

English	Chinese Traditional (Cantonese)
What can I do in quarantine?	檢疫期間我可以做啲乜嘢呢?
So being in quarantine means that you need to stay in your home or in your hotel room.	檢疫即係你要留喺屋企或者你嘅酒店房間裏面。
If you have a private garden, a private courtyard or a private balcony,	如果你有一個私人嘅花園、私人嘅天井或者私人嘅露臺，
you can go outside into those private areas.	你可以出去呢啲私人地方。
If there are other people in your home with you and those people are not also in quarantine,	如果你屋企有其他人，而佢哋係無需檢疫嘅話，
you really need to distance yourself from those people as much as you can.	咁你必須要同佢哋保持距離，儘量分開。
So this means you need to sleep in a bedroom on your own,	咁即係話，你需要自己瞓一間房，
ideally use a separate bathroom	最理想係分開用洗手間，
and spend as little time as possible in communal areas.	儘量減少留喺公用地方。
If you do need to be in the same room with other people in your home,	如果你一定要同其他屋企人喺同一個房嘅時候，
you should ideally wear a surgical mask.	你最好係戴住外科口罩。
If you develop symptoms of COVID-19	如果你出現新冠病毒症狀，
and these include fever, cough, sore throat, shortness of breath or a loss of sense of smell or taste	呢啲包括發燒、咳嗽、喉嚨痛、呼吸急促、無咗嗅覺或者味覺，
you need to arrange to get tested for COVID-19.	你就必須要安排去做病毒測試。

If you have severe symptoms and it is an emergency,	如果你嘅症狀好嚴重，情況緊急，
you should call 000 or visit the hospital emergency department,	你就要打 000，或者去醫院急症室，
but it is really important that you tell the 000 operator or the hospital that you are currently in quarantine.	不過最緊要係話畀 000 嘅接綫生或者醫院知你目前係喺檢疫中。
What can't I do in quarantine?	檢疫期間我唔可以做嘢嘢呢？
So while you are in quarantine,	你喺檢疫期間，
you cannot leave your home to go to school, to go to work, or to go to any public places.	係唔可以離開屋企去返學、返工、或者去任何公共場所。
This means that you cannot go food shopping,	即係話你唔可以去購買食品，
so you need to order your food or groceries online,	你必須喺網上訂購食品雜貨，
or ask family members or friends to deliver you food or groceries and leave them at your front door.	或者請親友將食品雜貨送去你屋企，放喺門口度。
This also means that you cannot go to a pharmacy.	你亦都唔可以去藥房。
If you need medication,	如果你需要藥物，
again you can ask friends or family to deliver these to your door,	你亦可以請親友送去你屋企門口，
or you can contact your local pharmacy to discuss options for home delivery.	或者聯繫你當地嘅藥房，同佢哋商量送藥方法。
Anything that's delivered to your home needs to be dropped at your front door.	所有送去你屋企嘅嘢都必須祇能放喺你嘅門口。

It is also important to know that you cannot travel on public transport,	同樣重要嘅係你唔可以乘坐公共交通，
so this includes buses, rideshares, taxis, any other form of public transport,	呢啲包括巴士、同人一齊坐車、的士或者任何形式嘅公共交通。
and you cannot have any visitors to your home who do not normally live there.	任何唔啱你屋企住嘅人都唔可以去探你。
What can I do to protect myself and the community from COVID-19?	喺疫情下，我可以做啲乜嘢嚟保護自己同社區呢？
So it is really important that if you develop any symptoms of COVID-19,	有一點非常重要嘅係，如果你出現任何新冠病毒症狀，
no matter how mild even if it is just a scratchy throat or a runny nose,	無論係几咁輕微，即使淨係喉嚨痕癢或者流鼻水，
that you attend one of our testing sites and get tested for COVID-19.	都一定要去檢測站，進行新冠病毒測試。
This applies to everyone, but especially if you have recently returned from Victoria.	人人都應該咁做，特別係如果你啱啱由維州返嚟。
If you are not feeling well you need to stay at home,	如果你覺得唔舒服，就必須留喺屋企，
unless you are going out to get tested for COVID-19, or to seek medical care,	除非係你要去做病毒檢測，或者睇醫生，
and it is also really important that everyone in the community continues to practise regular hand hygiene,	仲有要注意嘅係，社區內人人都要經常洗手，注意衛生，
and physical distancing of 1.5 metres.	同人保持最少 1.5 米距離。

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.

喺你由維州返回首都領地 ACT 之前，請先致電新冠疫情專線：(02) 6207 7244。

要瞭解多啲有關於 ACT 豁免入境限制嘅申請，請訪問 www.covid19.act.gov.au/news-articles/act-border-restrictions.