



NSW Police Force

STAY AT HOME/NO VISITORS:

- Stay at home with your immediate family. Your immediate family is those who live in the same house and sleep there every night.
- You should not have any visitors to your home. This includes family members who don't live with you.
- Don't put your mother, grandmother, aunt or uncle at risk by visiting other family members.
- Stay at home means stay at home. Don't visit friends or family. The time for visits will come once we have stopped the virus from spreading.

待在家裡/謝絕訪客

與您的【家人】待在家裡。您的【家人】是指那些與您住在同一間房屋裡，並且每晚都在那裡就寢的人。

您的家中不應有任何訪客。這包括不與您同住的家庭成員。

不要因為探望其他家庭成員而使您的家人(例如父母、祖父母等)處於危險之中。

【待在家裡】的意思就是【待在家裡】！不要拜訪朋友或家人。只要我們阻止了病毒的傳播，可以探訪的時間就會到來。

TESTING:

- Get tested as soon as you feel unwell. If you feel unwell a few days after getting tested, go get tested again. You must get tested if you are a close or casual contact.
- Just because you don't have any symptoms, does not mean you don't have COVID. You could still be very infectious.

測試：

一旦感覺有任何不適，請立即前往檢查。即使測試結果呈陰性，若之後感到不適，請再次進行測試。無論您是密切接觸者或偶然接觸者，都必須接受檢測。

僅僅因為您沒有任何症狀，並不意味著您沒有感染冠狀病毒。你仍然可能在這種情況下傳播病毒。

MASKS:

- If you have to leave your home, you must have a mask with you at all times.
- You need to wear it in communal areas of residential buildings, indoor areas such as supermarkets, and outdoors when around others such as in queues waiting for public transport or food.

口罩：

如果您必須出門，務必隨身攜帶口罩。

如果離家在外，例如在住宅樓公共區域、和室內場所如超市、公共交通工具或在室外時附近有人，如排隊等候食物和在公交車站候車時都需要佩戴口罩。

GENERAL:

- We're all in this together. We must look after each other.
- Compliance is essential to protect you, your loved ones and your communities.
- Together we can beat this virus and help stop the spread, but we need you to work with us.

總括：

讓我們緊密相聯，互相照顧。

遵守規定對於保護您、您的親人和您的社區至為重要。

讓我們一起戰勝病毒，阻止它的傳播，我們需要您與我們共同努力。

