



Information for schools and early childhood centres, students and their parents

People who have returned from a country or region that is at high or moderate risk for COVID-19 should monitor their health closely. If you develop symptoms including a fever and cough you should isolate yourself immediately and urgently seek medical attention. Go to www.health.gov.au/covid19-travellers for the list of at-risk countries.

People who think they may have been in close contact with a confirmed case of coronavirus should also monitor their health and seek urgent medical attention.

Can students or staff members attend schools and early childhood centres?

Specific requirements are in place for people who have returned from a country or region that is at high or moderate risk for COVID-19, or think they may have been in close contact with a confirmed case of coronavirus. Go to www.health.gov.au/covid19-travellers for the list of at-risk countries and isolation requirements.

The relevant school or childcare centre should be notified. Students may want to seek alternate arrangements for remote learning keeping in mind the isolation period, provided the person remains well, is a maximum of 14 days.

What does isolate in your home mean?

People who need to isolate must stay at home and not attend public places, in particular work, school, childcare or university. Only people they usually live in the household with should be in the home.

Do not see visitors. Where possible, ask others such as friends or family, who are not required to be isolated, to get food or other necessities. If the person in isolation must leave the home or residence, such as to seek medical care, they are instructed to wear a surgical mask if they have one.

What if a student or staff member becomes sick while in isolation?

Symptoms include (but are not limited to) fever, cough, sore throat, tiredness and shortness of breath.

If a student/staff member develops mild symptoms, they must:

- Isolate themselves from others at home and use a separate bathroom if available;
- Put on a surgical mask and if they don't have one, practise good sneeze/cough hygiene;
- Practise good hand hygiene; and
- Call a doctor or hospital and tell them the recent travel or close contact history.

If they have serious symptoms such as difficulty breathing:

- Call 000, ask for an ambulance and notify the officers of the recent travel or close contact history.

If unwell, staff and students should be excluded from attending the school or early childcare centre until they are assessed by their primary care provider. The primary care provider will liaise with the local public health authority to determine when it is safe for them to return to usual activities.

How can we help prevent the spread of coronavirus?

Practising good sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (stay more than 1.5 metres from people).

More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness – not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to your doctor.



致中小学和幼儿园、学生及家长的信息

从 COVID-19 高中度风险国家或地区返澳的人士应密切监测个人健康状况。如果出现了发烧和咳嗽等症状，则应立即自我隔离，并紧急寻求医疗救助。请浏览 www.health.gov.au/covid19-travellers 了解 COVID-19 风险国家列表

认为自己可能与冠状病毒确诊病例有过密切接触的人士也应该监测自己的健康状况，并寻求紧急医疗救助。

学生或教职员工可以去学校或幼儿园吗？

对于从 COVID-19 高中度风险国家或地区返澳的人士，或认为可能与冠状病毒确诊病例有密切接触的人员，应遵守特殊规定要求。请浏览 www.health.gov.au/covid19-travellers 了解 COVID-19 风险国家列表及隔离要求。

学生或教职员工应通知所工作的学校或幼儿园学生可能希望选择远程学习，但要记住在隔离者身体状况良好的情况下隔离期最长为 14 天。

居家隔离是指什么？

需要自我隔离的人士必须呆在家中，不能去公共场所，尤其是工作单位、学校、幼儿园或大学。只有通常同住的人才可与隔离者呆在家里。

不得接待访客尽量请不需要隔离的朋友或家人等其他人为您递送食物或其他必需品。如果隔离者必须外出，例如去就医，则要尽量带上外科口罩。

学生或教职员工在隔离期间生病了该怎么办？

症状包括(但不限于)发烧、咳嗽、喉咙痛、疲劳和气短。

如果学生/教职员工症状轻微，则必须：

- 在家中与他人隔离，并尽量不与他人共用浴室；
- 戴上外科口罩，如果没有口罩，则请遵守良好的打喷嚏/咳嗽礼仪；
- 保持良好的手部卫生；和
- 打电话给医生或医院，并告知您最近去过的地方或接触过的人。

如果出现了呼吸困难等严重症状：

- 请拨打 000 叫救护车，并告诉救护人员您最近去过的地方或接触过的人。

如果教职员工和学生出现身体不适，则不得去学校或幼儿园，直到获得初级医疗机构的评估。初级医疗机构将与当地公共卫生部门联系，以确定可以何时安全如常活动。

如何预防冠状病毒的传播？

遵守良好的打喷嚏/咳嗽卫生礼仪，是抵御大多数病毒的最好方法。您应：

- 经常用肥皂洗手，并在吃饭前后和上厕所后洗手
- 咳嗽和打喷嚏时使用纸巾掩面，然后丢弃纸巾，并使用酒精类搓手液
- 如果身体出现不适症状，请要避免与他人接触(与他人保持 1.5 米以上的距离)。

更多信息

尽管冠状病毒令人担忧，但需要注意的是，大多数人出现发烧、咳嗽、喉咙痛或疲倦等症状很可能是患有感冒或其他呼吸道疾病，而非感染了冠状病毒。

若要了解最新公告、信息和资源，请访问 www.health.gov.au

拨打 1800 020 080，联系全国冠状病毒健康信息热线。一周七天，一天 24 小时提供咨询。如果需要笔译或口译服务，请拨打 131 450。

您所在州或领地的公共卫生部门电话号码可以在此网页找到：www.health.gov.au/state-territory-contacts

如果对身体健康有顾虑，请咨询医生。