**ACT Government**

**COVID-19 Factsheet**

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| English | Traditional Chinese |
| **COVID-19 Information for Overseas Travellers** **in Hotel Quarantine** | **在酒店檢疫的國際旅客****冠狀病毒病(COVID-19)須知** |
| **Useful contacts:** | **實用聯絡資料：** |
| **Emergency Services:** Dial 000 in an emergency. State that you are in hotel quarantine.**ACT Health:** (02) 5124 6209 For any questions or concerns about your quarantine period or to notify any COVID-19 symptoms.**Weston Creek Respiratory Assessment Centre Nursing/Medical Support Service:**Telephone: (02) 5124 4076Open from 07:30-22:00 hours, seven days a week, for medical advice. | **緊急服務：**遇到緊急情況時請撥打000。請向話務員說明你正在酒店檢疫。**首都區衛生部(ACT Health)：**(02) 5124 6209可詢問關於檢疫期間的問題，或表達顧慮，或上報冠狀病毒病(COVID-19)癥狀。**Weston Creek 呼吸道評估中心****護理/醫療支援服務：**電話：(02) 5124 4076。服務時間為每週七天，每天07:30時至22:00時，可徵詢醫療方面意見。 |
| **Introduction to quarantine** | **檢疫簡介** |
| **Mandatory quarantine for international arrivals** | **國際抵境人士的強制檢疫** |
| All international passengers arriving at Canberra Airport must go into quarantine at a government approved accommodation facility for 14 days from the day of their arrival. This is required under the *Public Health Act 1997*. It is an offence not to comply with quarantine requirements, with fines up to **$8,000** for people who do not comply. You will receive an invoice for your quarantine accommodation fee after the end of your quarantine period. The quarantine accommodation fee is a fixed cost which includes the cost of the hotel room, a standard food and meals cost, and other associated costs. More information is provided below and in the Quarantine Fees factsheet. | 飛抵坎培拉機場的所有國際旅客必須在抵達當天起，在政府預准的旅宿設施接受檢疫14天。此為*《公共衛生法1997》(Public Health Act 1997)*的規定。不遵守檢疫規定則屬違法，違法者可被判處高至A$**8,000**的罰款檢疫期結束後，你將收到一份檢疫食宿費用發票。檢疫食宿費為一固定數目，含酒店客房費、標準食物及餐費、及其他相關費用。詳情請見下文的「檢疫費用」一節。 |
| **Why am I being quarantined?** | **為甚麼我要進入檢疫？** |
| Most COVID-19 cases detected in Australia are occurring in travellers returning from overseas. For this reason, returning travellers to Australia must undergo a mandatory quarantine period to prevent onward transmission of COVID-19 in the community. | 在澳洲，冠狀病毒病(COVID-19)的病例多數來自從海外返澳的旅行人士。因此，返澳旅客必須接受強制性檢疫，以防止冠狀病毒傳播至社區。 |
| **How long does mandatory quarantine last?** | **強制檢疫需時多久？** |
| The quarantine period is 14 days from the day you arrive in the ACT. Your day of arrival is counted as day 0. This is because, for COVID-19, the incubation period (the time between getting infected and displaying symptoms) can last up to 14 days. If you are diagnosed with COVID-19 during your quarantine period, you may be required to stay in isolation for a longer period of time. | 檢疫將從你抵達首都區(ACT)當日起為期14日。你抵境的當日為第0天。這是因為，就冠狀病毒病而言，潛伏期(從感染至出現癥狀之間的時間)可長達14天。假如在檢疫期間你被診斷患有冠狀病毒病，你可能需要隔離更長一段時間。 |
| **What does it mean to be in quarantine?** | **進入檢疫意味著甚麼？** |
| While you are in quarantine, you **must stay in your hotel room**. ACT Health is here to support you and will contact you each day to check on your health and wellbeing. For your own safety, if we are unable to contact you, an ACT Health staff member or police officer will conduct a welfare check.While in quarantine you need to monitor for symptoms of COVID-19 (such as fever, cough, sore throat, shortness of breath, or loss of smell or taste). If you develop symptoms, **it is very important that you notify ACT Health and arrange to get tested for COVID-19**. Details on how to do this can be found in the Health and Medical section of this booklet.While you are in quarantine, you **must not**: * have any visitors
* visit other people who are staying in the hotel
* go to the hotel lobby, gym or any other shared spaces within the hotel
* leave to go to your home, work, school or any public areas
* travel on public transport, or in a taxi or rideshare, unless you have a specific exemption.

While you are in quarantine **you can**:* go onto the balcony of your hotel room. If you want to speak with people on adjoining balconies, you must remain at least 1.5 metres apart.
* use mobile phones or computers to keep in touch with family and friends.
 | 在檢疫期間，**你必須留在酒店客房裏面。**首都區衛生部(ACT Health)隨時可以支援你，每天會與你聯繫，探問你的身體及平安。為你的安全著想，假如我們無法與你取得聯繫，首都區衛生部職員或警方人員會作一個平安巡查。在檢疫期間，你需要留意冠狀病毒病癥狀(如發燒、咳嗽、喉嚨痛、呼吸急促、嗅覺或味覺喪失)。假如出現這些癥狀，**請務必聯繫首都區衛生部**，**安排冠狀病毒病檢測**。具體做法請參見本手冊「衛生及醫療」一節。在檢疫期間，**你不得**：* 有任何訪客
* 拜訪酒店内其他人士
* 去酒店大堂、健身房或酒店內任何其他共用空間
* 離開酒店去你家、工作地點、學校或任何公共區域
* 乘坐公交、的士/拼車，除非事先獲有豁免。

在檢疫期間**，你可以**：* 外出到酒店内自己客房的露臺。假如想與相鄰露臺的人交談，你必須保持至少1.5米的距離。
* 使用手機或電腦與家人和朋友保持聯繫。
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| **Can I apply for an exemption to quarantine?** | **我可以申請檢疫豁免嗎？** |
| You may apply for an exemption to hotel quarantine on compassionate or medical grounds. The circumstances of each application will be carefully considered to limit the risk of spreading COVID-19 in the community or the health system. To apply for an exemption, please email *COVID.Exemptions@act.gov.au*. This email should include who you are, where you are currently undertaking quarantine, the reasons for requesting an exemption, where you propose to stay for the remainder of your quarantine period, and how you plan to get there.If your exemption request involves leaving the ACT to quarantine in another Australian state or territory, you will also need to seek an exemption from the jurisdiction you intend to travel to. | 你可以以恩卹或健康理由申請豁免酒店檢疫。政府會仔細考量每一申請個案的具體情況，以製阻冠狀病毒病在社區或衛生系統内傳播的風險。欲申請豁免，請電郵至*COVID.Exemptions@act.gov.au.* 郵件要説明你是誰、目前接受檢疫的地點、申請豁免的原因、計劃在何處度過檢疫期餘下的日子、計劃如何去到該處等。假如你的豁免請求將涉及離開首都區、前往澳洲另一州或領地進行檢疫，你則同時要向所前往的司法管轄區申請豁免。 |
| **Health and medical information** | **健康及醫療須知** |
| **What if I have a medical emergency?** | **假如我出現醫療緊急情況，怎麼辦？** |
| **If you have severe symptoms (such as difficulty breathing or chest pain) please call triple zero (000).** Tell the ambulance staff that you are in hotel quarantine after recently returning from overseas. | **假如你出現嚴重癥狀(如呼吸困難或胸部疼痛)，請撥打三個零(000)。**請知會救護人員你剛剛從海外返澳，正在酒店檢疫。 |
| **Do I need to wear a mask?** | **我需要戴口罩嗎？** |
| Once in your hotel room, you do not need to wear a mask if you do not have any symptoms. You will need to wear a mask when opening the door to any person, such as an ACT Health staff member. Masks will be supplied to you at check-in to the hotel.If you develop symptoms and there are family members sharing your hotel room with you, you should wear a mask inside the hotel room. Young children who cannot tolerate a mask do not need to wear one. | 進入你自己的酒店客房後，假如沒有任何癥狀，你無需戴口罩。但在開門迎見任何人時，如首都區衛生部人員，你必須戴上口罩。在辦理入住手續時酒店會向你提供口罩。假如你出現病癥，同時有家庭成員與你共用酒店客房，則在客房內你都應該佩戴口罩。不勝口罩麻煩的年幼兒童可以免戴。 |
| **Do I have to be tested for COVID-19 while I am in quarantine?** | **在檢疫期間我必須接受冠狀病毒病檢測嗎？** |
| Under the *Public Health Act 1997*, all returned overseas travellers must undergo a COVID-19 test prior to leaving quarantine. This is to ensure that it is safe to return to your home community, because a small number of people with COVID-19 do not experience any symptoms but can still spread the disease to others. On day 10-12 of your quarantine period, ACT Health will arrange for nurses to visit you in your hotel room to perform this test for you and your family members. You will be informed in advance of what day your test will be done. If you do not undertake this COVID-19 test, your quarantine period will be extended by an additional 10 days (to 24 days in total).In addition, it is ACT Health policy that you also have a COVID-19 test on day 0-2 of your quarantine period. This can help to protect others who you are quarantining with. Additionally, if you have COVID-19 and don’t have any symptoms, having a test on day 0-2 of your quarantine period may prevent a longer period of isolation, because your diagnosis will be made earlier in you quarantine period. ACT Health will arrange for nurses to visit you in your hotel room to perform the test. You will be notified which day this will occur.Following each test, ACT Health will provide you with your results within 1-2 days. If you test positive for COVID-19, ACT Health will give you advice on what you need to do and how to access medical support.  | 根據*《公共衛生法1997》(Public Health Act 1997)*規定，所有返澳的海外旅客在離開檢疫設施之前必須接受冠狀病毒病檢測。這是為了確保你返回自己的社區是不會造成問題的，因為少數患有冠狀病毒病的人並不會顯示任何癥狀，但仍可以將疾病傳播予他人。在檢疫期的第10至12天，首都區衛生部將會安排一名護士上訪你的酒店客房，為你及家人作病毒檢測。你將會提前收到通知，知道檢測是在哪一天。假如你不接受此項病毒檢測，你的檢疫期將會延長10日(即總共24天)。此外，按首都區衛生部政策規定，在檢疫期的第0至2天，你亦應進行冠狀病毒病檢測，此擧能有助保護與你同行的其他人。加之，假如你患有冠狀病毒病但沒有任何癥狀，在檢疫期的第0至2天進行檢測可以避免延長檢疫期，因為在檢疫期的早期你就測出感染。首都區衛生部會安排護士到你酒店客房作檢測。你將會收到檢測日子的通知。每次檢測之後，首都區衛生部都會在1至2天內讓你知道結果。假如檢測呈陽性，首都區衛生部會告訴你下一步該做甚麼，如何得到醫療支援等。 |
| **What should I do if I develop symptoms of COVID-19?** | **假如我出現冠狀病毒病癥狀，該怎麼辦？** |
| The main symptoms of COVID-19 are fever, cough, sore throat, shortness of breath, loss of sense of smell and loss of sense of taste. Less common symptoms are runny nose/blocked nose, muscle pain, joint pain, diarrhoea, nausea, vomiting and loss of appetite.**If you develop any of these symptoms**, please notify ACT Health, either when ACT Health makes their usual daily contact with you, or by calling **(02) 5124 6209**. You can then call the Weston Creek Respiratory Assessment Centre Nursing and Medical Support Service on **(02) 5124 4076** to arrange COVID-19 testing in your hotel room. Their hours of service are 7:30am–10pm seven days per week. If you develop mild symptoms outside of these hours, please wait until the morning to contact ACT Health and the Weston Creek Respiratory Assessment Centre.This is a free service and you do not need to be enrolled in Medicare to access this service. This service will provide an initial telehealth assessment with an advanced practice nurse or nurse practitioner. If required, you will also be assessed by a GP. Where necessary, they will arrange an in-person assessment and COVID-19 testing at your hotel. | 冠狀病毒病的主要癥狀是發燒、咳嗽、喉嚨痛、呼吸急促、嗅覺喪失和味覺喪失。較不常見的癥狀是流鼻涕/鼻塞、肌肉疼痛、關節疼痛、腹瀉、噁心、嘔吐、食欲不振等。**假如你出現任何以上癥狀**，請通知首都區衛生部，做法可以是在首都區衛生部與你作每天一次的聯繫的時候，也可以是你直接致電(**02)5124 6209**。之後，請聯繫「Weston Creek呼吸道評估中心--護理及醫療支援服務」，號碼(**02) 5124 4076，**安排人**去**你酒店客房作冠狀病毒病檢測。該中心的服務時間是每週七天，每天上午7:30時至晚上10時。假如你是服務時間之外出現輕微癥狀，請等到翌日早上與首都區衛生部及「Weston Creek呼吸道評估中心」聯繫。此服務免費，你無需有「國民醫保」(Medicare)才能使用。這項服務最開始會是由一名高級護士或護衛執業者爲你作遠程衛生評估。必要時，會有一名全科醫生爲你評估。需要的話，診所會派人去你酒店作面對面問診及冠狀病毒病檢測。 |
| **What if I test positive and am quarantining as part of a family group?** | **假如我檢測呈陽性，同時是檢疫中一個家庭的成員之一，會怎麼樣？** |
| If you or a member of your family group develop symptoms and test positive for COVID-19, it may be necessary to separate your family group to protect other members of the family. This will be determined on a case-by-case basis. | 假如你或你的家庭成員之一出現冠狀病毒病癥狀，檢測呈陽性，則可能需要將你隔離，以保護其他成員。這樣的安排會以個案的具體情況而定。 |
| **What if I need a medical assessment and/or prescription?** | **假如我需要醫療評估和/或處方藥，怎麼辦？** |
| There are several options to access a non-urgent medical assessment and/or to get a prescription:* If you are currently enrolled with Medicare, you can contact a General Practitioner (GP) either locally or interstate to ask for a telehealth consultation (over the phone assessment). **We encourage you to contact your own GP, even if interstate, if you have one.** You may be charged a consultation fee. If you are in a vulnerable patient category, you should be bulk billed for the consultation.
* You can locate a local GP in Canberra, including after-hours GPs, by visiting the ACT Government “Find a health service” webpage at [*http://findahealthservice.act.gov.au*](http://findahealthservice.act.gov.au)and selecting “General Practitioner”.
* The Weston Creek Respiratory Assessment Centre Nursing/Medical Support Service is also available to provide medical assessment if you are unwell. They can also assist to arrange a consultation with a GP for telehealth prescribing. Please note priority will be given to assessment of people who are unwell. They can be contacted on **(02) 5124 4076**, 7.30am–10pm, daily. This is a free service and you do not need to be enrolled in Medicare to access this service.
* The Canberra After Hours Locum Medical Service (CALMS) can provide medical care outside of business hours for review of nonurgent medical conditions. When contacting CALMS, tell them that you are currently in hotel quarantine for COVID-19 and request a telehealth consultation. Where appropriate, it may be possible for a CALMS doctor to visit you in the hotel. CALMS can be contacted on **1300 422 567** from 6.30pm to 8.30am on weekdays and over the weekends from 6pm Friday to 8.30am Monday. You do not need to be enrolled in Medicare to access CALMS. For further information, you can visit their website: [*http://calms.net.au/*](http://calms.net.au/).

A GP can arrange for your prescription to be sent to a local pharmacy that can offer hotel delivery. You will then need to phone the pharmacy to arrange payment, and the pharmacy can deliver your medicines to the hotel. If you are contacting a GP in another state or territory, they will need to advise whether electronic prescriptions are enabled by local state/territory legislation. The following local pharmacies in the ACT can deliver medicines to your hotel: | 需要非緊急醫療評估和/或獲取處方藥時，有幾個辦法：* 假如你目前是有「國民醫保」(Medicare)的，你可以聯繫本地的或外州的一名全科醫生(GP)，要求作遠程問診(通過電話評估)。**我們鼓勵你聯繫自己的家庭醫生，即使是外州的。**你可能需要支付問診費。假如你是屬於危弱類別患者，你的診金應該可以全報。
* 你亦可以找一位首都區當地的全科醫生，包括非營業時間應診的醫生，做法是去首都區政府網站"Find a health service"一頁，[*http://findahealthservice.act.gov.au*](http://findahealthservice.act.gov.au)，選取“General Practitioner”一欄。
* 假如你有身體不適，「Weston Creek呼吸道評估中心--護理/醫療支援服務」亦可以提供醫療評估。他們亦可以協助安排你與一全科醫生作遠程問診及開處方。請注意，問診評估將優先服務身體不適人士。該中心的電話是**(02)5124 4076**，服務時間為每天上午7:30時至晚上10時。該服務免費，你無需持有「國民醫保」(Medicare)亦可以使用。
* 「坎培拉非營業時間替值醫療服務」(CALMS)可以在一般營業時間外提供非緊急醫療應診。聯繫CALMS時，請告訴對方你目前正在酒店進行冠狀病毒病檢疫，需要遠程求診。在條件允許下，CALMS醫生亦有可能到酒店應診。聯繫CALMS的號碼是**1300 422 567**，週一至五每天下午6:30時至第二天上午8:30時，週末是從週五下午6時至週一上午8:30時。你無需持有「國民醫保」(Medicare)亦可以使用CALMS服務。詳情可見於其網站[*http://calms.net.au/*](http://calms.net.au/) .

全科醫生可以安排將處方轉至一當地的有送貨服務的藥房。然後你聯繫藥房安排付款，藥房就可以將你的藥品送到酒店。假如你聯繫的是外州/領地的醫生，則他們必須告訴你該地的法規是否已啟用電子處方。在首都區，以下藥店均有送藥到酒店的服務: |
| **Capital Chemist**2/6 Dickson Place, Dickson, ACT, 2602(02) 6248 7684 | **Capital Chemist**地址: 2/6 Dickson Place, Dickson, ACT, 2602電話: (02) 6248 7684 |
| **Cincotta Discount Chemist**1/30-42 Dickson Place, Dickson, ACT, 2606(02) 6247 7944 | **Cincotta Discount Chemist**地址:1/30-42 Dickson Place, Dickson, ACT, 2606電話:(02) 6247 7944 |
| **Ainslie Pharmacy**17 Edgar St, Ainslie Shopping Centre, Ainslie, ACT 2602(02) 6248 7708 | **Ainslie Pharmacy**地址:17 Edgar St, Ainslie Shopping Centre, Ainslie, ACT 2602電話:(02) 6248 7708 |
| **What if I am pregnant?** | **假如我正懷有身孕，會如何？** |
| If you are pregnant, please ensure you advise ACT Health of this when you arrive. ACT Health will assist in coordinating any antenatal care you may require during your quarantine period. If you need further information or advice, you can contact the COVID-19 Pregnancy and Early Parenting Support helpline on **(02) 5124 1775** from Monday to Friday, 8:30am to 5pm. You will need to leave a message with your name and contact number, and someone will return your call.If you are pregnant and have concerns about your health while you are in quarantine, please follow the advice above to seek medical assessment. If you have severe symptoms or if you are unable to get a medical assessment quickly, please call triple zero (000). Tell them that you are in hotel quarantine after recently returning from overseas. | 假如你正懷有身孕，請確保在抵境時就知會首都區衛生部。後者會協助統籌你在檢疫期間可能需要的任何產前護理。若你需要進一步資訊或建議，你可以聯繫「冠狀病毒病妊娠及早期育兒支援」專線(COVID-19 Pregnancy and Early Parenting Support )，號碼 **(02) 5124 1775，**服務時間為週一至週五，上午8:30時至下午5時。你需要留下口信及你的姓名和聯繫電話，之後會有人復電話。假如你正懷有身孕，在檢疫期間遇上身體方面的顧慮，請按照上述建議尋求醫療評估。假如你有嚴重癥狀或無法快速獲得醫療評估，請致電三個零(000)，請告訴對方你剛剛從海外返澳，正在酒店檢疫。 |
| **Medicare information** | **「國民醫保」(Medicare)須知** |
| If you are a permanent resident of Australia who has lived overseas for more than 12 months, you will no longer be enrolled in Medicare. Further information about how to re-enrol for Medicare is available on the Services Australia website: <https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-permanent-resident> If you are an Australian citizen but have lived overseas for more than 5 years, you will need to contact Medicare to extend your enrolment in Medicare. Further information is available on the Services Australia website: <https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-citizen#a2>  | 假如你是澳洲永久居民，在海外居住超過了12個月，你將不再是「國民醫保」(Medicare)上的註冊人士。有關如何重新註冊的詳情可見於澳洲民政部網站 [:https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-permanent-resident](https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-permanent-resident)假如你是澳洲公民，但在海外居住超過了5年，你需要聯繫「國民醫保」(Medicare)，延長你入冊時間。詳情可見於澳洲民政部[網站httpss://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-citizen#a2](https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-citizen#a2) |
| **Information for families** | **家庭須知** |
| **Supporting children in quarantine** | **支援檢疫中的兒童** |
| For parents and carers, talk clearly and calmly with children about what is happening.* It is common for children to become more demanding of parents and seek increased attachment during times of uncertainty. The unfamiliar surroundings of your hotel room may increase feelings of stress in your child.  Creative activities like drawing, imaginative play with toys (or utilising the child safe items available in your hotel room) and singing can provide your child with opportunities to express and release feelings such as fear and sadness.
* Help create some structure in their daily routine (even if this is different to their usual). This could include learning, playing and relaxing. Where possible, maintain schoolwork, study, and routine activities (e.g. mealtimes and bedtimes).
* Limit how much they access distressing news, social media or images, to prevent anxiety..
* Use video technology to help children maintain social connection with friends and family.
* Remember that children often take their emotional cues from the important adults in their lives, so how adults respond to the situation is very important.
* You can also contact the COVID-19 Pregnancy and Early Parenting Support helpline on **(02) 5124 1775** from Monday to Friday, 8:30am to 5pm. You will need to leave a message with your name and contact number, and someone will return your call.
 | 作爲父母和照顧者，平心靜氣地給孩子講清楚將要發生的事情。* 在環境不安的時期，小孩普遍會對父母有更多要求、依賴。酒店客房環境生疏，會增加他們的精神壓力。一些需要創意的活動，如繪畫、帶玩具的想象遊戲(或利用客房內的兒童安全物品)、唱歌等可以給孩子們機會去表達和釋放恐懼和悲傷情緒。
* 幫助孩子建立某種日常的規律(即便有異於他們已習慣了的)。你可以規定學習、玩耍和休閑時間。可能的情況下，不放棄做功課、學習和日常活動(如用餐時間和睡覺時間)。
* 加限孩子對愁緒百叠的新聞、社交媒體或圖像的接觸，以防導致焦慮。
* 利用視訊技術幫助孩子們與朋友和家人保持社交聯繫。
* 請記住，在生活中，孩子們通常會從身邊關係重要的成年人那裏獲得情緒暗示，所以成人對當前情況如何反應非常重要。
* 你也可以聯繫「冠狀病毒病妊娠和早期育兒支援」專線(COVID-19 Pregnancy and Early Parenting Support)，號碼**(02)5124 1775**，服務時間週一至週五，上午8:30時至下午5時。你需要留下口信及你的姓名和聯繫電話，之後會有人復電話。
 |
| **Supporting young people/teenagers in quarantine** | **支援檢疫中的年輕人/青少年** |
| * Reflect on how you have coped with difficult situations in the past. Identifying personal strategies can help you cope with your current situation. Remember your time in quarantine will pass and it’s OK to feel frustrated, angry, sad or trapped.
* Although technology is a useful and necessary tool during quarantine, try to incorporate some screen-free time in your hotel room. Constant visual stimulation can make it difficult to relax and to fall asleep. Try playing some soothing music and have periods of time without television, phones and tablets. Watch the scenery from your hotel room – count birds, cars or people on the street. Engaging with the environment outside of your hotel window and balcony can help to break up your day.
* If you are quarantining with a teenager be mindful this situation may be more difficult. Teens are in a pivotal developmental stage where they may seek independence from their family and prioritise connection with peers. Try to find compromise within the restrictive circumstances you are currently in. Additional support and information about teen brain development can be found online or in podcasts such as ABC’s ‘Parental as Anything’ <https://www.maggiedent.com/blog/category/maggie-in-the-media/radio-podcasts/abc-radio/parental-as-anything-podcast/>.
 | * 回想一下你過去是如何應付困難情況的。辨別個人策略能幫助你應付當前的境況。別忘了，檢疫是會過去的，你亦無需羞於感到沮喪、惱怒、悲傷或被困等。
* 雖然電子技術在檢疫期間是有用且必要的工具，但應該嘗試過一些不是老對著螢屏的時間。持續性視覺刺激會令你難以放鬆和入睡。你可以嘗試播放一些舒心愜意的音樂，騰出一些時間是完全沒有電視、手機和平板電腦的。從酒店客房向外觀看風景 --- 數數天上的鳥、街上的汽車或行人等。與酒店的窗和陽臺之外的環境作互動會有助於將一天變成小小的多個部份。
* 假如與你一同檢疫的有青少年，則必須清楚，這種處境會更加困難。少年人士正處於一個關鍵的發展階段，他們可能正尋求獨立於家庭，會優先與同齡人的聯繫。你可以嘗試在你當前諸多受限的處境下尋找折衷做法。有很多網站和播客都有關於青少年大腦發育的支援和資訊，如ABC廣播公司的“Parental as Anything”節目，<https://www.maggiedent.com/blog/category/maggie-in-the-media/radio-podcasts/abc-radio/parental-as-anything-podcast/>
 |
| **Useful resources for families** | **對家庭有用的資源** |
| * **Online books for children**

<https://www.getepic.com/> An online resource that provides free access for up to 30 days – it has an endless supply of books for all ages, and many of them have the feature to read aloud. An email address is needed to activate it.* **Online videos and story time**

<https://vimeo.com/user110674450>You can visit the Libraries ACT vimeo site for an ample supply of Giggle & Wiggle sessions (song and rhyme times for babies and toddlers) and Online Story Times (mostly for 3-5 year olds)* **Tips for helping children during COVID-19** <https://emergingminds.com.au/resources/supporting-children-during-thecoronavirus-covid-19-outbreak/> This curated selection of resources will assist parents and carers to best support their children and reduce worry and distress. It contains videos, factsheets and tips about what you can expect and how you can help children cope.
* **Exercise right for children/young people**<http://www.exerciseright.com.au>
 | * **線上兒童書籍**

<https://www.getepic.com/>網上閲讀資源，可有30天免費訪閲 --- 無數各年齡段的書籍，其中很多還有朗讀功能。必須有一個郵箱才能啟用。* **線上視訊及故事時間**

<https://vimeo.com/user110674450>你可以訪閲首都區圖書館的vimeo 網站，那裏有豐富的Giggle & wiggle播出(嬰兒和幼童歌曲和押韻節目)，線上故事節目(主要適合3至5歲兒童)* **在疫情下幫助兒童的貼士**

<https://emergingminds.com.au/resources/supporting-children-during-thecoronavirus-covid-19-outbreak/>這是一個精選而成的資源組合，能幫助家長和照顧者支援自己的孩子們減少擔心和壓力。内有視頻、簡介、貼士，幫助家長知道可以有哪些預期，怎樣幫助孩子應對等。* **為兒童/年輕人行使權利**<http://www.exerciseright.com.au>
 |
| **Mental Health and Wellbeing** | **精神及身心健康** |
| **What are some ways to maintain good mental health?** | **有哪些方法可以保持良好的精神健康？** |
| * During the COVID-19 outbreak you may experience a range of thoughts, feelings and behaviours that cause you to feel stressed and worried. Don’t underestimate your ability to cope. There are many things you can do to maintain your wellbeing during this time.
* Focus on healthy eating and maintain a good sleep pattern.
* Where possible incorporate some physical activity in each day in your hotel room or balcony. There are fitness apps and YouTube videos you can download with suggestions for exercises to do in a small space.
* Talk with family and friends about ways you can support each other.
* Limit how much time you are spending accessing news and other media about COVID-19. Keeping informed about what is happening is important but constantly reading, listening or watching the news can make you feel more distressed and less able to cope.
* Some members of our community will struggle more than others. Technology can really help to keep connected with others – phone calls, emails, social media are some ways you can connect.
* These are difficult times, so try to be kind to yourself and others. At this time, none of us have all the answers and we have to live with uncertainty, which can be very difficult at times.
* Use credible sources to get information (such as those listed at the end of this document).
* Remember that this is a temporary situation. As a community and a nation, we can all help keep our communities safe.
 | * 在冠狀病毒病爆發期間，你可能會有各種令你感覺困擾和擔心的念頭、感覺和行為。勿低估自己的應對能力。有很多行動是可以幫助自己在此期間保持身心健康的。
* 注重健康飲食，保持良好睡眠習慣。
* 有可能的話，每天都在酒店客房内或陽臺上做一些身體活動。你可以下載一些健身應用程式和YouTube視頻，學做在窄小空間内能做的運動。
* 與家人和朋友交談，討論可以如何互相幫助。
* 加限與疫情有關的新聞和媒體資料的收聽收看時間。隨時獲知正在發生甚麽固然重要，但不間斷地閱讀、收聽或收看新聞會讓你感到更苦惱，更削弱你的應付能力。
* 我們當中有些人會應付得更好，有些人會應付得比較困難。利用技術可以幫我們與周圍的人保持聯繫 --- 利用電話、電郵、社交媒體等能幫大家維持聯繫。
* 目前是一個困難時期，所以應該嘗試對自己和他人都好一點。目前，我們誰也沒有所有問題的答案，我們都必須與不確定性共同生活，這有時是比較困難的。
* 要從可靠的來源獲取資訊(本文文末有一系列可信資訊來源)。
* 別忘了，這祇是一個暫時的情況。作為一個社區和一個國家，我們每個人都可以為保證社區安全而出一分力。
 |
| **How can ACT Health support me and my family?** | **首都區衛生部可以如何支援我及我的家人？** |
| ACT Health has a Wellbeing Team of health professionals available to provide support and psychological care while you are in quarantine.If you have a history of mental health issues, are experiencing anxiety, have difficult family circumstances or find coping with children in quarantine challenging, the Wellbeing team may be able to help support you.Please notify the ACT Health Officer that contacts you each day if you would like support from the Wellbeing Team and they can make a referral. | 首都區衛生部(ACT Health)有一「安康團隊」(Wellbeing Team)，由專業衛生人員組成，可在你檢疫期間提供支援和心理護理。假如你有精神健康方面的病史，正感覺到焦慮、家庭環境出現困難、或對照顧檢疫中的孩子感到很棘手，「安康團隊」可能可以幫助你。若希望獲得「安康團隊」的幫助，請在與首都區衛生部每天一次的交流中告訴他們，他們就會安排轉介。 |
| **When to seek additional support** | **何時應該尋求額外支援** |
| If you experience any of the symptoms below, please seek professional help.* Unable to do simple day-to-day tasks or take pleasure from the things you usually enjoy;
* Feeling a loss of hope or interest in the future;
* Feeling aggressive and out of control;
* Feeling anxious, panicky, and experiencing difficulties in calming yourself;
* Feeling like you want to avoid conversations with people;
* Feeling excessive guilt; or
* Experiencing thoughts of harming yourself or others or ending your life.

The following services can provide **immediate assistance*** **Canberra Health Services Access Mental Health 1800 629 354** – Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week. These services give you access to assessment and treatment services and offer advice and information on a range of mental health issues.
* **Domestic Violence Crisis Service (02) 6280 0900 or 1800 RESPECT** – Australia’s national sexual assault, domestic and family violence counselling, information and referral service. Providing free and confidential support 24hours a day, every day of the year.
* **Lifeline 13 11 14** – national charity providing all Australian experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.
* **BeyondBlue 1300 224 636** – provides information and support to help Australians achieve their best possible mental health, whatever their age and wherever they live.
* **MensLine Australia 1300 78 99 78** – Telephone and online counselling service for men.
* **Suicide Call Back Service 1300 659 467** – nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide.
* **Kids Helpline 1800 551 800** – free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
* **QLife 1800 184 527** – is Australia’s first nationally-orientated counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI)
* **National Coronavirus Hotline 1800 020 080** – If you are seeking information on coronavirus (COVID-19). Operates 24 hours, 7 days a week.
 | 假如你出現以下任何癥狀，請尋求專業幫助。* 無法進行日常的簡單任務，或無法從以往喜歡的事情中得到樂趣;
* 感覺對未來沒有了希望或興趣;
* 感覺自己會衝撞別人，無法自控;
* 感到焦慮、恐慌，很難自我平靜;
* 感覺你想避免與人交談;
* 感到有過度的內疚；或
* 感覺有傷害自己或他人，或結束自己生命的念頭。

以下服務機構可以提供**即時幫助*** **「坎培拉衛生服務」的「精神健康服務」(Canberra Health Services Access Mental Health)，電話1800 629 354 –** 「精神健康服務」提供精神健康服務，每週7天，每天24小時營業。這些服務能為你作評估和治療，在一系列精神健康問題方面提供建議和資訊。
* **「家宅暴力危機服務」(Domestic Violence Crisis )，聯繫電話(02) 6280 0900 或 1800 RESPECT** – 此為澳洲全國範圍的性暴力、家宅及家庭暴力方面的諮詢、資訊和轉介服務。一年365日、每日24小時營業，所有支援均免費、保密。
* **「生命專線」(Lifeline)，電話13 11 14 –** 一家全國範圍的慈善機構，為全澳洲人民在遇到個人危機時予以支援及防禦自尋短見，每日24小時服務。
* **「越過憂鬱」(BeyondBlue)，電話1300 224 636 –** 提供資訊及支援，幫助全國人民實現最好的精神健康，不論其年齡和居住地方。
* **「澳洲男人專綫」(MensLine Australian)，電話 1300 78 99 78** – 面向男士的電話和在線諮詢服務
* **「自殺電話回復服務」(Suicide Call Back Service)，電話 1300 659 467 – 全國**範圍服務，為受到自殺影響的人士提供電話和在線諮詢，每週七天、每天24小時營業。
* **「兒童幫助專綫」(Kids Helpline)，電話1800 551 800** – 免費、非公開且保密的電話和在線諮詢服務，每週七天、每天24小時營業，對象為5至25歲的年輕人。
* **「Q生命」(Qlife)，電話1800 184 527 –** 澳洲第一所全國範圍的咨詢和轉介服務，對象為男、女同性戀、雙性戀、轉性別和/或跨性別(LGBTI)人群。
* **「全國冠狀病毒病熱綫」(National Coronavirus Hotline)，電話1800 020 080** – 提供冠狀病毒病方面的資訊，每週七天、每天24小時營業。
 |
| **Further information** | **進一步資訊** |
| **Australian Red Cross** – Looking after yourself and your family: [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself) **Emerging Minds** – Supporting children during the Coronavirus (COVID-19) outbreak: <https://emergingminds.com.au/> **Headspace** – National Youth Mental Health Foundation providing intervention services to people aged 12–25 years, along with assistance in promoting your wellbeing: <https://headspace.org.au/> **Head to Health** – Mental health resources for your needs: <https://headtohealth.gov.au/> | **「澳洲紅十**字會」(Australian Red Cross) – 照顧你和你的家人：[www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)**「成長中的心靈」(Emerging Minds)，**支援正在經歷冠狀病毒病爆發時期的兒童們： <https://emergingminds.com.au/>**「精神空間」(Headspace) ---** 由「全國青少年精神健康基金會」(National Youth Mental Health Foundation )營運**，向**12至25歲的年輕人提供介入服務，協助促進他們的安康: <https://headspace.org.au/>**「精神到健康」(Head to Health)**，為你的需要而設的精神健康方面的資源: <https://headtohealth.gov.au/> |
| **Food and other supplies** | **食品及其他供給** |
| **How do I get food and meals?** | **我如何獲取食物和膳食？** |
| The ACT Government will provide you with some basic items and an allowance to purchase food while you are in quarantine. These are included in your fixed quarantine fee and will be supplied to you at check-in to the hotel. If you wish to make additional purchases while in quarantine, above the allowance you are given, or from other providers, you will need to pay these costs at the time of making the purchases.This will take the form of:* a **Welcome Box** of groceries (a starter box to help you get through the first day or two);
* a **Grocery Allowance** through Red Baron which will include login details, password and limit; and
* a **Deliveroo Voucher** for ordering take-away meals.

The ACT Government has resources available to help you to make healthier food choices. These can be accessed at <https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps>.  | 首都區政府(ACT Government)將會向你提供一些基本物品和檢疫期間購買食物的補貼。這些是包含在你支付的檢疫費用裏面的，在你辦理酒店入住手續時會交給你。假如在檢疫期間你想購買超過補貼額之外的東西，或從其他供應商購買物品，則要在購買時你自行支付。補貼及供給會以下列形式提供:* 一個雜貨**「迎賓盒」**(起步物品包，幫助你應付頭一兩天);
* Red Baron**雜貨補貼**，含登錄資料、密碼和限額等；及
* **Deliveroo Voucher** 訂餐券，可供訂購外賣。

首都區政府設有網上資料幫助你選購比較健康的食品。請參閲<https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps> |
| **Red Baron Ordering** | **Red Baron 網購** |
| The grocery allowance can be used at Red Baron via the website <https://redbaronhotelguests.orders4u.com.au/>. Please ensure you use this web address. Red Baron has options for boxes of preselected grocery products, or you can select your own items, including preprepared meals. Place your order by 2pm for delivery to the hotel the following day.You will be provided with log-in details to set up an online account, which has been pre-loaded with a limit set by the ACT Government according to your family size. Once you have spent the allowance provided, you will be responsible for any extra costs, which you will need to pay at the time of making purchases. | 雜貨補貼可以在Red Baron網站使用，網址為<https://redbaronhotelguests.orders4u.com.au/>。請確保你使用的是上述網址。Red Baron 網購有預選的雜貨組合，亦可自選自己要的，包括已備好的餐食。每天下午2點之前下的單，第二天可以送到酒店。你將會有登錄資料來設置一個在線帳戶，首都區政府預先已根據你的家庭人數設置了購買限額。限額使用完畢後，你就要自行負擔限額以外的費用，該費用必須在購買時同時繳付。 |
| **Other online grocery ordering** | **其他網購** |
| You can order other groceries online through Coles and Woolworths. You are responsible for paying for this at the time of making any orders. | 你可以向Coles 和Woolworths等超市網站網購，費用需在購買時同時自費繳付。 |
| **Take away meals** | **外賣膳食** |
| A Deliveroo Voucher has been supplied to you to order takeaway meals. Once you have spent the allowance provided, you will be responsible for any extra costs, which you will need to pay at time of making purchases. You can also order through other meal delivery businesses such as UberEats, Menulog, etc., however this will be at your own cost. | 我們會給你Deliveroo Voucher外賣券，用於訂購外賣餐。一旦你用完所提供的限額，你將需自行承擔額外花費，額外花費必須在購物時即時自費支付。你亦可以向其他送餐公司訂餐，如UberEats、Menulog 等，但費用由你自己負擔。 |
| **How do I get infant food, infant formula, creams, wipes and nappies whilst in quarantine?** | **在檢疫期間，我如何獲取嬰兒食品、嬰兒配方奶粉、護膚霜、濕巾、尿布等？** |
| Some nappies and baby food items are available through the Red Baron website. If your child or children require an emergency supply of items that are not included, please let ACT Health know and they can be dropped off at your hotel.You may also purchase additional items from supermarkets and pharmacies for delivery to hotel reception at your own cost. | Red Baron網購站會有某類嬰兒尿布和食物等貨品。假如你的孩子或孩子們緊急需要我們沒有包括在内的物品，請通知首都區衛生部，他們會安排送去你的酒店。你亦可以從超市和藥房購買額外的物品，自費安排送貨到酒店前臺。 |
| **How do I get toiletries and other personal items?** | **如何獲取洗漱用品和其他個人用品？** |
| Some personal hygiene items are available through the Red Baron website. You may also purchase additional products and branded items from supermarkets and pharmacies for delivery to the hotel reception at your own cost. | Red Baron網購站有供應某類個人衛生用品。你亦可以從超市和藥房購買額外產品和品牌商品，自費安排送貨到酒店前臺。 |
| **What isn’t supplied?** | **哪些東西是不包括在供給項目内的？** |
| The ACT Government will not facilitate the purchasing of any of the following:* Alcohol
* Cigarettes, tobacco, or any other smoking products
* Gratuities
* In room movies
* Laundry/dry cleaning, unless you do not have access to a washing machine or dryer
* Phone usage
* Minibar
 | 首都區政府不會協助購買以下任何物品:* 酒
* 香煙、煙草或任何吸煙用品
* 酬謝禮券
* 客房内閉路電影
* 洗衣/乾洗，除非你無法找到洗衣機或乾衣機使用
* 電話費
* 客房内迷你吧商品
 |
| **Relevant links** | **相關鏈接** |
| * **Red Baron** ‒ <https://redbaronhotelguests.orders4u.com.au/>
* **The two major supermarket chains that offer delivery in Canberra are:**
	+ Woolworths Supermarket ‒ <https://www.woolworths.com.au/>
	+ Coles Supermarket ‒ <https://www.coles.com.au/>
* **Meals from local Canberra restaurants** can be ordered for delivery via Canberra Eats ‒ <https://www.canberraeats.com/>
* **Major pharmacy chains in Canberra include:**
	+ Priceline Pharmacy ‒ <https://www.priceline.com.au/> ‒ your nearest store is Canberra Centre (for delivery only).
	+ Capital Chemist ‒ <https://www.capitalchemist.com.au/> ‒ your nearest stores are Dickson, O’Conner and Lyneham (for delivery only).
	+ Cincotta Discount Chemist ‒ <https://www.cincottachemist.com.au/> ‒ your nearest store is Dickson (for delivery only).
 | * **Red Baron** <https://redbaronhotelguests.orders4u.com.au/>
* **可送貨至坎培拉各處的兩大連鎖超市:**
	+ Woolworths 超市 <https://www.woolworths.com.au/>
	+ Coles 超市 <https://www.coles.com.au/>
* **坎培拉市内各餐館的外賣**可通過Canberra Eats公司訂購 <https://www.canberraeats.com/>
* **坎培拉的主要連鎖藥房有:**
	+ Priceline Pharmacy ---<https://www.priceline.com.au/>最靠近你的門店是Canberra Centre(僅限送貨)
	+ Capital Chemist ---<https://www.capitalchemist.com.au/>---最靠近你的門店是在Dickson、O’Conner、Lyneham三個區(僅限送貨)
	+ Cincotta Discount Chemist <https://www.cincottachemist.com.au/> --- 最靠近你的門店是在Dickson(僅限送貨)
 |
| **Hotel services and exercise** | **酒店服務和鍛煉** |
| **What should I do with my rubbish?** | **我應如何處理垃圾？** |
| Please place your rubbish in a plastic bag and tie the bag securely. Place the bag of rubbish outside the room and notify the hotel reception that you have rubbish that needs collection. If you need additional plastic bags for your rubbish, please contact hotel reception. | 請將垃圾放在塑膠袋裏、紮好。將垃圾袋放在客房門外，然後通知酒店前臺有垃圾需要清走。假如你需要更多塑膠袋裝垃圾，請聯繫酒店前臺。 |
| **How do I do my laundry?** | **洗衣方面如何安排？** |
| You can use the washing machine and dryer in your hotel room or apartment. If you have any problems with using these, please contact hotel reception. | 你可以使用酒店客房内或公寓内的洗衣機和乾衣機。若在使用方面有問題，請聯繫酒店前臺。 |
| **What if there is an evacuation at the hotel?** | **假如酒店需要疏散人員，怎麼辦？** |
| In the unlikely event that there is an evacuation at the hotel you are staying at (e.g. due to a fire alarm), you and everyone in your family must wear a surgical mask to proceed outside your room. Young children who cannot tolerate the mask do not need to wear one. You will find these behind the entry door to your room.You must follow the instructions of hotel staff and any emergency services personnel. You must always remain 1.5 metres away from other people (except the family members that you are sharing a hotel suite with). | 萬一你入住的酒店要疏散(例如遇着火警)，你及家人均須先佩戴外科口罩後才應走出客房。不勝口罩麻煩的幼兒可以免戴。外科口罩都放在客房大門的後面。你必須遵循酒店職員及任何緊急服務人員的指令，必須與其他人保持1.5米距離(除非是與你共用酒店客房的其他家庭成員)。 |
| **How can I get exercise?** | **我怎樣可以做運動？** |
| It is important to try and get some physical activity each day. We recognise that this is difficult in a confined space. If possible, you can do some exercises in your hotel suite, or on the balcony. There are fitness apps you can download with suggestions for exercises to do in a small space. | 每天嘗試做一些身體活動非常重要。我們知道，在封閉的空間内運動是有困難的。可行的話，你可以在酒店套房或陽臺上做一些運動。你可以下載一些健身應用程式，學習如何在窄小空間内做運動。 |
| **Useful exercise links** | **關於運動的有用鏈接** |
| * **Chair Yoga by Lesley Levy** – <https://www.youtube.com/watch?v=YMlLT_QpL4s>
* **45 Minute Chair and Mat Yoga Class** – <https://www.youtube.com/watch?v=vDrMekDp-8E>
* **Standing Chair Yoga Flow:** This video is a chair yoga practice of standing postures using a chair as a prop – <https://www.youtube.com/watch?v=_n0DzNWjkfc>
 | * **Chair Yoga by Lesley Levy**  – <https://www.youtube.com/watch?v=YMlLT_QpL4s>
* **45 Minute Chair and Mat Yoga Class**  <https://www.youtube.com/watch?v=vDrMekDp-8E>
* **Standing Chair Yoga Flow** :本視頻為一站立姿勢的椅子瑜伽練習，利用椅子作為道具 - <https://www.youtube.com/watch?v=_n0DzNWjkfc>
 |
| **Leaving Quarantine** | **結束檢疫時離開** |
| Your quarantine period will end at 11:59pm on day 14 of your quarantine period, noting that the day of your arrival is counted as day 0 of your mandatory quarantine period.ACT Health will provide you with the clearance necessary to end your mandatory quarantine period. This will include a face to face health check by a Public Health Officer on day 14 of your quarantine period. | 檢疫將在你開始後第14天的晚上11:59時結束。注意，你抵境當天算是強制檢疫期的第0天。首都區衛生部將負責決定是否許可你結束強制檢疫，包括公共衛生官員在檢疫期的第14天會與你進行面對面的健康檢查。 |
| **Exit letter** | **檢疫結束信** |
| If you test negative for COVID-19 and do not display any symptoms relating to COVID-19, ACT Health will provide you with an ‘exit letter’. The letter will be provided to you on day 14 of your quarantine period. The letter will state that you have returned to Australia from overseas and fulfilled the 14 day quarantine requirement in accordance with the *ACT Public Health (Returned Travellers) Emergency Direction 2020.*If you test positive for COVID-19 during your quarantine period or you are found to be unwell during the health check on day 14, your isolation period may be extended. You will be provided with an exit letter when you are cleared to leave isolation. | 假如你檢測冠狀病毒病的結果是陰性，且無出現與冠狀病毒病相關的任何癥狀，首都區衛生部將會出具一封“檢疫結束信”給你。這封信將會在檢疫期的第14天交給你。信中將說明你剛從海外返澳，並按照*「首都區公共衛生(返澳旅客)緊急情況指示2020」*(*ACT Public Health (Returned Travellers) Emergency Direction 2020*) 的規定完成了14天檢疫。假如你在檢疫期間檢測冠狀病毒病的結果呈陽性，或者在第14天的健康檢查時有身體不適，你的隔離期可能會延長。在你被允許離開隔離區時你會收到一封檢疫結束信。 |
| **Quarantine fees** | **檢疫費用** |
| From 5 August 2020 all returned travellers must pay for their hotel quarantine. The quarantine accommodation fee is a fixed cost which includes the cost of the hotel room, a standard food and meals cost, and other associated costs. Prior to check out of quarantine, you will receive an invoice from the ACT Government. You will have 30 days to pay the invoice and the due date will be stated on the invoice. Please refer to the Quarantine Fee factsheet provided to you, or you can read more information online. | 從2020年8月5日開始，所有返澳的旅客都必須支付酒店檢疫費用。檢疫食宿費為一固定數目的款項，含酒店客房費、標準食品及膳食費、及其他相關費用。 在辦理離開檢疫區手續之前，你會收到首都區政府的發票。你會有30天的時間支付發票，發票上會註明到期日子。請參閱已交付給你的「檢疫費用」一文，或上網閱讀詳情。 |
| **Travel home** | **上路回家** |
| You are responsible for arranging your own travel home at the end of your quarantine period.Please note that other States and Territories may have additional quarantine requirements that may be imposed after arrival. Please check relevant State and Territory websites for up to dateinformation on border restrictions and quarantine requirements.The check-out time at the end of your quarantine period (on day 15) will be in accordance with hotel policy. | 你要自己安排檢疫期結束後回家的交通行程事宜。請注意，其他州及領地可能會有額外的抵境後的檢疫要求。請前往相關的州及領地的網站查看最新資料，瞭解當地的州界邊境限制和檢疫要求。檢疫期結束時(第15天)的退房時間將按照該酒店的相關政策而行。 |
| **Additional information** | **額外資訊** |
| If you have any concerns regarding your hotel accommodation, please contact hotel reception.For other issues, please contact ACT Health on 5124 6209 (24 hours).Please find below some links to further information:* **ACT Government COVID-19 webpage** – <https://www.covid19.act.gov.au/>
* **Australian Government COVID-19 webpage** – <https://www.health.gov.au/covid-19>
* **Australian Red Cross** – Looking after yourself and your family – [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)
* **Emerging Minds** – Supporting children during the Coronavirus (COVID-19) outbreak – <https://www.emergingminds.com.au/>
 | 假如就酒店食宿有任何顧慮，請聯繫酒店前臺。有關其他問題，請聯繫首都區衛生部(ACT Health)，號碼5124 6209(24小時服務)。以下鏈接有進一步資料:* **首都區政府疫情網頁ACT Government COVID-19 webpage –** <https://www.covid19.act.gov.au/>
* **澳洲聯邦政府的疫情網頁Australian Government COVID-19 webpage –** <https://www.health.gov.au/covid-19>
* **澳洲紅十字會Australian Red Cross – 照顧你同你的家人 –** [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)
* **「成長中的心靈」Emerging Minds –** 支援疫情爆發時期中的兒童 – <https://www.emergingminds.com.au/>
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