



## Na mibu sinah kirthannak

Inn dangte chiahnak ah um a herhmi minung asiloah hmun dang chiahmi hna cu ni 14 caan chung an um hnuah damlonak hmelchunhnak asiloah langhnak a umlo mi hna cu rian kalnak, sianginn kainak, sianghleirun kainak, zapi tonnak hmun pawl ah kalnak le zapi kalumnak hmanna telh in nifatin an rian ah kirthan dingin onh an si.

Zawtnak chungin luat tein umnak bawmh dingah athami ngandamnak hmanna pehzulh dingah forhfiat na si. Atang ah atlangpi in chimmi ruahnak hna cu zaangfahnakin zul hna.

Australia Cozah nih coronavirus chuahputnak pawngkam mibu himnak fehter dingah ralrinnak pekchungnak poahpoah tuah cu a pehzulh. Hi tahnak pawl kong cu [www.health.gov.au](http://www.health.gov.au) ah hawl.

## Dangte umnak asiloah hmun dang umnak in chuah hnuah ka damlo ahcun zeidah ka tuah awk asi?

COVID-19 cu lungretheihnak asi lioah, taklinh, khuh, hrom fah le thabat tibantuk langhnak a langmi cumpit asiloah thawchuahnaklei zawtnak a ingtuarmi tampi an um ti hngalh kha abiapi-COVID-19 asi lomi.

Asinain, hlankan ralrinnak caah, dangte umnak chuah hnuah hi langhnak pawl na ngeih ahcun, na hman tawnmi sibawi sinah kal dingah forhfiat na si. Na sibawi nih na dam deuh nakding ah tuah na herhmi karhlannak he pehtlaiin ruahnak an cheuh khawh lai i coronavirus telh in thawchuahnaklei chawhnak zat caah silei a herh ahcun an hneksak khawh.

## COVID-19 karhnak cu zeitindah kham kan bawmh khawh hnga?

Thiang tein kut chiahnak le hathio/khuhnak ngandamnak thil hmanna cu rungrul doh in vennak thabik asi. Na tuah awk cu:

- Na kut kha atuletu in na ei hlan, na ei hnu, le ekinn na kal hnuah sapiat le ti in i tawl peng
- Na khuh le hathio ah i hup, tissue kha hlonh, cun zu(alcohol) hrambunhmi kut thianhnak kha hmang.
- Cun na damlo ahcun, midang he tonghthamnak kha hrial (midang sinin 1.5 meters naktam hlat ah um).

## Bawmhnak tuanpiaknak

Inn dangte umnak asiloah hmun dangte umnak caan cu phurrit asi kho i lungrethei in an tuah khawh men. Counsil chungtel asiloah lungthinlei ngandamnak thiamsang sinah biachimnak telhchih in, bawmhnak tuanpiaknak tampi an um.

### **Ngandamnak ah kalnak – [www.headtohealth.gov.au](http://www.headtohealth.gov.au)**

Ngandamnak ah kalnak nih zumhmi Australia lungthinglei ngandamnak online le phone bawmhnak, bawmtu thil le tlopbulnak thimding pawl caah link pawl a pek. Hi a thahnemmi website nih online prokem le forum, cun kananlei theihhngalhnak bawmtu thil phun hna zong a ngeih.

Hawlnak cahmai hmanna in, lungthinlei ngandamnak lungretheihnak na ton ahcun asiloah mi pakhatkhat bawmh na zuam ahcun, bawmhna caah phun tampi bawmtu thil le tuanpiaknak pawl ah na kal kho. Khoika dah thok ding tin a fian lo ahcun, Sam Chatbot zong na hman khawh. Sam nih na herhmi atlak bikmi theihhngalhnak le tuapiaknak he pehtlaiin tuahmi thatnak chimpiaknak a pek.

Zeimaw bawmhna tuahpiaknak angahmi hna cu atangah tial an si:

Support services		
Lifeline	13 11 14	lifeline.org.au
Beyond Blue	1300 224 636	beyondblue.org.au/forums
MensLine Australia	1300 789 978	mensline.org.au
Kids Helpline	1800 551 800	kidshelpline.com.au
HeadSpace	1800 650 890	headspace.org.au
ReachOut	au.reachout.com	
Life in Mind	lifeinmindaustralia.com.au	
SANE forums	saneforums.org	

## Tamdeuh theihhngalhnak

Ahnbik ruahnakcheuhnak, theihhngalhnak le bawmtu thil hna caah [www.health.gov.au](http://www.health.gov.au) ah zoh.

National Coronavirus Health Information Line kha 1800 020 080 ah chawn. Ni khat ah suimilam 24 chung rian a tuan, zarh khat ah ni sarh asi. Caleh asiloah holhle service na herh ahcun, 131 450 kha chawn.

State kip asiloah umnak hmun cio i zapi ngandamnak agency phone numbar cu [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts) ah a ngah.

Na ngandamnak kongah lungretheihnak na ngeih ahcun, na sibawi kha chim.