



# 新型冠状病毒（2019-nCoV）

## 情况须知

**2020年1月，澳大利亚卫生部门确认澳大利亚境内发现新型冠状病毒感染病例。该病毒起源于中国湖北省武汉市。目前确认的大多数病例都来自中国大陆。现已有明确证据表明该病毒可在人际间传播。**

**目前在澳大利亚，最有可能感染该病毒的人是那些在近期到过中国大陆，或与该病毒确诊病例有过近距离接触的人。如果您属于这种情况，请仔细阅读本文，了解相关应对策略。**

## 什么是冠状病毒？

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”，因为在这次疫情爆发之前，从未发现过该病毒。

## 该冠状病毒如何传播？

该冠状病毒最有可能通过以下途径在人与人之间传播：

- 与具有传染力的感染者有直接近距离接触；
- 与有咳嗽或打喷嚏症状的确诊感染者有近距离接触；或者
- 触摸被确诊感染者咳嗽或打喷嚏污染的物体或表面（如门把手或桌子）后，触摸嘴部或面部。

大多数情况下，只有在感染者有症状时才会传染他人。这些症状包括发烧、咳嗽、喉咙痛、疲劳和气短。

现在有部分证据表明，感染者在出现症状前可能会传播该病毒。这意味着任何最近到过中国大陆或与冠状病毒确诊病例有过近距离接触的人，必须采取以下额外预防措施，即使没有感到不适，也要如此。

## 最近到过中国大陆的人士

建议最近到过中国大陆的人士在下列情况下遵从特殊限制要求：

- 离开湖北省的时间不足14天（直至离开湖北省满14天）
- 被确定近距离接触过新型冠状病毒确诊病例（直至最后一次与该确诊病例接触后满14天）

- 在2020年2月1日或之后离开或过境中国大陆（直至离开中国满14天）。

## 近距离接触新型冠状病毒确诊病例

如果认为自己可能近距离接触过新型冠状病毒确诊病例，则必须在最近一次接触确诊病例后的 14 天内在家中自我隔离。

## 居家隔离是什么意思？

如果您属于必须自我隔离的情况，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。

## 出现了感染症状该怎么办？

如果您在从离开中国大陆后的 14 天内，或在与确诊病例最近一次接触后的 14 天内出现症状（发烧、咳嗽、喉咙痛、疲劳或气短），则应马上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，致电告知您曾去过的地方或接触过有可能感染新型冠状病毒病例的情况。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。

## 谁最有可能患染重病？

有些感染者可能根本不会出现身体不适；有些人则会出现轻微的症状，很容易康复；还有些人则可能很快就出现病情恶化。

根据以往对其他冠状病毒的认识，最有可能受到严重感染的人群是：

- 免疫系统受损的人，如癌症患者
- 老年人
- 澳大利亚原住民和托雷斯海峡岛民
- 婴幼儿，以及
- 被诊断患有慢性疾病的人。

## 感染病毒后该如何治疗？

针对冠状病毒感染，目前没有特定的治疗方法。抗生素对病毒无效。大多数症状可通过辅助性医疗护理来治疗。

## 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）；和
- 咳嗽和打喷嚏时用肘部掩面。

## 应不应该戴口罩？

不建议戴口罩。口罩不会保护您免受感染。虽然口罩的使用有助于防止疾病从受感染的患者传染给他人，但目前不建议健康的公众使用口罩来预防新型冠状病毒等感染。

## 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)

拨打全国冠状病毒健康信息热线：1800 020 080。

如有顾虑，请咨询家庭医生



# Novel coronavirus (2019-nCoV)

## What you need to know

***Health authorities have identified coronavirus cases in Australia in January 2020. The virus originated in Wuhan, Hubei Province, China. The majority of cases have been in mainland China and there is clear evidence of person-to-person transmission.***

***Currently in Australia, people most at risk of contracting the virus are those who have been in mainland China recently, or have been in close contact with someone who is a confirmed case of coronavirus. If this applies to you, this fact sheet will let you know what to do.***

## What is this coronavirus?

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 originating in Hubei Province, China, is called 'novel' because it is new. It had not been detected before this outbreak.

## How is the coronavirus spread?

The coronavirus is most likely to spread from person-to-person through:

- direct close contact with a person whilst they are infectious;
- close contact with a person with a confirmed infection coughs or sneezes; or
- touching objects or surfaces (such as door knobs or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

There is now some evidence that people could be contagious before showing symptoms. This means anyone who has been in mainland China recently or been in close contact with someone who is a confirmed case of coronavirus, must take the following additional precautions, even if they don't feel unwell.

## Travellers from mainland China

Travellers are advised that special restrictions apply if:

- They have left Hubei Province less than 14 days ago (until 14 days after they left Hubei)
- They have been identified as close contacts of confirmed cases of novel coronavirus (until 14 days after last contact with the confirmed case)
- They have left, or transited through, mainland China on or after 1 February 2020 (until 14 days after leaving China).

## Close contact of a confirmed case of Coronavirus

If you think you may have been a close contact of a confirmed case of novel coronavirus, you must isolate yourself in your home for 14 days after last contact with the confirmed case.

## 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 do I do if I develop symptoms?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving mainland China, or within 14 days of last contact of a 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 your travel history or that you may have been in contact with a potential case of novel coronavirus. You must remain isolated either in your home or a healthcare setting until Public Health authorities inform you it is safe for you to return to your usual activities.

## Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly.

From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems, such as people with cancer
- elderly people
- Aboriginal and Torres Strait Islander people
- very young children and babies, and
- people with diagnosed chronic medical conditions.

## How is the virus treated?

There is no specific treatment for coronaviruses. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

## How can we help prevent the spread of the virus?

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

## Should I wear a face mask?

Face masks are not recommended. A face mask will not protect you against becoming infected. While the use of face masks can help to prevent transmission of disease from infected patients to others, **face masks are not currently recommended for use by healthy members of the public for the prevention of infections like novel coronavirus.**

## 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 National Coronavirus Health Information Line on 1800 020 080.

Talk to your general doctor if you have concerns.