



## Damlo tikah inn ah a dang tein umnak kong hmuhsaknak (zawtnak lunghrinhmi asiloah fehtermi)

### Mizeidah inn ah adang tein an um awk asi?

Novel coronavirus COVID-19 a ngei tiah lunghrinhmi asiloah fehtermi minung caah inn ah a dang tein chiahnak cu atanglei dirhmun pawl ah atlak:

- inn ah zohkhenhnak hmuh dingah aza in an dam ko ahcun;
- inn ah atlakmi zohkhenhtu an ngeih ko ahcun;
- midang he aa naihbikmi hmun pakhat hrawm loin an damthan khawhnak hmun ihnak-khaan a dangte a um ahcun;
- eidin le adang herhmi pawl caah hmuhnak an ngeih ahcun;
- atha timi pumpak humhakkak thilthuam (atlawmbik ah, kuthruk le hmur huh) hmuhnak an ( a khatmi inn ah khuasami poahpoah) ngeih ahcun; cun
- novel coronavirus chonhnak in cawhhnuknak asangmi tihunnak (bianabiaah, kum 65 cung minung, hngakchia no, nau a pawl nu pawl, zawtnak khamhnak ah zaangdermi minung asiloah caansaupi lung, cuap zawtnak a ngeimi asiloah kaal zawtnak a ngeimi) ah a ummi innchungkhar chungtel hna he khua an sak lo ahcun.

Asikhawhnak hmun poah ah, a dang tein umnak (bianabiaah, vanlawng bual in khualtlawnnak) caah na umnak hmun ah kal na herh ahcun, midang sinah chawhnak tlawmter nakding ah mawtaw tibantuk, pumpak ta kal-umnak pakhat hmang dingah ruahnak cheuh na si. Zapi kal-umnak (bianabiaah, taxi, mawtaw-bantuk citmi, tlanglawng, mawtaw le tlanglaw hme pawl) hman na herh ahcun, [www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-drivers-and-passengers-using-public-transport](http://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-drivers-and-passengers-using-public-transport) ah zapi kal-umnak hmuhsaknak ah a hlankan-ralrinnak chimmi hna kha zul.

Inn ah a dangte in um ti a sullam cu minung hna inn ah um an herh ti kha asi. Rian, sianginn, hngakchia zohkhenhnak asiloah sianghleiruun telhchih in, a dang tein umnak ah a ummi nih zapi hmun pawl ah kal dingin a chuahtaak kho lo. Innchungkhar ah khuasami lawnglawng inn ah an um kho. Mileng pawl tong hna hlah.

### Ka inn chungah hmur huh hruk ka herh maw?

Mi dang an um tik i inn chung na um lioah hmur huh na hruk awk asi. Hlainak tuah tik i hmanmi hmur huh naa hruk khawh lo ahcun, nangmah he khuasati mi hna cu a khatmi na umnak khaan ah an um awk asi lo i na khaan an luh ahcun hmur huh an i hruk awk asi.

### Ka inn ah khuasami mi dang cu zeitindah an si lai?

Na caah zohkhenhnak caah aherhmi innchungkhar chungtel hna lawng inn ah an um awk asi. Asikhawh ahcun zeimaw hmun ah inn ah khuasami midang hna nih um dingah an ruah awk asi. Kumkhua upami le zawtnak khamhnak ninglam ah zaangdermi hna asiloah caansaupi ngandamlonak a ngeimi hna cu lam hla ah an um awk asi. Midang pawl he khaan nan i hrawm ahcun, anmah sinin aa dangmi khaan ah na um awk asi, asiloah asikhawh chungin naa then awk asi. Asikhawh ahcun, adang tein kholhnak khaan na hman awk asi. Hrawmmi asiloah mibu umnak hmun hna cu hrial law hi hmun pawl chung luh tikah hlainak tuah tik i hmanmi hmur huh

kha i hruk. Hrawmmi kutka tlaihnak pawl, onnak/phihnak bo pawl le thutdan pawl tibantuk a leng hmai hna cu nifatin in innchungkhar hmanmi rungrul thattu sii asiloah filtermi thianhnak hang (atang i langhtermi thianhnak lei kong tialnak kha zoh) in thianh awk asi.

## Zohkhenhtu pawl asiloah innchungkhar chungtel pawl hna zong a dang tein um an herh ve maw?

Zawtnak na ngei tiah fehtermi na si ahcun, na khuasak timi minung pawl le nangmah he naihniam in pehtlaihnak a ngeimi hna cu inn ah a dang tein an um awk asi. Na umnak hmun i zapi ngandamnak unit nih a pehtlaih hna lai i zeicandah a dang tein um an herh ti a chimh hna lai.

Zawtnak chonhmi ah lungrinh na si i hneksaknak phichuak a hngakmi na si ahcun, na khuasaktimi minung hna zong zawt hmelchunhnak pawl an ngeih lo hmanh ah – a dang te in um an herh kho men. Hi cu na umnak hmun i zapi ngandamnak unit nih a kong- pakhat hnu-pakhat an chekmi cungah hngat in biakhiahnak a tuah lai. Nangmah cu pehtlaih na si lai i na innchungkhar chungtel pawl le naihniam in pehtlaihnak a ngeimi hna a dang tein um an herh le herh lo kha an in chimh lai. A dang tein umnak an herh lo i an damlo ahcun, ahnu zaidah tuahding timi he pehtlaiin na umnak hmun i zapi ngandamnak unit nih zohfelnak a tuah lai i ruahnak a cheuh hna lai. Thawchuah i harnak an ngeih asiloah zual ngaiin an dam lo i lakruak asi ahcun, zero pathum (000) kha an chawnh colh i an khaulawnnak/pehtlaihnak an ngeihmi kong kha mizawphurhnak mawtaw riantuantu kha ralrin an pek hna awk asi.

## Khoikadah ka umnak hmun i zapi ngandamnak unit pehtlaihnak a dikthlir pawl cu ka hmuh khawh hnga?

Rungrul a ngeimi tiah lungrinh asiloah fehtermi na si ahcun, inn ah a dang tein na umnak pyine (state) asiloah hmunhma ah a ummi mah umnak hmun i zapi ngandamnak nih caankel in na sinah an pehtlaihnak a dikthlir pawl cu an in pek lai. Hi a dikthir pawl na ngeih lo asiloah a ping ah chiah an si ahcun, Ram pumpi huap Coronavirus Ngandamnak lei Thawngthan Khawhnak hmun (National Coronavirus Health Information Line) kha 1800 020 080 ah na chawnh khawh. Mah umnak hmun i zapi ngandamnak unit caah tavuan a ngeimi pyine (state) asiloah ram ngandamnak phutthen (department) ah an in kuatthan lai. Pehtlaihnak a dikthlir pawl na ngeih ahcun, adik tinak caah tialthan hna:

Mah umnak hmun i zapi ngandamnak unit:

Riantuan caan i chawnh khawhmi fon (phone) nambar:

Ahnu deuh ah chawnh khawhmi fon (phone) nambar:

## Zeitindah coronavirus karhnak kham kan bawmh khawh hnga?

Athami ngandamnak thil hman cu rungrul tambik pawl doh in runvennak ah a thabikmi asi. Na tuah awk hna::

- na ei hlan le na ei hnu, cun ekinn na kal hnuah atuletu in sapiat le ti in na kut i tawl
- Na khuh tikah i hup law tissue kha hlonh, cun zu-hrambunh in sermi kut thianhnak kha hmang
- cun na dam lo ahcun, midang he tongthamnak kha hrial (minung sinin 1.5 meter naktam hlat ah um).

## Leng chuahnak

Pumpaak inn ah khuasa na si ahcun, na dum asiloah na inntual ah kal cu na caah a him ko. Inn-dal (apartment) ah khuasa na si ahcun, na caah na dum chungah kal cu a him ko, asinain midang caah tihunnak tlawmter dingah hmur huh naa hruk awk asi. Zapi hmun pawl chungah rianrang in na kal awk asi i hmur huh naa hruk awk asi. Innleng na ngeih ahcun, na innleng kal cu a him ko.

## Thianhhlimhnak

Inn ah midang pawl nih na khaan thianhhlimh an duh ahcun, khaan chung luh hlanah hmur huh hrukter hna. Thianhhlimh lioah kuthruk an i hruk awk asi i, cun kuthruk an i hruk hlan le hruk hnuah zu in sermi kut hnurnak kha an hman awk asi. Caankel in tonghmi hmai pawl, kutka tlaihnak, rawlchumhnak hmun le kholhnak-khaan hmun pawl le fon (phone) pawl tibantuk hna cu thianhnak sii (detergent) le ti asiloah thianhnak sii-hrambunhmi thianhnak hmang in atuletu thianh awk an si.

## Inn ah a dang tein um lioah thinlung thawnternak

Adang tein um cu minengthla asi kho. Ruahnak cheuhnak aa telmi hna cu:

- Innchungkhar chungtel pawl le hawikom pawl hna cu telephone, email asiloah social media in pehtlai peng hna;
- Coronavirus kong kha tamdeu cawng law midang he bia i ruah. Coronavirus hngalhnak nih lungretheihnak a zorter deuh lai;
- Mino hngakchia hna cu kum-he atlakmi holh hmang law lung thawnnak pethan hna;
- Asikhawhnak hmun ah, nifatin tuahtawnmi rian cu tuah, ei le eksisai tibantuk. Eksisai cu hneknak le lungthinuamhlonak caah athami thlopbulnak asi;
- Harnak in na rak luat khawhnak le a luancia caan ah harnak dirhmun hna na rak tei khawh ning kha ruatthan. Adang tein umnak cu caan sau chung asi lai lo ti kha thei.

## Adang tein umnak chungah nornak zorternak

Inn ah adang tein umnak nih nornak le hneknak a chuahter khawh. Ruahnakcheuhnak pawl hna cu:

- Asikhawh ahcun, inn in riantuan dingah na rianngaitu he siamrem u;
- Na fa sianginn cu cakuatnak asiloah email in riantuahding le inn-tuah ding rian pe dingin hal hna;
- Hmun dang chiahnak cu nangmah i damh an bawmmi rian pawl tuah nakding ah caantha bantuk ah hmang.

## Khoika ahdah tamdeuh theihhngalhnak ka hmuh khawh hnga?

Ahnbuk ruahcheuhnak, thawngthanhmi le bawmtu thil hna caah [www.health.gov.au](http://www.health.gov.au) ah zoh.

Rampumpi huap Coronavirus Ngandamnak lei Thawngthanh khawhnak Hmun (National Coronavirus Health Information Line) kha 1800 020 080 ah chawn. Ni khat ah suimilam 24 rian a tuan, zarh khat ah ni sarh asi. Calehnak asiloah holhlehnak lei riantuan piaknak na herh ahcun 131 450 kha chawn.

Na (pyine) state asiloah na umnak hmun i zapi ngandamnak riantuan pianak fon (agency phone) number 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 siibawi kha chim.