



Sianginn le hngakchia no deuh center, sianghngakchia le an hringtu hna caah theihhngalhnak

COVID -19 caah tihunnak asangmi asiloah azatawk asimi ram asiloah hmun in a rak kirmi hna nih naih tein an ngandamnak cu an zohter awk asi. Taklinh, khuh telchih in langhnak na ngeih ahcun, adang tein na um col hawk asi i khualrang in silei lungpeknak na hawl colh awk asi. Tihnung-mi ram pawl cazin hmuhnak caah www.health.gov.au/covid19-travellers ah zoh.

Coronavirus a ngeimi he naihnam tongthamnak ka ngei kho men ti a ruatmi minung hna nih nan ngandamnak nan zohter awk asi i khualrang in silei lungpeknak nan kawl awk asi.

Sianghngakchia asiloah riantuantu cu sianginn le hngakchia no deuh center hna ah an kai kho hnga maw?

Aherhmi setset hna cu COVID-19 caah tihunnak sang asiloah azatawk asimi ram asiloah hmun in a rak kir mi hn caah asiloah coronavirus a ngeimi hna he naihnam tongthamnak kan ngei kho men ti a ruatmi hna caah chiah an si. Tihnung-mi ram pawl cazin le adangte umnak aherhmi caah www.health.gov.au/covid19-travellers ah zoh.

Atlakmi sianginn le hngakchia-zohkhenhnak center hna cu theihter awk an asi. Lam hla cawnnak caah sianghngakchia hna nih lamdang siamremnak kawl an duh kho men, thinlung ah chiah dingmi cu adangte umnak caan, adammi pekmi caan cu atambik ni 14 asi.

Na inn ah dangte umnak cu zeidah a sullam asi?

Dangte um a herhmi minung hna cu inn ah an um hrimhrim awk asi i zapi tonnak hmun pawl, ahleikhun in rian ah, sianginn ah, hngakchia zohkhenhnak ah le sianghleirun hna ah an kal awk asi lo. Innchungkhar ah a umti tawnmi hna he lawng inn ah an um awk asi.

Mileng tong hlah. Asikhomi hmun ah, eidin asiloah adang a herhmi hna cawk dingah dangte um a herh lomi, hawikom asiloah innchungkhar tibantuk hna kha fial hna. Dangte umnak ah a ummi hna nih silei zohkhenhnak hawlnak ca tibantuk ah inn asiloah umnak cu an chuahtak hrimhrim awk asi i hlainak hmur huh an ngeih ahcun i hruk dingin fial an si.

Dangte um lioah sianghngakchia asiloah riantuantu chungtel a zawt ahcun zeitindah si hnga?

Langhnak ah a telmi hna cu (asinain rikhiah an si lo) taklinh, khuh, hrom fah, thabat le thawchuah harnak hna an si.

Sianghngakchia asiloah riantuantu chungtel cu anemmi langhnak hna a ngeih ahcun, a tuah hrimhrim awk hna cu:

- Midang sinin inn ah anmah in adangte in an um lai i asikhawh ahcun adangmi kholhnak zong hmang hna seh;
- Hlainak hmur huh kha i hruk cun pakhat hmanh an ngeih lo ahcun, athami hathio/khuhnak ngandamnak thil kha hmang;
- Thiang tein kut chiah i ngandamnak thil kha hmang; cun
- Sibawi asiloah sizung kha chawn hna law naite na khualtlawnnak asiloah naihnam tongthamnak na ngeihmi kong kha chim hna.

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A zualmi langhnak thawchuah harnak tibantuk pawl na ngeih ahcun:

- 000 kha chawn, mizaw phurhnak mawtaw kha hal law zung-bawi cu naite na khualtlawnnak asiloah naihnam thoghthamnak na ngeihmi kong kha chim hna.

Damlo ahcun, riantuantu le sianghngakchia hna cu sianginn asiloah hngakchia no deuh center ah kainak in ahmasa an zohkhenhnak petu hna nih sining an khiah hlanlo awlh an si awk asi. Ahmasa zohkhenhnak petu nih tualchung zapi ngandamnak nawlgeitu hna he caihhmai in an caah an tuahtawnmi rian ah kirding ah a him ko timi caan cu an khiah lai.

Coronavirus karhnak cu zeitindah kham kan bawmh khawh hnga?

Thiang tein kut chiahnak le hathio/khuhnak ngandamnak thil hmannak cu rungrul doh in ruvennak ah a thabikmi 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).

Tamdeuh theihhngalhnak

Coronavirus cu lungretheihnak asi lioah, taklinh, khuh, hrom fah asiloah thabat tibantuk langhnak a langmi cumpit asiloah adang thawchuahnaklei zawtnak a ingtuarmi tapi an um ti hngalh kha abiapi - coronavirus asi lomi.

Ahnuvik ruahnakcheuhnak, theihhngalhnak le bawmtu thil hna caah 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 i zarh khat ah ni sarh asi. Caleh asiloah holhle tuapiaknak na herh ahcun, 131 450 kha chawn.

Na state asiloah umnak zapi ngandamnak agency phone numbar cu www.health.gov.au/state-territory-contacts ah a ngah.

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