



Dangte Chiahnak Hmuhsaknak

Ramleng in Australia ah na rak kir ahcun, asiloah coronavirus zawtnak a ngeimi he naihnam in tongthamnak na ngeih ahcun, ahleikhun khamnak hman asi. Hi theihhngalhnak ca cu ' Dangte chiahnak hmuhsaknak ah na rel khawh i theihhngalhnak ca cu www.health.gov.au/covid19-resources ah hmuh khawh asi.

Hodah adang tein um a herh?

March 12, 2020 zaantim thok in Australia ah a phanmi dihlak, asiloah coronavirus a ngeimi he naihnam in tongthamnak a ngei tiah ruahmi hna cu ni 14 chung mahte-in adang ah um aherh.

Inn asiloah na hotel ah um

Adangte umnak thok dingin inn asiloah na hotel ah na lawi tikah, pumpak kal-umnak, mawtaw tibantuk kha, midang sinah i langhnak tlawmter ding ah, hmang. Zapi kalumnak hman na herh ahcun (bianabiaah, taxi, ride-hail service, tlanglawng, mawtaw le tlanglawng bantuk asimi citmi) www.health.gov.au/covid19-resources ah zapi kal-umnak hmuhsaknak atlangpi in chimmi ralrinnak kha zul.

Dangte umnak ni 14 chungah, inn asiloah na hotel ah na um hrimhrim awk asi i rian, sianginn, hngakchia zohkhenhnak, sianghleirunn asiloah zapi tonpumnak telhchih in zapi tonnakhmun hna ah kal hlah. Nangmah hlanah a umti mi lawnglawng inn ah an um awk asi. Mileng tong hna hlah. Hotel ah na um ahcun, khual dang asiloah riantuantu hna he tongtham cu hrial.

Na dam ko ahcun, inn ah hlainak hmur huh hruk a herh lo. Adang tein a um lomi midang hna kha na caah eidin le a herhmi cawk fial hna. Silei zohkhenhnak kawl awk caah, inn na chuah taktak hrimhrim awk asi ahcun, hlainak hmur huh kha i hruk. Hmur huh na ngeih lo ahcun, midang pawng ah khuh asiloh hathio lo ding in i ralring. Zeitikah hmur huh hruk ding timi kong tamdeuh theihhngalhnak caah , www.health.gov.au/covid19-resources ah zoh.

Langhnak pawl zohnak

Adangte in na um tikah, taklinh, khuh, hrom fah, thabat asiloah thawchuah harnak telhchih in langhnak hna cu nangmah tein i zoh hna. Adang asikhomi langhnak hna ah khuasih, taksa fah, hnap chuah le thahri fa hna an i tel.

Ka zawt ahcun zeidah ka tuah hnga?

Langhnak pawl (taklinh, khuh, hrom fah, thabat asiloah thawchuah harnak) hna Australia na rak kir hnu ni 14 chungah asiloah zawtnak a ngeimi he naihnam ahnubik ni 14 chungah tongthamnak na ngeih ahcun, abiapimi cheknak caah na sibawi ton dingah na timtuah awk asi.

Na phak hlanah ngandamnak sikhah asiloah sizung kha telephone in na chawnh hna awk asi i na khaulawlannak konglam asiloah coronavirus a ngeimi he naihnam tongthamnak kan ngei ti kha na chim hna awk asi.

Zapi ngandamnak nawlgeitu hna nih na tuah tawnmi rian ah kirding in na him ko ti an in thanh hlanlo na inn, hotel asiloah ngandamnak zohkhenhnak hmun ah adangte in na um hrimhrim awk asi.

Coronavirus karhnak cu zeitindah ka kham khawh hnga?

Thiang tein kut chiahnak le hathio/khuhnak ngandamnak thil hmanna le na zawt tikah midang sinin hlatnak ah um pengnak cu rungrul tambik doh in rvennak ah a thabik asi. Na tuah awk hna cu:

- Na ku kha atuletu in na ei hlan, na ei dih hnu, ekinn na kal hnu hna ah sapiat le ti in i tawl peng.
- Na khuh le na hathio ah i hup law tissue cu hlonh, cun na kut kha tawl.
- Na damlo ahcun, midang he tongtham kha hrial (midang sinin 1.5 metres naktam hlat ah um).
- Zatlant nun hlatnak tahnak caah pumpak tuanvo kha tuah.

Leng chuahnak

Pumpak inn ah na um ahcun, na caah dum asiloah inntual hna chuah cu a him ko. Teihkhan ah na um ahcun asiloah hotel ah na um ahcun, na caah dum kal cu a him ko asinain midang caah harnak tlawmter nakding caah hlainak hmun huh na hruk awk asi i zapi hmun poahpoah ah rianrang tein na kal awk asi.

Nangmah he a umti mi hna caah ruahnakcheuhnak

Nangmah he a umti mi hna cu acung i atlangpi in chimmi dangte umnak tahfung pakhat an tlinh lo ahcun adangte um an herh lo. Na langhnak a zual i coronavirus ngei ah lunghrin na si ahcun, an nih cu naihnam tongthamnak a ngeimi bantukin then an si lai i adang tein chiah an si ve lai.

Thianhhlimehnak

Rungrul pawl karhnak tlawmter nakding ah atuletu tongh lengmangmi kutka tlaihnak, mei onnak/hmihnak, coka le kholhnak hmun pawl tibantuk hmun hna kha caandik in na thianh lengmang lai. Thianhnak thil asiloah rungrul thahnak thil in thianh.

Ni 14 dangte umnak zohkhenhnak

Dangte umnak ah um phurrit le umhar ngai asi kho. Atelmi Ruahnakcheuhnak:

- Telephone, email asiloah social media in na innchungkhar chungtel hna le hawikom hna kha pehtlai hna.
- Coronavirus kong kha cawng law midang he bia i ruah.
- Kum he-atlakmi holh hmang in mino hna cu lungfehterthan hna.
- Asikhomi hmun ah, nifatin tuahtawnmi rian, eidin le exercise tibantuk hna tuah peng.
- Inn in riantuan ding tuahto.
- Na fa sianginn cu cakuatnak asiloah email in riantuahding asiloah inntuhding han pe dingin hal hna.
- Nanmah siarem tein umnak a bawmni thil hna tuah law dangte umnak cu caan na rak ngeih tawn lomi rian tuan dingah caantha ah hmang.

Tamdeuh Theihngalhnak

Ahnubik ruahcheuhnak, theihngalhnak le bawmtu thil caah www.health.gov.au ah zoh.

National Coronavirus Help 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 holhleh tuahpiaknak na herh ahcun 131 450 kha chawn.

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

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