



新型冠状病毒（2019-nCoV）

家长须知

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。

中小学或幼儿园学生的居家隔离

如果您的孩子在过去的14天内曾到过中国大陆，那么您应从他们离开中国的14天内将其在家隔离。如果孩子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天内将其在家隔离。在这类情况下，孩子不得去上学或幼儿园，也不应与其他学生有接触。

如果孩子在离开中国大陆后14天内或最后一次接触确诊病例后14天内出现染病症状，那么您应立即安排孩子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，致电告知医生孩子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，进而对孩子的护理进行管控。接下来，孩子必须在家中或医疗机构中保持隔离，直到接到公共卫生部门的通知，被告知您的孩子可以安全地如常活动。

居家隔离是什么意思？

如果必须居家隔离，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。只有通常住在家里的人应在家中居住，外人不得进入家中。在家隔离时，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。如果您必须离家，比如寻求医疗救治，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，或曾到过中国大陆。除了澳大利亚以外，其他国家也报告了一些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。

孩子已生病或从中国大陆回来尚不足14天，该怎么办？

如果孩子症状轻微：

- 致电平时问诊的家庭医生或当地医院，告知孩子可能感染了新型冠状病毒；以及
- 当到达医生诊所或医院时，再次告知孩子可能感染了新型冠状病毒。

如果孩子出现气短等严重的症状：

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- 拨打 **000** 叫救护车；以及
- 告诉救护人员，孩子可能感染了新型冠状病毒。
- 医生会对孩子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。

学校和幼儿园必须禁止出现了感染症状的学生进入校园。如果被确诊感染新型冠状病毒，则不得去上学或去幼儿园，直到接到公共卫生部门通知，告知您的孩子可以安全地如常活动。如果学生患有其他呼吸系统疾病（如流感），无论是否担心感染了新型冠状病毒，都不应去上学。

如何努力防止新型冠状病毒的传播？

- 教导和鼓励孩子要在饭前便后用肥皂洗手；
- 如果孩子出现身体不适，则要将其留在家中，以避免与其他人接触；
- 教导孩子在咳嗽和打喷嚏时用肘部掩面；和
- 虽然不可能避免触摸、亲吻和拥抱孩子，但父母和监护人也应尽可能遵循这些步骤。

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

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 拨打 08 9328 0553



Novel coronavirus (2019-nCoV)

Information for Parents

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

Exclusion from School or Early Childhood Centres

If your child has travelled to mainland China within the past 14 days, you must isolate them in your home for 14 days after leaving mainland China. If your child has been in close contact with a confirmed case of novel coronavirus, you must isolate them in your home for 14 days after last contact with the confirmed case. Children in these circumstances are not to attend schools or early childhood centres and should not engage with other students.

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

What does isolate in your home mean?

People who must be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home. Do not allow visitors into the home. There is no need to wear masks in the home. 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 you must leave the home, 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 my child is sick now or within 14 days of being in mainland China?

If your child develops mild symptoms:

- call your usual doctor or local hospital and tell them your child may have novel coronavirus infection; and
- when you get to the doctor's clinic or hospital, tell them again that your child may have novel coronavirus.

If your child has serious symptoms such as shortness of breath:

- call 000 and ask for an ambulance; and
- tell the paramedic that your child may have novel coronavirus infection.
- your doctor will test your child for 2019-nCoV and provide advice on management. You will also be contacted by Public Health officers who will provide you with more information.

Students with symptoms must be excluded from attending schools and early childhood centres. If they have been diagnosed with 2019-nCoV students may not attend school or childcare until public health authorities inform you it is safe for them to return to their normal activities. If students have other respiratory illness (i.e. flu), they should not attend school irrespective of whether there is a concern about 2019-nCoV.

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

- teach and encourage your children to wash their hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others by keeping children home if they are unwell;
- teaching children to cough and sneeze into their elbow; and
- while it's not possible to avoid touching, kissing, and hugging children, parents and guardians should do their best to follow these steps too.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080.

Contact your state or territory public health agency:

- ACT call 02 5124 9213 during business hours or (02) 9962 4155 after hours
- 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