



新型冠状病毒（2019-nCoV）

居家隔离指南

2019年12月下旬，中国湖北省武汉市发生了由一种新型冠状病毒（2019-nCoV）引发的疫情。

给近距离接触感染者与最近从中国大陆返澳人士的建议

如果因到过高风险地区或与新型冠状病毒确诊病例有过近距离接触而被建议自我隔离，则应遵从以下指南。

居家或酒店隔离

如果您被建议须自我隔离，则不应去任何公共场所，尤其是工作单位、学校、幼儿园或大学。只有通常住在家里的人应在家中居住，外人不得进入家中。

在家隔离时，没有必要戴口罩。尽可能请那些不需要自我隔离的朋友或家人，为您提供食物或其他必需品。如果您必须离家，比如寻求医疗救治，则要尽可能带上外科口罩。

监测症状

隔离期间，应监控自己是否出现染病症状。注意是否：

- 发烧
- 咳嗽
- 气短。

其他需要注意的早期症状有发冷、身体疼痛、喉咙痛、头痛和流鼻涕、肌肉疼痛或腹泻。

如果生病了，该怎么办？

如果症状轻微：

- 将自己与其他人隔离，如有可能，请佩戴口罩；以及
- 致电给医生或医院，告知最近曾到过的地方。

如果症状严重，比如呼吸困难：

- 拨打 000 叫救护车，并告知救护人员您最近曾到过的地方。

洗手

遵循良好的手部卫生习惯和打喷嚏/咳嗽礼仪是防御大多数病毒的最好方法。应该：

- 饭前便后用肥皂洗手；
- 避免与他人近距离接触（包括触摸、亲吻、拥抱和亲密接触），以及
- 咳嗽和打喷嚏时用肘部掩面。

给家中其他人的建议

家中其他人不需要进行隔离，除非他们在过去 14 天内也曾到过中国大陆，或与您有过近距离接触。

外出

如果您住的是私家住宅，那么到花园或院子里走走是安全的。如果花园或院子里还有其他人，则要戴上外科口罩。如果您住的是公寓，戴着外科口罩到外面的花园也是安全的。然而，在去花园的路上应快速穿过任何公共区域。如果您必须穿过这些区域，则要戴上外科口罩。如果有阳台的话，去阳台也是安全的。

居家隔离保持心情愉悦

隔离可能是很可怕的经历，对小孩子来说，尤其如此。我们的建议包括：

- 与其他家庭成员谈论病情。了解新型冠状病毒能减少焦虑感。
- 使用适龄语言安抚幼儿。
- 尽可能保持正常的日常生活。
- 想想过去是如何应对困难局面的，并给自己打气，相信这次也能应对困难局面。要知道隔离的时间不会持续很久。
- 通过电话、电子邮件或社交媒体与家人和朋友保持联系。
- 有规律地锻炼。可以选择运动光盘、舞蹈、自由体操、瑜伽、在后院散步或使用家用锻炼设备，如室内自行车（如果有的话）。锻炼是治疗压力和抑郁的有效方法。

居家隔离期间克服无聊情绪

长时间呆在家里可能会导致无聊、紧张和抵触情绪。我们的建议包括：

- 如果可能，与雇主协商在家工作。
- 要求孩子的学校通过邮寄或电子邮件提供功课任务、习题和家庭作业。
- 不要过于依赖电视和科技产品。把隔离当成一次机会，做一些通常没有时间做的事情，比如棋盘游戏、手工艺、绘画和阅读。

从哪里可以获得更多信息？

请访问澳大利亚联邦政府卫生部网站：www.health.gov.au

拨打全国冠状病毒健康信息热线：1800 020 080。

请联系您所在州或领地的公共卫生机构：

- 首都领地 拨打 02 5124 9213
- 新州 拨打 1300 066 055
- 北领地 拨打 08 8922 8044
- 昆州 致电 13HEALTH（电话：13 43 25 84）
- 南澳州 拨打 1300 232 272
- 塔州 拨打 1800 671 738
- 维州 拨打 1300 651 160
- 西澳州 拨打 08 9328 0553



Novel coronavirus (2019-nCoV)

Home isolation guidance

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.

Advice for close contacts and recently returned travellers from mainland China

If you have been advised to isolate yourself because of travel to a high risk area or close contact with a confirmed case of novel coronavirus then the following guidelines apply.

Stay at home or in your hotel

People who are recommended to be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home. Do not allow visitors into the home.

There is no need to wear masks in the home. Where possible, get others such as friends or family, who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, wear a surgical mask if you have one.

Monitor symptoms

When in quarantine, you should monitor yourself for symptoms. Watch for:

- fever
- cough
- shortness of breath.

Other early symptoms to watch for are chills, body aches, sore throat, headache and runny nose, muscle pain or diarrhoea.

What do I do if I get sick?

If you develop mild symptoms:

- Isolate yourself from other people and put on a mask if you have one; and
- Call a doctor or hospital and tell them your recent travel history.

If you have serious symptoms such as difficulty breathing:

- Call 000 and ask for an ambulance and notify the officers of your recent travel history.

Wash your hands

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others (including touching, kissing, hugging, and other intimate contact); and
- cough and sneeze into your elbow.

Advice for others in the household

Other members of the household are not required to be isolated unless they have also travelled to mainland China in the past 14 days, or have been in close contact with you.

Going outside

If you live in a private house, then it is safe for you to go outside into your garden or courtyard. Wear a surgical mask if there is anyone else there.

If you live in an apartment it is also safe for you to go outside into the garden while wearing a surgical mask. However you should go quickly through any common areas on the way to the garden. Wear a surgical mask if you have to move through these areas. It's safe to go onto your balcony if you have one.

Keeping spirits up in isolation at home

Being under quarantine can be frightening, particularly for young children. Suggestions include:

- Talk to the other members of the family about the infection. Understanding novel coronavirus will reduce anxiety.
- Reassure young children using age-appropriate language.
- Keep up a normal daily routine as much as possible.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly. Options could include exercise DVDs, dancing, floor exercises, yoga, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.

Reducing boredom while in quarantine at home

Being confined to home for an extended period of time can cause boredom, stress and conflict. Suggestions include:

- Arrange with your employer to work from home, if possible.
- Ask your child's school to supply assignments, work sheets and homework by post or email.
- Don't rely too heavily on the television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080.

Contact your state or territory public health agency:

- ACT call 02 5124 9213 during business hours or (02) 9962 4155 after hours
- NSW call 1300 066 055
- NT call 08 8922 8044
- Qld call 13HEALTH (13 43 25 84)
- SA call 1300 232 272
- Tas call 1800 671 738
- Vic call 1300 651 160
- WA call 08 9328 0553