



# 新型冠状病毒（2019-nCoV）

## 中国大陆抵澳高校学生及教职员工须知

**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。**

2020年2月1日，澳大利亚联邦政府根据最新及最佳的卫生建议，更新了对最近从中国大陆返澳人士的建议。

### 能否返校上学或上班？

在以下情况下，**不得**进入大学、高等教育或职业教育机构：

- 如果您在过去14天内曾到过湖北省，则必须自我隔离，直到离开湖北省的时间满14天。
- 如果您在**2020年2月1日或之后**离开或过境中国大陆，则必须自我隔离，直到离开中国的时间满14天。
- 如果您与新型冠状病毒确诊病例有过近距离接触，则必须在最后一次接触该确诊病例后的14天内自我隔离。

在以下情况下，**可以**进入大学或职业教育机构：

- 2020年2月1日之前从中国大陆其他省份返澳（且未到过湖北省）的学生。
- 只到过香港、澳门和台湾的学生。

例如：

- 如果是在2020年1月22日离开湖北省武汉市的，则必须自我隔离至2020年2月6日。
- 如果是在2020年1月28日离开上海，并于2020年2月3日经由另一个国家来到澳大利亚，则**不需要**自我隔离（因为是在2020年2月1日之前离开中国）。
- 如果是在2020年2月3日离开北京并于当天抵达澳大利亚，则**须**隔离14天，直至2020年2月17日。

如果您在从离开中国大陆后的14天内或与新型冠状病毒确诊病例接触后的14天内出现症状（如下所列），则应尽快安排问诊平时的家庭医生进行紧急检查。您应先打电话给诊所或医院，告知您曾到过的地方或与新型冠状病毒确诊病例有过接触的情况。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。

### 在家中或住所自我隔离时什么意思？

如果您被建议进行自我隔离，则不应去公共场所，特别是工作单位、学校、幼儿园或高校校园的公共区域，例如去上课。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安排远程教学。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。

## 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。

## 如果已生病或从中国大陆返澳尚不足 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）
- 告诉救护人员，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。

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



# Novel coronavirus (2019-nCoV)

## Information for university, higher education and vocational education students and staff arriving from mainland China

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

On 1 February 2020, the Australian Government updated advice for people who have recently returned to Australia from mainland China based on the latest and best medical advice.

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

In the following scenarios you **can not** attend your university, higher education or vocational education facility:

- If you have travelled from Hubei Province within the past 14 days, you must isolate yourself until 14 days have elapsed after leaving Hubei Province.
- If you have left, or transited through, mainland China **on or after 1 February 2020** you must isolate yourself until 14 days after leaving China.
- 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.

In the following scenarios you **can** attend your university or vocational education facility:

- Students who have travelled from other provinces of mainland China (and have not been in Hubei province) who arrived prior to 1 February 2020.
- Students who have only been to Hong Kong, Macau and Taiwan.

By way of example,

- if someone left the city of Wuhan in Hubei Province on 22 January 2020 he/she is required to isolate until 6 February 2020.
- if someone left Shanghai on 28 January 2020 and comes to Australia via another country on 3 February 2020, he/she would **not be required** to isolate (as he/she left China **before** 1 February 2020).
- If someone left Beijing on 3 February 2020 and arrived in Australia the same day, he/she **would** be required to isolate for 14 days, until 17 February 2020.

If you develop symptoms (listed below) within 14 days of leaving anywhere in mainland China or within 14 days of last contact with a confirmed case of novel coronavirus, 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

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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, higher education 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, higher education 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 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.

## 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 mainland China?

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 call 08 9328 0553 or call your local [public health unit](#)