

Our community is already being impacted by COVID-19 (Coronavirus), and I wanted to convey the latest information from the Chief Medical Officer and the Department of Health.

我国社区已受到 COVID-19（冠状病毒）的影响，我想传达来自首席医疗官和卫生部的最新信息。

I want to reassure you that whilst we are not immune from COVID-19 (Coronavirus) we are very well prepared as a country.

我想向大家保证，虽然我们不能免受 COVID-19（冠状病毒）的影响，但我国已经做好了充分的准备。

Practice good hygiene, such as frequent hand washing, using hand sanitizer, coughing or sneezing into your elbow, and avoiding shaking hands.

**请保持良好的卫生习惯**，如勤洗手、使用消毒洗手液、咳嗽或打喷嚏时要对着肘部以及避免握手。

People should monitor for symptoms such as fever, coughing, shortness of breath or tiredness. If you are unwell or concerned that you may have been exposed to COVID-19 (Coronavirus), you should self-isolate and call your GP for advice before you visit your doctor. Please do not visit public places.

大家要留意**发烧、咳嗽、呼吸短促或疲劳**等症状。如果您身体不适或担心自己可能感染了 COVID-19（冠状病毒），您应该**自我隔离**并在就医前**致电您的全科医生（GP）**进行咨询。请不要去公共场所。

All international arrivals to Australia are now required to self-isolate for 14 days, regardless of whether they are citizens, residents or otherwise.

即日起所有澳大利亚的国际入境人员必须自我隔离 14 天，无论他们是澳洲公民，永久居民还是其他身份。

If you have been in close contact with a confirmed case of COVID-19 (Coronavirus), you must self-isolate for 14 days from the date of your last contact with the confirmed case.

如果您与确诊的 COVID-19（冠状病毒）患者有密切接触，您必须自最后一次与确诊患者接触之日起自我隔离 14 天。

Human to human transmission has been detected in Australia, so even if you have not travelled, please exercise caution.

在澳大利亚已发现人传人，所以即使您没有旅行过也要小心。

Some groups are more vulnerable to COVID-19 (Coronavirus) than others, including over-65s and people with pre-existing health conditions, particularly auto-immune diseases or respiratory issues.

If you or a family member fall into this category, use extra caution and ensure that all members of the family are practicing good hygiene.

有些人群比其他人更容易感染 COVID-19（冠状病毒），其中包括 **65 岁以上的人和本身患有疾病的人（特别是自身免疫疾病或呼吸系统疾病）**。如果您或您的家人有这类情况，请格外小心并确保所有的家庭成员都保持良好的卫生习惯。

A 24/7 National Coronavirus Health Information Line is available on 1800 020 080 for health and situation information on the COVID-19 (Coronavirus) outbreak.

全天候全国冠状病毒健康信息热线号码是 **1800 020 080**，可提供有关 COVID-19（冠状病毒）疫情的健康和状况信息。

Make sure you follow the most up to date advice of the Chief Medical Officer or the Department of Health. This information can be accessed at:

请一定要遵循首席医疗官或卫生部最新的建议。查阅信息请访问：

(ENGLISH, MANDARIN, KOREAN, FARSI, ITALIAN links)

It is important that our whole community is aware of the risks of COVID-19 (Coronavirus).

重要的是，我们整个社区都要意识到 COVID-19（冠状病毒）的风险。

Please ensure this information is shared with your family and friends, particularly those who may not have access to information online or through other sources.

请一定要将此信息分享给您的家人和朋友，特别是那些无法通过网络或其他渠道获取信息的人。