

## KABMOB COVID-19

### **Keu ua haujlwm kom tsis txhob raug-mob thiab muaj xwm: Daim ntawv nthuav xov rau cov neeg ua haujlwm**

Rawsli tus kevcai tswj kev ua haujlwm kom tsis txhob raug-mob thiab muaj xwm, koj tus tswv ntiav muaj lub luag haujlwm yuavtsum saib-xyuas cov neeg ua haujlwm thiab lwm tus kom tsis txhob ntsib teebmeem hauv thajchaw ua haujlwm.

#### **Lub luag haujlwm ntawm cov neeg ua haujlwm yog dabtsi? (What do workers need to do?)**

Koj lub luag haujlwm yog yuavtsum saib-xyuas thiab tiv-thaiv koj tus kheej kom tsis txhob raug mob, thiab kom tsis txhob mus kis rau lwm tus.

Koj yuavtsum ua txhua yam rawsli koj tus tswv-ntiav tau tshaj tawm qhia txog tus kabmob COVID-19. Txawm koj yuav ua haujlwm nyob lwm thajchaw xwli tom tsev los koj yuavtsum tau ua rawsli tibs.

#### **Lug luag haujlwm ntawm cov tswv-ntiav yog dabtsi? (What do employers need to do?)**

Koj tus tswv-ntiav lub luag haujlwm yog txheeb-xyuas thiab tiv-thaiv kom cov neeg ua haujlwm txhua tus tsis txhob kis tau tus kabmob COVID-19. Lawv yuavtsum tau ua rawli tseemfwm cov lus ceebtoom thiab txhim-kho thajchaw ua haujlwm kom zoo rawsli tus kevcai nyob sib nrug-deb [physical distancing](#) – hais kom ib leeg nyob nrug-deb ntawm ib leeg li 1.5 metres.

Keu kis tus kabmob COVID-19 yog yuav sibkis tau los ntawm txojkev sib chww losyog nyob sibkoom uake coob leej (physical or psychosocial).

Txojkev tiv-thaiv hauv chaw ua haujlwm txog tus kabmob COVID-19 ces kuj nyob ntawm saib thajchaw thiab qhov haujlwm koj ua ntawd zoo licas. Koj tus tswv-ntiav yuavtsum qhia koj kom paub txog lawv txojkev npaj tiv-thaiv rau tus kabmob no.

Lawv yuavtsum:

- tsis txhob pub cov neeg ua haujlwm nyob sib ze – yuav tsum npaj chaw ua haujlwm kom ib leeg nyob nrug-deb ntawm ib leeg li 1.5 metres.
- muab kev qhuab-qhia kom txhua leej ntxuav-tes kom huv-si [good hygiene](#) thiab npaj sab-npus losyog cov tshuaj cawv ntxuav tes alcohol-based hand sanitiser rau cov neeg ua haujlwm siv. Hais kom lawv yuavtsum ntxuav tes kom ntev li 20 seconds.
- npaj cov khoom siv tiv-thaiv (protective equipment) kabmob rau cov neeg ua haujlwm tau siv.
- cheb thiab tu thaj chaw ua haujlwm kom huv si tsis so.
- pub cov neeg sab nraud uas nkat tuaj hauv chaw ua haujlwm kom tsawg zog.
- pub koj mus ua haujlwm nyob lwm thajchaw, xwli ua nyob tom tsev – tabsis nco ntsoov tias, tejzaum qhov no ho yuav pauv thiab yuav ua rau kom koj ntsib teebmeem raug mob losyog muaj xwm tau thiab.

#### **Yog kuv xav tias kuv muaj tus mob COVID -19 lawm kuv yuav ua licas?**

Koj yuav:

- tau mus ntsib kws khomob [seek medical advice](#)
- tsis txhob mus ua haujlwm.
- qhia rau koj tus tswv-ntiav kom paub sai thiab qhia rau lawv thaum koj paub tseeb txog koj txojkev mob lawm xwsli tias kws khomob qhia meej tias koj muaj tus kabmob no tseeb lawm.

### **Kuv tsum haujlwm puas tau yog paub tias thajchaw ua haujlwm yuav muaj teebmeem?**

Yog koj muaj kev txhawj-xeeb txog tias nws yuav muaj teebmeem rau koj, koj yuav tau mus sablaj nrog koj tus tswv-ntiav losyog tus neeg ua haujlwm saib xyuas kev muaj mob thiab teebmeem ( Health and Safety Representative (HSR)).

Cov neeg ua haujlwm muaj cai tsum losyog tsis lees ua cov haujlwm ntawm yuav ua rau lawv raug mob losyog muaj xwm. Koj muaj cai tsum haujlwm yog koj pom tau tias koj txoj haujlwm yuav ua rau kom koj raug mob losyog muaj teebmeem loj – xwsli ib tsam kis tau tus kabmob COVIC-19.

Yog tias koj tsum haujlwm vim txoj haujlwm yuav ua teebmeem rau koj ces, koj yuavtsum mus qhia koj tus tswv-ntiav sai. Koj yuavtsum kam nqa cov haujlwm mus ua tom tsev yog tias haujlwm tseem muaj ua tsis tau tiav.

### **Yog xav paub ntau (More information)**

Yog xav paub ntau txog txojkev ua haujlwm kom tsis txhob raug mob thiab muaj teebmeem, ces nkag mus xyuas hauv [Safe Work Australia website](#)

Yog xav paub ntau txog txojkev mus so thiab them nyiaj ces nkag mus xyuas hauv [Fair Work Ombudsman](#)

Yog xav paub ntau txog txojkev muaj mob muaj nkeeg ces nkag mus xyuas hauv [health.gov.au](#)

Thov ceebtoom kom paub tias, tus kevciai the model WHS laws no tau teev tawm los ua tus kevciai jurisdictions tswj hauv txhua lub xeev tsuas yog tseg tsis siv nyob rau lub xeev Victoria thiab Western Australia xwb. Yog xav paub ntau txog lub xeev ntawm koj ua haujlwm, thov mus cuag cov neeg saib xyuas txog tus kevciai [WHS regulator in your state or territory](#) hauv koj lub xeev.