



## 新型冠状病毒（2019-nCoV）

### 致从湖北省抵澳的高校学生及教职员工的信息

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。

#### 我能否到高校上学？

如果您在过去的14天内去过中国湖北省，那么应在离开那里后的14天内自我居家隔离。如果您与新型冠状病毒确诊病例有过近距离接触，那么就应在其最后一次接触该确诊病例后的14天内自我居家隔离。在这类情况下，学生不得去学校上学，也不应与其他学生有接触。

如果您最近去过中国大陆，但不是湖北省，那么我们目前不建议您进行自我隔离。湖北省以外病例情况的发展正在得到密切的监测，必要时将出台新的指导建议。

如果您在离开湖北省后14天内或最后一次接触确诊病例后14天内出现染病症状，那么应立即安排问诊平时的家庭医生进行紧急检查。您应在去诊所或医院就诊前，致电告知医生自己曾去过的地方或已接触新型冠状病毒确诊病例的情况。医生会与公共卫生部门联系，进而对您的护理进行管控。接下来，您必须在家中或医疗机构中保持隔离，直到公共卫生部门通知您可以安全地如常活动。

#### 自我居家隔离是什么意思？

如果被建议自我隔离，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。只有通常住在自己家里或住所的人可以与您同住，外人不得进入家中或住所。在家或住所隔离时，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。

如果您所在的高校已经开学，请将您的情况告知学校的任课教师，以确定是否可以暂时实行远程教学。如果您必须离开家或住所，比如去寻求医疗救治，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）。

这种源于中国湖北省的病毒被称为“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湖北省居民，或曾去过湖北省。中国其他省份和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。

#### 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。

## 如果已生病或从湖北省回来尚不足 14 天，该怎么办？

如果症状轻微：

- 将自己与其他人隔离。
- 致电给医生或医院，告知您可能感染了新型冠状病毒。
- 当到达医生诊所或医院时，再次告知医生自己可能感染了新型冠状病毒。

如果出现气短等严重的症状：

- 拨打 **000** 叫救护车（即使手机没有话费也可拨通）
- 告诉急救人员，您可能感染了新型冠状病毒。

医生会对您进行新型冠状病毒检测，并提供管控建议。公共卫生官员也会联系您，向您提供更多信息。

## 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。应该：

- 饭前便后用肥皂洗手；
- 避免与他人接触（包括触摸、亲吻、拥抱和其他亲密接触）
- 咳嗽和打喷嚏时用肘部掩面。

## 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](http://www.health.gov.au)

拨打公共卫生信息热线：1800 004 599。

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 请浏览 <https://www.healthywa.wa.gov.au/> 或致电本地 [公共卫生机构](#)



## Novel coronavirus (2019-nCoV)

### Information for university and vocational education students and staff arriving from Hubei Province, China

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

#### Can I attend my university or vocational education facility?

If you have travelled to Hubei Province, China within the past 14 days, you must isolate yourself for 14 days after leaving Hubei Province. If you have been in close contact with a confirmed case of novel coronavirus, you must isolate yourself for 14 days after last contact with the confirmed case. Students in these circumstances should not attend university or college and must avoid contact with other students and staff.

If you have travelled to mainland China in general but not Hubei Province, we do not currently recommend self-isolation. The development of cases outside of Hubei Province is being closely monitored and this advice will be updated if necessary.

If you develop symptom within 14 days of leaving Hubei Province or within 14 days of last contact with the confirmed case, you should arrange to see your usual doctor for urgent assessment. You should telephone the health clinic or hospital before you arrive and tell them of your travel history or that you have been in contact with a confirmed case of novel coronavirus. Your doctor will liaise with Public Health authorities to manage your care. You must then remain isolated either in your home or a healthcare setting until Public Health authorities inform you that it is safe for you to return to your usual activities.

#### What does isolate in your home or residence mean?

People who are recommended to be isolated should not attend public places, in particular work, school, childcare or public areas of university and vocation education campuses for example attending lectures. Only people who usually reside in the home or other place of residence should be permitted on the premises. Do not allow visitors into the home or residence. There is no need to wear masks in the home or residence. 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 your university or vocation education semester has commenced notify your lecturer or tutor of your circumstance to determine whether alternate arrangements for remote learning can be temporarily put in place. If you must leave the home or residence, 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 Hubei Province, China is called 'novel' because it is new. It had not been detected before this outbreak. Most people infected live in, or travelled to, Hubei Province, China. There have been cases of 2019-nCoV reported in other Chinese provinces and other countries. It is likely that the virus originally came from an animal, and there is evidence that it can spread from person-to-person.

## What are the symptoms?

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

## What if I am sick now or develop symptoms within 14 days of being in Hubei Province?

If you develop mild symptoms:

- isolate yourself from other people
- call a doctor or hospital and tell them you may have novel coronavirus infection
- when you get to the doctor's clinic or hospital, tell them again that you may have novel coronavirus infection.

If you have serious symptoms such as shortness of breath:

- call **000** and ask for an ambulance (this will work even if you don't have phone credit)
- tell the ambulance officers that you may have novel coronavirus infection.

Your doctor will test you for 2019-nCoV and provide advice on management. You will also be contacted by Public Health officers who will provide you with more information.

## How can I help prevent the spread of 2019-nCoV?

Practising good hand 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)
- cough and sneeze into your elbow.

## Where can I get more information?

Visit the Australian Government Department of Health homepage at [www.health.gov.au](http://www.health.gov.au).

Call the Public Health Information Line on 1800 004 599.

Discuss any questions you have with the Public Health Agency 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 visit <https://www.healthywa.wa.gov.au/> or call your [local public health unit](#)