

NOVEL CORONAVIRUS



Protect yourself, Protect others

Currently there is an outbreak of new flu-like illness in China, called 2019 novel coronavirus (2019-nCoV). Since the first cases were identified the virus has spread to other countries in travellers. Here is some advice to help protect you and others from 2019-nCoV.

What is novel coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases. Novel coronavirus (also called 2019-nCoV) is a new strain of coronavirus affecting humans.

What are the symptoms of 2019-nCoV?

Symptoms may include fever, cough and difficulty breathing. It can take up to 14 days for symptoms to show after a person has been infected

What do I do if I am sick right now?

If you have fever, cough, or difficulty breathing please let an immigration or health officer at the airport know now.

What do I do if I get sick while in Tonga?

If you are sick after arriving from China or another 2019-nCoV affected area:

- It's important you seek medical advice. Call 23-200 ext 1344/1321/1319 or +676 8880495 /+676 7702469 and explain your recent travel history.
- Avoid public areas and self isolate to help stop the spread.

What can I do to protect myself if I have international travel plans?

If you are travelling, some simple practices can help protect you from many infectious diseases, including 2019-nCoV:

- avoid contact with sick people
- regularly wash your hands with soap, or use hand sanitizer
- avoid touching your face and mouth after touching surfaces

As a precaution, avoid visiting markets where food and live animals are sold.



致从中国抵澳旅客有关新型冠状病毒的信息



Protect yourself, Protect others

目前，在中国爆发了一种新型流感样疾病，称为2019年新型冠状病毒（2019-nCoV）。自从确定第一个病例以来，该病毒已在旅行者中传播到其他国家。这里有一些建议可以帮助保护您和其他人免受2019-nCoV的侵害。

什么是新型冠状病毒（2019-nCoV）？

冠状病毒是一个大型病毒家族，已知可引起感冒以及中东呼吸综合征（MERS）和严重急性呼吸综合征（SARS）等较严重疾病。新型冠状病毒是以前从未在人体中发现的冠状病毒新毒株。

感染 2019 新型冠状病毒后会有什么症状？

症状包括发烧、咳嗽、喉咙痛和呼吸困难。如果出现呼吸困难则表明可能患上肺炎，需立即就医。如果感染了该病毒，最多可能需要 14 天才会出现症状。

目前已生病，那该怎么办？

如果出现发烧、出汗、发冷或呼吸困难，请立即通知机场的生物安全检验官。

如果在澳期间生病了 TONGA ？

如果您是从中国或其他2019-nCoV感染地区抵达后生病的：

- 您寻求医疗建议很重要。致电 23-200 ext 1344/1321/1319 or +676 8880495 /+676 7702469 并说明您最近的旅行记录。
- 避免公共区域和自我隔离，以阻止传播。

我如何自我防护？

减少接触和减少传播一系列疾病的标准建议包括，保持基本的手部和呼吸道卫生，坚持安全饮食习惯，并尽可能避免与任何表现出有呼吸道疾病症状（如咳嗽和打喷嚏等）的人密切接触。



Kingdom of Tonga
Ministry of Health