



新型冠状病毒（2019-nCoV）

近距离接触确诊病例者须知

您现已被确认与感染新型冠状病毒（2019-nCoV）的确诊患者有过近距离接触。如果您有感染风险，您所在地公共卫生部门会每天与您联系，监测您是否出现了染病症状。在最后一次接触确诊病例后，您必须在家中隔离 14 天。请仔细阅读这些信息。

居家隔离是指什么？

如果您被建议居家隔离，则不应该去公共场所，尤其是工作单位、学校、幼儿园或大学。只有通常住在自己家里的人可以与您同住，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。

什么是新型冠状病毒？

冠状病毒是一种能够侵染人类和动物的病毒。一些冠状病毒可引起与普通感冒相似的疾病，而另一些冠状病毒则可引起更为严重的疾病，包括严重急性呼吸系统综合症（SARS）和中东呼吸系统综合症（MERS）。

这种源于中国大陆的病毒被称为“新型病毒”，在这次疫情爆发之前，从未发现过该病毒。大多数被感染者都是中国大陆居民，或曾去过中国大陆。除澳大利亚外，其他国家也报告了新型冠状病毒感染病例。这种病毒很可能最初来源于动物，现有证据表明该病毒可以在人与人之间传播。

该冠状病毒如何传播？

该冠状病毒最有可能通过以下途径在人与人之间传播：

- 与具有传染力的感染者有直接近距离接触；
- 接触到确诊感染者咳嗽或打喷嚏时喷出的飞沫；
- 触摸被确诊感染者咳嗽或打喷嚏污染的物体或表面（如门把手或桌子）后，触摸嘴部或面部。

与确诊感染者近距离接触（如长时间呆在同一所房子里或共享封闭空间）的人最容易感染。

感染后有什么症状？

症状包括（但不限于）发烧、咳嗽、喉咙痛、疲劳和气短。

在感染后多久能够将病毒传染给他人？

目前尚不清楚感染者具有传染性的时间跨度——可将病毒传染给他人的时间长度。然而，至少在一个病例群中出现了无症状或轻微症状传播以及症状出现前传播的证据。因此，感染者很可能在首次出现症状前就可以传播病毒，直到症状消失后的一天。

谁最有可能感染重病？

有些感染者可能根本不会出现身体不适；有些人则会出现轻微的症状，很容易康复；还有些人则可能很快就出现病情恶化。

根据以往对其他冠状病毒的认识，最有可能受到严重感染的人群是：

- 免疫系统受损的人；
- 老年人；
- 婴幼儿；
- 患有心肺疾病的人；以及
- 澳大利亚原住民和托雷斯海峡岛民。

出现了感染症状该怎么办？

如果出现上述任何一种症状，则应：

- 打电话给医生或医院，告知他们您曾接触过新型冠状病毒确诊病例；
- 如果需要出门，请尽量戴上口罩；以及
- 到达诊所或医院后，再次告诉医护人员您曾接触过新型冠状病毒确诊病例。

如果症状严重，如气短：

- 拨打 000 叫救护车；以及
- 告知救护人员，您曾接触过新型冠状病毒确诊病例。

感染病毒后该如何治疗？

针对冠状病毒感染，目前没有特定的治疗方法。抗生素对病毒无效。大多数症状可通过辅助性医疗护理来治疗。

如何努力防止新型冠状病毒的传播？

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。

- 饭前便后用肥皂洗手；
- 避免与他人接触；以及
- 咳嗽和打喷嚏时用肘部掩面。

应不应该戴口罩？

如果没有感染症状，则不建议戴口罩。口罩不会保护您免受感染。如果生了病，则应尽量戴口罩，已防止传染他人，医生会为您提供口罩用于佩戴。

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。

向监测您的公共卫生机构咨询任何疑问。

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
- 西澳洲 拨打 08 9328 0553 或致电本地[公共卫生机构](#)



Novel coronavirus (2019-nCoV)

Information for Close Contacts of a Confirmed Case

You have been identified as having had close contact with someone diagnosed with 2019 novel coronavirus (2019-nCoV). Someone from your local public health unit will be in contact with you daily while you are at risk of infection to monitor you for symptoms. You must isolate yourself in your home for 14 days after last contact with the confirmed case. Please read this information carefully.

What does isolate yourself in your home mean?

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.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus seen in mainland China is called 'novel' because it is new. It has not been detected before this outbreak. Most people currently infected live in, or have travelled to mainland China. There have been some cases of 2019-nCoV reported in other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

How is the virus spread?

The virus is most likely to spread from person to person through:

- direct contact with a person whilst they are infectious;
- contact with droplets when a person with a confirmed infection coughs or sneezes; or
- touching objects or surfaces (such as doorknobs or tables) that were contaminated by droplets from secretions coughed or sneezed from a person with a confirmed infection, and then touching your mouth or face.

Close contacts of a person with a confirmed infection (such as people staying in the same house or sharing a closed space for a prolonged length of time) are most at risk of infection.

What are the symptoms?

Symptoms can include (but are not limited to) fever, cough, fatigue, sore throat, and/or shortness of breath.

For how long can a person spread the infection to other people?

The length of time that a person is infectious, that is, can spread the infection to others, is not yet known. However, there has been emerging evidence of asymptomatic or minimally symptomatic infection and pre-symptomatic transmission in at least one case cluster. It is therefore likely that a person can spread the infection from before the time they first develop symptoms until up to one day after symptoms stop.

Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly.

From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems;
- elderly people;
- very young children and babies;
- people with diagnosed heart and lung conditions; and
- Aboriginal and Torres Strait Islanders.

What do I do if I develop symptoms?

If you develop any of the above symptoms:

- Call a doctor or a hospital and inform them that you are a contact of a confirmed case of novel coronavirus;
- Put on a mask if you have one for if you need to leave the house; and
- When you arrive at the doctor's surgery or hospital, tell them again that you are a contact of a confirmed case of novel coronavirus.

If you are experiencing severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance; and
- Inform the ambulance officers that you have been in contact with someone with a confirmed case of novel coronavirus.

How is the virus treated?

There is no specific treatment for 2019-nCoV. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

How can we help prevent the spread of the virus?

Practising good hand and sneeze/cough hygiene is the best defence:

- wash your hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others; and
- cough and sneeze into your elbow.

Should I wear a face mask?

Face masks are not recommended if you do not have symptoms. A facemask will not protect you against becoming infected. If you are ill, you should put on a mask if you have one to prevent spreading the infection to others. You will be given a mask to wear by your doctor.

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.

Discuss any questions you have with the Public Health Unit monitoring you.

Contact your state or territory public health agency:

- ACT call 02 5124 9213.
- 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 or call your local [public health unit](#)