

Date: Monday 31 August 2020

Subject: COVID-19 Update from NSW Health & NSW Chief Health Officer Case Alert

Importance: High

➤ **NSW Health Alert issued on 28 August 2020: 14 day guidelines for Aged Care visitors**

- The current Sydney CBD outbreak involves people who have travelled from multiple areas in the Sydney metropolitan and Central Coast areas. As a precaution NSW Health is extending existing visitor restrictions by strongly advising people who live or work in the Greater Sydney metropolitan area and Central Coast to refrain from visiting aged care facilities until 12 September 2020.
- Staff are also requested to wear masks when working in these facilities.
- There is currently no evidence of any cases in aged care residents or staff in aged care facilities in NSW. These are precautionary steps to prevent the entry of COVID-19 into this vulnerable setting.

➤ **新南威爾士州健康警報於 2020 年 8 月 28 日發布：針對療養院訪客的 14 天指示**

- 當前的悉尼 CBD 疫情涉及從 Sydney metropolitan and Central Coast 地區多個地區到訪過的人們。為了預防起見，新南威爾士州健康局（NSW Health）強烈建議居住或工作在 Sydney metropolitan and Central Coast 的人們避免訪問療養院，直到 2020 年 9 月 12 日，以此擴大現有的訪客限制。
- 在這些療養院中工作時，還要求員工戴口罩。
- 目前沒有證據表示新南威爾士州的療養院院友或療養院工作人員有任何病例。這些是預防步驟，可防止 COVID-19 進入此易受攻擊的環境。

As at 31 August 2020, NSW Health is requesting residential aged care facilities screen staff and visitors against the following venues and dates:

截至 2020 年 8 月 31 日，新南威爾士州健康局要對曾到過在以下地點和日期對療養院的工作人員和訪客進行檢查：

- If you attended the following place (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>) on the dates below, or you have been advised by NSW Health that you are a close contact of a confirmed case:
- immediately self-isolate until 14 days after you were last there
 - **get tested even if you have no symptoms**
 - watch for COVID-19 symptoms and get retested should any symptoms recur
 - even if you get a negative test, you must stay in isolation for 14 days (this is because it can take 14 days before you may show symptoms or test positive).

- 如果您在以下日期曾到過以下場所(<https://www.nsw.gov.au/covid-19/latest-news-and-updates>), 或者新南威爾士州健康局告知您與確診病例有密切聯繫:
- 立即自我隔離 14 天后, 日期從您曾到過這些地方起計算
 - 即使沒有症狀也要接受測試
 - 觀察 COVID-19 症狀並在出現任何症狀時進行重新測試
 - 即使您獲得陰性測試, 也必須與外界隔離 14 天 (這是因為您可能需要 14 天才顯示出症狀或測試呈陽性)。

| Location | Dates |
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| Bus route X39 | <p>Thursday 20 August</p> <ul style="list-style-type: none"> • Departure: 6:08pm from Pitt Street opposite Australia Square • Arrival: 6:40pm at Clovelly Road and Carrington Road, Randwick <p>Passengers should immediately <u>self-isolate</u> for 14 days since the bus journey (until midnight on 3 September) and be <u>tested for COVID-19</u> regardless of symptoms.</p> |
| Caringbah: Highfield Caringbah | <p>6pm to 8:30pm on Saturday 22 August</p> <p><u>Self-isolate</u> and <u>get tested</u> immediately if you were at this location for more than two hours at this time and date.</p> <p>Other patrons at this location for less than two hours at this time and date are casual contacts and should monitor for symptoms.</p> |
| Hunters Hill: Hunters Hill Bowling Club (indoor dining room) | <p>12pm to 2pm on Sunday 23 August</p> <p>People who attended other areas of the club should monitor for symptoms and if they develop, <u>get tested</u> right away and <u>self-isolate</u>.</p> |
| Marrickville: Anytime Fitness | <p>7pm to 8pm on Monday 24 August</p> <p>Anyone at the gym at this time is considered a close contact and is required</p> |

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| | to immediately get tested for COVID-19 and self-isolate for 14 days until 8 September. |
| Randwick: Fitness First | 3:30pm to 4:15pm on Sunday 23 August Anyone who visited the weights room at the gym at this time is considered a close contact and is required to immediately get tested for COVID-19 and self-isolate for 14 days until 8 September |
| Sydney: City Tattersalls Club Fitness Centre | 8am to 2pm on Wednesday 19 August 8am to 2pm on Friday 21 August <ul style="list-style-type: none">• Aqua Aerobics from 10am to 10:45am• Stretch Class from 11am to 11:50am• Pump Class from 12:15pm to 1pm 8am to 2pm on Sunday 23 August 8am to 2pm on Monday 24 August 8am to 2pm on Tuesday 25 August Other members of City Tattersalls should get tested if they have even the mildest symptoms. Anyone who attended the Club between Tuesday 4 August and Tuesday 18 August 2020 should get tested for COVID-19, regardless of symptoms, and self-isolate until a negative test result is received. If you receive a negative result, you can leave isolation. |
| Zetland: Virgin Gym | People who attended the Active Dance class at 7:40pm on Monday 24 August |

If you attended any of the following locations on the dates below, watch for [COVID-19 symptoms](#). **If symptoms occur**, [self-isolate](#) and [get tested](#) for COVID-19 immediately.

如果您在以下日期參加過以下任何活動或曾到過這些場所，請注意 COVID-19 症狀。如果出現症狀，請自我隔離並立即進行 COVID-19 測試。

| Location | Dates |
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| Auburn: Ramadan Pharmacy | 1:30pm to 2:30pm on Wednesday 19 August |
| Balgowlah: Fitness First Balgowlah | 9am to 12pm on Sunday 23 August If you are contacted by NSW Health and identified as a close contact you must immediately self-isolate for 14 days. |
| Burwood: Service NSW | 2:30pm to 3pm on Friday 21 August |
| Burwood: Westfield Shopping Centre | 6pm to 7pm on Thursday 20 August, including Kmart and Woolworths from 6:30pm to 7pm |
| Cabramatta: Cabramatta Family Practice | 9am to 10:15am on Thursday 20 August |
| Caringbah: Caringbah Hotel | 8:30pm to 11:00pm on Saturday 22 August If you are contacted by NSW Health and identified as a close contact you must immediately self-isolate for 14 days. |
| Drummoyne: Destro's Pharmacy | 11:20am to 11:40am on Saturday 22 August |
| Fairfield West: Aldi | 9:45am to 11am on Sunday 16 August |
| Glebe: Broadway Shopping Centre | 3:30pm to 5pm on Saturday 22 August Apple Store: 3:40pm to 4:40pm on Saturday 22 August House: 2:00pm to 2:10pm on Monday 24 August |
| Hornsby: PRP Diagnostic Imaging | 10am to 11:15am on Monday 24 August |
| Hurlstone Park: Metro Petroleum | 10:20am to 10:30am on Monday 24 August |
| Malabar: Randwick Golf Club | 11:50am to 12:20pm on Tuesday 25 August |
| Manly: 4 Pines Manly Brew Pub | 3:30pm to 5pm on Sunday 23 August |

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| Marrickville: Eat Fuh | 5:20pm to 5:40pm on Sunday 23 August |
| Marrickville: Liquorland (269 to 271 Marrickville Road) | 5:15pm to 5:30pm on Sunday 23 August |
| Mosman: Archie Bear café, Mosman Rowers | 11am to 12 noon on Monday 24 August and 9:00am to 9.30am on Tuesday 25 August |
| Rosebery: Rosebery Post Shop, 371 Gardeners Road | 1:30pm to 1:40pm on Wednesday 26 August |
| | 2:30pm to 3:30pm on Monday 24 August |
| St Ives: St Ives Shopping Centre, 166 Mona Vale Road | 5:30pm to 6:00pm on Wednesday 26 August |
| | Wednesday 19 August Thursday 20 August Friday 21 August Monday 24 August |
| Sydney: 300 George Street | |
| | 12pm to 4:30pm on Thursday 20 August 12pm to 4:30pm on Friday 21 August |
| Sydney: Fitness First Bond Street | If you are contacted by NSW Health and identified as a close contact you must immediately self-isolate for 14 days |
| | 5:10pm to 6:40pm on 26 August |
| Sydney: Virgin Active Margaret Street Gym | If you are contacted by NSW Health and identified as a close contact you must immediately self-isolate for 14 days |
| | 5:00pm to 6:30pm on Tuesday 25 August |
| Sydney: Virgin Active Pitt Street Gym | If you are contacted by NSW Health and identified as a close contact you must immediately self-isolate for 14 days |
| | 6pm to 8pm on Saturday 22 August |
| Turramurra: The Matterhorn | NSW Health has identified and contacted close contacts |
| Wahroonga: Parish of Holy Name | 9:30am to 10:15am on Sunday 23 August |

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| Waitara: Magpies Waitara | 11:30am to 1:15pm on Monday 24 August |
| Willoughby: Harris Farm | 4pm to 5pm on Saturday 22 August |
| Wollstonecraft: Mater Clinic | 8:30am to 9:00am on Friday 28 August |
| Zetland: Virgin Gym | 7:30 to 10pm on Monday 24 August If you attended the Active Dance class at 7:40pm on Monday 24 August, <u>self-isolate</u> and get tested immediately. |

➤ Public transport routes

- Sydney buses and central coast trains
 - Bus route 333, 330, X39 from Wednesday 19 to Thursday 27 August
 - Bus route 442: Tuesday 25 August
 - Bus route 6546, 6583, 723, 728, 729, 730, 731, 750, 756, 758: Monday 24 August
 - Bus route 723, 728, 731, 752, 755, 756, 758: Thursday 20 and Friday 21 August
 - Bus route Merrylands Park to Parramatta: Thursday 27 August
 - Trains to Lidcombe, Merrylands, Mount Druitt and Parramatta: from Monday 24 to Thursday 27 August
 - Central coast train between Woy Woy and Sydney: Monday 24 August
 - Central coast train between Woy Woy and Gordon: Tuesday 25 August
 - T4: Sydney Eastern Suburbs train: Tuesday 25 August, Wednesday 26 August
- If you have travelled on these bus or train routes at the time and date indicated you should:
 - watch for COVID-19 symptoms
 - if symptoms occur, immediately get tested and self-isolate.
- See the Transport for NSW website for COVID-19 safer travel guidance: <https://transportnsw.info/covid-19>.

➤ 公交线路

- 悉尼巴士和中央海岸火車
 - 巴士路線 333、330、X39: 從8月19日星期三至8月27日星期四
 - 巴士路線 442: 8月25日星期二
 - 巴士路線 6546、6583、723、728、729、730、731、750、756、758: 8月24日星期一
 - 巴士路線 723、728、731、752、755、756、758: 8月20日星期四和8月21日星期五

- 8月27日（星期四）乘巴士從Merrylands Park到Parramatta。
 - 火車從8月24日星期一至8月27日星期四，前往Lidcombe, Merrylands, Mount Druitt and Parramatta
 - Woy Woy 和 Sydney 之間的 Central Coast 列車：8月24日星期一
 - Woy Woy 和Gordon 之間的 Central Coast 列車：8月25日，星期二
 - T4：悉尼東部郊區火車：8月25日星期二，8月26日星期三
- 如果您在指示的時間和日期乘坐這些公共汽車或火車路線，則應：
- 注意COVID-19症狀
 - 如果出現症狀，請立即進行測試並自我隔離。
- 請訪問新南威爾士州運輸網站，獲取COVID-19更加安全的旅行指南：
<https://transportnsw.info/covid-19>.
- **If you have the following conditions, do not enter any residential aged care homes:**
- **Fever $\geq 37.5^{\circ}\text{C}$ or** respiratory symptoms (even if symptoms are mild). Must be isolated at home and seek COVID-19 testing;
 - You are waiting for the COVID-19 testing results;
 - Your family members are in isolation or waiting to be tested for COVID-19;
 - You have travelled in Melbourne/Victoria in the past 14 days;
 - Your household members or people you have been in close contact with have travelled in Melbourne/Victoria in the past 14 days;
 - You have not been vaccinated against influenza or cannot produce vaccination certificate.

若你有以下情況，不可探訪任何院舍：

- 發燒 $\geq 37.5^{\circ}\text{C}$ 或出現呼吸道症狀（即使症狀輕微）。必須在家中隔離並接受新冠肺炎檢測；
 - 你正等候新冠肺炎檢測結果；
 - 你的同屋家人正在隔離或等候接受新冠肺炎檢測；
 - 過去14天內你曾在墨爾本/維多利亞省旅遊；
 - 你的同屋家人或你曾近距離接觸的人士在過去14天內曾在墨爾本旅遊；
 - 你仍未接種流行性感冒疫苗或不能出示接種證疫苗證明；
- Until further notice, any visitors to any residential aged care facility who have been in the following areas /local government areas in the previous 14 days **should get tested if they have even the mildest of COVID-19 symptoms such as a runny nose or scratchy throat; and also be excluded from the facility:**

- **New South Wales: -Hornsby Shire, Hills District, Merrylands (suburb), Guildford (suburb), Canterbury-Bankstown (Bankstown part), Woollahra, eastern part of City of Sydney (i.e. Sydney, Surry Hills, Darlinghurst, Woolloomooloo, Potts Point, Rushcutters Bay, Elizabeth Bay, Centennial Park), Parramatta, Fairfield, Liverpool, and Campbelltown.**
- **Queensland: - City of Brisbane, City of Ipswich, Logan City, Scenic Rim Region, Somerset Region, Lockyer Valley Region, Moreton Bay Region, Redland City.**

➤ 直至另行通知，任何訪客若在過去兩星期內曾到訪過以下地方/地方政府區，如果他們有最輕微的COVID-19症狀，例如流鼻涕或喉嚨沙啞，則應接受檢查；並**不可進入任何院舍**：

- **New South Wales: - Hornsby Shire, Hills District, Merrylands (suburb), Guildford (suburb), Canterbury-Bankstown (Bankstown part), Woollahra, eastern part of City of Sydney (i.e. Sydney, Surry Hills, Darlinghurst, Woolloomooloo, Potts Point, Rushcutters Bay, Elizabeth Bay, Centennial Park), Parramatta, Fairfield, Liverpool, and Campbelltown.**
- **Queensland: - City of Brisbane, City of Ipswich, Logan City, Scenic Rim Region, Somerset Region, Lockyer Valley Region, Moreton Bay Region, Redland City.**

- All aged care staff who reside in, or have visited in the last 14 days, the above local government areas or a NSW/VIC border community or NSW border with QLD from Tweed Heads through to Woodenbong must wear a surgical mask while in the facility. 所有居住在，或在過去兩星期內曾到訪過以上地方政府地區，或新南威爾士州/維多利亞州邊境社區，或沿著新南威爾士州邊境與昆士蘭州從從Tweed Heads到Woodenbong的新州邊界的療養院的工作人員，在院舍內必須戴口罩。
- Visitors who have obtained prior approval from the Facility Manager may be allowed to visit but must wear a mask. 探訪者如果事先獲得了院長的事先批准，可能會被允許探訪，但必須戴上口罩。

It is important to regularly check the website, as this list may expand.

This list of venues will continue to be updated and included in NSW Health media releases. Residential aged care facilities are strongly encouraged to subscribe to NSW Health media releases and review this list of venues regularly. More information on how to set up this automatic feed is available here: <https://www.health.nsw.gov.au/Pages/rss.aspx>

該場列表將繼續更新，並包含在新南威爾士州健康媒體發布中。強烈鼓勵療養院友訂閱新南威爾士州健康新聞稿，並定期查看該場所清單。有關如何設置此自動供稿的更多信息，請參見：<https://www.health.nsw.gov.au/Pages/rss.aspx>

It remains essential that anyone with symptoms, even very mild symptoms, get tested and stay home until cleared. A list of testing clinics is available here: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx>

任何有症狀，甚至非常輕微的症狀的人，都必須接受檢查並待在家裡直到健康，這仍然是至關重要的。可在此處找到測試診所的列表：

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx>

In response to questions received from residential aged care facilities about implementing this guidance, a series of FAQs has been prepared and is available here:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care-faq.aspx>

回應從療養院收到的有關實施的問題

本指南已準備好一系列常見問題解答，可在此處找到：

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care-faq.aspx>