

長榮大學 115 年暑假期間學生活動安全注意事項

Chang Jung Christian University (CJCU) 2026 Summer Vacation Student Safety Reminders

假期將至，為維護同學健康及安全，就下列 15 件重要宣導事項加強提醒安全預防工作，以避免學生涉足不良場所或從事無安全規劃之工作，肇生意外事件：

With the vacation approaching, to safeguard students' health and safety, we would like to reinforce reminders on the following 15 important advocacy items for safety prevention. This aims to prevent students from visiting inappropriate venues or engaging in unplanned, hazardous work, thereby avoiding accidental incidents.

一、拒絕短影音與社群平臺風險：

教育部宣導四大支持措施：

1. 衛生福利部提供支持服務資源：善用「網路成癮專區」、「心快活」心理健康學習平臺，建立正確觀念與自我覺察；透過社區心理衛生中心、青壯世代心理健康支持方案，提供專業資源支持網絡。
2. 持續強化媒體素養教育：
分析思辨科技、資訊及媒體訊息之能力。
3. 推動戶外教育及社團活動：
增加實體互動與與社交參與機會，作為轉移網路使用及促進身心健康之重要支持措施。
4. 推廣家長守護數位工具包：教育部已推出免費數位工具包 (<https://reurl.cc/qKlddg>)，結合三大電信業者、各縣市家庭教育中心及數位機會中心，協助家長設定 APP 使用時間管理及過濾不當內容等重要功能，提升家庭數位教養與陪伴支持。

1. Say No to Risks of Short Videos and Social Media:

The Ministry of Education highlights four support pillars:

- **Mental Health Resources:** Utilize the Ministry of Health and Welfare's "Internet Addiction Section" and the "Mind Happiness" learning platform to build self-awareness. Professional networks are also accessible via community mental health centers and youth support programs.
- **Media Literacy:** Develop critical thinking and analytical skills regarding tech, data, and social media content.
- **Outdoor and Club Activities:** Engage in real-world interactions and social events. This is an effective way to cut down screen time and boost overall well-being.
- **Digital Guardianship Toolkit for Parents:** Access the Ministry of Education's free digital toolkit (<https://reurl.cc/qKlddg>). Partnering with major telecom providers and local

family centers, it helps parents manage app screen time and filter inappropriate content to strengthen family digital guidance

二、校園詐騙防制：

(一)強化宣導注意社群平臺(含境外 APP)涉詐議題：

1. 學生遭詐騙類型多為假網路拍賣(購物)/一般購物詐欺(偽稱買賣)、投資詐欺、盜(冒)用好友身分等態樣，態樣包含：網路購物詐騙、假交友(投資詐財)詐騙、騙取金融帳戶(卡片)、假求職詐騙、色情應召詐財詐騙、假慈善機關(急難救助)、解除分期付款等。

2. 學生擔任車手涉詐欺案件數攀升，尤以 12 至 23 歲涉案最多，提醒同學勿輕易提供個人帳戶資料及謹慎使用第三方支付平臺，並避免協助他人領取金錢，以防遭不法分子詐騙及利用(懶人包連結：<https://reurl.cc/dpYEn6>)。

(1) 車手為通俗用語，常指「中間人」，在詐欺行為中指詐騙集團組織中最低端，實際出面執行收取帳戶、提領贓款行為，使詐騙集團組織謀取不法所得的人；車手分工鍊大致包含：提款車手(負責提領贓款)、取簿車手(收取人頭帳戶金融卡、存摺)、面交車手(當面收取被害人財物)、監控車手(監看詐騙取款過程)。

(2) 詐騙車手的法律責任及後果：

充當車手將觸犯加重詐欺罪(1年以上7年以下有期徒刑，得併科100萬元以下罰金)、洗錢罪(處3年以上10年以下有期徒刑，併科1億元以下罰金；未遂犯罰之)、組織犯罪(參與者處6個月以上5年以下有期徒刑，得併科1,000萬元以下罰金)，還需負「民事損害賠償責任」。

3. 教育部「詐騙防制專區」(<https://reurl.cc/Eb8Nna>) (含擔任詐騙車手)可能造成的財物損失、個資外洩及法律責任等嚴重後果。

(二)家長及學校師生可透過手機下載「警政服務 APP」或上網查詢內政部警政署「165全民防騙網」(<http://165.npa.gov.tw/#/>)，及加入內政部警政署165防騙宣導 LINE 好友等相關資訊管道，獲取最新詐騙手法知識及相關反詐騙諮詢服務，以避免成為詐騙受害者。

2. Campus Anti-Fraud Reminders:

(A) Watch Out for Social Media & App Scams:

1. **Common Scams Targeting Students:** Be alert to online shopping traps, fake investments, romance scams, friends' accounts being hacked,

fake job offers, escort scams, fake charities, and "canceled installment" phone scams.

2. **Never Become a "Money Mule" (Runner/車手):** More students (especially ages 12 - 23) are being tricked into helping scammers withdraw cash or collect bank cards. **Do NOT give your bank details to anyone, use online payments carefully, and NEVER withdraw cash for others.** View the guide here: <https://reurl.cc/dpYEn6>.
 - **What is a Money Mule?** They are the lowest-level workers in scam groups who physically withdraw stolen cash or collect victim's bank books.
 - **Severe Legal Consequences:** Being a money mule is a serious crime in Taiwan. You can face heavy prison time and fines for **Aggravated Fraud** (1 - 7 years), **Money Laundering** (3 - 10 years), and **Organized Crime**. You will also have to **pay back all the money lost by the victims.**
3. Check the Ministry of Education's Anti-Fraud page (<https://reurl.cc/Eb8Nna>) for more details on legal risks and identity theft.

(B) Stay Informed:

Download the "Police Service APP," visit the National Police Agency's "165 Anti-Fraud Website" (<http://165.npa.gov.tw/#/>), or add the **165 Anti-Fraud LINE Account** to get the latest updates and protect yourself from scammers.

三、交通安全宣導：

- (一)根據統計顯示，校外交通意外事故為學生意外傷亡的主要原因。特別提醒同學騎乘機車、微型電動二輪車、自行車等務必注意自身安全，駕駛期間應遵守交通規則，行經路口慢、看、停，切勿酒後駕車、疲勞、超速及無照駕駛，以策安全。
- (二)提醒同學養成良好用路習慣，建立「行人優先」與「防禦駕駛」文化。
- (三)「學校推動交通安全教育參考指引」(<https://reurl.cc/DxVDj0>)：
 1. 機車、微型電動二輪車與自行車安全：駕駛機車及微型電動二輪車時，應依規定配戴合格之安全帽，駕駛期間切勿以手持方式使用行動電話或其他具通話、數據傳輸功能之裝置，並遵守道路交通安全規則，另大型車轉彎半徑較大，並有視野死角，應避免靠近或與大型車併行，以維護生命安全。
 2. 行人道路安全：穿越道路時請遵守交通號誌指示或警察之指揮，不任意穿越車道、不滑手機過馬路、闖紅燈，不任意跨越護欄及安全島，不侵犯車輛通行的路權，建議穿著亮色及有反光的衣服，預留充足的時間，並在安全路口通過道路。

3. 防範無照駕駛：「道路交通管理處罰條例」自 115 年起大幅加重無照駕駛罰則，汽車駕駛人最高可處 6 萬元罰鍰，機車駕駛人最高可處 3.6 萬元罰鍰，並當場移置保管車輛及吊扣該汽機車牌照 3 個月，且加重 10 年內累犯的處罰；另未滿 18 歲的青少年無照駕駛時，除了應繳交罰鍰以外，青少年以及父母等法定代理人須參加道路交通安全講習。無照駕駛不僅違規觸法，若肇事更可能傷及他人與自己身體或生命。

3. Traffic Safety Reminders:

(A) Stay Safe on the Road: Traffic accidents are the #1 cause of student injuries off-campus. Whether riding a scooter, an electric bike, or a bicycle, always follow traffic rules. Remember to "**Slow down, Look, and Stop**" at intersections. **NEVER drink and drive, drive when tired, speed, or drive without a license.**

(B) Good Road Culture: Always practice "**Pedestrian Priority**" and "**Defensive Driving**" (anticipating potential hazards).

(C) Key Safety Rules (From MOE Guidelines: <https://reurl.cc/DxVDjO>):

- **Scooter & Bike Safety:** Always wear a certified helmet. **Do NOT use your phone while riding.** Keep a safe distance from big trucks and buses, as they have large blind spots and wide turning radiuses.
- **Pedestrian Safety:** Obey traffic lights and walk on crosswalks. **Do not use your phone or text while crossing the street.** Never run red lights or jump over road barriers. Wear bright or reflective clothing at night.
- **No Driving Without a License (New 2026 Penalties):** Taiwan has heavily increased fines for driving without a valid license starting in 2026:
 - **Cars:** Fine up to **NT\$60,000**.
 - **Scooters/Motorcycles:** Fine up to **NT\$36,000**.
 - **Note:** The vehicle will be confiscated immediately, the license plate suspended for 3 months, and repeat offenses will face heavier penalties. For minors under 18, both the student and their parents must attend mandatory traffic safety classes.

四、工讀安全：

同學可參考勞動部「職場高手秘笈」，遵循三要準備、七不原則——「要確定、要存疑、要告知」、「不繳錢、不購買、不簽約、證件不離身、不非法工作、不飲用、不辦卡」，如果發生受騙或誤入求職陷阱，致勞動權益受損，可撥打當地勞工局電話，請求專人協助救濟權利。上開秘笈已置於勞動部官網(<https://www.mol.gov.tw/>)業務專區/勞動關係/勞動教育專區可供運用。

4.Part-time Job Safety (Avoid Job Traps!):

When looking for a part-time job, refer to the Ministry of Labor's guide and follow the "**3 YESs & 7 NOs**" rules:

【3 YESs - Things to Prepare】

- **Confirm details:** Double-check the company and job description.
- **Stay skeptical:** Question anything that sounds too good to be true.

- **Inform others:** Let your family or friends know where you are interviewing.

【7 NOs - Things to Avoid】

- **NO paying:** Do not pay any training or registration fees.
- **NO buying:** Do not buy products or materials from the employer.
- **NO signing:** Do not sign any contracts or documents you don't fully understand.
- **NO giving up IDs:** Keep your passport, ARC, and bank cards with you at all times.
- **NO illegal work:** Avoid jobs that violate the law (or student work permit hours).
- **NO drinking:** Do not consume drinks or food provided by strangers during interviews.
- **NO card applications:** Do not apply for credit cards or memberships at the employer's request.

Need Help? If you get scammed or your labor rights are violated, call your local **Bureau of Labor Affairs** for help. You can also download the guide from the Ministry of Labor's website (<https://www.mol.gov.tw/>).

五、避免訪問交易爭議：

近日發生校外人士進入校園，以問卷調查、商品介紹、課程推廣或其他名義接觸學生，進而衍生訪問交易、消費糾紛及疑似詐騙等爭議。相關事件常由初步填寫問卷或提供個人資料開始，後續可能涉及簽約、分期付款或解約不易等情形，請同學提高警覺並加強防範。

5. Beware of Campus Sales Scams and Consumer Disputes:

Recently, outsiders have been coming onto campus asking students to fill out surveys, check out products, or sign up for classes. This has led to serious consumer disputes and suspected scams.

How the Trap Works:

It usually starts innocently with filling out a quick survey or giving away your personal information. Later, you might be pressured into signing a contract, committing to monthly installment payments, or finding it nearly impossible to cancel the deal.

What You Should Do:

Please stay alert! Protect your personal information and do not sign anything on impulse.

六、活動安全：

(一)室內活動：

室內活動首先應選擇安全無疑慮之場所並熟悉逃生路線及逃生設備，並以保護自身安全為原則，另同學應避免涉足不正當場所，以免產生人身安全問題。

(二)戶外活動：

學生溺水事件多發生在例假日，特別是畢業季與連續假期。同學應熟練「水中自救」4 招式，並增強「著衣游泳」、「著衣解脫」及「岸上救援」3 項技能：

1. 「水中自救」4 招式為「拍打水面」、「運用漂浮物」、「水母漂」及「仰漂」。說明如下：
 - (1) 「拍打水面」：雙手水平舉起向下平拍水面，並大聲呼救，利用動作和聲音引起注意。
 - (2) 「運用漂浮物」：運用現場可得的漂浮物，或是脫下身上的衣物從頭後向前拋，讓衣物充滿空氣形成浮具。
 - (3) 「水母漂」：深吸一口氣，臉向下埋入水中，手與腳向下自然伸直，並將身體放鬆。
 - (4) 「仰漂」：全身放鬆，吸滿氣後頭部慢慢後仰，換氣時用口快吐快吸。
2. 為延長水中生存機會，建議同學也學習以下3項自救及救人技能，包含：
 - (1) 「著衣游泳」：倘遇著衣不幸落水時，判斷是否可立即回到安全地點，如須游回岸上，則要考慮距離的遠近。倘離岸邊較遠或溺水者本身水性不佳，則應先在水中脫除累贅的衣物，以利安全上岸。
 - (2) 「著衣解脫」：可協助溺水者在水中脫除累贅的衣物。脫衣物的順序將影響溺水者行動，因此應先脫去外衣，次為鞋襪、再次為長褲、襯衣，且在水中保持鎮定、冷靜，切忌胡亂撕扯。
 - (3) 「岸上救援」：針對岸上人員救援溺水者之優先順序，可透過採取手援、腳援或物援協助救援溺水者，切勿貿然入水救援。

6. Activity & Water Safety Reminders:

(A) Indoor Safety:

- Always choose safe venues and check the **emergency exits and evacuation routes** first.
- Avoid going to inappropriate or shady entertainment venues.

(B) Outdoor & Water Safety (How to Prevent Drowning):

Drowning accidents happen most during long holidays and graduation seasons. Please master the "**4 Water Self-Rescue Moves**" and "**3 Survival Skills**":

💡 【4 Moves to Save Yourself in Water】

1. **Slap the Water:** Slap the water surface with both hands and shout loudly to attract attention.
2. **Use Floating Objects:** Grab any floating items nearby. You can also take off your shirt, swing it over your head into the water to trap air, and use it as a life buoy.
3. **Jellyfish Float (水母漂):** Take a deep breath, face down in the water, let your arms and legs dangle naturally, and relax.
4. **Back Float (仰漂):** Relax your body, look up at the sky, tilt your head back, and take quick breaths with your mouth.



【3 Skills to Extend Survival Time】

- **Clothed Swimming:** If you fall into water with clothes on, check the distance to shore. If it is too far, calm down and remove heavy outer clothing first to make swimming easier.
- **Removing Clothes in Water:** Strip off heavy layers in this order: Outer jacket → Shoes & socks → Pants → Shirt. Do not panic or rip your clothes blindly.
- **On-Shore Rescue (岸上救援):** If someone is drowning, **NEVER jump into the water blindly to save them.** Use your hands, legs, or throw objects (like ropes, branches, or lifebuoys) from the shore to pull them in.

七、藥物濫用防制：

- (一) 近期以電子煙吸食依托咪酯造成多起毒駕傷亡事件，嚴重危害社會安全，未來依托咪酯改列一級毒品，製造、運輸、販賣最重可處死刑，切勿以身試法。此外，電子煙在臺灣採全面禁止政策，無論製造、輸入、販賣、供應、展示、廣告及使用皆有相應罰則，請遵循電子煙三不政策「不嘗試、不購買、不推薦」。
- (二) 新興毒品種類推陳出新，並透過精美、可愛及年輕化的包裝避人耳目易降低學生警戒性，內容往往混有多種毒品，且可能透過通訊軟體、短影音販賣 APP 等，以暗語或 QR 碼販售，不同物質對身體影響的機轉不一，恐造成猝死；提醒家長及同學多加注意，於網路上暗語或販售高於平常市價金額的物品要提高警覺，且持有、販賣、轉讓、免費提供及帶貨，均有刑事責任，不可接受陌生人的物品或協助托帶。
- (三) 放假期間應保持正常及規律生活作息，不要依賴藥物提神或助眠，求助諮詢專線為各縣市家庭教育中心（諮詢專線：412-8185）或毒品危害防制中心（諮詢專線：0800-770-885 請請你、幫幫我），亦可參考教育部防制學生藥物濫用資源網站 <https://enc.moe.edu.tw/home>）。
- (四) 打工族從事出國帶貨或應徵外送員應提高警覺，防範不肖人士以「高薪、輕鬆、不需經驗」為誘餌，欺騙青少年從事運毒、販毒等非法工作，並提高警覺，勿輕信網路徵才訊息或陌生邀約；簽約、出國或寄送包裹前務必確認內容合法，以避免涉入網路販毒或成為運毒工具。

7. Drug Abuse Prevention (Legal and Safety Updates):

(A) Legal Status of Etomidate and E-Cigarettes:

- **Legal Warning:** The substance **Etomidate** is strictly classified as a **Category 1 Narcotic** in Taiwan. Its use in electronic devices has been linked to severe accidents. Involvement in its production or distribution results in the most severe legal consequences.
- **Electronic Cigarette Ban:** These devices are **illegal** in Taiwan. Fines apply to anyone manufacturing, selling, or using them. Remember: **Do not try, do not buy, and do not recommend.**

(B) Emerging Health Risks:

- Illegal substances are often hidden in disguised packaging to target young people. These mixtures are highly dangerous and can cause sudden, life-threatening physical reactions.
- **Avoid handling items for strangers.** In Taiwan, the distribution or possession of controlled substances leads to serious criminal records.

(C) Wellness and Assistance:

Prioritize natural sleep and healthy habits. If you require support or information regarding substance safety, call the **Drug Abuse Prevention Center: 0800-770-885**.

(D) Employment Safety:

Avoid job offers promising "Easy Money" or "No Experience Required," as these are common tactics used to involve students in illegal transport. **Always ensure the items you carry and the contracts you sign are legal.**

八、校園及人身安全：

- (一)同學若於校內外遭遇校內人員、陌生人或發現可疑人物跟蹤尾隨，得立即撥打報案電話（110）、通知師長或快速跑至人潮較多地方或最近便利商店，大聲喊叫吸引其他人的注意，尋求協助。提醒校外賃居生尤須注意門戶安全及可疑份子；另行經偏僻昏暗巷道時，應小心不明人士跟蹤尾隨，並隨身攜帶個人自保物品如哨子等，以備不時之需。
- (二)網路交友安全與網路中性別人際互動陷阱辨識，避免因網路交友致發生性侵害、性騷擾或性騷擾事件。

8. Campus & Personal Safety Reminders:

(A) What to Do If You Are Followed or Stalked:

- **On or Off Campus:** If you notice a suspicious person following you, immediately call the police (**110**), contact a teacher/advisor, or run to a crowded place or the nearest convenience store. Shout loudly to get help.
- **For Off-Campus Renters:** Always lock your doors and windows. Be alert to any strangers loitering around your building.
- **Walking at Night:** Avoid dark, isolated alleys. It is highly recommended to carry a personal safety tool, such as a **whistle**, just in case.

(B) Stay Safe When Online Dating:

Be cautious when meeting people online. Learn to recognize red flags and digital gender-based traps to protect yourself from sexual harassment, sexual assault, or cyber-flirting traps.

九、居住安全：

(一)居家防火、用電安全：

為降低居家火災及用電意外事故發生，鼓勵定期自主檢查居家防火安全，可至內政部消防署網站(<https://reurl.cc/VmN9aQ>)，參考並請多加利用。

(二)賃居安全：

使用瓦斯熱水器、瓦斯爐具時，應保持環境通風，避免緊閉門窗造成一氧化碳中毒。如出現頭暈、噁心、嗜睡等症狀，應立即停止使用燃氣設備，開啟門窗通風，迅速移至室外空氣流通處，必要時立即撥打 119 或向學校、親友求助。

9. Residential & Rental Safety Reminders:

(A) Fire & Electrical Safety at Home:

To prevent home fires and electrical accidents, check your living space regularly. You can find a helpful safety checklist on the National Fire Agency website (<https://reurl.cc/VmN9aQ>).

(B) Stay Safe from Carbon Monoxide (CO) Poisoning:

- **Keep Windows Open:** When using a gas water heater or gas stove, always keep your windows cracked for good airflow. Never close all doors and windows tightly.
- **Watch for Symptoms:** If you feel **dizzy, nauseous, or unusually sleepy** while cooking or showering, stop using the gas immediately!
- **Emergency Steps:** Open windows, move outside to fresh air right away, and call **119** or notify the school/friends if you need help.

十、宣導數位素養教育：

過度沉迷於玩手機遊戲所引發的病症逐漸增多，特別是對肩頸、手腕與眼睛的傷害，提醒避免過度依賴 3C 產品，養成健康上網好習慣。

10. Digital Literacy & Screen Time Health:

Medical issues related to mobile gaming addiction are on the rise. Spending too much time on your phone can cause serious strain and damage to your **neck, shoulders, wrists, and eyes**. Please avoid overusing 3C devices and build healthy internet habits!

十一、網路賭博防制：

防範網路誘惑或衍生其他偏差行為；以防止觸有害網路內容。

11. Prevention of Online Gambling:

Stay away from online temptations and illegal gambling websites. Protecting yourself from harmful internet content will help you avoid falling into dangerous habits or behavioral traps.

十二、犯罪預防：

(一)提醒切勿從事違法活動：

如飆車、竊盜、販賣違法光碟軟體、參加犯罪組織活動或從事性交易（援交）等。另近年來逐漸增多的電腦網路違法事件如：非法散布謠言影響公共安寧、違法上傳不當影片、入侵他人網站竊取或篡改資料等，以免誤蹈法網。

(二) 遊戲用槍防制：

近年來市面上遊戲用槍購得容易，若未注意安全及正確使用方式易造成傷害，基於安全維護及減少因使用遊戲用槍不當造成傷害，以減少危害安全事件發生。

12. Crime Prevention & Legal Reminders:

(A) Say NO to Illegal Activities:

- **Real-World Crimes:** Do not get involved in illegal street racing, theft, selling pirated software, gangs, or paid dating (sex work).
- **Cybercrimes (On the Rise):** Be careful what you do online. It is illegal to spread fake rumors that disrupt public peace, upload inappropriate or explicit videos, or hack into websites to steal or change data. Know the law and protect your future!

(B) Safe Use of Toy Guns (Airsoft/BB Guns):

Toy guns and airsoft guns are easy to buy nowadays, but they can cause serious injuries if used incorrectly. Always prioritize safety, use them only in designated areas, and never use them in a way that endangers others.

十三、校園傳染疾病及師生健康：

(一) 傳染病防治措施

1. 流感、COVID-19 等呼吸道傳染病：請維持個人衛生好習慣、勤洗手，並注意咳嗽禮節；如有發燒、呼吸道感染症狀，或進入醫療照護機構、人多擁擠的場合時，建議佩戴口罩。
2. 腸胃炎等腸道傳染病：用餐前應注意個人及環境衛生，如用肥皂或洗手乳洗手，且不生飲、不生食；另與他人共食時宜使用公筷母匙。
3. 結膜炎：戲水時請選擇乾淨場所，並避免以手揉眼、共用毛巾。
4. M 痘：自流行地區來/返臺，請進行自我健康監測 21 天（潛伏期），如出現皮膚病灶等疑似症狀，應佩戴口罩並儘速就醫，主動告知旅遊史/暴露史/接觸史。
5. 登革熱：假期間外出活動時，應做好防蚊措施，包括穿著淺色長袖衣褲、使用政府核可之防蚊藥劑；另自流行地區來(返)臺，請進行自我健康監測 14 天(潛伏期)，若出現發燒、頭痛、後眼窩痛、肌肉關節痛、出疹等疑似症狀，應儘速就醫並主動告知醫師旅遊活動史。
6. 性傳染病：建立正確性知識與健康觀念。衛生福利部疾病管制署已建置「性傳染病匿名諮詢服務」及「24 歲（含）以下年輕族群或學生梅毒快速篩檢服務」，學生可透過電話、電子郵件、Line@等多元管道，以匿名方式向各醫院諮詢（<http://at.cdc.gov.tw/T1tV51>），符合資格者憑相關證明文件可接受免費梅毒快速篩檢。如果出現疑似症狀或懷疑自己感染性傳染病，請立即至泌尿科、皮膚科、婦產科或家醫科等科別就醫，及早篩檢與治療，亦可參考該署全球資訊網「性健康友善門診一覽表」

尋求相關衛教諮詢與醫療服務 (<https://gov.tw/3up>)。如有相關疑問也可撥打國內免付費防疫專線 1922 (或 0800-001922) 洽詢。

(二) 飲食安全及健康飲食原則

1. 預防食品中毒：用餐前請遵守五要「要洗手、要新鮮、要生熟食分開、要注意保存溫度、要澈底加熱」原則；用餐後若有身體不適，請儘速就醫，並通知學校。確保食品來源安全，避免食用過期或不明來源的食品，並注意食品保存，避免食物中毒。
2. 採取健康飲食：維持均衡飲食，少油、少鹽、少糖、多攝取新鮮蔬果及足量水份，避免假期間暴飲暴食。

(三) 菸檳酒防制

拒菸：依據「菸害防制法」規定，各級學校全面禁止吸菸，並全面禁止使用、販賣及展示電子煙及未經核定之加熱菸；另電子煙油成分恐含毒品，危害健康甚鉅，請落實宣導拒菸三不原則「不嘗試、不購買、不推薦」。如發現違法販售、展示電子煙之網站平臺或社群媒體，請撥打衛生福利部免付費專線 0800-531-531，或向所在地衛生局檢舉。

(四) 預防熱傷害：近期氣溫持續偏高，為預防高溫造成熱傷害，衛生福利部製作預防熱傷害衛教宣導單張、懶人包及專文等資料供宣導熱傷害之認識與緊急處置時使用，請提醒所屬教職員工生注意防範，相關資訊請逕至該部國民健康署網站「預防熱傷害衛教專區」參閱，網址：<https://www.hpa.gov.tw/Pages/List.aspx?nodeid=440>。

(五) 健康保健諮詢：為了提供大家更安心、具隱私的醫療環境，衛生福利部國民健康署建置了「青少年健康促進服務友善機構」名單，目前共有 54 家醫療院所(<https://gov.tw/34t>)，秉持親善、尊重的態度，提供符合國際標準的全方位照護與諮詢。其中一般健康諮詢為 10 歲至 19 歲；若涉及生育保健相關議題，服務對象可延伸至 24 歲以下之女性及其伴侶或相關人員，歡迎安心利用此項專業資源。

13. Health & Disease Prevention Guidelines:

(A) Stay Safe from Infectious Diseases:

- **Flu & COVID-19:** Wash your hands frequently and practice cough etiquette. Wear a mask if you feel sick or visit crowded places/hospitals.
- **Gastroenteritis (Stomach Flu):** Always wash hands with soap before eating. Avoid raw food or unboiled water. Use serving spoons and chopsticks when sharing meals.
- **Mpox:** If returning to Taiwan from high-risk regions, monitor your health for **21 days**. If skin rashes or lesions appear, wear a mask and see a doctor immediately. Disclose your travel history.
- **Dengue Fever:** Prevent mosquito bites by wearing light-colored, long-sleeved clothes and using approved insect repellent. Monitor your health for **14 days** if

returning from outbreak zones. See a doctor if you get a fever, headache, eye pain, or rash.

- **Sexual Health & Anonymous Testing:** Protect your sexual health. Free anonymous syphilis screening and counseling are available for students aged 24 and under. You can consult confidentially via phone, email, or Line@ (<http://at.cdc.gov.tw/T1tV51>). Check the list of friendly clinics (<https://gov.tw/3up>) or call **1922** for help.

(B) Food Safety & Healthy Eating:

- **5 Rules to Avoid Food Poisoning:** Wash hands → Keep it fresh → Separate raw & cooked food → Store at safe temperatures → Cook thoroughly. Inform the school and see a doctor if you feel sick after eating.
- **Diet:** Eat balanced meals with less oil, salt, and sugar. Drink plenty of water and avoid overeating.

(C) Campus Smoking Ban (Say NO to Vape):

- **Smoking is strictly banned on all school campuses in Taiwan.**
- **E-cigarettes (Vapes) and heated tobacco are ILLEGAL** to use, sell, or display. Vaping liquids may contain hidden illegal drugs. Remember: **Do not try, do not buy, and do not recommend.** Report illegal sales to 0800-531-531.

(D) Prevent Heat Stroke & Heat Injuries:

Summer temperatures are extremely high. Avoid direct sunlight during peak hours, stay hydrated, and recognize the signs of heat exhaustion. Learn more at the Health Promotion Administration page (<https://www.hpa.gov.tw/Pages/List.aspx?nodeid=440>).

(E) Youth Friendly Health Services:

Need a safe and private place for health advice? The government offers "Adolescent Friendly Health Services" at 54 hospitals (<https://gov.tw/34t>) for general health (ages 10–19) and reproductive health (up to age 24 for females and partners).

十四、自殺防治：

視需要可聯繫學校協助轉介，或適時向當地衛生局或自殺防治中心尋求協助，或可運用衛生福利部安心專線 1925 或 1995，24 小時免費諮詢服務。

14. Suicide Prevention & Mental Health Support:

If you or someone you know needs emotional support or is going through a difficult time, please remember that help is always available:

- **School Support:** Contact the university counseling center or your advisor for school-assisted referrals.
- **Local Resources:** Reach out to the local Health Bureau or Suicide Prevention Center.
- **24/7 Free Hotlines (Taiwan):**
 - Call **1925** (The Ministry of Health and Welfare's An-Xin Hotline)
 - Call **1995** (Life Line Association)
 - *Both lines offer 24-hour free and confidential counseling services*

十五、發生意外事件之通報與聯繫管道：

同學於暑假期間發生各類意外事件，可運用本校校園安全聯繫電話請求協助。

本校校安中心專線電話：(06)2785119、0911-677072。

15. Emergency Contacts & Incident Reporting:

If you experience or encounter any type of accident or emergency during the summer vacation, please contact the university immediately for assistance.

- **CJCU Campus Security Center Hotlines (24/7):**
 - **Landline:** (06) 278-5119 (If calling from an international phone, dial +886-6-2785119)
 - **Mobile:** 0911-677072
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