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General information 一般信息

Canberra, stop the spread of COVID-19. It's everyone's responsibility to protect our community.	堪培拉，阻断 COVID-19 传播。保护我们的社区是每个人的责任。
For everything you need to know, what to do, and the latest news, visit the ACT Government's dedicated website, covid19.act.gov.au	欲了解所有须知信息，要怎么做以及最新资讯，请访问首都领地政府的专门网站： covid19.act.gov.au

COVID-19 Helpline COVID-19 求助热线

New COVID-19 helpline for Canberrans	给堪培拉人的新 COVID-19 求助热线
The ACT Government has a new helpline to help Canberrans with information about COVID-19.	首都领地 (ACT) 政府设立了一条新的求助热线，帮助堪培拉人获得 COVID-19 的相关信息。
You can call the COVID-19 Helpline on 026207 7244 from 8am to 8pm daily.	您可以在每天早上 8 点到晚上 8 点之间拨打 COVID-19 求助热线：026207 7244。

Interpreter information 口译信息

Can I still access an interpreter?	我还能请到口译员吗？
Yes, you can still access an interpreter through Translating and interpreting Service National .	可以，您仍然可以通过全国口笔译服务处 (Translating and interpreting Service National) 获得口译员服务。

About COVID-19 (coronavirus) 关于 COVID-19 (冠状病毒)

What is Coronavirus or COVID-19?	冠状病毒或 COVID-19 是什么？
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).	冠状病毒是可以同时感染人和动物的一类病毒。对于人类，冠状病毒会引起轻度疾病，如普通感冒和胃肠道感染；也会引起较严重疾病，例如 SARS (严重急性呼吸系统综合症) 和 MERS (中东呼吸综合症)。
A virus is a sickness that can spread easily from one person to another.	病毒是一种容易在人与人之间传播的疾病。
The key symptoms of coronavirus are:	感染冠状病毒的主要症状有：
<ul style="list-style-type: none"> • fever • cough • sore throat • shortness of breath 	<ul style="list-style-type: none"> • 发烧 • 咳嗽 • 嗓子痛 • 气短
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.	目前估计感染者在接触导致 COVID-19 的病毒后 2-14 天会出现症状。
How does coronavirus spread?	冠状病毒如何传播？
Coronavirus spreads when people with the virus cough or sneeze.	冠状病毒会在感染病毒的人咳嗽或打喷嚏时传播。
Small drops of water from the virus can come through the air into your body.	带有病毒的微小液滴可能透过空气进入您体内。
The virus can be on things you touch.	病毒可能附着在您触摸的物体上。
For example,	比如：

<ul style="list-style-type: none"> • shopping trolleys • door handles • light switches • computers or phones 	<ul style="list-style-type: none"> • 购物推车 • 门把手 • 灯开关 • 电脑或电话
<p>If the virus is on your hands, it can go into your body when you touch your eyes, nose or mouth.</p>	<p>如果手上沾有病毒，病毒可能在您摸眼睛、鼻子或嘴时进入您体内。</p>
<p>What is community transmission?</p>	<p>什么是社区传播？</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>社区传播是很多人染病，却找不出直接的 COVID-19 传染源的情况。</p>
<p>Social distancing, staying at home and maintaining good hygiene can help prevent community transmission.</p>	<p>社交距离、居家隔离和保持良好的卫生习惯可以帮助避免社区传播。</p>

Protect yourself and others 保护自身和他人

Feeling unwell? 感到身体不适 ?

Should I get tested for COVID-19?	我要接受 COVID-19 检测吗 ?
You should get tested for COVID-19 if:	如有以下情况，您应当接受 COVID-19 检测：
<ul style="list-style-type: none"> • Fever (37.5°C or greater) • Recent history of fever, such as chills or night sweats • Respiratory infection, such as cough, sore throat, or shortness of breath. 	<ul style="list-style-type: none"> • 发烧 (37.5°C 或以上) • 近期有发烧记录，比如打冷战或夜间盗汗 • 呼吸系统感染，比如咳嗽、嗓子痛或呼吸急促。
More information	更多信息
https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell	https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell

Getting tested 接受检测

What do I do and where do I go in the ACT if I have symptoms?	如果我在首都领地出现症状应该怎么做，该去哪里？
Limit being around other people.	限制跟他人接触。
Call your GP, testing can be organised if needed.	打电话给您的家庭医生，医生可以在有需要时为您安排检测。

<p>Visit a Respiratory Assessment Clinic at:</p>	<p>访问下列呼吸系统评估诊所 (Respiratory Assessment Clinic) :</p>
<ul style="list-style-type: none"> • 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. • Drive Through Respiratory Assessment Clinic at Exhibition Park in Canberra. EPIC, Flemington Rd & Northbourne Ave, Mitchell. Open 9:30am – 6:00pm every day. Cannot be accessed from public transport or on foot. • 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. 	<ul style="list-style-type: none"> • Weston Creek Walk-in Centre , 地址 : 24 Parkinson St, Weston. 开放时间 : 每天早上7点半到晚上10点。 请佩戴口罩 , 并使用前门提供的免洗搓手液。 • 开车前往堪培拉ExhibitionPark的免下车式 (Drive Through) 呼吸系统评估诊所。 地址 : EPIC, Flemington Rd & Northbourne Ave, Mitchell。 开放时间 : 每天早上9点半到晚上6点。 不能乘公交或徒步前往接受检测。 • 只有病情很重或呼吸困难才能去医院就诊。如果您胸痛或发高烧 , 请拨打000叫救护车。
<p>What happens if I test positive for COVID-19 in the ACT?</p>	<p>如果我在首都领地 , 检测出 COVID-19 呈阳性会怎么样 ?</p>
<p>The ACT Communicable Disease Control (CDC) team will call you to see who you have been near.</p>	<p>首都领地传染病控制中心 (Communicable Disease Control , 简称 CDC) 团队会给您打电话 , 了解您曾与哪些人接触。</p>
<p>They will call the people you have been near and tell them what to do.</p>	<p>他们会跟您接触过的人打电话 , 告诉对方要采取什么行动。</p>
<p>Remain at home in self-isolation until you are no longer positive to COVID-19.</p>	<p>请在家自我隔离 , 直到您的 COVID-19 检测结果由阳转阴。</p>
<p>You will be told if you need to go to hospital.</p>	<p>他们会告诉您是否要去医院。</p>
<p>Someone will check on you every day and will arrange for more testing.</p>	<p>会有人每天了解您的情况并安排更多检测。</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.	如果有关部门要求您待在家，您应当在家自我隔离，直到有关部门告诉您可以安全恢复正常活动。
More information on isolation is on ACT Government's dedicated website at covid19.act.gov.au	欲了解隔离详情，请访问首都领地政府的专门网站： covid19.act.gov.au
If you get sicker, call (02) 5124 9213 during business hours or call (02) 9962 4155 after hours for what to do.	如果您病情加重，请在办公时间拨打 (02) 5124 9213 或在下班以后拨打 (02) 9962 4155 了解要采取什么行动。
If you are short of breath or have chest pain, call 000 for an ambulance. Tell them you have COVID-19.	如果您感觉气短或胸痛，请拨打 000 叫救护车。告诉对方您感染了 COVID-19。
More information	更多信息
https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested	https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested

Good hygiene 良好卫生习惯

<ul style="list-style-type: none"> • 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. • Do not touch your eyes, nose or mouth with your hands. • Cough into your elbow. • Use hand sanitiser after you touch things in public. For example, shopping trolleys. • Sneeze into a tissue. Throw the tissue in the bin. Wash your hands again. 	<ul style="list-style-type: none"> • 每天用肥皂和水认真洗手若干次。手心手背都要洗，指隙、拇指也不能放过。 • 不要用手摸眼睛、鼻子或嘴。 • 咳嗽时用手肘遮挡。 • 在公共场所触碰东西，比如摸购物推车后用免洗搓手液洗手。 • 打喷嚏时用纸巾遮挡。将纸巾扔进垃圾桶。然后记得洗手。
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Physical distancing 肢体距离

<ul style="list-style-type: none"> • Keep a distance of 1.5 metres between yourself and other people, as well as following the 1 person per 4 square metres rule. • Avoid shaking hands, hugging, or kissing other people. • Use “tap and go” payments, instead of cash. • If unwell, stay at home. • Do not travel unless you need. 	<ul style="list-style-type: none"> • 保持与他人之间 1.5 米的距离，并遵守每人 4 平方米的规定。 • 避免跟他人握手、拥抱或亲吻。 • 使用“无触碰感应式 (tap and go)”付款，避免使用现金。 • 身体感到不适，请在家里休息。 • 若非需要请不要出门。
<p>Minimise visits to vulnerable people, such as those in aged care facilities or hospitals, elderly people, infants, or people with compromised immune systems.</p>	<p>尽量减少拜访易感人群，比如在养老设施或医院里的人、老年人、婴儿或免疫系统有缺陷的人。</p>

At risk groups 高危人群

<p>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.</p>	<p>有些人比其他人患 COVID-19 病情严重的风险更高，可以采取额外的预防措施来帮您保证安全。</p>
<p>People most at risk of complications from COVID-19 are:</p> <ul style="list-style-type: none"> • People aged 70 years and over • People aged 65 years and over with chronic medical conditions • People with compromised immune systems • Aboriginal and Torres Strait Islander people over the age of 50 with one or more chronic medical conditions 	<p>患 COVID-19 并发症风险最高的人是：</p> <ul style="list-style-type: none"> • 70 岁及以上人士 • 65 岁及以上患有慢性病的人 • 免疫系统有缺陷的人 • 年龄超过 50 岁、有一种或多种慢性病的原住民和托雷斯海峡岛民
<p>The Community Services Directorate website has detailed information on the community services and supports available to people at risk during the COVID-19 outbreak.</p>	<p>社区服务局 (Community Services Directorate) 网站详细列出了在 COVID-19 疫情期间提供给高危人群的社区服务和支持的信息。</p>

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.	请记住，在访问老年人等易感人群时要格外小心，随时保持身体距离、良好的手部卫生和打喷嚏/咳嗽卫生，这一点非常重要。
More information	更多信息
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

Quarantine and isolation 检疫和隔离

What does self-isolation mean for me and my family?	自我隔离对我和家人意味着什么？
<ul style="list-style-type: none"> • Staying at home and away from family members in your home. • No visitors. • Continue good hygiene practices. • Wear a mask if you have one. • Contact your GP if symptoms get worse. • Only visit the hospital if you are really sick or if breathing is hard for you. • Call an ambulance if you have chest pain or very high fever. Tell them you may have COVID-19. 	<ul style="list-style-type: none"> • 待在家里，远离同住的其他家庭成员。 • 谢绝访客登门拜访。 • 保持良好的卫生习惯。 • 如果您有口罩，请佩戴口罩。 • 如果症状加重，请跟家庭医生联络。 • 只有病情很重或呼吸困难才能去医院就诊。 • 如果您胸痛或发高烧，请打电话叫救护车，告诉对方您可能感染了 COVID-19。
What does it mean to quarantine?	检疫隔离是什么意思？
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.	在家隔离意味着您需要在所在地待满 14 天，不能去上班、上课或访问任何公共场所，例如商店或咖啡馆、餐馆。您需要告诉人们隔离期间不要来拜访您。

While in quarantine, you need to closely monitor your health for symptoms of COVID-19.	在隔离期间，您需要密切关注自身健康状况，注意 COVID-19 的症状。
More information	更多信息
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

Groups and gatherings 团体和聚会

More information	更多信息
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

Mental health and wellbeing 身心健康

How do I keep my mind healthy?	如何保持心理健康？
We all have different ways of coping; remember you are not alone in how you feel.	我们都有不同的应对方法；请记住不是您一个人有这样的感受。
Feeling confused and uncertain about the future is a normal, understandable reaction at a time like this.	类似这样的时候对前景感到疑惑或不正常是正常的，可以理解的。
<ul style="list-style-type: none"> ○ maintain your routine as much as possible. ○ talk to family and friends by phone, skype or email. ○ Limit time on media and social media if it makes you feel unhappy or fearful. ○ Continue to exercise. 	<ul style="list-style-type: none"> ○ 尽可能保持日常生活的规律。 ○ 通过电话、skype 或电子邮件跟家人和朋友交流。 ○ 如果看媒体和社交媒体让您不开心或感到害怕，请限制此类活动的时长。 ○ 继续运动。

Where can I get support?	哪里可以获得支持？
<ul style="list-style-type: none"> ○ Call your GP ○ Call headspace Canberra on 5109 9700 Visit their website at https://headspace.org.au/headspace-centres/headspace-canberra/ ○ Lifeline Canberra on 13 11 14 Visit their website at www.lifeline.org.au ○ Call Beyond Blue on 1300 22 46 36 Visit their website at www.beyondblue.org.au ○ Call Kids Helpline on 1800 551 800 Visit their website at https://kidshelpline.com.au ○ Call St Vincent de Paul Canberra on (02) 6282 2722 ○ Call Anglicare (Canberra) on (02) 6245 7100 ○ Call Anglicare (Goulburn) on (02) 4823 4000 ○ Call MensLine Australia on 1300 78 99 78 ○ Call Suicide Call Back Service on 1300 659 467 ○ Call NSW Mental Health Line on 1800 011 511 ○ Call COVID-19 National Hotline on 1800 675 398 ○ Call Canberra Health Services Access Mental Health on 1800 629 354 or 02 6205 1065 	<ul style="list-style-type: none"> ○ 打电话给家庭医生 ○ 拨打 5109 9700 联络堪培拉 headspace 访问该机构网站，网址是： https://headspace.org.au/headspace-centres/headspace-canberra/ ○ 拨打 13 11 14 联络堪培拉生命热线 (Lifeline) 访问该机构网站：www.lifeline.org.au ○ 拨打 1300 22 46 36 联络 Beyond Blue 访问该机构网站：www.beyondblue.org.au ○ 拨打1800 551 800联络儿童求助热线 (Kids Helpline) 访问该机构网站：https://kidshelpline.com.au ○ 拨打(02) 6282 2722联络堪培拉St Vincent de Paul ○ 拨打(02) 6245 7100联络Anglicare (堪培拉分部) ○ 拨打(02) 4823 4000联络Anglicare (Goulburn分部) ○ 拨打1300 78 99 78联络澳大利亚MensLine热线 ○ 拨打1300 659 467联络预防自杀回拨服务 (Suicide Call Back Service) ○ 拨打1800 011 511联络新州心理健康热线 (NSW Mental Health Line) ○ 拨打1800 675 398联络COVID-19全国热线 ○ 拨打1800 629 354或02 6205 1065联络堪培拉Health Services Access Mental Health热线

The flu and COVID-19 流感和 COVID-19

<p>Are COVID-19 and influenza the same?</p>	<p>COVID-19 和流感一样吗？</p>
<p>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.</p>	<p>不一样。导致 COVID-19 和流感的是不同类型的病毒。COVID-19 和流感都会导致呼吸系统疾病。症状通常很相似，可能从轻微到严重，有时甚至致命。</p>
<p>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.</p>	<p>这两种病毒的一个重要区别是潜伏期（从感染到出现症状的时间）长短。流感的潜伏期通常要短于 COVID-19。</p>
<p>While both viruses can cause severe disease, it appears severe and critical disease occurs more commonly in people with COVID-19 compared to influenza.</p>	<p>尽管两种病毒都可能导致严重疾病，但比起流感，COVID-19 的患者病情危重似乎更加普遍。</p>
<p>Will the flu vaccine protect me against COVID-19?</p>	<p>流感疫苗能保护我不得 COVID-19 吗？</p>
<p>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.</p>	<p>流感疫苗不会保护您不得 COVID-19，但我们还是强烈建议您每年接种疫苗避免感染流感。如果您感染了流感，免疫力可能会降低，从而更容易受到 COVID-19 等其它疾病的影响。</p>
<p>Where can I get the flu vaccine?</p>	<p>哪里可以接种流感疫苗？</p>
<p>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.</p>	<p>家庭医生、部分药房（有 10 岁及以上人士用疫苗）和幼儿免疫中心（有 6 个月到 5 岁以下孩童用疫苗）都提供流感疫苗。有些工作场所也给员工提供流感疫苗。</p>

It's important to call ahead and make an appointment to ensure that your GP has flu vaccines in stock.	打电话提前预约，确认您的家庭医生有库存的流感疫苗很重要。
More information	更多信息
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

Help and advice **帮助和建议**

Travelling **旅行**

Travelling interstate	跨州旅行
The ACT borders have never been closed. However, previously only essential travel was recommended.	首都领地从未关闭边界。不过我们曾推荐人们只进行必要的旅行。
Canberrans should carefully consider the need to travel outside of the Canberra region.	堪培拉人应谨慎考虑是否有必要前往堪培拉地区以外的地方。
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.	有人从其他州带进病毒仍然是首都领地再出现 COVID-19 疫情的最大风险之一。
If you choose to use travel, it is your responsibility to maintain physical distancing and practise good hygiene .	如果您选择旅行，您有责任保持 肢体距离 和 良好的卫生习惯 。
You should not travel if you are unwell.	如果您身体不适，则不应出行。
You must adhere to the rules within the state you are travelling.	您必须遵守旅行所到州的相关规定。
Check the rules for each state or territory for more information.	请查看每个州或领地的规定 了解详情。

For information about visiting NSW households, please visit https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule	欲了解访问新州家庭规定的详情，请访问： https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule
For more information about other states, visit the following government websites: <ul style="list-style-type: none"> • New South Wales • Northern Territory • Queensland • South Australia • Tasmania • Victoria • Western Australia 	欲了解其他州的更多信息，请访问以下政府网站： <ul style="list-style-type: none"> • 新南威尔士州 • 北领地 • 昆士兰州 • 南澳州 • 塔斯马尼亚州 • 维多利亚州 • 西澳州
Travelling overseas	出国旅行
The Australian Government has a 'do not travel' ban on Australians travelling overseas.	澳大利亚政府对澳洲人出国颁布了“禁止旅行”的禁令。
The travel ban will help to reduce spread of coronavirus in Australia and overseas.	旅行禁令将帮助减少冠状病毒在澳大利亚和海外的传播。
Exemptions to the travel ban may be considered if:	以下情况政府可能考虑对旅行禁令予以豁免：
<ul style="list-style-type: none"> • you usually reside overseas; • travel is essential; • travel is a national interest; or • travel is for compassionate or humanitarian reasons. 	<ul style="list-style-type: none"> • 您通常住在海外； • 旅行是必要的； • 旅行是出于国家利益；或 • 旅行是基于令人同情的原因或人道主义原因。
To apply for an exemption, you need to contact the Department of Home Affairs.	申请豁免，需联络内政部 (Department of Home Affairs) 。
More information	更多信息
https://www.covid19.act.gov.au/help-and-advice/travellers	https://www.covid19.act.gov.au/help-and-advice/travellers

Education, universities, and childcare 教育、大学和托儿

Child Care	托儿
ACT Child Care centres remain open.	首都领地的托儿中心继续开门营业。
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.	其他的幼儿服务，比如全日托儿服务、家庭托儿服务、部分课后托管和假期托管服务可以继续运营。请咨询您的本地服务机构了解服务是否有所改变。
Schools	学校
ACT public school students and teachers have now returned to school.	首都领地公立学校的师生现已返校上课。
If your child is unwell, do not send them to school.	如果您的孩子感觉不适，请不要送他们去学校。
Students and teachers with chronic health conditions or compromised immune systems will be allowed to remain studying/working from home.	患有慢性病或免疫系统有缺陷的师生将可获准在家上班/上学。
More information about face to face learning is available on the Education Directorate website.	欲了解面对面授课的详情，请访问教育部 (Education Directorate) 网站。
For non-government schools, which may have different arrangements in place, visit the school's website directly.	非公立学校的安排可能会有所不同，请直接访问学校网站了解详情。
Universities	大学
Canberra's education providers are working hard to support students throughout this crisis.	堪培拉的教育机构正在努力支持学生渡过这场危机。

<p>Please contact your institution for specific information about returning to classes.</p> <ul style="list-style-type: none"> • The Australian National University • University of Canberra • Canberra Institute of Technology • Australian Catholic University • UNSW Canberra • Charles Sturt University 	<p>有关返校上课的具体信息请联络您的院校。</p> <ul style="list-style-type: none"> • 澳大利亚国立大学 • 堪培拉大学 • 堪培拉科技学院 • 澳大利亚天主教大学 • 新南威尔士大学堪培拉校区 • 查尔斯特大学
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Public transport 公共交通

Public transport	公共交通
<p>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.</p>	<p>尽管轻轨和巴士服务，包括弹性巴士服务和满足特殊需求的交通会继续运行，但我们敦促大家仅在绝对需要时搭乘公交。</p>
<p>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.</p>	<p>这些服务对我们社区里很多人购物、前去赴约和上下班通勤必不可少，我们敦促人们避免非必要的出行，帮助阻断 COVID-19 在社区的传播。</p>
<p>Please avoid using public transport if you feel unwell.</p>	<p>如果您身体不适，请不要搭乘公交。</p>
<p>Get on the bus from the rear door.</p>	<p>乘坐巴士请从后门上车。</p>
<p>Drivers will only not open the front doors if there are safety concerns at particular locations.</p>	<p>司机只有在某些地点存在安全顾虑时，才不会打开前门。</p>
<p>The front seat of the bus will temporarily be closed off, providing more space between our drivers and customers.</p>	<p>巴士的前排座位暂时禁止乘坐，给司机和乘客彼此之间更多空间。</p>
<p>Always follow good hygiene practises when using public transport.</p>	<p>乘坐公交时，请始终保持良好的卫生习惯。</p>

Cash will no longer be accepted on Transport Canberra buses until further notice. Please use MyWay or pre-purchased tickets from ticket vending machines.	在另行通知之前，Transport Canberra 的巴士将不再接受现金付款。请使用 MyWay 或车票售卖机预售的车票。
For ticketing and fares information https://www.transport.act.gov.au/tickets-and-myway	欲了解票务及收费信息，请访问： https://www.transport.act.gov.au/tickets-and-myway

Other transport 其他交通

Taxis and ride share	计程车和共享出行
You can still use taxis and ride share services in the ACT.	您依然可以在 ACT 使用计程车和共享出行服务。
If you are using a taxi or ride share service you should follow the ACT Health advice about good hygiene practices .	如果您要使用计程车或共享出行服务，应当遵循 ACT Health 有关良好卫生习惯的建议 。
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.	如果您感觉身体不适，不应使用计程车或共享出行服务。如果您有 COVID-19 的症状，而且没有其他方式前往检测中心进行检测，请拨打 1800 022 222 联络 Healthdirect，讨论其他的交通选项。
More information	更多信息
https://www.covid19.act.gov.au/help-and-advice/transport	https://www.covid19.act.gov.au/help-and-advice/transport

Community support 社区支持

Support for seniors in the ACT, including essential services	给 ACT 老年人的支持，包括必要服务
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.	老年人信息专线 (Seniors Information Line) 每周一到周五上午 9 点到下午 5 点之间开通。有工作人员接听来电，聆听您的担忧并给出建

	议。
They will be able to provide detail on the following services:	他们可以给您提供以下服务的详细信息：
<ul style="list-style-type: none"> • ACT Seniors Cards and discounts • social activities • aged care and retirement options • household assistance • transport • community and government services. 	<ul style="list-style-type: none"> • ACT老人卡 (Seniors Cards) 和折扣 • 社交活动 • 老年护理和退休选项 • 居家帮助 • 交通 • 社区和政府服务。
The Seniors Information Line can be reached on 6282 3777 or you can visit the Council of The Ageing website.	Seniors Information Line 的号码是：6282 3777，或者您也可以访问老龄理事会 (Council of The Ageing) 网站。
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.	部分超市也支持老年人的需求，为有合格的政府发放优惠鉴定的弱势群体提供一小时的专门购物时段。
These supermarkets include:	这些超市包括：
<ul style="list-style-type: none"> • Woolworths Community Hour 7am - 8am Monday, Wednesday and Friday • Coles Community Hour 7am - 8am Monday, Wednesday and Friday • Fyshwick Fresh Food Markets – Seniors Shopping Hour 7am - 8am Thursday and Friday 	<ul style="list-style-type: none"> • Woolworths 社区购物时段周一、周三和周五早上 7 点到 8 点 • Coles 社区购物时段周一、周三和周五早上 7 点到 8 点 • Fyshwick Fresh Food 市场 – 老年人购物时段周四和周五早上 7 点到 8 点
Canberra Relief Network	Canberra Relief Network
The Canberra Relief Network is helping to provide food and non-perishable household essential items to vulnerable people in the ACT.	Canberra Relief Network 正在帮助向 ACT 的弱势群体提供食物和不易腐坏的家庭必需品。

<p>For more information about the Canberra Relief Network you can call 1800 43 11 33.</p>	<p>欲了解 Canberra Relief Network 的更多信息，请拨打 1800 43 11 33。</p>
<p>Support for temporary visa holders</p>	<p>给临时签证持有人的支持</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>首都领地政府在 COVID-19 疫情期间向临时签证持有人和国际留学生伸出援手。</p> <p>很多持临时签证的人不符合资格领取 Job Keeper。</p> <p>我们提供 45 万澳元支持这些堪培拉人。</p> <p>这笔拨款将帮到那些不了回家、没法工作或领取澳大利亚政府补助金的人。</p> <p>这笔钱也将帮到基本生活，让人们挺过这段时间。</p>
<p>For Canberrans seeking asylum, please contact Companion House Reception on (02) 6251 4550.</p> <p>This office is open Monday, Tuesday, Thursday, and Friday from 10am to 5pm.</p> <p>You can also email Companion House at info@companionhouse.org.au.</p> <p>You need to have lodged a protection application with Department of Home Affairs.</p>	<p>想要寻求庇护的堪培拉人请联络伴侣之家接待处 (Companion House Reception) : (02) 6251 4550。</p> <p>该办事处周一、周二、周四和周五上午 10 点到下午 5 点开放。</p> <p>您还可以发送电邮给伴侣之家 : info@companionhouse.org.au。</p> <p>您需要向内政部 (Department of Home Affairs) 递交保护申请。</p>
<p>For Canberrans on other temporary visas, please contact the Red Cross ACT Migration Support Program HUB on (02) 6234 7695.</p>	<p>持其他种类临时签证的堪培拉人请致电(02) 6234 7695 联络红十字会首都领地移民支持项目中心 (Red Cross ACT Migration Support</p>

<p>You can also email Red Cross at hspcanberra@redcross.org.au.</p> <p>This includes people on:</p> <ul style="list-style-type: none"> • bridging visas • Safe Haven Enterprise visas • Temporary Protection visas • temporary work visas • family visas 	<p>Program HUB) 。</p> <p>您也可以发送电邮给红十字会：hspcanberra@redcross.org.au。</p> <p>这包括持以下签证的人士：</p> <ul style="list-style-type: none"> • 过桥签证 • 安全港企业签证 • 临时保护签证 • 临时工作签证 • 家庭签证。
<p>If you are an international student, please get in touch with your institution.</p>	<p>如果您是海外留学生，请跟您的院校联系。</p>
<p>Migrants, refugees, asylum seekers, and humanitarian entrants can also get help through the Migrant and Refugee Settlement Services Emergency Relief Fund.</p> <p>To find out more, please visit the Migrant and Refugee Settlement Services website.</p>	<p>移民、难民、寻求庇护者和人道主义入境人士还可以通过移民和难民定居服务紧急救援基金 (Migrant and Refugee Settlement Services Emergency Relief Fund) 获得帮助。</p> <p>欲了解详情，请访问移民和难民定居服务网站。</p>
<p>More information</p>	<p>更多信息</p>
<p>https://www.covid19.act.gov.au/help-and-advice/community-support</p>	<p>https://www.covid19.act.gov.au/help-and-advice/community-support</p>

Tenants and landlords 房客和房东

More information	更多信息
https://www.covid19.act.gov.au/help-and-advice/residential-tenancies	https://www.covid19.act.gov.au/help-and-advice/residential-tenancies

Sport and fitness 运动和健身

More information	更多信息
https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness	https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness

Financial support 财务支持

ECONOMIC SUPPORT	经济支持
Business Liaison Team	商业联络组
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.	我们已经有一条电话专线，帮助企业理解 ACT 政府给正常营业受到 COVID-19 带来的变化影响的企业提供的支持。
The number you can call is 02 6205 0900.	电话号码是：02 6205 0900。
Hardship rates deferral arrangements	纾困市政税延期付款安排
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.	ACT Revenue Office 有一套新程序，让因为 COVID-19 疫情遭遇艰难的自住房房主延期支付市政税。延期付款的部分无需缴付利息。

The deferral will be for 12 months where household income has been significantly (at least 25%) reduced because of:	对于因为以下原因，家庭收入大幅减少（至少 25%）的人予以延期付款 12 个月：
<ul style="list-style-type: none"> • unemployment; • reduction in hours of work; or • a loss of small business income. 	<ul style="list-style-type: none"> • 失业； • 工作时间减少；或者 • 小生意收入减少。
Eligibility criteria will include income testing (household incomes less than \$160,000 before tax).	申请标准将包括收入测试（家庭税前收入少于 160,000 澳元）。
To apply for the deferral, you will need to complete a simple online application form on the ACT Revenue Office website .	欲申请延期，您需要在 ACT Revenue Office 网站 上填写一份简单的网上申请表。
Six-month waiver of payroll tax	免除 6 个月的工资税 (payroll tax)
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.	直接受到 COVID-19 要求影响的企业将符合资格获得从 2020 年 4 月到 9 月为期 6 个月的工资税免除。
Businesses will need to complete a simple online application form on the ACT Revenue Office website to confirm their eligibility.	企业需要在 ACT Revenue Office 网站 上填写一份简单的网上申请表来确认符合免除资格。

Jobs for Canberrans 堪培拉人 (Canberrans) 的就业

Jobs for Canberrans	堪培拉人的就业
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.	首都领地 (ACT) 政府创立了堪培拉人就业基金 (Jobs for Canberrans Fund) ，为因为 COVID-19 失业的临时工或半熟练工人提供工作机会。

Roles will be made available to people most in need. Highest priority will be given to people ineligible for any Australian Government support.	有关方面将提供职位给最需要的人，会优先录取那些不符合资格领取任何澳大利亚政府补助金的人。
Steps to sign-up	注册步骤
To sign up, people will need to have an ACT Digital account so they can:	想要登记注册的人需要有一个 ACT Digital 账户，以便：
<ul style="list-style-type: none"> • receive notifications on new jobs vacancies • apply for job vacancies online • easily update your contact details. 	<ul style="list-style-type: none"> • 接收新的工作空缺的通知 • 在网上申请工作 • 轻松更新您的联系资料
To apply for any roles, you may be asked to submit an online application and a CV listing skills and experience.	要申请任何职位，您可能会被要求在网上提交申请和一份列出您技能和经验的简历。
Apply here: myaccount.act.gov.au/casualjob/s/	申请请点击： myaccount.act.gov.au/casualjob/s/