



## Zawtnak a ngei tiah fehtermi he naihnam in tonghthamnak a ngeimi pawl caah theihhngalhnak

Coronavirus zawtnak (COVID-19) a ngei tiah hmuhmi pakhat khat he naihnam in tonghthamnak na ngei tiin langhtermi na si. Nan umnak hmun i zapi ngandamnak lei unit chungin pakhat khat nih zawtnak a ngei dingmi dirhmun ah na um i zawtnak langhnak pawl na ngeih le ngeih lo zohfel na si lioah nifatin in pehtlaihnik an tuah lai. Zawtnak a ngei tiah fehtermi he tonghthamnak na ngeih hnu ah ni 14 chung nan inn ah nangmah te lawngin na um hrimhrim lai. Zaangfahnak in hi kong hi felfai tein rel.

## Nan inn ah adang tein na um lai ti cu zeidah a sullam a si?

Mah te lawng in um ding tiah fialmi pawl cu zapi tonpumnak hmun pawl, rianttuannak hmun, sianginn, ngakchia zohkhenhnak asiloah sianghleirun ah kal lo ding tinak a si. Innchungkhar ah a um tawnmi minung lawng kha inn ah um ding a si lai. Inn ah mileng pawl rat terhna hlah. Inn ah hmur huh l huk a hau lo. A sikhawhnak hmun ahcun, Na caah rawl asiloah a herhmi lakpiak dingah, dangte um a hau lomi, na hawikom asiloah na chungkhat hna fial hna. Silei zohkhenhnak ngeih ding tibantuk ruag ah inn in lengah na chuah ahcun, hlainak hmur huh kha na ngeih ahcun l huk.

## Coronavirus le COVID-19 cu zeidah a si?

Coronavirus nih minung le saram pawl kha a zawtter khawh hna. Cheukhat coronavirus cu cumpit zawtnak sawhsawh he aa lomi zawtnak a chuahpi kho i, cheukhat tu cu Azualmi Afakmi Thawchuahnaklei Zawtnak - SARS (Severe Acute Respiratory Syndrome- SARS) le Nichuah Laifang thawchuahnaklei zawtnak- MERS (Middle East respiratory syndrome- MERS) telhchih in a fak deuhmi zawtnak pawl a chuahpi khawh. Hi coronavirus thar (SARS-COV-2 tiah auhmi) cu Hubei Peng, China ram in a thokmi asi. Rungrul nih kum 2019 ah coronavirus zawtnak a chuahpi i COVID-19 tiin zapi nih hngalhmi a si.

## Zeitindah zawtnak a karh?

Zawtnak cu atlangpi in minung pakhat sinin pakhat sinah a karh, hi pawl hna cu:

- an zawt lioah asiloah an zawt langhnak a langh hlan suimilam 24 chung ah midang he naihnam le dingteo tonghthamnak in
- zawtnak a ngei tiah fehtermi mizaw a khuh asiloah hathio lioah naihnam tonghthamnak in, asiloah
- zawtnak a ngei tiah fehtermi minung sinin a khuh asiloah a hathionak in rungrul a chuak i aa tonghnak thil asiloah hmun (innka kuttlaihnik asiloah cabuai pawl tibantuk) tongh in, cu hnu ah na kaa asiloah hmai tonghnak in.

Zawtnak a tam-u pawl cu zawt langhnak pawl a ngeimi sin lawngin chawnh khawh a si. Hi ah aa tel khomi cu taklinh, khuh, hrom fah, thabat le thawchuah harhnak an si.

Zawtnak a ngei tiah fehtermi minung (inn khat ah um tinak asiloah kharkhumhmi hmun ah caan saupi umtinak tibantuk) he naihnam tonghthamnak a ngeimi minung pawl sin ah zawtnak tihunnak a um bik.

## Zawtnak cu minung pakhat sinin a dang pakhat sinah karh dingin zeican dah a rauh?

A zawmi minung sinin midang pawl sinah zawtnak a karh caan a tawisau cu hngalh a si rih lo. Sihmanhsehlaw, zawtnak langhnak umlonak asiloah tlawmte zawtnak langhnak le zawtnak langhnak a langh hlan deuh ah chawnhnak thilcang a hung langmi a um. A voi khatnak zawtnak Zawtnak a ngei tiah fehtermi he naihnam in pehtlaihnik a ngeimi pawl caah thawngthan- Phun 6 (14.03.2020)

langhnak pawl an hmuh hlan in zawtnak langhnak pawl a langh ti lo hnu nikhat tiang minung pakhat sinin zawtnak karh khawh a si.

## A fakmi zawtnak ttihung cu aho caah dah a si bik?

Cheukhat cu rungrul nih a seh ko hna nain zawt loin an um kho men ko, cheukhat tu cu zawtnak langhnak tlawmpal an ngei lai i fawi tein an dam kho zau lai, cun midang pawl cu fak taktak in an zaw lai, a rang taktak. Adang coronavirus a rak ngeimi hlanlio hmuhtonnak chung in, a fakmi zawtnak ttihung a ngei kho bik minung pawl cu:

- inkhawhnak thazaang a tlawmni minung (tahchunhnak ah. cancer zawtnak ruangah)
- kumkhua lei upami minung
- caan saupi zawtnak sangdeuh a ngeimi tibantuk, Aboriginal le Torres Strait Islander minung
- saupi zawtnak a ngeimi minung
- hngakchia a no tuk rihmi le bawhte pawl\*
- hmunkhat ah a phu in a ummi minung
- thli lut chuak a um lonak i a ummi minung

\*Atu tiang sining ah cun ngakchia pawl le bawhte pawl sin i tihunnak le COVID-19 chawhnak kongkau i hngakchia pawl tuah dingmi cu a fiang rih lo. Sihmanhsehlaw, atu tiang rih ahcun zawtnak a ngeimi tampi lakah COVID-19 asi tiah fehtermi ngakchia an tlawm ngai rih.

## Ka cungah zawtnak langhnak pawl ka ngeih ahcun zeidah ka tuah lai?

Zawtnak a ngei tiah fehtermi minung he tongthamnak na ngeih hnu ni 14 chungah zawtnak langhnak pawl (taklinh, khuh, hrom fah, thabat asiloah thawchuah harhnak) na ngeih ahcun, rianrang in zohfelnak tuah dingah na siibawi he I ton dingah na tawlrel hrimhrim lai.

Na phanh hlan ah sikhian asiloah sizung kha telephone na chawnh hna a herh i na khaulawnnak kong na chimh hna a herh asiloah coronavirus a ngei kho mi minung he tongthamnak na ngeihnak kha na chimh hna a herh. Inn ah nangmah te lawng umter na si lai asiloah zapi ngandamnak lei nawngeitu pawl nih caankel na cawlcanghnak pawl tuah tthan dingah a him cang tiah thawngthan na si hlan cu ngandamnak lei zohkhenhnak hmun ah chiah na si lai.

## Zawtnak cu zeitindah thlop a si?

Coronavirus caah ahleiin tuahmi thlopbulnak a um lo. Rungrul nih a chuahpimi zawtnak caah rungrul thahnak sii kha san a tlai lo. Zawt langhnak pawl a tam-u cu a tthahnemmi sii lei zohkhenhnak he thlopbul kha a si.

## Zawtnak a karhnak runven dingah zeitindah kan i bawm khawh lai?

Kut ttawl lengmang le hathio/khuh tikah ningcang tein um kha a tam-u rungrul in runvennak caah aa tha bik a si. Na tuah dingmi cu:

- rawl ei hlan le ei hnu, zunput kal hnu ah na kut kha chatpiat le ti in i ttawl lengmang
- na khuh le hachio tikah i hup law tissue hlonh, zu (alcohol) aa telmi kut ttawlnak kha hmang
- cun na dam lo ahcun midang he tongthamnak kha hrial (midang sinin 1.5 meters naktam hlat ah um).

## Hmur huh i hruk ka hau maw?

Na dam ko ahcun hmur huh na hau lo. Hmur huh hmannak cu zawtnak a ngeimi sin in midang chawhna runven dingah san a tlai nain, hmur huh pawl cu coronavirus bantuk zawtnak runvenna ah a dammi zapi nih hman ding ahcun atu lioah tuahtermi a si lem lo.

## Tamdeuh theihhngalhnak khoika dah ka ngah khawh lai?

A hnuhik ruahna cheuhmi, thawngpaang le a herhmi thilri pawl kong hngalhnak caah [www.health.gov.au](http://www.health.gov.au) ah zoh

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

Nan umna state asiloah ram zapi ngandamna rianttuan piaktu phone numbar cu hika ah hmuh khawh a si

[www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

Na ngandamna kongah lungretheihna na ngeih ahcun, na siibawi kha chim.