 ext. 3920
Complaint hotline: (04) 7238595 ext. 3925



彰化基督教醫療財團法人
彰化基督教醫院
CHANGHUA CHRISTIAN MEDICAL FOUNDATION
CHANGHUA CHRISTIAN HOSPITAL

I. Understanding COVID-19 (Severe Special Infectious Pneumonia) 認識嚴重特殊傳染性肺炎

Disease Name 疾病名稱	COVID-19 (Severe Special Infectious Pneumonia) Classified as a Category IV infectious disease 嚴重特殊傳染性肺炎為第四類法定傳染病
Pathogen 致病原	SARS-CoV-2 新型冠狀病毒(SARS-CoV-2)
Transmission Routes 傳染途徑	1. Close-range droplet transmission, direct or indirect contact with virus-laden nasal and oral secretions. 近距離飛沫、直接或間接接觸帶有病毒的口鼻分泌物。 2. Increased risk of infection in poorly ventilated indoor spaces, especially when engaging in physical activities or raising voice volume (such as exercising, shouting, or singing) for extended periods. 在通風不良的室內密閉空間，從事體能活動或提高聲量(如運動、吶喊或唱歌)、長時間暴露等情形，皆可能提高感染風險。
Incubation Period 潛伏期	Ranges from 2 to 14 days, variability may occur with different virus strains. 2至14天(可能因不同病毒變異株而異)。

Infectious Period 可傳染期	Patients are most contagious 2 days before and during the initial stages of symptom onset. Those with more severe symptoms may have an extended contagious period. 感染者發病前 2 天至發病初期最具傳染力，症狀較嚴重的患者，可傳染期可能更長。
Animal Hosts 動物宿主	Includes bats (predominantly), pigs, cattle, turkeys, cats, dogs, ferrets, among others. 包括蝙蝠(最大宗)、豬、牛、火雞、貓、狗、雪貂等。
Prevalent Regions 流行地區	Worldwide 全球
Clinical Symptoms 臨床症狀	Fever, dry cough, fatigue, shortness of breath (about 1/3 of cases), muscle pain, headache, sore throat, diarrhea. Some experience loss or alteration of smell and taste. A minority may progress to severe pneumonia, respiratory distress syndrome, multiple organ failure, shock, or death. 發燒、乾咳、倦怠，呼吸急促(約1/3)、肌肉痛、頭痛、喉嚨痛、腹瀉等。部分出現嗅覺或味覺喪失(或異常)等。少數進展至嚴重肺炎、呼吸道窘迫症候群或多重器官衰竭、休克或死亡。

II. Rules for Staying in Isolation Wards 入住隔離病房規則

1. Once a patient is admitted to the isolation ward, they are not permitted to leave the ward at will during treatment. 病人一旦住進隔離病房，於治療期間，病人不可隨意進出隔離病房。
2. If an accompanying person is required in the isolation ward, please arrange for one person to stay and care for the patient. (Those feeling unwell or children under 12 years old should not enter the isolation room). 入住隔離病房需有陪伴者，請 1 人留下照顧或陪伴病人。(身體不適或 12 歲以下兒童，不宜進入隔離房)。
3. Those with COVID-19 symptoms or still in the self-health management period should avoid visiting hospitals; if it's necessary to accompany a patient, **conduct a home rapid test and accompany only if it's negative.** 具有 COVID-19 相關症狀或尚於自主健康管理期間者，儘量避免前往醫院陪(探)病；如有必要陪病時，於**入院陪病當日進行 1 次**家用快篩陰性後陪病。
4. Surveillance systems are installed in negative pressure isolation wards. Patients should draw the curtain when changing clothes; if there's no curtain, change in the restroom. Keep the curtain open at other times for medical staff to monitor the patient's safety. 負壓隔離病房內設有監視系統，當病人更換衣物時，請將圍簾拉上；無圍簾時請至盥洗室更換，其餘時間將圍簾打開，以利醫護人

員隨時觀察注意病人安全。

5. Criteria for ending isolation: Must be assessed by a physician for symptom relief and meet the criteria of a negative rapid test result or five days post-onset/test date (0+5) before **ending isolation**. 解除隔離條件：必須經醫師評估症狀緩解且符合快篩採檢報告為陰性或距發病日/採檢日滿五天(0+5)，才可**解除隔離**。

III. Preparing for Life in Isolation Wards 入住隔離病房之生活用品準備

To minimize unnecessary outings, please prepare the following items:
為了盡量避免不必要外出，請備妥以下生活用品：

1. Personal change of clothes. 自備換洗衣物。
2. Daily toiletry items. 日常盥洗用具。
3. Water bottle. 水壺。
4. Any needs can be communicated to the nursing station or nursing staff, who can arrange purchases from the hospital's welfare shop to be delivered to the ward. 有任何需要，可請家屬送至護理站或告知護理人員，由醫院福利社代購送至病房。
5. It's recommended that items used by confirmed patients during transfer or discharge be disposed of to reduce infection; if taken home, they should be washed separately to prevent cross-contamination. 確診病人於轉出或出院時，使用過的物

品建議盡量丟棄勿帶回家，減少感染；若帶回家需獨立清洗，減少交叉感染。

IV. Important Notes for Staying in Isolation Wards 入住隔離病房之注意事項

1. Prohibited items: Dangerous goods such as fruit knives, sharp objects, lighters, nail clippers, thermos flasks. 嚴禁攜帶危險用品，如：手果刀、尖銳物品、打火機、指甲剪、保溫瓶。
2. Smoking is banned throughout the hospital and must be adhered to in the isolation wards. 全院禁止吸菸，且入住隔離病房仍需要遵守。
3. **Compliance with ward regulations is expected and appreciated.** 病房規定進行規範，希望大家配合。

V. Standards for Caregivers of Hospitalized Patients 收治病人照顧者之規範

1. Personal Protective Equipment: 個人防護裝備：

- (1) Wear surgical masks at all times. 全程佩戴外科口罩。
- (2) Practice frequent handwashing. 勤洗手。

2. Food 食：

- (1) Encourage caregivers to order meals from the hospital to minimize outings. 鼓勵照顧者訂本院餐點，減少外出機會。
- (2) If families bring meals, please deliver them to the nursing station for nurses to bring

to the isolation ward.若家屬自備餐點時，請送至護理站，統一由護理師送至隔離病房給病人。

3. Clothing 衣：

(1) Clothing worn by caregivers and patients should be taken home by family members for washing to keep the ward dry.照顧者及病人穿過之衣物，請家屬帶回家中清洗，保持病室乾燥。

(2) It's not recommended to hang underwear in the bathroom, and the ward does not provide space for drying clothes.浴室內不建議掛內衣褲，以及病房不提供曬衣服空間。

4. Stay 住：

(1) Ideally, one caregiver should stay until the end of isolation; daily changes of caregivers are not recommended.照顧者盡量以一人照顧到解隔離轉出，不建議每天更換照顧者。

5. Movement 行：

(1) Patients should stay in the ward during the isolation period and not leave without permission.病人隔離期間皆需要在病室內，不可私自離開病房。

(2) Walkers and commode chairs are available for patients with mobility issues.若病人行動不便，可提供助行器及便盆椅使用。

(3) During isolation, caregivers should minimize entering and exiting the ward and adhere to the ward's regulations.隔離期間，照顧者需要減少出入病房次數，且須要遵守隔離病房之規定。

(4) If leaving the ward is necessary, **wear a surgical mask and practice handwashing**

throughout.隔離期間，若需要外出一定要全程戴上外科口罩及洗手。

(5) During the accompanying period, comply with the hospital's daily symptom monitoring (e.g., fever/respiratory symptoms). If symptoms develop, inform the nursing staff and consider changing caregivers.

陪病期間配合醫院每日症狀監測(如:發燒/呼吸道症狀等)，如有相關症狀請告知護理人員並視情況更換陪病者。

五、Post-Discharge Instructions:

出院後注意事項：

1. Please follow the self-health management measures stipulated by the health authorities. 請配合衛生主管機關自主健康管理措施。

Reminders:

1. Remember to wash hands and wear appropriate gear before and after caring for the patient, to ensure safety.
 2. Avoid unnecessary personnel entering the isolation ward to reduce exposure; if changing caregivers is necessary, inform the nursing station for personnel tracking.
 3. Dispose of all trash and kitchen waste in the ward's trash can, do not take it out of the isolation room.
 4. Used linens and bed sheets in the ward should be bagged and not taken out of the room.
 5. For everyone's health, please adhere to the isolation ward rules. Thank you for your cooperation.
 6. If you have any questions, feel free to ask the nursing staff at any time
- 愛的小叮嚀：

1. 照護病人前後，請記得洗手與穿戴好裝備，以確保安全。
 2. 避免不必要的人員進出隔離病房，以減少受暴露的人數，若需要更換照顧者，需要跟護理站告知，以便掌握人員。
 3. 病房內垃圾與廚餘一律放置於病室內垃圾桶內，不要攜帶出隔離房。
 4. 病室內使用過的布單與被單裝入袋中，不可帶出病室。
 5. 為了大家的健康，請您務必遵守隔離病房規則，謝謝配合。
- ~若有任何疑問，請隨時向護理人員詢問~

Self-Assessment (True/False)

自我評量 (是非題)

- () 1. COVID-19 is an infection caused by a novel coronavirus. 嚴重特殊傳染性肺炎是一種新型冠狀病毒感染。
- () 2. The incubation period is within 2-14 days. 潛伏期為 1-14 天內。
- () 3. Once admitted to the isolation ward, patients can freely enter and leave the ward during the treatment period. 一旦住進隔離病房，病人治療期間，可以隨意進出隔離病房。

When you feel anxious or helpless, we encourage you to speak out. We are here to accompany you and seek relevant support and holistic care.

當您感到焦慮無助時，鼓勵您說出來，我們將陪伴您尋求相關支援及身心靈支持。

題 號 Question Number	1	2	3
解 答 Answer	○	○	×

※In Case of Needing Medical Attention:

If symptoms such as fever, dry cough, fatigue, shortness of breath, muscle pain, headache, sore throat, diarrhea, loss of taste or smell occur, immediately visit the emergency room of a hospital. If symptoms appear during the isolation period, return to the hospital according to the attending physician's guidelines. Do not delay treatment.

※需就醫情況：

若出現發燒、乾嗽、倦怠，呼吸急促、肌肉痛、頭痛、喉嚨痛、腹瀉、無味覺或嗅覺時，請立即至醫院急診室就診。若於隔離期間請依醫療單位主治醫師規範回院追蹤，千萬不可延誤治療。

Please write down your questions:

請寫下您的問題

編碼：5736-單張-英文-162-02

英文翻譯日期：2024年3月

依據：5736-單張-中文-453-03

中文修訂日期：2023 年 12 月