



# THIL SINING KONG TIALNAK CATLAP CORONAVIRUS (COVID-19) KONGAH THEIH NA HERHMI

12/05/2020

COVID-19 cu rungrul thar nih a chuahpimi thawchuahnak lei zawtnak pakhat a si. Zawt hmelchunhnak ah aa telmi cu taklinh, khuh, or fah le thawchuah iharh a si. Rungrul cu minung pakhat in pakhat sin ah a karh, asinain thianhlimnak nih zawt ichonhnak a kham khawh. COVID-19 zawtnak ka ngei tiah naa ruah ahcun aho ca'h dah tih a nun i zeidah tuah a herh timi kha kawh.

## COVID-19 cu zeidah a si?

Coronaviruses cu rungrul a bupi in a ummi an si i thawchuah iharhnak lei zawtnak a chuahpitu an si. Hi pawl cu din tein khuasihnak in fak piin zawtnak tiang a phunphun in a si khomi a si.

COVID-19 cu coronavirus a thar phun nih a chuahpimi zawtnak pakhat a si. A voikhatnak ripawt an pekmi cu Dipa (December) 2019 ah a si i Tuluk ram Wuhan khualipi in a si.

## COVID-19 i zawt hmelchunhnak pawl

COVID-19 i zawt hmelchunhnak pawl cu din tein zawtnak in fak piin zawtnak tiin a phunphun in a um kho.

Cheukhat cu rang tein le fawi tein an dam than lai i cheukhat cu rang taktak in an zaw men lai.

COVID-19 i zawt hmelchunhnak pawl ah aa telmi cu:

- taklinh
- khuh
- or fah
- thawchuah iharh

COVID-19 na ngeih i na lungretheih ahcun:

- healthdirect website cungah zawt hmelchunhnak lei chektu kha zoh
- Rampumpi huap Coronavirus kongkau Bawmhhal khawhnak **1800 020 080** ah pehtlaihna tuahnak in sii lei thlopbulnak bawmh hal. Hi thawngthan khawhnak cu nikhat ah suimilam 24, zarh khat ah nisarih rian a tuan. Mirangholh a thiam lomi na si ahcun, Calehnak le Holhlehnak lei Riantuanpiaknak **131 450** ah chawhnak in na hman khawh
- na siibawi asilole siizung kha tonnak ngeih dingah a hlankanh in chawn hna
- na umnak pyine asilole peng i ngandamnak lei phuthen pehtlaihna in cheknak kongkau kha kawh

## Zeitindah a karh ning a si?

COVID-19 cu minung pakhat in pakhat sinah a karh:

- zawtnak a ngeimi he naihnam tonnak in (zawt hmelchunhnak an ngeih hlaan suimilam 48 chung telhchih in)
- mizaw a khuh asilole a hachio nak in a chuakmi cil pawl tonghnak in
- thilri pawl asilole a langhmi pawl (innka kuttlaihnak asilole cabuai pawl tibantuk) i mizaw sinin a chuahmi cil pawl tonghnak, cu hnu ah na kaa asilole hmai tonghnak

COVID- 19 cu zawtnak thar a si ruangah, kan mibu chungah luhlo dingin khamnak a um lo. A sullam cu tam taktak le rang taktak in a karh khawh.

## COVIDSafe app cu zeidah a si?

COVIDSafe app cu Australia Acozah nih COVID-19 karhnak nuarhter dingah a tuahmi phunkhat a si. Mah le mah izumhnak he pulrai a hungchuakmi cu rianrang in kan kawl khawh lai i Australia minung pawl fim tein chiah a si lio ah khenkhamnak pawl cu acozah pawl nih an dinhdorh khawh lai. COVIDSafe app lawng hi Australia Acozah nih zawt a hnu zuldawinak ah a cohlanmi a si.

COVIDSafe app a thar cu mah lungtho tein bakin tuahmi a si. App dawnglawtnak (downloading) cu nangmah, na innchungkhar le hawikom pawl runven dingah na tuah khawhmi a si i Australia minung a dang nunnak pawl na kham a si. COVIDSafe app ah Australia mi tamdeuh pehtlaihnak tuah deuh ah, pyine le peng i ngandamnak lei riantuantu pawl nih rungrul le COVID-19 zawtnak a ngeimi hi tonnak a ngeimi minung pawl kha rang deuh in an hmuh khawh lai.

COVIDSafe app cu COVID-19 zawtnak a ngeimi pakhat khat he naihnam in tonnak a ngeimi minung kawlnak ah rang taktak in a khawh khotu atu lio hmanmi a si. A sullam cu tihnung na si ahcun rianrang deuh in pehtlaih na si lai. Hi nih hin na innchungkhar, hawikom pawl le mibu chung i mi dang pawl sin ah rungrul ichonh chinnak kha a zorter.

Pyine le peng i ngandamnak lei riantuantu pawl lawng nih minung pakhat khat kha zawtnak a ngeihmi a langhnak kong kha app ah an zoh khawh lai i an fon ah mah kong langhternak kha an hnatla lai. Ngandamnak lei riantuantu pawl nih app i a langhmi thawngpaang kha zawt cheknak ah a dang tein chiahnak asilole cheknak tuah a herhmi pawl ralrin peknak lei bawmhnak lawng ah an hman khawh.

## COVIDSafe app a riantuannak cu zeitindah a si?

App dawnglawt na tuah tikah, na min, kutput fon nambar le postcode na pek lai i na kum thim awk a ummi kha na thim lai. Insatawl (Installation) tuahmi lim dingah SMS in cakuatmi fehternak na ngah lai. Mah tuahto ning nih nangmah ca bak ah pehtlaihnak a ngeimi lawng nih hmuh khawhmi chirchanh phundang te a ser lai.

COVIDSafe app nih app insatawl (installed) tuahmi le Bluetooth hman khawhmi a dang sehthilri pawl kha a hngalh hna. App nih a dang hmanngu a hngalh tik ah, a nithla, acaan, a hlatnaih le pehtlaihnaq tuah caan le a dang hmanngu chirchanhmi code kha a tial lai. COVIDSafe app nih na umnak hmun kha a khawmhzuat lai lo.

A thahnemnak dingah, na kalnak hmun paoh i rian a tuanmi COVIDSafe app na ngeih hrimhrim a herh i cu nih cun nifatin na cawlcanghnaq le minung he tonnak na ngeihmi pawl kong kha a langhter lai. A hmanngu pawl nih COVIDSafe app rian a tuan ko timi hngalhter dingin nifatin theihternak tuahmi a hmuh lai.

Thawngthanhmi cu pehtlaihnaq a ngeimi lawng nih hmuh khawh a si lai i na fon ah pehtlaihnaq a ngeimi lawng nih hmuh khawhnaq langhtertu kha him tein chiah a si lai. A luh hmanh na luh kho lai lo. Kutput fon pawl chung i pehtlaihnaq lei kong khonmi pawl cu ni 21 a phak ah aa phiat dih lai. Hi lio caan cu COVID-19 a tluhm lio caan a si tiah ruah a si i cheknak ngeih dingah tlawmpal a rau lai.

## COVID-19 cu aho ca dah tihnung bik a si?

Australia ah, rungrul tihnung a ngei kho bikmi minung pawl cu:

- nai te ah ramdang a kalmi khualtlawng pawl
- COVID-19 zawtnak a ngeimi pakhat khat he naihnam in tonnak a ngeimi pawl
- thonginn le kharkhumhnaq inn pawl i a ummi pawl
- hmunkhat ah a phu in a ummi minung

Rungrul nih a kaih hna ahcun a fak ngaimi zawtnak in a zaw khomi minung asilole tihnung deuh a simi minung pawl cu:

- Kum 70 le upa deuh
- Kum 65 le upa deuh asi i saupi zawtnak a ngei cangmi
- Aboriginal le Torres Strait Islander minung kum 50 le upa deuh a si i saupi zawtnak a ngei cangmi
- inkhawhnaq thazaang a tlawmmi minung

Atu tiang ri ahcun zawtnak a ngeimi tampi lak ah COVID-19 a si tiah fehtermi ngakchia an tlawm ngai rih.

Australian Health Protection Principal Committee (AHPPC) nih sianginn ah ngakchia pawl kaiter dingah tihnung tuk a si lem lo tiah a ruahnaq a langhter cang.

Naupawimi nu pawl sinah tihnunnaq kongkau langhtermi atu tiang cu a tlawm ngai rih.

Ngandamnaq lei Phuthen website ah tihnung a simi minung caah ruahnaq cheuhmi kha zoh.

## COVID-19 in nangmah le midang pawl runven ning

COVID-19 karhnaq ngolter dingah aho paoh kha mah le tuah dingmi cio kha tuah hrimhrim ding a si. COVID-19 a karhnaq nuarhter ding le tihnung bik a simi pawl runven dingah a tang i langhtermi pawl tuah kha a biapi tuk.

Takpum ihlatnak (zatlang nun ihlatnak ti zongin ti a si) le a thami thianhlimnak kha a tak in tuah.

A sullam cu:

- midang sin in 1.5 meters a hlatnak ah umnak
- khuasih asilole cumpit bantuk zawt hmelchunhnak ngeih cun inn ah umnak
- kuttlaih, ikuh le ihnamh tibantuk takpum in biakchawhnak pawl hrialnak
- a sikhawhnak hmun ah tangka catlap hman ai ah hmehmi pawl hmannak
- na khuh le hachio tikah na ban asilole titsu in ihuh
- hmanciami titsu pawl kha hnawmpung ah hlonh law na kut itawl
- rawl ei hlan le ei hnu, zunput kal hnu ah na kut kha chatpiat le ti in i tawl lengmang
- zuu aa telmi kut tawlnak hang hmang
- na mit, hnar le kaa tongh kha hrial
- cabuai sau, cabuai le innka tlaihnak tibantuk a langhnak pawl kha atu le atu thianh law rungrul that
- kutput fon pawl, tawh pawl, tangka bawm le riantuannak kat pawl tibantuk hmangmi pawl kha atu le atu thianh law rungrul that
- thlangawngka awnnak asilole thlikik chuahternak (air-con) siamremhnak in thli thianghlim ngakhawhnak zat kha tamter

Mibu tonpumnak kong ah nan umnak pyine asilole peng i ruahnak cheuhmi kha a zungzal in zul.

## COVIDSafe Australia leiah ithawnnak

Australia nih hlawhtling ngai in 'a ngawimi kha a rawnhter' cang i COVID-19 zawtnak a ngei tharmi nambar hi ram pumpi dihlak ah atu lio cu a tlawm taktak. Cheukhat khenkhamnak pawl dindorh dingah ralrin tein karhlaan hram atu kan thawk khawh cang i hi rungrul a karhnak teinak dingah a kan bawmh cang.

Australia Acozah nih timlamhmi dot-3 a thlah cang i cu nihcun COVIDSafe mibu pawl lei ah ithawn dingin pyine pawl le peng pawl caah lam a pek lai. Pyine pawl le peng pawl nih aa dangmi caan cio ah tuah dingmi kha a dot dot in tuah a si lai i zapi ngandamnak lei dirhmun le mah umnak thil sining he aa tlak ningin a si lai.

Nan umnak pyine le peng i khenkhammi pawl thlennak kongah an COVID-19 websites zohnak in a hnuvik thil sining kha na hngalh khawh. Sihmanhsehawl, tuah dingmi a dotdot pawl dihlak ah, takpum ihlatnak le a thami thianhlimnak ngeih peng, na zawt i COVID-19 zawt hmelchunhnak pawl pakhat khat na ngeih i cheknak na ngeih ahcun inn ah um kha a biapi tuk.

## Zeitindah sii lei thlobulnak ka kawl lai?

Sii lei itonnak n arak ngeih tawn ning in pehzulh tein tuah kha a biapi tuk – a hleice in caansau asilole a ngawrmi na si i sii lei thlobul na herh ahcun.

Na zawt i COVID-19 zawt hmelchunhnak pawl ka ngei tiah na ruah ahcun, sii lei thlobulnak ngei kha a biapi tuk. Na zawt hmelchunhnak pawl kong ah minung pakhat khat chawnh na duh ahcun Rampumpi huap Coronavirus kongkau Bawmhhal khawhnak **1800 020 080** ah

ruahnak cheuhmi ngah dingin chawn. Hi thawngthanh khawhnak cu nikhat ah suimilam 24, zarh khat ah nisarih rian a tuan.

Mirangholh a thiam lomi na si ahcun, Calehnak le Holhlehnak lei Riantuanpiaknak **131 450** ah chawhnak in na hman khawh.

Siibawi asilole siizung in sii lei thlobbul hmuhnak dingah na rat dingin a si kha a hlankanh in chawn hna. Thlobbul awk na kal tikah a irunvennak pawl tuah dingin fial na si lai. Lamhmuhsaknak pawl pek na simi kha zul hna.

Thawchuah iharhnak lei zawtnak hmelchunhnak pawl na ngeih ahcun, siilei thlobbulnak ngah dingin na kal lio a midang pawl runven dingah hmurhuh i hruk. Pakhat na ngeih lo ahcun, ngandamnak lei zohkhenhnak an petu nih hngal seh law cu ticun pakhat an pek khawh men lai.

Midang sinin a tlawmbik 1.5 meters a hlatnak ah um zungzal. Na khuhmi asilole hachiomi pawl khan a ban in ihuh.

Hi kong cu na siibawi chim:

- na zawt hmelchunhnak pawl
- na khaulawnnak kong
- COVID-19 zawtnak a ngeimi pakhat khat he nai te ah tonnak pakhat khat na ngeihnak

## GP-led thawchuahnak lei sekhaan pawl

GP-led thawchuahnak lei sekhaan zong ah na kal khawh men. Pyine le peng pakhat cio ah thawchuahnak lei sekhaan pawl an um ko hna. Na umnak hmun i sekhaan kong thawngthanh tamdeuh theihnak dingah, hika ah zoh: <https://www.health.gov.au/about-us/contact-us/local-state-and-territory-health-departments>

## Awnlai in ngandamnak lei riantuan piaknak (Telehealth) le sii pawl inn ah chiahpiaknak

Siibawi pawl, siisaya/ma pawl le thinlung ruahnak lei ngandamnak thiamsang pawl cu awnlai in ngandamnak lei riantuan piaknak pawl cu 30 Zing (September) 2020 tiang fon asilole video in chawhnak in sii dingmi pawl le a herhmi dangdang kongkau ah riantuan piak khawhnak an ngei.

Meidicare kat a ngeimi paohpoah cu awnlai in ngandamnak lei riantuan piaknak ngah khawh a si. Na siibawi nih awnlai in ngandamnak kongkau ceihmaitinak hmangin sii din ding le cawk ding an pek khawh fawn.

Awnlai in ngandamnak kongkau ceihmaitinak ngeih lio ah na siibawi nih sii din dingmi le cawk dingmi catlap in a tial lai. Cu hnu ah a dihlak in tial piakmi kha fiang tein khawpi a tuah lai (hmaanthlak asilole pdf tibantuk digital hmaanthlak in) i na duh deuhmi siizuarnak ah imel, cakuat asilole fax in a kuat lai i nan inn ah na sii pawl cu hun chiah piak a si lai. Na duh deuh ahcun, sii din ding le cawk ding cu catlap in siibawi nih an kuat khawh lai.

Hika zohnak in tamdeuh kaw:

<https://www.health.gov.au/resources/publications/covid-19-national-health-plan-prescriptions-via-telehealth-a-guide-for-patients>

## Thinlung ruahnak lei ngandamnak caah bawmhnak

Coronavirus nih kan dawtmi he kan umti ning le caan kan hmanti ning a thlen cuahmah. Pulrai cu a ra laimi zarh tampi ah kanmah he a umti rih ko lai i kan thinlung ruahnak lei ngandamnak siseh kan takpum lei ngandamnak siseh izohkhenh dingah kan philh lo kha a biapi tuk.

Fon asilole intanet in na hawikom pawl, inchungkhar le mibu he pehtlainnak ngei in um.

A ngah ko timi a ngah lai lo kha ichingchiah. Na lungretheih, ngaihchiat, bat, tihphan asilole thinhun ahcun hihi cu punghmaan a si kha hngal law bawmhnal dingah zeihmanh tih hlah.

Hika ah zoh [www.headtohealth.gov.au](http://www.headtohealth.gov.au):

- thinlung ruahnak lei ngandamnak awnlai (online) le fon hmangin thilri le riantuan piaknak pawl ngah khawhnak,
- cu nih cun thinlung ruahnak lei ngandamnak kongkau lungretheihnak na hmuhtonmi pawl asilole minung pakhat khat bawmhnak dingin naa zuamnak kha a bawmh khawh lai

## COVID-19 cheknak zeitindah ka ngeih lai?

COVID-19 zawt hmelchunhnak pawl a ngeimi paoh cu anmah tein cheknak tuah dingah an chuah ding a si.

COVID-19 zawt hmelchunhnak pawl cu taklinh, khuh le or fah an si. Zawt hmelchunhnak pawl din te lawng na ngeih hmanh ah cheknak ngeih ding kha a biapi tuk.

COVID-19 cheknak tuahnak nih zawtnak kha a tam khawh chung tam in a langhter, cu ticun a dang tein umter khawh an si i mibu chung i rungrul karhnak a hlankanh in runven dingah an tonmi pawl minung pawl zuldawi khawh an si lai.

COVID-19 karhnak tlawmter dingah zapi ngandamnak lei thazaang chuahnak le ngandamnak lei zohkhenhnak thilri pawl papek ding le lamhmuhsak ding hmun ah hi nih hin a bawmh lai.

Pyine pawl le peng pawl nih cheknak lei tahfung pawl anmah te cio in an ngei kho men, cucaah zaangfahnak in nan umnak hmun i ngandamnak lei phuthen pawl he cheknak tuah.

## Chekmi aphipawl hngahnak

Chekmi aphipawl a hung kir thannak dingah ni tlawmpal a rau men lai.

A fakmi zawt hmelchunhnak pawl na ngeih ahcun, siizung ah chiah na si men lai i rungrul karhnak runven dingah midang mizaw pawl sinin a dang tein chiah na si men lai.

Naa cheknak aphipawl na hngah lio ah, na siibawi nih inn ah tin dingin na dam ngai cang ko an ti ahcun, na tuah dingmi cu:

- inn ah a dang tein um
- a thami thianhlimnak le takpum ihlatnak a takin tuahnak in nangmah le midang pawl kha rungvang

## COVID-19 zeitindah thlobbul a si?

COVID-19 caah thlobbulnak asilole sii atu tiang a um rih lo. Siilei zohkhenhnak nih zawt hmelchunhnak tam-u cu an thlob khawh. Rungrul thahnak sii pawl cu rungrul nih a chuahpimi zawtnak dohnak ca lawngah a thahnem i atu lio a chuahmi rungrul pawl caah san a tlai lo.

COVID-19 thlop dingin hman khawh dingmi ah hydroxychloroquine telhchih in sii-ai zeimawzat cheukhat ripawt pawl nih a chuaipi. COVID-19 thlolnak caah Thlobulnak lei Thilri pawl Tawlirelnak (Therapeutic Goods Administration -TGA) nih a fehtermi sii-ai a um rih lo.

TGA wesite zohnak in hydroxychloroquine kong tamdeuh cu hngal:

<https://www.tga.gov.au/alert/new-restrictions-prescribing-hydroxychloroquine-covid-19>

## Thawngpaang tamdeuh

theihnak ah hika ah zoh [www.health.gov.au](http://www.health.gov.au)

[COVID-19 kong atu le atu halmi biahlnak pawl](#) i a phi pawl kha kawl.

COVID-19 kong kan tialmi [COVID-19 kong Mirangholh in tialmi](#) le [COVID-19 kong holh dingin lehchangmi](#) na zoh khawh

Zeiruandah Australia Acozah nih COVID-19 doh in Australia minung pawl a runven timi kha, hika ah zoh [www.australia.gov.au](http://www.australia.gov.au)