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## General information 一般資訊

Canberra, stop the spread of COVID-19. It's everyone's responsibility to protect our community.	坎培拉，制止 COVID-19 的散播。保護社區，人人有責。
For everything you need to know, what to do, and the latest news, visit the ACT Government's dedicated website, <a href="https://covid19.act.gov.au">covid19.act.gov.au</a>	欲知所有你需要知道的、可做的、最新消息等，請訪問 ACT 政府的專題網站: <a href="https://covid19.act.gov.au">covid19.act.gov.au</a>

## COVID-19 Helpline 冠狀病毒病幫助熱綫

<b>New COVID-19 helpline for Canberrans</b>	<b>幫助坎培拉市民的冠狀病毒病(COVID-19)新熱綫</b>
The ACT Government has a new helpline to help Canberrans with information about COVID-19.	首都區政府(ACT Government)現設有一條新的幫助熱綫，向坎培拉市民提供有關冠狀病毒病(COVID-19)的資訊。
You can call the COVID-19 Helpline on 026207 7244 from 8am to 8pm daily.	熱綫的工作時間為每天上午 8 時至晚上 8 時，號碼 026207 7244。歡迎大家在此時段隨時撥打。

## Interpreter information 傳譯服務

<b>Can I still access an interpreter?</b>	<b>我仍可得到傳譯服務嗎？</b>
Yes, you can still access an interpreter through <a href="#">Translating and interpreting Service National</a> .	可以。你仍可通過「 <a href="#">全國翻譯及傳譯服務</a> 」(TIS National) 獲取傳譯員的幫助。

## About COVID-19 (coronavirus) 冠狀病毒病(COVID-19)須知

<b>What is Coronavirus or COVID-19?</b>	<b>甚麼是冠狀病毒(Coronavirus)或 COVID-19?</b>
Coronaviruses are a group of viruses that can affect humans and animals. In humans, coronaviruses can cause mild illness, such as the common cold and gastrointestinal infections, as well as more severe illness, such as that caused by SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome).	冠狀病毒(Coronavirus)是一組病毒，對人及動物都會有影響。在人身上，冠狀病毒能引致病疾，輕微的如常見的感冒和胃腸道感染，嚴重的如 SARS(嚴重急性呼吸系統綜合症)及 MERS(中東呼吸綜合症)引致的病況。
A virus is a sickness that can spread easily from one person to another.	病毒病很容易從一個人身上傳染給另一個人。
The key symptoms of coronavirus are:	冠狀病毒的主要病徵有:
<ul style="list-style-type: none"> <li>• fever</li> <li>• cough</li> <li>• sore throat</li> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• 發高燒</li> <li>• 咳嗽</li> <li>• 喉嚨疼</li> <li>• 呼吸急促</li> </ul>
Current estimates of the time it takes for symptoms to develop after being exposed to the virus that causes COVID-19 range from 2-14 days.	就目前的估計，在接觸了能引致 COVID-19 的病毒後，病徵出現的時間為 2 至 14 日之間。
<b>How does coronavirus spread?</b>	<b>冠狀病毒(Coronavirus)是如何傳播的？</b>
Coronavirus spreads when people with the virus cough or sneeze.	冠狀病毒是在感染者咳嗽或打噴嚏時得以傳播的。
Small drops of water from the virus can come through the air into your body.	病毒的細微水滴可以通過空氣進入你的身體。
The virus can be on things you touch.	病毒亦存在於大家會觸摸到的物件上面。
For example,	例如:

<ul style="list-style-type: none"> <li>• shopping trolleys</li> <li>• door handles</li> <li>• light switches</li> <li>• computers or phones</li> </ul>	<ul style="list-style-type: none"> <li>• 購物手推車</li> <li>• 門把手</li> <li>• 電燈開關</li> <li>• 電腦或電話</li> </ul>
<p>If the virus is on your hands, it can go into your body when you touch your eyes, nose or mouth.</p>	<p>假如病毒落到你手上，在你觸摸眼睛、鼻子、嘴巴時就會進入你的身體。</p>
<p><b>What is community transmission?</b></p>	<p><b>甚麼是社區傳播？</b></p>
<p>Community transmission is where there are large numbers of people who get sick and a direct source of COVID-19 cannot be found.</p>	<p>社區傳播即是有一大批人病了，但又找不到這些人是從哪裏惹上冠狀病毒病的，即找不到病毒的直接源頭。</p>
<p>Social distancing, staying at home and maintaining good hygiene can help prevent community transmission.</p>	<p>社交疏距、留在家裏及保持良好的衛生習慣均有助於防止社區傳播。</p>

## Protect yourself and others 保護自己及他人

### Feeling unwell? 感覺不舒服?

<b>Should I get tested for COVID-19?</b>	<b>我應該做冠狀病毒病(COVID-19)的檢測嗎?</b>
You should get tested for COVID-19 if:	假如出現以下情況，你就應該去做冠狀病毒病檢測:
<ul style="list-style-type: none"><li>• Fever (37.5°C or greater)</li><li>• Recent history of fever, such as chills or night sweats</li><li>• Respiratory infection, such as cough, sore throat, or shortness of breath.</li></ul>	<ul style="list-style-type: none"><li>• 發燒(37.5 度或更高)</li><li>• 近期有過發燒史，如發冷或夜間出汗</li><li>• 呼吸道感染，如咳嗽、喉嚨疼或呼吸急促。</li></ul>
<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell">https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell">https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell</a>

### Getting tested 進行檢測

<b>What do I do and where do I go in the ACT if I have symptoms?</b>	<b>在 ACT 假如我出現病徵，應怎麼辦，去哪裏?</b>
Limit being around other people.	限忌自己在他人周圍出現。
Call your GP, testing can be organised if needed.	聯繫自己的家庭醫生。若需要的話，病檢是可以安排的。
Visit a Respiratory Assessment Clinic at:	前往 Respiratory Assessment Clinic (呼吸檢驗診所)之一，如:

<ul style="list-style-type: none"> <li>• Weston Creek Walk-in Centre 24 Parkinson St, Weston. Open 7:30am – 10:00pm every day. Use a mask and hand sanitiser at the front door.</li> <li>• Drive Through Respiratory Assessment Clinic at Exhibition Park in Canberra. EPIC, Flemington Rd &amp; Northbourne Ave, Mitchell. Open 9:30am – 6:00pm every day. Cannot be accessed from public transport or on foot.</li> <li>• Only visit the hospital if you are really sick or if breathing is hard for you. Call 000 for an ambulance if you have chest pain or very high fever.</li> </ul>	<ul style="list-style-type: none"> <li>• Weston Creek Walk-in Centre , 地址: 24 Parkinson St., Weston。 營業時間: 每日早上 7:30 時至晚上 10:00 時。 請使用置於前門的口罩及搓手消毒液。</li> <li>• 車輛駛入的 Respiratory Assessment Clinic , 地處坎培拉的 Exhibition Park。 地址: EPIC, Flemington Rd 及 Northbourne Ave 交接處, Mitchell。 營業時間: 每日上午 9:30 時至下午 6:00 時。 僅許車輛駛入。公交或徒步無法進入。</li> <li>• 祇在病情非常嚴重或呼吸困難的情況下才上醫院。假如出現胸痛或嚴重高燒, 應召救護車。</li> </ul>
<p><b>What happens if I test positive for COVID-19 in the ACT?</b></p>	<p><b>在 ACT 假如我檢查 COVID-19 的結果呈陽性, 會怎麼樣?</b></p>
<p>The ACT Communicable Disease Control (CDC) team will call you to see who you have been near.</p>	<p>ACT Communicable Disease Control (CDC)(ACT 傳染病控制所) 的工作隊會聯繫你, 瞭解你與哪些人接觸過。</p>
<p>They will call the people you have been near and tell them what to do.</p>	<p>他們會聯繫你接觸過的那些人, 告訴他們應該做甚麼。</p>
<p>Remain at home in self-isolation until you are no longer positive to COVID-19.</p>	<p>繼續駐留在家自我隔離, 直至 COVID-19 檢查不再呈陽性反應。</p>
<p>You will be told if you need to go to hospital.</p>	<p>你將會被告知是否需要上醫院。</p>
<p>Someone will check on you every day and will arrange for more testing.</p>	<p>有人會每天都查看你, 並安排更多的檢查。</p>
<p>If you are told to stay at home, you should self-isolate at home until you are told it is safe to return to normal activities.</p>	<p>假如你被告知應留在家裏, 你則應該留在家裏, 作自我隔離, 直至你被告知可以安全地恢復日常活動。</p>

More information on isolation is on ACT Government's dedicated website at <a href="https://www.covid19.act.gov.au">covid19.act.gov.au</a>	關於自我隔離的詳情可參閱 ACT 政府的專題網站 <a href="https://www.covid19.act.gov.au">covid19.act.gov.au</a> 。
If you get sicker call <a href="tel:(02)51249213">(02) 5124 9213</a> during business hours or call <a href="tel:(02)99624155">(02) 9962 4155</a> after hours for what to do.	假如病情轉重，可致電詢問應怎麼辦。辦公時間請撥打 (02) 5124 9213，非辦公時間請撥打 (02) 9962 4155。
If you are short of breath or have chest pain, call 000 for an ambulance. Tell them you have COVID-19.	假如你呼吸急促或出現胸痛，請撥 000 召救護車。告訴他們你患有 COVID-19。
<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested">https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested">https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested</a>

### Good hygiene 良好衛生習慣

<b>How can I stay safe?</b>	<b>如何保證自己安全？</b>
<ul style="list-style-type: none"> <li>• Wash your hands really well many times a day. Use soap and water. Wash the front and back of your hands. Wash between fingers and thumbs.</li> <li>• Do not touch your eyes, nose or mouth with your hands.</li> <li>• Cough into your elbow.</li> <li>• Use hand sanitiser after you touch things in public. For example, shopping trolleys.</li> <li>• Sneeze into a tissue. Throw the tissue in the bin. Wash your hands again.</li> </ul>	<ul style="list-style-type: none"> <li>• 每天多次反復徹底地清潔雙手。用肥皂和水清洗手心、手背、十指間、拇指。</li> <li>• 勿用手觸摸自己的眼睛、鼻子、嘴巴。</li> <li>• 咳嗽時用手肘捂住嘴鼻。</li> <li>• 在公共場所觸摸了東西後用消毒液淨手。例如使用了購物推車後等。</li> <li>• 咳嗽時用紙巾捂住嘴鼻。將紙巾棄置垃圾箱內。然後再次清潔雙手。</li> </ul>



## Physical distancing 人身疏距

<ul style="list-style-type: none"><li>• Keep a distance of 1.5 metres between yourself and other people, as well as following the 1 person per 4 square metres rule.</li><li>• Avoid gathering in crowds of more than 10 people.</li><li>• Avoid shaking hands, hugging, or kissing other people.</li><li>• Use “tap and go” payments, instead of cash.</li><li>• Unwell, stay at home.</li><li>• Do not travel unless you need.</li></ul>	<ul style="list-style-type: none"><li>• 在自己與他人之間保持1.5米的距離，並遵循每4平方米祇容納1人的規定。</li><li>• 勿聚集成超過10人的人群。</li><li>• 勿與人握手、擁抱或親吻。</li><li>• 盡量使用「即拍即付」(Tap and Go)付款，避免使用現金。</li><li>• 不舒服的話，亦應留在家裏。</li><li>• 沒有必要，勿出遠門。</li></ul>
Minimise visits to vulnerable people, such as those in aged care facilities or hospitals, elderly people, infants, or people with compromised immune systems.	盡量減少探訪身體虛弱的人，如那些住在老年護理設施或醫院的、老人家、嬰兒或免疫系統欠佳者。

## At risk groups 高危人群

Some people are at more risk of serious illness from COVID-19 than others, and extra precautions can be taken to help you stay safe.	對於部分人士，他們因冠狀病毒病(COVID-19)而罹患嚴重疾病的機率會比其他人高，因而需要倍加小心，加強預防措施來幫助確保安全。
People most at risk of complications from COVID-19 are: <ul style="list-style-type: none"><li>• People aged 70 years and over</li><li>• People aged 65 years and over with chronic medical conditions</li><li>• People with compromised immune systems</li><li>• Aboriginal and Torres Strait Islander people over the age of 50 with one or more chronic medical conditions</li></ul>	最容易因冠狀病毒病而引致併發症的人有： <ul style="list-style-type: none"><li>• 70 歲及以上的人</li><li>• 65 歲及以上並患有慢性疾病的人</li><li>• 免疫系統欠佳的人</li><li>• 50 歲以上並患有一種或多種慢性疾病的土著居民和托立斯海峽島民</li></ul>

The <a href="#">Community Services Directorate website</a> has detailed information on the community services and supports available to people at risk during the COVID-19 outbreak.	<a href="#">社區服務局網站(Community Services Directorate website)</a> 有大量社區服務的詳細資料，包括面嚮冠狀病毒病期間更容易遇到問題的人士的各種支援。
Remember, it is important to take extra care when visiting more vulnerable people, such as the elderly, by maintaining physical distancing and practising good hand and respiratory hygiene at all times.	請切記，在探訪身體虛弱人士時要格外小心。例如探訪老人家時，應保持肢體距離，不忘遵行潔手及呼吸道衛生。
<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups">https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups">https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups</a>

### Quarantine and isolation 檢疫及隔離

<b>What does it mean to quarantine?</b>	<b>檢疫意味著甚麼？</b>
Being quarantined at home means that you need to stay where you are for 14 days. You cannot go to work, school, or public areas, such as shops or cafes, restaurants. You need to tell people not to visit you while you are quarantined.	居家檢疫意味著你需要在自己的住處閉居 14 日，不得出門去工作、上學、或公共地方，如商店或咖啡店、食肆等。你必須通知周圍的人，在你檢疫期間勿上門拜訪。
While in quarantine, you need to closely monitor your health for symptoms of COVID-19.	在檢疫期間，你需要密切留意自己的身體，注意是否有出現冠狀病毒病的癥狀。
<b>What does self-isolation mean for me and my family?</b>	<b>自我隔離對於我和家人意味著甚麼？</b>
<ul style="list-style-type: none"> <li>• Staying at home and away from family members in your home.</li> <li>• No visitors.</li> <li>• Continue <a href="#">good hygiene practices</a>.</li> <li>• Wear a mask if you have one.</li> <li>• Contact your GP if symptoms get worse.</li> </ul>	<ul style="list-style-type: none"> <li>• 留駐家中，並與家裏的其他人隔離。</li> <li>• 不接待訪客。</li> <li>• 保持<a href="#">良好衛生習慣</a>。</li> <li>• 假如有口罩則應該配戴口罩。</li> </ul>

<ul style="list-style-type: none"> <li>• Only visit the hospital if you are really sick or if breathing is hard for you.</li> <li>• Call an ambulance if you have chest pain or very high fever. Tell them you may have COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>• 若病情惡化，請聯繫自己的家庭醫生。</li> <li>• 祇在病情非常嚴重或呼吸困難的情況下才上醫院。</li> <li>• 假如出現胸痛或嚴重高燒，應召救護車。請知會他們你可能患了 COVID-19。</li> </ul>
<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation">https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation">https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation</a>

#### Groups and gatherings 群組及聚集

<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings">https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings">https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings</a>

#### Mental health and wellbeing 精神健康及福祉

<b>How do I keep my mind healthy?</b>	<b>如何保持我的心境健康？</b>
We all have different ways of coping; remember you are not alone in how you feel.	每個人都有不同的應對辦法；要記住，不會祇是你有同樣的感覺。
Feeling confused and uncertain about the future is a normal, understandable reaction at a time like this.	在當前的形勢下，對未來感到迷茫或不測是很正常、很能被理解的。
<ul style="list-style-type: none"> <li>○ maintain your routine as much as possible.</li> <li>○ talk to family and friends by phone, skype or email.</li> <li>○ Limit time on media and social media if it makes you feel unhappy or fearful.</li> <li>○ Continue to exercise.</li> </ul>	<ul style="list-style-type: none"> <li>○ 盡量保持一向的生活習慣。</li> <li>○ 利用電話、Skype 或電郵與家人及朋友聊聊天。</li> <li>○ 假如社交媒體令你不開心或惶恐不安，減少花在那上面的時間。</li> <li>○ 保持身體運動。</li> </ul>

Where can I get support?	我可以從哪裏獲取支持？
<ul style="list-style-type: none"> <li>○ Call your GP</li> <li>○ Call headspace Canberra on 5109 9700</li> <li>Visit their website at <a href="https://headspace.org.au/headspace-centres/headspace-canberra/">https://headspace.org.au/headspace-centres/headspace-canberra/</a></li> <li>○ <a href="#">Lifeline</a> Canberra on 13 11 14</li> <li>Visit their website at <a href="http://www.lifeline.org.au">www.lifeline.org.au</a></li> <li>○ Call Beyond Blue on 1300 22 46 36</li> <li>Visit their website at <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></li> <li>○ Call Kids Helpline on 1800 551 800</li> <li>Visit their website at <a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a></li> <li>○ Call St Vincent de Paul Canberra on (02) 6282 2722</li> <li>○ Call Anglicare (Canberra) on (02) 6245 7100</li> <li>○ Call Anglicare (Goulburn) on (02) 4823 4000</li> <li>○ Call MensLine Australia on 1300 78 99 78</li> <li>○ Call Suicide Call Back Service on 1300 659 467</li> <li>○ Call NSW Mental Health Line on 1800 011 511</li> <li>○ Call COVID-19 National Hotline on 1800 675 398</li> <li>○ Call Canberra Health Services Access Mental Health on 1800 629 354 or 02 6205 1065</li> </ul>	<ul style="list-style-type: none"> <li>○ 聯繫自己的家庭醫生</li> <li>○ 聯繫 headspace Canberra ， 號碼 5109 9700</li> <li>訪閱他們的網站 <a href="https://headspace.org.au/headspace-centres/headspace-canberra/">https://headspace.org.au/headspace-centres/headspace-canberra/</a></li> <li>○ 坎培拉 <a href="#">Lifeline</a> ， 號碼 13 11 14</li> <li>訪閱他們的網站 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a></li> <li>○ 聯繫 Beyond Blue ， 號碼 1300 22 46 36</li> <li>訪閱他們的網站 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></li> <li>○ 聯繫 Kids Helpline ， 號碼 1800 551 800</li> <li>訪閱他們的網站 <a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a></li> <li>○ 聯繫 St Vincent de Paul Canberra ， 號碼 (02) 6282 2722</li> <li>○ 聯繫 Anglicare (Canberra) ， 號碼 (02) 6245 7100</li> <li>○ 聯繫 Anglicare (Goulburn) ， 號碼 (02) 4823 4000</li> <li>○ 聯繫 澳洲 MensLine ， 號碼 1300 78 99 78</li> <li>○ 聯繫 Suicide Call Back Service ， 號碼 1300 659 467</li> <li>○ 聯繫 NSW Mental Health Line ， 號碼 1800 011 511</li> <li>○ 聯繫 COVID-19 全國熱綫 ， 號碼 1800 675 398</li> <li>○ 聯繫 Canberra Health Services Access Mental Health ， 號碼 1800 629 354 或 02 6205 1065。</li> </ul>

## The flu and COVID-19 流感與冠狀病毒病

<b>Are COVID-19 and influenza the same?</b>	<b>冠狀病毒病(COVID-19)和流感是一樣的嗎?</b>
No. COVID-19 and influenza (flu) are caused by different viruses. Both COVID-19 and influenza cause respiratory illness. The symptoms, which can range from mild through to severe and sometimes fatal, are often very similar.	不一樣。冠狀病毒病和流行性感冒(流感)是由不同病毒引致的。冠狀病毒病和流感兩者均會引致呼吸道疾病。其癥狀，從輕微到嚴重到有時會致命，通常都非常相似。
An important difference between the two viruses is the incubation time (the time from infection to appearance of symptoms) with influenza typically having a shorter incubation period than COVID-19.	兩種病毒之間的重要區別是潛伏期(從感染到癥狀出現的時間)的長短，流感的潛伏期通常比冠狀病毒病的要短。
While both viruses can cause severe disease, it appears severe and critical disease occurs more commonly in people with COVID-19 compared to influenza.	雖然兩種病毒均可引致嚴重疾病，但與流感相比，患冠狀病毒病似乎更多時候會出現嚴重及危殆疾病。
<b>Will the flu vaccine protect me against COVID-19?</b>	<b>流感疫苗能保護我不會染上冠狀病毒病嗎?</b>
The flu vaccine will not protect you against COVID-19, but it is highly recommended that you get vaccinated each year to prevent influenza infection. If you become infected with influenza it can lower your immunity and make you susceptible to other illnesses, like COVID-19.	流感疫苗不會保護你免受冠狀病毒病的侵害，但我們仍強烈建議大家每年都接種疫苗，以防止流感感染。如果你受了流感感染，它會降低你的免疫力，令你更容易患上其他疾病，如冠狀病毒病等。
<b>Where can I get the flu vaccine?</b>	<b>在哪裏可以打流感疫苗?</b>
Influenza vaccines are available at GPs, some pharmacies (10 years and over) and Early Childhood Immunisation Centres (6 months to under 5 years). Some workplaces also provide influenza vaccines for staff.	家庭醫生診所、個別藥房(面嚮 10 歲或以上人士)和「幼兒免疫中心」(面嚮 6 個月至 5 歲以下兒童)均提供流感疫苗。某些工作單位也會向職員提供流感疫苗。
It's important to call ahead and make an appointment to ensure that your GP has flu vaccines in stock.	請務必提前致電預約疫苗注射時間，以確保你去的診所所有流感疫苗的庫存。

<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19">https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19</a>	<a href="https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19">https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19</a>

## Help and advice 幫助及指示

### Travelling 出遠門

<b>Travelling interstate</b>	<b>跨州旅行</b>
The ACT borders have never been closed. However, previously only essential travel was recommended.	首都區(ACT)的區界一直沒有被封閉過。不過，前一段時間政府有建議市民沒有必要勿出遠門。
Canberrans should carefully consider the need to travel outside of the Canberra region.	坎培拉市民應慎重考慮是否有需要前往坎培拉地區之外的地方。
Someone bringing the virus into the region from interstate remains one of the biggest risks to the re-emergence of COVID-19 in the ACT.	從外州地區帶病毒進入首都區的現象是令坎培拉(ACT)地區重受病毒肆虐的最大風險之一。
If you choose to use travel, it is your responsibility to maintain <a href="#">physical distancing</a> and practise <a href="#">good hygiene</a> .	假如你決定要出門遠行，你將有責任遵循 <a href="#">人身疏距</a> 的原則，並保持良好的 <a href="#">衛生習慣</a> 。
You should not travel if you are unwell.	假如身體不舒服，則不應出門遠行。
You must adhere to the rules within the state you are travelling.	在路途中，你必須遵守所在州內的有關規定。
<a href="#">Check the rules for each state or territory</a> for more information.	<a href="#">查閱各州或領地有關規定</a> 以瞭解詳情。
For information about visiting NSW households, please visit <a href="https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule">https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule</a>	前往新州探訪家人的有關規定可見於 <a href="https://www.NSW.gov.au/COVID-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule">https://www.NSW.gov.au/COVID-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule</a>

<p>For more information about other states, visit the following government websites:</p> <ul style="list-style-type: none"> <li>• <a href="#">New South Wales</a></li> <li>• <a href="#">Northern Territory</a></li> <li>• <a href="#">Queensland</a></li> <li>• <a href="#">South Australia</a></li> <li>• <a href="#">Tasmania</a></li> <li>• <a href="#">Victoria</a></li> <li>• <a href="#">Western Australia</a></li> </ul>	<p>欲知其他各州的詳細規定，請訪問以下政府網站：</p> <ul style="list-style-type: none"> <li>• <a href="#">新南威爾士州</a></li> <li>• <a href="#">北領地</a></li> <li>• <a href="#">昆士蘭州</a></li> <li>• <a href="#">南澳</a></li> <li>• <a href="#">塔斯馬尼亞州</a></li> <li>• <a href="#">維多利亞州</a></li> <li>• <a href="#">西澳</a></li> </ul>
<p><b>Travelling overseas</b></p>	<p><b>到海外旅遊</b></p>
<p>If you have returned home from overseas you will be quarantined in a designated facility (for example, a hotel) for 14 days.</p>	<p>假如你剛從海外返澳，你將須在指定的設施(如酒店)檢疫 14 日。</p>
<p>The Australian Government has a ‘do not travel’ ban on Australians travelling overseas.</p>	<p>澳洲政府現正有“請勿出遊”的警示，禁止澳洲國民出境旅遊。</p>
<p>The travel ban will help to reduce spread of coronavirus in Australia and overseas.</p>	<p>旅行禁令將有助減少冠狀病毒在澳洲及海外的傳播。</p>
<p>Exemptions to the travel ban may be considered if:</p>	<p>若有下列情況，旅遊禁令可被考慮豁免：</p>
<ul style="list-style-type: none"> <li>• you usually reside overseas;</li> <li>• travel is essential;</li> <li>• travel is a national interest; or</li> <li>• travel is for compassionate or humanitarian reasons.</li> </ul>	<ul style="list-style-type: none"> <li>• 你通常是居住在海外的;</li> <li>• 屬於必要性質的旅行;</li> <li>• 關乎國家利益的旅行；或</li> <li>• 基於恩恤或人道理由的出行。</li> </ul>
<p>To apply for an exemption, you need to contact the Department of Home Affairs.</p>	<p>若要申請豁免，你需要聯繫政府內務部(Department of Home Affairs)。</p>

<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/help-and-advice/travellers">https://www.covid19.act.gov.au/help-and-advice/travellers</a>	<a href="https://www.covid19.act.gov.au/help-and-advice/travellers">https://www.covid19.act.gov.au/help-and-advice/travellers</a>

Education, universities, and childcare 教育、大學、托兒所

<b>Child Care</b>	<b>托兒服務</b>
ACT Child Care centres remain open.	ACT 各托兒中心仍舊開放。
All other early childhood services, like long day care, family day care, some out of school hours care and vacation care can continue to operate. Check with your local provider to see if services have changed.	所有其他幼兒服務，如長時間日托、家庭日托、某些課外時間托管及假日托管等將可以繼續運營。請向你當地的服務提供機構查詢其服務是否有改動。
<b>Schools</b>	<b>學校</b>
ACT public school students and teachers have now returned to school.	首都區各公立學校的學生及教師均已返回學校上課。
Students and teachers with chronic health conditions or compromised immune systems will be allowed to remain studying/working from home.	患有慢性疾病或免疫系統欠佳的學生和教師將被允許繼續在家學習/工作。
If your child is unwell, do not send them to school.	假如你的孩子有身體不適，請勿送其至學校。
More information about face to face learning is available on the <a href="#">Education Directorate website</a> .	有關面對面教學的詳情可見於 <a href="#">Education Directorate(教育主管部)的網站</a> 。
For non-government schools, which may have different arrangements in place, visit the school's website directly.	非公立學校可能設有不同的安排，詳情請直接訪問各校網站。
<b>Universities</b>	<b>大學</b>



Canberra's education providers are working hard to support students throughout this crisis.	本疫情期間，坎培拉的教育機構一直在努力支援廣大學生。
<p>Please contact your institution for specific information about returning to classes.</p> <ul style="list-style-type: none"> <li>• <a href="#">The Australian National University</a></li> <li>• <a href="#">University of Canberra</a></li> <li>• <a href="#">Canberra Institute of Technology</a></li> <li>• <a href="#">Australian Catholic University</a></li> <li>• <a href="#">UNSW Canberra</a></li> <li>• <a href="#">Charles Sturt University</a></li> </ul>	<p>有關返回課堂的具體資訊請聯繫你自己的學校。</p> <ul style="list-style-type: none"> <li>• <a href="#">澳洲國立大學(The Australian National University)</a></li> <li>• <a href="#">坎培拉大學(University of Canberra)</a></li> <li>• <a href="#">坎培拉理工學院(Canberra Institute of Technology)</a></li> <li>• <a href="#">澳洲天主教大學(Australian Catholic University)</a></li> <li>• <a href="#">新州大學坎培拉校園(UNSW Canberra)</a></li> <li>• <a href="#">查理斯圖特大學(Charles Sturt University)</a></li> </ul>

## Public transport 公共交通

Public transport	公共交通
While light rail and bus services, including the flexible bus service and special needs transport, will continue to operate, we are urging people to only use them if absolutely necessary.	雖然輕軌及巴士服務，包括靈活巴士服務和特別需要交通都會正常運作，我們敦促市民只在極度需要的情況下才使用這些服務。
These services are essential for many in our community to get to the shops, to appointments and to and from work and we urge people to avoid non-essential travel to help stop the spread of COVID-19 in our community.	對於社區中很多人來說，這些都是必需的交通服務。他們要去購物、趕赴預約、往返工作地方等。我們敦促大家避免無必要的外出，以一同制止 COVID-19 在社區內的擴散。
Please avoid using public transport if you feel unwell.	假如你不舒服，請避免使用公交服務。
Get on the bus from the rear door.	請從巴士的後門上巴士。

Drivers will only not open the front doors if there are safety concerns at particular locations.	司機祇會在特別地點並因顧及安全時才會開啓前門。
The front seat of the bus will temporarily be closed off, providing more space between our drivers and customers.	巴士的前座將暫時停用，以在司機與乘客之間騰出更多空間。
Always follow <a href="#">good hygiene practises</a> when using public transport.	使用公交時請遵循 <a href="#">良好衛生習慣</a> 。
Cash will no longer be accepted on Transport Canberra buses until further notice. Please use MyWay or pre-purchased tickets from ticket vending machines.	Transport Canberra 屬下的巴士已不再接受現金，直至另行通知。請使用 MyWay 或售票機的預購車票。
For ticketing and fares information <a href="https://www.transport.act.gov.au/tickets-and-myway">https://www.transport.act.gov.au/tickets-and-myway</a>	票務及車資詳情可參閱 <a href="https://www.transport.act.gov.au/tickets-and-myway">https://www.transport.act.gov.au/tickets-and-myway</a> 。

#### Other transport 其他交通

<b>Taxis and ride share</b>	<b>的士及共乘車(ride share)服務</b>
You can still use taxis and ride share services in the ACT.	目前在首都區(ACT)，你仍然可以使用的士及共乘車服務。
If you are using a taxi or ride share service you should follow the ACT Health advice about <a href="#">good hygiene practices</a> .	在使用的士或共乘車服務時，請遵循首都區衛生部(ACT Health)的指示，實行良 <a href="#">好衛生習慣</a> 。
You should not use a taxi or ride share service if you feel unwell. If you have COVID-19 symptoms and have no other way to get to a centre for testing, please call Healthdirect on 1800 022 222 to talk about other transport options.	假如你有身體不適，則不應使用的士或共乘車。假如你有冠狀病毒病癥狀，但無其他交通方法前往測檢中心進行測檢，請致電 Healthdirect，號碼 1800 022 222，與他們商討其他交通辦法。
<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/help-and-advice/transport">https://www.covid19.act.gov.au/help-and-advice/transport</a>	<a href="https://www.covid19.act.gov.au/help-and-advice/transport">https://www.covid19.act.gov.au/help-and-advice/transport</a>

Community support 社區支援

<b>Support for seniors in the ACT, including essential services</b>	<b>給予首都區(ACT)年長人士的支援，包括必需的服務</b>
There is a Seniors Information Line is open Monday to Friday, 9:00am - 5:00pm. Staff are available to take your calls and listen to your concerns and provide advice.	政府現設有一長者資訊熱線 Senior Information Line，營業時間為週一至週五上午 9:00 時至下午 5:00 時。話務員會接聽你的電話，聆聽你擔憂的問題，然後提供建議。
They will be able to provide detail on the following services:	他們還能就下列服務提供詳盡資料:
<ul style="list-style-type: none"> <li>• ACT Seniors Cards and discounts</li> <li>• social activities</li> <li>• aged care and retirement options</li> <li>• household assistance</li> <li>• transport</li> <li>• community and government services.</li> </ul>	<ul style="list-style-type: none"> <li>• ACT Seniors Cards (首都區長者卡)及各種折扣</li> <li>• 社交活動</li> <li>• 老年護理及退休方面的各種選擇</li> <li>• 家務幫助</li> <li>• 交通</li> <li>• 社區及政府服務。</li> </ul>
The Seniors Information Line can be reached on 6282 3777 or you can visit the Council of The Ageing website.	Seniors Information Line(長者資訊熱線)的號碼是 6282 3777，你亦可以訪問樂齡委員會的網站 Council of The Ageing。
Some supermarkets are also supporting the needs of older people by offering an hour of shopping just for vulnerable people with appropriate government-issued concession identification.	個別超市亦設有顧及老人需要的營業時間，指定某一時段內祇允許持有政府頒發的優惠證件的老弱人士入內購物。
These supermarkets include:	這類超市有:
<ul style="list-style-type: none"> <li>• Woolworths Community Hour 7am - 8am Monday, Wednesday and Friday</li> <li>• Coles Community Hour 7am - 8am Monday, Wednesday and Friday</li> <li>• Fyshwick Fresh Food Markets – Seniors Shopping Hour 7am - 8am Thursday and Friday</li> </ul>	<ul style="list-style-type: none"> <li>• Woolworths 社區時段：逢週一、週三及週五早上 7 時至 8 時</li> <li>• Coles 社區時段：逢週一、週三及週五早上 7 時至 8 時</li> <li>• Fyshwick Fresh Food 市場 – 長者購物時段：逢週四及週五上午 7 時至 8 時</li> </ul>
<b>Canberra Relief Network</b>	<b>坎培拉救濟網絡</b>

<p>The Canberra Relief Network is helping to provide food and non-perishable household essential items to vulnerable people in the ACT.</p>	<p>「坎培拉救濟網絡」(The Canberra Relief Network)現正幫助向首都地區(ACT)的弱勢人群供應食物及非易腐家庭必需品。</p>
<p>For more information about the Canberra Relief Network you can call 1800 43 11 33.</p>	<p>有關「坎培拉救濟網絡」的詳細資訊可致電 1800 43 11 33 查詢。</p>
<p><b>Support for temporary visa holders</b></p>	<p><b>面嚮持臨時簽證人士的支援</b></p>
<p>The ACT Government is helping temporary visa holders and international students during COVID-19.</p> <p>Many people on temporary visas are not eligible for Job Keeper.</p> <p>We are providing \$450,000 to support these Canberrans.</p> <p>This funding will help those who are unable to go home, work, or receive Australian Government support.</p> <p>It will also help with the basics, so people can survive this period.</p>	<p>在冠狀病毒病疫情期間，首都區政府(ACT Government)一直在幫助持臨時簽證者和國際留學生。</p> <p>許多持臨時簽證的人是不符合申請「保職津貼」(JobKeeper)的條件的。</p> <p>我們正撥出\$450,000 元來支援這批坎培拉人。</p> <p>撥款將幫助那些無法返回祖家、無法工作、或不具條件領取澳洲政府補貼的人。</p> <p>撥款還對生活方面的基本需求予以幫助，以保證這批人士能度過艱難時期</p>
<p>For Canberrans seeking asylum, please contact Companion House Reception on <a href="tel:0262514550">(02) 6251 4550</a>.</p> <p>This office is open Monday, Tuesday, Thursday, and Friday from 10am to 5pm.</p> <p>You can also email Companion House at <a href="mailto:info@companionhouse.org.au">info@companionhouse.org.au</a>.</p> <p>You need to have lodged a protection application with Department of Home Affairs.</p>	<p>欲尋求庇護的坎培拉人可致電(02) 6251 4550 聯繫「同伴之家接待處」(Companion House Reception)。</p> <p>該辦事處營業時間為週一、週二、週四及週五上午 10 點至下午 5 點。</p> <p>各位亦可電郵至「同伴之家」的郵箱：<a href="mailto:info@companionhouse.org.au">info@companionhouse.org.au</a>。</p> <p>你必須是已經向內政部(Department of Home Affairs)遞交了庇護申請(Protection application)的人士。</p>

<p>For Canberrans on other temporary visas, please contact the Red Cross ACT Migration Support Program HUB on (02) 6234 7695.</p> <p>You can also email Red Cross at <a href="mailto:hspcanberra@redcross.org.au">hspcanberra@redcross.org.au</a>.</p> <p>This includes people on:</p> <ul style="list-style-type: none"> <li>• bridging visas</li> <li>• Safe Haven Enterprise visas</li> <li>• Temporary Protection visas</li> <li>• temporary work visas</li> <li>• family visas</li> </ul>	<p>持其他臨時簽證的坎培拉人可致電(02) 6234 7695 聯繫「紅十字會首都區移民支援計劃中心」(Red Cross ACT Migrant Support Program HUB)。</p> <p>你亦可電郵至「紅十字會」(Red Cross)的郵箱： <a href="mailto:hspcanberra@redcross.org.au">hspcanberra@redcross.org.au</a>。</p> <p>這類人士包括持以下簽證者：</p> <ul style="list-style-type: none"> <li>• 過橋簽證(bridging visas)</li> <li>• Safe Haven Enterprise 簽證</li> <li>• Temporary Protection 簽證</li> <li>• 臨時工作簽證(temporary work visas)</li> <li>• 家庭簽證(family visas)。</li> </ul>
<p>If you are an <b>international student</b>, please get in touch with your institution.</p>	<p>假如你是<b>國際留學生</b>，請聯繫自己的學校。</p>
<p>Migrants, refugees, asylum seekers, and humanitarian entrants can also get help through the <b>Migrant and Refugee Settlement Services</b> Emergency Relief Fund.</p> <p>To find out more, please visit the <a href="#">Migrant and Refugee Settlement Services website</a>.</p>	<p>移民、難民、尋求庇護者及以人道主義理由抵澳者亦可以通過「<b>移民及難民安置服務緊急緩解基金</b>」(Migrant and Refugee Settlement Services Emergency Relief Fund)獲取幫助。</p> <p>欲瞭解詳情，請訪問「<a href="#">移民及難民安置服務</a>」(Migrant and Refugee Settlement Services)。</p>
<p><b>More information</b></p>	<p><b>詳情</b></p>
<p><a href="https://www.covid19.act.gov.au/help-and-advice/community-support">https://www.covid19.act.gov.au/help-and-advice/community-support</a></p>	<p><a href="https://www.covid19.act.gov.au/help-and-advice/community-support">https://www.covid19.act.gov.au/help-and-advice/community-support</a></p>

Tenants and landlords 租客及房東

<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/help-and-advice/residential-tenancies">https://www.covid19.act.gov.au/help-and-advice/residential-tenancies</a>	<a href="https://www.covid19.act.gov.au/help-and-advice/residential-tenancies">https://www.covid19.act.gov.au/help-and-advice/residential-tenancies</a>

Sport and fitness 體育及健美

<b>More information</b>	<b>詳情</b>
<a href="https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness">https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness</a>	<a href="https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness">https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness</a>

## Financial support 經濟支援

<b>ECONOMIC SUPPORT</b>	<b>經濟支援</b>
<b>Business Liaison Team</b>	<b>商務聯絡隊</b>
A phone line is now available to help businesses understand the support available to them from the ACT Government because of the changes to normal business caused by COVID-19.	政府現設有一電話專線，幫助各商企瞭解首都區政府(ACT Government)有哪些支援措施，幫助商企應對冠狀病毒病引致對正常運作的調整。
The number you can call is 02 6205 0900.	你可以撥打的號碼是 02 6205 0900。
<b>Hardship rates deferral arrangements</b>	<b>市政稅的困境遞延安排</b>
The ACT Revenue Office has a new process for rates deferrals for people who own and live in their home who are going through hardship because of COVID-19. No interest will apply to the deferred amount.	「首都區收益辦公室」(ACT Revenue Office)現設有一新的市政稅遞延流程，使用對象是擁有自住物業的、因冠狀病毒病(COVID-19)而陷入困境的市民。遞延的那部分市政稅將無需繳納利息。
The deferral will be for 12 months where household income has been significantly (at least 25%) reduced because of:	遞延期可為 12 個月 ---- 假如家庭收入因下列原因而顯著減少(至少 25%):
<ul style="list-style-type: none"> <li>• unemployment;</li> <li>• reduction in hours of work; or</li> <li>• a loss of small business income.</li> </ul>	<ul style="list-style-type: none"> <li>• 失業;</li> <li>• 工時縮減; 或</li> <li>• 小型商企遭受收入損失。</li> </ul>
Eligibility criteria will include income testing (household incomes less than \$160,000 before tax).	遞延的申請資格須經收入測試(家庭的稅前總收入低於\$160,000)。
To apply for the deferral, you will need to complete a simple online application form on the <a href="#">ACT Revenue Office website</a> .	若要申請遞延，你須在「 <a href="#">首都區收益辦公室</a> 」(ACT Revenue Office)的網站上填寫一份簡單的在線申請表。
<b>Six-month waiver of payroll tax</b>	<b>免繳六個月工資稅</b>

Businesses who have been directly impacted by COVID-19 requirements will be eligible to get a six-month waiver of payroll tax from April to September 2020.	因冠狀病毒病(COVID-19)的有關要求而直接受到影響的商企將有資格申請免繳六個月的工資稅，豁免期為 2020 年 4 月至 9 月。
Businesses will need to complete a simple online application form on the <a href="#">ACT Revenue Office</a> website to confirm their eligibility.	打算申請的商企需要在「 <a href="#">首都區收益辦公室</a> 」(ACT Revenue Office)的網站上填寫一份簡單的在線申請表，以確認其申請資格。

### Jobs for Canberrans 坎培拉市民(Canberrans)就業機會

<b>Jobs for Canberrans</b>	<b>坎培拉市民的就業機會</b>
The ACT Government has created the Jobs for Canberrans Fund, which will provide work opportunities for people in the casual or semi-skilled workforce who have lost their jobs due to COVID-19.	首都區政府(ACT Government)創立了「坎培拉市民就業基金」(Jobs for Canberrans Fund)，幫助因冠狀病毒病(COVID-19)而失業的散工或半技工工人尋找就業機會。
Roles will be made available to people most in need. Highest priority will be given to people ineligible for any Australian Government support.	工作崗位將優先允讓予最需要的人。最優先的將是那些沒有條件獲取澳洲政府任何救濟的人。
<b>Steps to sign-up</b>	<b>登記步驟</b>
To sign up, people will need to have an ACT Digital account so they can:	想登記的市民必須先有一個 ACT Digital 的賬號，這樣你才可以：
<ul style="list-style-type: none"> <li>• receive notifications on new jobs vacancies</li> <li>• apply for job vacancies online</li> <li>• easily update your contact details.</li> </ul>	<ul style="list-style-type: none"> <li>• 職位空缺出現時你會收到通知</li> <li>• 在線上申請有空缺的職位</li> <li>• 輕易地更新你的聯繫資料。</li> </ul>
To apply for any roles, you may be asked to submit an online application and a CV listing skills and experience.	要申請任何職位的話，你可能會被要求在線上提交一份申請書和簡歷，列明你具備的技能和經驗。
Apply here: <a href="https://myaccount.act.gov.au/casualjob/s/">myaccount.act.gov.au/casualjob/s/</a>	請在此處申請: <a href="https://myaccount.act.gov.au/casualjob/s/">myaccount.act.gov.au/casualjob/s/</a>