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| 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检疫中。 |
| **What can’t I do in quarantine?** | **檢疫期間我唔可以做啲乜嘢呢?** |
| 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. | 任何唔喺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，即使净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，社區内人人都要經常洗手，注意衞生， |
| 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。  要瞭解多啲有関ACT豁免入境限制嘅申請，請訪閲www.covid19.act.gov.au/news-articles/act-border-restrictions. |