



新型冠状病毒(COVID-19)重要讯息 提供给华人寺院、团体及社区



本指引提供有关新型冠状病毒的中文资料及讯息，如需要有关英文的资料，请参阅 [BCNSW Covid-19 guide](#)。如需要进一步帮助，请联络：**Buddhist Council of NSW (新南威爾士州佛教理事會)**。

電郵: office@buddhistcouncil.org , 電話: 9966 8893

请遵循以下规则，以保护自己 and 他人健康安全

- 定期洗手 (使用肥皂或消毒液)
- 如果生病请留在家
- 保持距离：请实践社交(慈悲)距离，如果出现症状需要自我隔离
- 减少面对面的会议



聆听新型冠状病毒(COVID-19)的讯息(国语版)

请点击以下网页链接或参考本指引最后页的完整网页链接：

- [NSW Health translated resources](#)
- [Commonwealth Dept. of Health translated resources](#)
- [Resources from SBS](#) (中文)
- [Centre for Cultural Diversity in Ageing](#)
- Ethnolink resources in [Chinese \(simplified\)](#) and [Chinese \(traditional\)](#)

对社区提供的支援

如您的社区有僧伽(法师)或信徒大众需要帮助，特别是孤立、年长者或有亲戚在疗养院，您可以帮助以下的事项吗：

- 让大家多了解目前情况及最新资讯？保持联络？
- 提供直播服务？在社区设立热线电话，服务社区？
- 提供食物给不能外出购物或自行煮食的人？

The [Translating and Interpreting Service \(TIS\)](#) (TIS) 能够帮助您使用英语服务

针对精神健康的关心：

- 全科医生(即 GPs)能够提供前线精神健康的关心服务，亦可以介绍到其他相关服务
- Lifeline 每天提供 24 小时的电话咨询，请致电 **13 11 14**.
- [The Transcultural Mental Health Centre](#): 中文资讯(简体)(繁体)
- [The NSW Mental Health Line](#) (1800 011 511, 24 小时服务) 寻找关心精神健康的专业人士.
- The [Australian Association of Buddhist Counsellors and Psychotherapists](#) (AABCAP) 可以帮助找到认可的佛教顾问或心理治疗师

针对遭受到家庭暴力威胁的人：

- [1800 Respect](#) 提供中文咨询及相关资料(简体) / (繁体)

以下完整网站链接配合以上提供的讯息

BCNSW Covid-19 Info Guide	buddhistcouncil.org/covid19
NSW Health translated resources	health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx
Commonwealth Dept. of Health translated resources	health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resource
Resources from SBS in Mandarin	sbs.com.au/language/mandarin/coronavirus-updates
Centre for Cultural Diversity in Ageing	culturaldiversity.com.au/service-providers/multilingual-resources/multilingual-health-and-aged-care-information
Ethnolink resources Chinese (simplified) Chinese (traditional)	ethnolink.com.au/covid-19-coronavirus-translated-resources/#chinese-simplified ethnolink.com.au/covid-19-coronavirus-translated-resources/#chinese-traditional
Translating and Interpreting Service	tisonational.gov.au/vi/Non-English-speakers
Transcultural Mental Health Centre Chinese (simplified) Chinese (traditional)	dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language/simplified-chinese/simplified-chinese dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language/traditional-chinese/traditional-chinese
The NSW Mental Health Line	health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx
AABCAP	aabcap.org/
1800 Respect - Simplified Chinese Traditional Chinese	1800respect.org.au/languages/simplified-chinese-what-is-1800respect/ 1800respect.org.au/languages/traditional-chinese-what-is-1800respect/