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| English | Chinese Traditional (Cantonese) |
| **Summary of key changes to restrictions** | **限制措施主要變動摘要** |
| In line with **Stage 3, Step 3.1** of [Canberra's Recovery Plan](https://www.covid19.act.gov.au/community/canberra-recovery), minor and cautious changes are being made to the current COVID-19 restrictions in the ACT for some sectors that have been closed since March. Subject to a successful public health risk assessment (check point) on Thursday 6 August, the following changes will apply from **9am on Monday 10 August 2020**. | 兹緊按[「堪培拉興復計劃」(Canberra's Recovery Plan](https://www.covid19.act.gov.au/community/canberra-recovery))**第三階段第3.1步**，首都區(ACT)現行的冠狀病毒病(COVID-19)限制措施對於某些自3月來一直停業的行業將有些次要而謹慎的改動。若8月6日週四的公共衛生風險評估(覆檢日)順利通過，下列變動將於**2020年8月10日週一上午9時起生效**。 |
| **The following can open:** | **以下商鋪可以營業:** |
| * Food courts (dine-in) * Casinos and gaming in clubs * Steam-based services including saunas, steam rooms, steam cabinets and bathhouses * Strip clubs, brothels, escort agencies. | * 美食廣場(堂食) * 賭場及博彩游戲館 * 蒸汽類服務，包括桑拿、蒸汽室、蒸汽櫃及浴場 * 脫衣舞俱樂部、妓院、伴陪服務 |
| **In addition, the following will apply:** | **此外，有以下規定:** |
| * Community sport activities can have a maximum of 100 spectators for each indoor and each outdoor space, where the one person per 4 square metre rule can be observed. This excludes staff and participants. * Bar, pubs and clubs are able to continue to serve alcohol to seated patrons, with no limit on the size of group bookings. * When gyms, health clubs and fitness facilities are unstaffed, a maximum of 25 patrons are permitted to be in the venue at any one time. | * 社區體育運動，若可遵循每4平方米僅容一人的原則，每一室内及室外活動空間的人數可多至100人。此限額不包括職員及活動參與者。 * 酒吧、酒棧及俱樂部可繼續向就席賓客供應酒類飲品，集體訂座的賓客人數不限。 * 健身房、健身俱樂部及健美設施在無職員當值的情況下，同一時間内的賓客人數不得超過25人。 |
| * All venues, facilities and businesses must clearly display occupancy allowance at entrance to each venue or space. * Venues, facilities and businesses which can now reopen must develop and follow a [COVID Safety Plan](https://www.covid19.act.gov.au/__data/assets/pdf_file/0007/1554199/CV_Safety-Plan-Guidelines_2.2_Final-19062020.pdf). | * 所有場館、設施及商企的各營業點或服務空間入口處均須設有榜帖，清楚寫明入内人數的限額. * 所有現時可以重新營業的場館、設施及商企均須備有一份[「COVID安全計劃」(COVID Safety Plan)](https://www.covid19.act.gov.au/__data/assets/pdf_file/0007/1554199/CV_Safety-Plan-Guidelines_2.2_Final-19062020.pdf)，並嚴格執行此計劃。 |
| **What stays the same** | **仍無變動的措施** |
| All requirements under **Step 2.2** remain in place, in particular: | **第2.2步**中的所有措施仍舊無變，具體有以下幾點: |
| * No limit on household visits. * The limit on the number of people allowed at outdoor gatherings remains at 100 people. * The current arrangements of one person per 4 square metres of usable space rule applies, up to 100 people in each indoor and each outdoor space. This excludes any staff on premises. | * 到別家串門之類的探親訪友，人數不限。 * 戶外集會的上限人數仍為100人。 * 現行的可用空間内每4平方米僅容一人的原則仍然必須遵循，各室內及室外空間内不得超過100人。此限額不含場所内的任何職員。 |
| **We all need to continue to be responsible** | **大家仍須繼續為社會盡責** |
| The requirements under the Public Health Directions are not just the responsibility of businesses - they extend to all Canberrans. | 「公共衛生指示」(Public Health Directions)中規定的社會公責不僅僅是商企的責任，也是所有坎培拉市民的責任。 |
| We must all be sensible when having people in our homes and put in place our own control measures. This includes knowing who is there and at what times, and downloading the COVIDSafe app. | 在家裏招待客人時應考慮實際情況，備有自己的防控措施。這包括要清楚知道都有誰來過、甚麼時候來過、下載COVIDSafe應用程式等。 |
| Importantly, we must maintain our best lines of defence against the disease by physically distancing, practising good hand and respiratory hygiene, staying home if unwell and getting tested if you have symptoms. | 重要的是，大家必須備有防禦疾病的得力措施，即是，保持與他人之間的疏距、良好的潔手及呼吸道衛生習慣、若感不適則應留在家裏、出現病癥時就去做檢測等做法。 |
| These principles have not changed and are the best way to keep our community safe and to prevent the spread of COVID-19. | 以上各原則仍無改變，均爲保護社區安全、防範冠狀病毒病(COVID-19)傳播的最行之有效的途徑。 |