



新型冠状病毒（2019-nCoV）

疑似病例患者须知

您现已被确认有感染新型冠状病毒（2019-nCoV）的风险，并已出现感染症状。您必须在家中或医疗机构中自我隔离，直到公共卫生主管部门通知您可以安全地如常活动为止。

请仔细阅读下文。

居家隔离是什么意思？

如果您被建议需要居家隔离，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。

什么是冠状病毒？

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，还有多个国家也报告了一些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。

现在该怎么办？

医生会安排您接受感染测试，可能需要几天时间才能出测试结果。

如果症状很严重，将把您留在医院与其他病人隔离，以防止病毒进一步传播。

如果医生认为根据您的身体状况在等待检查结果时可以回家，则要：

- 呆在家里，不要去上班或上学；
- 经常用肥皂洗手；
- 咳嗽和打喷嚏时用肘部遮面；
- 避免为人做饭或照顾他们；和
- 如果不可避免地要与其他人近距离接触，则要戴上口罩（须由医生提供）。

公共卫生官员将每天与您联系，查看您的情况，并会为您提供一个电话号码，供您咨询问题。

家人和其他近距离接触者不需要保持隔离，除非他们也出现了症状。如果他们出现症状，也必须回家并联系公共卫生部门。

如果检测结果为阴性？

您不再需要保持隔离。根据公共卫生部门的建议，您可以恢复正常活动。在您最后一次接触确诊病例后的 14 天内，您应不断仔细监测您的健康状况。在此期间，向公共卫生部门报告任何新发或复发的症状。您可能需要再次接受测试。

如果检测结果为阳性？

在公共卫生官员建议您安全恢复正常活动之前，必须呆在家里或住处。这通常是在症状消失一天后。

如果病情恶化，请寻求医疗救助：

- 拨打提供给您的电话号码，通知负责对您管护的公共卫生官员；
- 遵循公共卫生官员的指示，他们可能会建议您去看医生或去医院；
- 提前打电话给医生或医院，通知他们您已确诊感染新型冠状病毒；
- 如果需出门，请戴上提供给您的口罩；
- 到达诊所或医院时，告知您已确诊感染新型冠状病毒。

如果出现气短等严重的症状：

- 拨打000叫救护车；和
- 告知救护人员，您已确诊感染新型冠状病毒。

您接触过的人，包括您的家人和与您一起生活的人，将需在最后一次与您接触后隔离 14 天。更多关于近距离接触者的信息可以在 www.health.gov.au 找到。

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。医生会向您解释。

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（办公时间）或 (02) 9962 4155（办公时间外）
- 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 或致电本地[公共卫生机构](#)



Novel coronavirus (2019-nCoV)

Information for a Suspected Case

You have been identified as being at risk of infection with the 2019 novel coronavirus (2019-nCoV) and you have now developed symptoms. You must isolate yourself in your home or health care setting until Public Health authorities inform you it is safe for you to return to your usual activities.

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.

What happens now?

Your doctor will arrange for you to be tested for the infection. It may take a few days for the test results to be returned.

If your symptoms are serious you will remain in hospital isolated from other patients to prevent further spread of the virus.

If your doctor says you are well enough to return home while you are waiting for your test results:

- remain in your home and do not attend work or school;
- wash your hands often with soap and water;
- cough and sneeze into your elbow;
- avoid cooking for or caring for other members of your household; and
- wear a mask (provided by your doctor) if close contact with other people is unavoidable.

Public Health officers will make contact with you each day to check on your condition and provide you with a phone number to contact if you have questions.

Your family and other close contacts do not need to remain isolated unless they develop symptoms. If they develop symptoms, they must return home and contact the Public Health Unit.

What happens if my test is negative?

You no longer need to remain in isolation. You may return to normal activities on the advice of Public Health authorities. You should continue to carefully monitor your health for up to 14 days after your last contact with the confirmed case. Report any new or returning symptoms to Public Health in this period. You may be required to be tested again.

What happens if my test is positive?

You must remain in your home or accommodation until Public Health officers advise that it is safe to return to normal activities. This will normally be 1 day after your symptoms end.

If your condition deteriorates, seek medical attention:

- Notify the Public Health officers managing your care by calling the number provided to you;
- Follow the direction of the Public Health officers who may advise you to go to a doctor's surgery or a hospital;
- Call ahead to a doctor or hospital and inform them that you are a confirmed case of novel coronavirus;
- Put on the mask provided to you if you need to leave the house;
- When you arrive at the doctor's surgery or hospital, tell them that you are 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 are a confirmed case of novel coronavirus.

People who you have had contact with including family members and people you live with will need to isolate themselves for 14 days since their last contact with you. More information for close contacts can be found on www.health.gov.au

How is the infection treated?

There is no specific treatment for 2019-nCoV infection. Antibiotics are not effective against viral infections. However, most of the symptoms can be treated with supportive medical care. Your doctor will explain this to you.

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 Authority:

- 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 or call your local [public health unit](#)