

| English | Chinese Simplified (Mandarin) |
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| What can I do in quarantine? | 检疫隔离期间我能做什么？ |
| So being in quarantine means that you need to stay in your home or in your hotel room. | 进行检疫隔离意味着您需要待在家里或您的酒店房间里。 |
| If you have a private garden, a private courtyard or a private balcony, | 如果您有私家花园、私家庭院或私家阳台， |
| you can go outside into those private areas. | 可以去这些私家区域。 |
| If there are other people in your home with you and those people are not also in quarantine, | 如果您家有其他人同住，而且这些人并非也在检疫隔离， |
| you really need to distance yourself from those people as much as you can. | 您需要尽可能跟这些人保持距离。 |
| So this means you need to sleep in a bedroom on your own, | 这意味着您需要单独睡一间卧室， |
| ideally use a separate bathroom | 理想中要用单独的洗手间 |
| and spend as little time as possible in communal areas. | 并尽量避免待在共用区域。 |
| If you do need to be in the same room with other people in your home, | 如果您要跟同住的人共处一室， |
| you should ideally wear a surgical mask. | 理想中应佩戴外科口罩。 |
| If you develop symptoms of COVID-19 | 如果您出现 COVID-19 的症状 |
| and these include fever, cough, sore throat, shortness of breath or a loss of sense of smell or taste | 包括发烧、咳嗽、喉咙痛、呼吸急促或丧失嗅觉或味觉 |
| you need to arrange to get tested for COVID-19. | 您需要安排接受 COVID-19 的检测。 |

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| If you have severe symptoms and it is an emergency, | 如果您症状严重且情况紧急, |
| you should call 000 or visit the hospital emergency department, | 应拨打 000 或前往医院急诊部, |
| but it is really important that you tell the 000 operator or the hospital that you are currently in quarantine. | 请告诉 000 接线员或医院方面您正在检疫隔离中, 这一点非常重要。 |
| What can't I do in quarantine? | 检疫隔离期间我不能做什么? |
| So while you are in quarantine, | 检疫隔离期间, |
| you cannot leave your home to go to school, to go to work, or to go to any public places. | 您不能离家去上学、上班或前往任何公共场所。 |
| This means that you cannot go food shopping, | 这意味着您不能去购买食品, |
| so you need to order your food or groceries online, | 而要上网订购食品或日用杂货, |
| or ask family members or friends to deliver you food or groceries and leave them at your front door. | 或者请家人或朋友将食品或日用杂货送到您家并放在前门。 |
| This also means that you cannot go to a pharmacy. | 这还意味着您不能去药店。 |
| If you need medication, | 如果需要药物, |
| again you can ask friends or family to deliver these to your door, | 同样您可以请朋友或家人送到门前, |
| or you can contact your local pharmacy to discuss options for home delivery. | 或联系您的本地药店讨论送货上门的方案。 |
| Anything that's delivered to your home needs to be dropped at your front door. | 任何送到您家的物资需要放在前门。 |

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| It is also important to know that you cannot travel on public transport, | 还有一点重要须知，您不能乘公共交通出行， |
| so this includes buses, rideshares, taxis, any other form of public transport, | 这包括巴士、拼车出行、出租车、任何其他种类的公共交通， |
| and you cannot have any visitors to your home who do not normally live there. | 您也不能请通常不住在您家的客人上门拜访。 |
| What can I do to protect myself and the community from COVID-19? | 怎么做能保护自己和社区免受 COVID-19 感染？ |
| So it is really important that if you develop any symptoms of COVID-19, | 如果您出现任何 COVID-19 的症状，重要的是 |
| no matter how mild even if it is just a scratchy throat or a runny nose, | 不管症状有多轻微，只是喉咙痛还是流鼻涕， |
| that you attend one of our testing sites and get tested for COVID-19. | 您都要去检测站接受 COVID-19 检测。 |
| This applies to everyone, but especially if you have recently returned from Victoria. | 这适用于所有人，特别是刚从维州返回的人。 |
| If you are not feeling well you need to stay at home, | 如果感到身体不适，您需要待在家里， |
| unless you are going out to get tested for COVID-19, or to seek medical care, | 除非是去接受 COVID-19 测试或就医才能出门， |
| and it is also really important that everyone in the community continues to practise regular hand hygiene, | 还有一点很重要，社区里的每个人都要继续勤洗手， |
| and physical distancing of 1.5 metres. | 并保持 1.5 米的肢体距离。 |

Before you travel from Victoria to the ACT, Phone the COVID-19 Helpline on (02) 6207 7244.

To find out more about applying for an exemption to visit the ACT, visit www.covid19.act.gov.au/news-articles/act-border-restrictions.

请在从维州前往首都领地之前致电 COVID-19 求助热线：(02) 6207 7244。

欲了解如何申请前往首都领地豁免的详情，请访问：
www.covid19.act.gov.au/news-articles/act-border-restrictions。