

## COVID-19:

### Rian he aa pehtlaimi ngandamnak le himnak: Riantuantu pawl caah thawngthanh

Chanthar Rian he aa pehtlaimi Ngandamnak le Himnak upadi pawl tangah, riantuannak hmun ah nan riangeitu nih an riantuantu pawl i an ngandamnak le himnak caah zohkhenhnak tuanvo a ngei.

#### Riantuantu pawl nih zeidah tuah an herh?

Nangmah na ngandamnak le himnak a si khawh chungin zohkhenhnak tuah kha nangmah tuanvo a si i midang an ngandamnak le himnak hnorsuanter lo kha nangmah tuanvo a si.

COVID-19 iralrin dingah na riangeitu nih zulh khawh a simi pawlasi asilole lamhmuhsaknak pawl pakhat khat a chiahmi kha na zulh a herh. Inn in riantuan tibantuk hmun dang in na tuan ahcun hi ah hin aa tel.

#### Riangeitu pawl nih zeidah tuah an herh?

COVID-19 virus lak ah iphozarnak in rian he aa pehtlaimi ngandamnak le himnak ah tihnung pawl kha na riangeitu nih a langhter hrimhrim a hau i, a si khawh ahcun aa tlakmi khamnak pawl a chiah hrimhrim ding a si. Riantuannak hmun ah pakhat le pakhat kha a tlawmbik 1.5 metres i hlat in um ding, [takpum ihlatnak \(physical distancing\)](#) kha aa tlak ningin hmanna telhchih in acozah nih lamhmuhsaknak a tuahmi pawl kha an zulh a herh.

COVID-19 virus sin in tihnung pawl cu taksa lei asilole thinlung ruahnak lei ah a si kho.

COVID-19 lak ah iphozarnak tihnung tawrel dingah na riangeitu nih zeidah a tuah khawh timi cu na riantuannak hmun le rian na tuanmi cungah aa hngat. Na riangeitu nih zeidah tuah an itimh timi kong kha nangmah he biaruahnak an ngeih a hau.

An tuah khawhmi:

- minung karlak ah naihnam in ipehtlainnak hrial dingah tahnak pawl kha an chia khawh- riantuannak hmun ah pakhat le pakhat kha a tlawmbik 1.5 metres ihlat in an in umter khawh hna.
- riantuantu pawl nih an kut kha chatpiat le ti in a tlawmbik sekat 20 tawl ding ah asilole zu aa telmi kut tawlnak hang hman dingah aa tlak i a thiangmi hmunnma pawl peknak in riantuannak hmun i a ummi kha [thiang tein um>1](#) timi kha a takin tuah dingah aho paoh forhfiainak an tuah khawh [\(good hygiene\)](#)
- pumpaak irunvennak thilri an pek khawh
- riantuannak hmun kha thianhlimnak lei ah fak deuhin an tuah khawh
- riantuannak hmun ah midang luhchuah kha rikhiahnak an tuah khawh
- nan inn tibantukin hmun dang in riantuan dingah an in chimh khawh – na thinlung ah ichiah hihi cu aa thleng kho men, rian he aa pehtlaimi ngandamnak le himnak tihnung pawl an karhter khawh asilole an ser khawh

#### COVID-19 ka ngei tiah kaa ruah ahcun zeidah ka tuah a herh?

Na tuah dingmi cu:

- [sii lei kong ruahnak cheuhnak kawl \(seek medical advice\)](#)
- rian ah kal hlah

- na rian ngeitu kha a tuan khawh chung tuan ah chim law na sining kha aa thlen ahcun a hnuvik thilcang kha chim, tahchunhnak ah zawtnak rungrul na ngei tiah fehtermi na si ahcun

### **A him lo ahcun riantuan lo in ka um kho maw?**

Na himnak kongkau ah siaherhnak pawl na ngeih ahcun, na rianngaitu asilole Ngandamnak le Himnak lei Aiawhtu (HSR) kha chimchawn.

Zeimawzat thil sining pawl ah riantuantu pawl nih riantuan lo in umnak nawl an ngei asilole a himlomi rian pehzulh in tuan kha an el khawh. Rianrang in asilole a hungchuak dingmi tihnung nih na ngandamnak le himnak kha tihnung tuk in a tuah dingmi a si tiin si khawhnak a ngeimi siaherhnak na ngeih ahcun hihi tuahnak nawl na ngei – hihi ah COVID-19 virus lak ah iphorzarnak kha aa tel kho.

A him lo ruangah na riantuan kha na ngol ahcun, na rianngaitu kha a tuan khawh chung tuan ah na chimh a herh. Inn in riantuan tibantuk a dang aa tlak ningin thim khawhmi rian hmailei kalpi khawh dingin na um hrimhrim a herh ve.

### **Thawngpaang tamdeuh**

Rian he aa pehtlaimi ngandamnak le himnak kong theih na duh ahcun, [Safe Work Australia website](#) ah zoh

Na khunh halnak le tangka pek dingmi kong theih na duh ahcun, [Fair Work Ombudsman](#) ah zoh

Ngandamnak kong theih na duh ahcun, [health.gov.au](#) ah zoh

Victoria le Nitlak lei Australia dah ti lo cu biaceih pawl dihlak ah chanthar WHS upadi pawl kha hman a si ko ti kha zaangfahnak in ichingchiah. Na riantuannak hmun kong bak caah thawngthanhnak an tuahmi rel na duh ahcun aa tlakmi (2 na umnak pyine (state) asilole hmunhma i WHS nawlgeitu ([WHS regulator in your state or territory](#))) kha zaangfahnak in pehtlaihna tuah.