

2019年新型冠状病毒 – 基本信息

什么是冠状病毒？

冠状病毒是可以同时感染人类和动物的一类病毒。对于人类，有的冠状病毒会引起轻度疾病，如普通感冒和胃肠道感染；有的会引起严重疾病，例如SARS（严重急性呼吸综合症）和MERS（中东呼吸综合症）。

最近，一种名为“新型冠状病毒”或“2019-nCoV”的毒株爆发。它是一种可以致人和动物生病的病毒。病情可轻可重。

该病毒最先在中国大陆的一个省份开始传播，这意味着感染者主要集中在住在或去过中国大陆的人。

我最近去过中国大陆。我需要在家隔离吗？

如果您在2020年2月1日当天或之后去过中国大陆或从中国大陆过境（香港、澳门和台湾除外），必须在离开中国大陆后的 14 天内在家自我隔离。

如果您是在2020年1月1日后去过湖北省，那么仍然建议您自离开湖北省之日起自我隔离14天。

如果您曾经接触过新型冠状病毒确诊病例（在病毒具有传染性期间），您必须从最后一次接触之日起在家隔离14天。

什么是在家隔离？

在家隔离就是您需要呆在家里。除非需要医疗照护，否则不能离开家。

这意味着您不能出门去上班、上学或去公共场所，并且不可乘坐公共交通工具、不可拼车或搭乘出租车，还需要告知他人不要来拜访您。

有关在家隔离的更多信息，[请访问首都特区卫生局 \(ACT Health\) 网站。](#)

有哪些症状？

症状包括：

- 发热
- 咳嗽
- 咽喉痛
- 疲倦
- 呼吸急促。

出现症状可能需要2-14天。

我觉得我感染了新型冠状病毒，我该怎么办？

最好的做法是在第一时间致电您的医生。我们要求您在看医生之前就这样做，好让他们知道您可能感染了新型冠状病毒，针对您的就诊做好准备。如果有口罩请戴好口罩，避免与他人接触。

如果您出现呼吸困难等严重症状，请拨打三个零（000）。

我怎样才能避免感染？

感染新型冠状病毒的风险非常低。

它可以在人与人之间传播，目前尚不清楚传播的机制。

养成良好的卫生习惯可以帮助您避免感染或传播细菌。这是防止病毒传播最好的办法。

- 经常用肥皂和清水洗手，包括饭前饭后和入厕后；
- 避免与他人密切接触；以及
- 咳嗽和打喷嚏时用肘部遮掩，或直接用纸巾遮挡，然后将纸巾扔进垃圾桶。

针对珍重新型冠状病毒有疫苗吗？

目前还没有针对此新型冠状病毒的疫苗。

如何治疗冠状病毒？

大多数情况下，症状会随着时间的推移而消失，或者可以通过药物控制来减轻症状（入发热、疼痛等）。

有些人可能会出现严重的感染并发症，如果是这样的话，他们需要在医院接受治疗。

我需要戴口罩吗？

如果您自我感觉健康，则不需要戴口罩。

病人应使用口罩，以防止他们在咳嗽或打喷嚏时传播细菌。

如果您想戴口罩，建议您提前致电当地药店咨询是否有现货。

我可以去上班或上大学吗？我的孩子可以去上学或托儿所吗？

如果您不需要在家隔离，则您可以去上班或上大学。如果您的孩子不需要在家隔离，则他们可以去上学或上托儿所。

我还可以出国旅行吗？

去海外旅行前，请先查看 Smart Traveller (www.smarttraveller.gov.au) 网站，了解冠状病毒疫情信息以及当前的旅行警告级别。

如果您在家隔离，您就不能乘飞机旅行。

我可以从哪里获取更多的信息？

- 访问 www.health.act.gov.au/novelcoronavirus
- 拨打 **1800 020 080 冠状病毒健康咨询专线**
周一至周五上午8:00至晚上8:00，以及周六上午8:00至下午5:00接听。
- 访问 healthdirect 网站 www.healthdirect.gov.au 或致电 1800 022 222 联系护士。
- 如需语言方面的信息，请联系需要翻译和口译服务 (TIS) www.tisnational.gov.au。

无障碍服务

如果您不便阅读标准字体的印刷文件，并且需要其他版本，请致电13 22 81。



如果您的母语不是英语，需要翻译和口译服务 (TIS)，请致电13 14 50。

如需无障碍服务，请访问：www.health.act.gov.au/accessibility

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Novel Coronavirus 2019 – the basics

What is Coronavirus?

Coronaviruses are a group of viruses that can affect humans and animals. In humans, coronaviruses can cause mild illness, such as the common cold and gastrointestinal infections, as well as more severe illness, such as that caused by SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome).

There is currently an outbreak of a virus known as ‘novel coronavirus’ or ‘2019-nCoV’. It is a type of virus that can make humans and animals unwell. Illness can be mild or severe.

The viral infection started in a Province of China, which means the virus has mostly affected people who live in or who have travelled from mainland China.

I recently travelled to mainland China. Do I need to stay home?

If you were in mainland China and even if you transited through mainland China, (excluding Hong Kong, Macau and Taiwan) on or after 1 February 2020, you must isolate yourself at home for 14 days after leaving mainland China.

If you have been in Hubei Province since 1 January 2020, the advice remains that you must isolate yourself at home for 14 days from the day you left Hubei Province.

If you have had contact with a person who has been diagnosed with novel coronavirus (while they were infectious), you must stay at home for 14 days following the last time you were in contact with that person.

What does it mean to be isolated?

Being isolated means that you need to stay at home. You are being asked not to leave your home unless you need medical attention.

It means you cannot go to work, school, or public areas, and you should not use public transport. Don't use a taxi or Uber and you need to tell people not to visit you.

Fact sheets with further information about isolation at home are available on the [ACT Health website](#).

What are the symptoms?

Symptoms include:

- fever

- cough
- sore throat
- fatigue and
- shortness of breath.

It can take 2-14 days for symptoms to develop.

I think I have novel coronavirus, what should I do?

The best thing to do is call your General Practitioner (GP) in the first instance. We ask that you do this before visiting the GP, to let them know you think you may have novel coronavirus infection so the general practice can plan for your visit. Wear a facemask if you have one and avoid contact with others.

If you have serious symptoms, such as difficulty breathing, call triple zero (000).

How can I avoid getting infected?

The risk of getting novel coronavirus is very low.

It can spread from person-to-person, and at this stage it is not known how that occurs.

You can avoid catching or spreading germs by practising good hygiene. It's the best way to prevent spread of the virus.

- Wash your hands often, with soap and water, before and after eating as well as after using the toilet;
- avoid close contact with others; and
- cough and sneeze into your elbow or directly into a tissue and throw the tissue in a bin.

Is there a vaccine for the novel coronavirus?

There is currently no vaccine for novel coronavirus.

How is coronavirus treated?

Most of the time, symptoms will go away with time or can be managed using medication to reduce the symptoms (like fever, aches and pains).

Some people may get serious complications of infection and if that is the case, they will require care in hospital.

Do I need to wear a face mask?

If you are feeling healthy, you don't need to wear a mask.

Masks are best used on sick people to help prevent the spread of germs when coughing or sneezing.

If you want to wear a mask, it is recommended that you call your local pharmacy ahead of time to check if they have stock available.

Can I go to work or university? Can my kids go to school or childcare?

If you don't need to be isolated you can go to work or university. If your children don't need to be isolated, they can go to school or childcare.

Can I still travel overseas?

Check Smart Traveller (www.smartraveller.gov.au) before you head overseas. There you will find coronavirus outbreak information and current travel warning levels.

If you are isolated at home, you cannot travel on an airplane.

Where can I get more information?

- Visit www.health.act.gov.au/novelcoronavirus
- Call the **Coronavirus Health Information Line on 1800 020 080**.
The line operates Monday–Friday from 8am to 8pm, and Saturdays from 8am to 5pm.
- Visit healthdirect website www.healthdirect.gov.au or call 1800 022 222 to speak to a nurse.
- Contact the Translating and Interpreting Service www.tisnational.gov.au if you need information in language.

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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