Smarter Communities ASCM CSM ERNST STM VBCS

HELP PREVENT THE SPREAD OF CORONAVIRUS TOGETHER

一起帮助预防新型冠状病毒的传播

Ways to Help

- Cover your mouth and nose with a tissue while coughing or sneezing, wash your hands after;
- Put your used tissue in the rubbish bin;
- Do not rub your eyes after sneezing or coughing;
- If you don't have a tissue or handkerchief, cough or sneeze into your elbow or upper sleeve;
- Wash your hands with soap for at least 20 seconds, cleaning all parts of your hands;
- Dry hands with disposable paper or use a hand dryer.

预防方法

- 咳嗽或打喷嚏时用纸巾遮住口鼻，然后洗手;
- 将用过的纸巾放入垃圾桶;
- 打完喷嚏后不要揉眼睛;
- 如果没有纸巾或手帕，咳嗽或打喷嚏到肘部或上袖中;
- 用肥皂洗手至少20秒;
- 用一次性纸擦干手或使用干手器.

Novel coronavirus causes severe respiratory illness. Symptoms are similar to those of other viruses including fever, flu-like symptoms such as coughing, sore throats and headaches and, in some cases, difficulty with breathing. 新型冠状病毒会导致严重的呼吸道疾病。症状与其他病毒相似，包括发烧，类似流感的症状， 例如咳嗽，喉咙痛和头痛，在某些情况下，呼吸困难。

For those living in close proximity, be germ conscious and protect yourself and others by practising good hygiene habits. 对于居住在高密度住宅的居民，要有意识，并要养成良好的卫生习惯，以保护自己和他人。

If you become unwell and suspect you may have symptoms of coronavirus, you must seek medical attention. 如果您感到不适，并怀疑您可能患有冠状病毒症状，则必须寻求医疗救助。

Please ring ahead of time to book your appointment. This will help make your doctor aware of your symptoms and your travel history. 请提前打电话预约。这将帮助您的医生了解您的症状和旅行历史。

Call 000 if you need urgent medical help. 如果您需要紧急医疗帮助，请致电000。

More information about coronavirus can be found at the following Department of Health link: 有关冠状病毒的更多信息，请访问卫生部网站: www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

Or call the National Coronavirus Health Information Line:
或拨打全国冠状病毒健康信息热线:

1800 020 080