



## Zatlang nun hlatnak hmuhsaknak

Hi theihhngalhnak ca cu 'Theih na herhmi', 'Adangte umnak hmuhsaknak' he fonh in rel awk dingmi asi i [www.health.gov.au/covid19-resources](http://www.health.gov.au/covid19-resources) ah zapi pumhnak theihhngalhnak ca pawl caah Ruahnakcheuhnak cu hmuh khawh asi.

## Zatlang nun hlatnak cu zeidah asi i zeiruung ahdah abiapit?

Zatlang nun hlatnak nih chawnh khawhmi zawtnak karhnak kham asiloah nuarternak lam a telh. A sullam cu nangmah le midang kerlakah tonghthamnak tlawmdeuh kha asi.

Zatlang nun hlatnak cu abiapi aruang cu COVID-19 hi mi pakhat –in- mi pakhat sinah a karhmi alo:

- chawnh khawh an si lioah asiloah an langhnak a langh hlan suimilam 24 chungah dingteo in mi pakhat he naih in tonghthamnak
- a khuh asiloah a hathio mi zawtnak a ngei cangmi he naihnam tonghthamnak in, asiloah
- zawtnak a ngeimi mi pakhat sinin khuhnak asiloah hathionak in thurhahnawmhtermi thil asiloah hmun (kuka tlaihnak asiloah cabuai tibantuk) hna tongh i naa ka asiloah na hmai i tonghnak in

Cucaah, midang he na hlat deuhdeuh ahcun, rungrul karh a har deuhdeuh ve.

## Zeidah ka tuah khawh?

Na zawt ahcun, midang sinin hla ah um – cucu abiapi bikmi thil na tuah khawhmi asi.

Athiangmi kut le hathionak/khuhnak ngandamnak thil na hman awk asi:

- na kut hna kha atuletu in, rawl na ei hlan le na ei hnu, cun ekinn na kal hnu ah ti le sapiat in thiang tein tawl
- na khuh le hathio ah i hup, tissue pawl cu hlonh, cun zu(alcohol) hrambunhmi kut thianhnak kha hmang, cun
- na dam lo ahcun, midang he tonghthamnak kha hrial (midang he 1.5metres naktam hlat ah um).

Hi hna zong hi tuah dingan si, zatlang nun hlatnak ning kha thok law a man niammi ngandamnak cawlcanghnak hna kha atuah hmang.

Hi a fawimi, zapi hngalhmi cawlcanghnak hna nih na ca le midang caah tihunnak tlawmter a bawmh. Community chungah zawtnak karhnak nuarter a bawmh lai – cun nifatin in– na rian, rian hmun, sinn le leng zapi sin um lio ah na hman khawh hna.

## Inn ah zatlang nun hlatnak

### Innchungkhar hna

Rungrul karhnak tlawmternak<sup>1</sup>:

- Chim cang bantukin, athiangmi kut le hathio/khuhnak ngandamnak thil kha hmang
- Kuttlah le hnamh kha hrial
- Cabuai, coka thuden sa le kutka bo tibantuk thil tonghnak hna caandik in thianh
- Thlalangawng hna onnak asiloah lumternak/kihternak siamremnak in inn chungah thli luhter deuh
- Semrel tein dawr hna ah leng law thilri hna tamdeuh in online service in caw.

- Lengchuah le khualtlawn, pumpak le innchungkhar hna cu, fimkhur le a herhmi an si tiah ruat.

### **Innchungkhar i mizaw an umnak hmun\* (acungah zohtahnak pin ah)**

- Asikhawh ahcun a zawmi cu khaan khat ah zohkhenh
- Zohkhenhtu hna zat cu atlawmbik in chia
- A zawmi khaan kukka cu khar peng, asikhawh ahcun, thlangawng ong
- A zawmi le zohkhenhtu hna an pahnih in a khatmi khaan ah an um tikah hlainak hmur huh kha an i hruk awk asi.
- Kum 65 cung asimi hna asiloah caansau zawtnak a ngeimi hna telhchih in, aderthawmmi innchungkhar chungtel dang hna cu humhak hna, asikhawh ahcun, lamdang thutdirnak kawlpik hna

## **Rian-hmun ah zatlang nun hlatnak**

Rian-hmun ah rungrul hna karh tlawmternak<sup>1</sup>:

- Na zawt ahcun inn ah um
- Donnak caah kuttlahi ngol
- Tonpumnak cu video tonpumnak asiloah phone chawnhnak in tuah
- Anganmi tonpumnak pawl hna cu thawn
- Asikhawh ahcun leng thli umnak ah abiapimi tonpumnak hna cu tuah
- Athiangmi kut le hathio/khuhnak ngandamnak thil kha hmang law riantuantu le riantuatu hna dihlak caah kut thianhnak kha pe hna
- Chuncaw einak khaan chung nakin na cabuai asiloah lengah chuncaw ei
- Tonghnak hmun hna cu caandik in thianh hna law rungrul kai lo dingin tuah hna
- Thli tamdeuh luhnak caah thlangawng on le kih/lumternak siamrem cu ruat hna
- Rian-hmun ah eidin tongtham le eidin phawtzam cu ri khiak
- Aherh-lomi chawlehnak khualtlawn cu ruatthan
- Eidin timhtuahnak(dawr) riantuantu le naihniam in an tongthamnak hna cu felfai takin ngandamnak thil in tuah hna
- Mitam tonpumnak hna cu caan suaithan, zapi hmuhter asiloah hrawhthan khawh asi hnga maw ti ruat

## **Sianginn hna ah zatlang nun hlatnak**

Sianginn ah rungrul hna karhnak tlawmternak<sup>1</sup>:

- Na fa a damlo ahcun, sianginn kaiter hna hlah(asiloah hngakchia-zohkhenhnak ah)
- Sianginn luh tik le khualtlawn ah caandik in an kut cu kut tawlnak in tawl hna
- Kum le cacawn karlakah cawhburhnak a chuahpi cawlcanghnak cu thawn
- Artlang dir kha hrial law sianginn tonpumnak hrawh kha ruat
- Kut-tawlnak can kha caandik in tuah
- Caandik in tonghnak hmun hna kha thianh hna law zawtnak rungrul um lo dingin tuah

<sup>1</sup> Dalton le a hawile sinin cawnmi. Tualchung COVID-19 chawnhnak hlanah hawi-hlan tuahmi man niam zatlang nun hlatnak le ngandamnak tuahmi thattermi nih case tamzat le zualnak a tlawmter khawh.

\*\*\*“III” minung nih a sawh duhmi cu thawchuahnaklei zawtnak asiloah taklingh caah zawnak kawl asi rih lomi, COVID-19 caah hlathlai asi rih lomi asinain a case theikhawhlomi c asi kho mi kha asi.. \*\* Case le Tualchung chawnhnak lawhnak ah hrabunhmi theihtermi ah COVID-19 pheonak hngah lioah khuaruat ngai in hman asi lo ahcun, hihhi a man a fak kho. \*\*\* Kihtermi/lumtermi hmun hna ah kihlum a niammi le thlichuah ti umnak langhtertu nih SAR bantuk coronavirus nunnak kha a thatter khawh<sup>1</sup> \*\*\*\* CDC khualtlawnnak tihnung mankhiahnak hmun tibantuk hmun hna cu an thahnem kho men <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

- Asikhawh cun leng hmun ah cawnnak tuah
- Tli tamdeuh luhnak caah thlangawng on le kih/lumternak siamremnak kha ruat
- Eidin timhtuahnak(dawr) riantuantu le naihniem in an tongthamnak hna cu felfai takin ngandamnak thil in tuah hn

## Zapi hmun ah zatlang nun hlatnak

Rungrul hna karhternak tlawmternak:

- Innpi hna luh le chuah telhchih in asi khawhnak hmun poah ah na kut cu thianter
- Phaisa tongtham nakin tap kha hmang law man pe
- Caan dai ah khaulawlawn i zuam law mibu hrial i zuam
- Zapi kalumnak riantuantu le taxi mongtu hna nih asikhawh ahcun an mawtaw tlangawng kha nan on awk asi i tonghnak hmun hna kha an thianh i rungrul um lo dingin an tuah awk asi

## Zapi tonpumhnak tuah tikah ruah dingmi thil hna

Hmun khat ah minung tampi an umnak puai nih rungrul i chawhnak tihunnak a karhter khawh. Tonpumhnak na tuah ahcun, thawn, hmetngan thumh/zat asiloah puai hrawh dingin in ruat. Pehzulh dingah bia na khiah ko ahcun, tihunnak man na khiah awk asi i chawhnak tihunnak a karhter khomi kap paohpaoh na ruahthan awk asi.

March 16 Nikhatni in, Australia Cozah nih aherh-lomi tonpumhnak cu minung 500 nak tlawm asi awk asi ; abiapimi rianthazang ngandamnak-zohkhenhnak riantuantu le lakruak service aherh-lomi tonpumhnak hna cu rikhhah awk asi tiah ruahnak a pek.

Zapi tonpumhnak kongah tamdeuh theihngalhnak caah, zapi tonpumhnak he a pehtlaimi theihngalhnak [www.health.gov.au/covid19-resources](http://www.health.gov.au/covid19-resources) ah zoh.

## Tamdeuh theihngalhnak caah

Rian-hmun ah COVID-19 karhnak tlawmternak kongah tamdeuh theihngalhnak caah, <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf> ah zoh.

Ahnubik ruahnakcheuhnak, theihngalhnak le bawmtu thil caah, [www.health.gov.au](http://www.health.gov.au) ah kal

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

Na state asiloah na umnak hmun 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.