

文藻外語大學 108 學年度教職員工健康檢查注意事項

檢查日期：109 年 05 月 06 日 (週三) 上午 07:30-11:00

體檢場地：文園 1 樓

注意事項：

- (1)本次健檢採時段分流，除第一梯次之部分名額保留給上午 8 點第一堂有課之教師外，請現場排隊取號，依號碼牌時段受檢，並全程配帶口罩。
- (2)為避免交互使用，本次健檢不提供筆，請同仁自備筆。
- (3)進入檢查場所前須測量體溫及酒精手部消毒，若出現疑似 COVID-19 相關症狀者(發燒、呼吸道症狀、腹瀉、味覺或嗅覺喪失)，請盡速就醫並通知環安暨保管組職護盈任*2523，當日請勿受檢。
- (4)體檢前請空腹 6-8 小時，可喝白開水，前一晚請勿熬夜，勿喝酒。
- (5)體檢前請勿服用藥物「高血壓患者除外」。
- (6)請穿著寬鬆衣服受檢，勿穿著附著金屬扣飾的衣物。
- (7)孕婦或懷疑懷孕者請勿拍攝 X 光。
- (8)報到入場後，請勿碰觸臉部或眼口鼻，離開後請務必洗手。
- (9)檢查前後有任何疑問請洽環安暨保管組特約職護盈任*2523。

流程表：(第 3-7 項不須依照順序檢查)

- 1.領號碼牌及問卷，登記職編/梯次。
- 2.入場量體溫及消毒，報到繳回問卷及號碼牌(請自備筆，須填寫資料)。
- 3.身高、體重、腰圍、聽力檢查。
- 4.測視力、色盲、量血壓、尿檢。
- 5.抽血 (需空腹 6-8 小時，可喝水)。
- 6.胸部 X 光檢查。
- 7.醫師問診。
- 8.全部完成後，單子繳回報到處並領取餐點，離開場地後請務必洗手。

Announcement of physical examination for faculty and staff of 108 Academic Year

Date: 7:30~11:00 Wednesday 6th May,2020.

Site: 1F of Wenyuan.

Please pay attention as follow:

1. **Take the batch number** and have the physical examination on time, **wear a mask during the whole time.**
2. **Bring your own pen** to prevent cross infection.
3. Please cooperate with **temperature check and hands sanitization when entering the physical examination site.** If there are any symptoms of COVID-19(Fever, Respiratory symptoms, diarrhea, lose sense of taste or smell), please contact the occupational nurse Sharlina Chen *2523, seek for medical attention and stay at home.
4. **Fasting for 6-8 hours (water is allowed)** before the examination.
5. Do not take any medication except Hypertension meds before the blood test.
6. Wear loose clothes without metal item.
7. Do Not take the X ray if you're or suspect pregnant.
8. **Do Not touch your face, eyes, nose or mouth during the whole time and Do wash your hands after leaving the examination site.**
9. If there is any question please contact our occupational nurse Sharlina Chen*2523.

Examination rundown:

1. **Take the batch number and questionnaire**, register your Staff ID for the batch.
2. **Wear a mask** and return the site **on batch time, submit the questionnaire** and batch number (**Bring a pen**).
3. **Take the examination.** (Height/Weight/Waistline/Hearing/Vision/Blood Pressure/Blood test/Urine test/Chest X ray/Physician visit). **Do Not touch your face, eyes, nose or mouth.**
4. Finish all exams, **submit the test sheet to registration** and you'll received a breakfast box.
5. **Wash your hands after leaving the site.**