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| 種類/科目: 縣市: 領隊: 教練:  |
| 連絡電話: 住宿地址:  |
| 自主健康管理表為每日評估自我的健康狀態，若有符合下述情況請打勾。發燒:耳溫≥38℃，額溫≥37.5℃ |
| **若出現2種症狀以上，請勿進入場館，由現場醫護人員評估是否應就醫** |
| 日期 | 身分 | 姓名 | 體溫(℃) | 有無下列症狀 |
| 1.領隊2.教練3.管理4.運動員5.其他 | 發燒≧38℃ | 頭痛 | 呼吸急促 | 鼻塞、流鼻水 | 咳嗽 | 疲勞、全身無力 | 肌肉痠痛 | 腹痛、腹瀉 | 噁心 | 嗅覺、味覺異常 |
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| ※避免群聚，戴口罩勤洗手，保護自己保護別人。「有呼吸道症狀時，請盡速就醫」。 |

