

Rian ah minung pakhat khat kha COVID-19 a ngeih ahcun zeitindah a si lai

Rian ah minung pakhat khat kha COVID-19 a ngeih ahcun, asilole minung pakhat khat zawtnak a ngeimi sinah i phorzarnak a ngeih ahcun, a tang i tuah dingin langhtermi pawl hi rianrang in na tuah hrimhrim lai. COVID-19 an ngei tiah fehter a si tiang kha hngak hlah.

Hi thawngthan cu rianhmun ah nangmah an bawmh lai. Sihmanhsehlaw, nan umnak [pyine asilole peng i ngandamnak lei phuthen](#) sin in ruahnak cheuhmi kha na zulh peng lai.

Thawchuah iharhnak tibantuk a fak ngaimi hmelchunhnak pawl kha minung pakhat nih a ngeih ahcun, chawn 000.

1. Amah lawng tein umter

Midang pawl sinin a dang tein umter. Amah a zohkhenhtu kha hmaiuh le kut tawlnak tibantuk aa tlakmi pumpaak irunvennak thilthuam kha na pek hrimhrim lai.

2. Ruahnak cheuhnak kaw law tihunnak pawl kha zohfel

Nan umnak [pyine asilole peng i bawmhhal khawhnak](#) in acozah ngandamnak lei ruahnak cheuhnak kha hal asilole Rampumpi huap Coronavirus Kongkau chawhnak (1800 020 080) ah bawmh hal.

Pehtlaihna dikthlir kha na ngeih hrimhrim a hau. Rianhmun i an umnak hmunhma pawl kong, aho he dah naihniam in an rak um i zeicandah an rak um, midang pawl caah tihunnak kong le thianh le rungrul thah ding hmunhma pawl kha ca in tial.

Nan umnak [pyine asilole peng rian lei ngandamnak le himnak lei zohkhenhtu](#) sinah theihternak na tuah a herh thiamthiam men lai.

3. Tlungkal

Mizaw kha an inn lei, mah lawng tein umnak hmun, asilole a herh ahcun seekhan lei kal khawhnak a ngeih a hau. A sikhawh ahcun, midang sinah zawt karhternak zorter dingah pumpak lawng nih hmanmi tlunkalnak kha an hman ding a si.

4. Thianh law rungrul kha that

Thianh le rungrul thah an si hlan cu minung nih hmanmi hmunhma pawl kha awng hna. A si khawh ahcun cun thli a lut chuahmi a tamnak dingah innleng innka pawl le thalangawngka pawl kha awng hna.

Zung pawl, tikholhnak pawl, coka pawl le zapi umnak hmun pawl tibantuk, minung nih hmanmi hmunhma pawl le thilthuam pawl kha thiag tein chia law rungrul pawl kha that hna.

A thianhtu pawl nih aa tlakmi pumpaak runvennak lei thilthuam an i hruk hrimhrim lai, tahchunhnak ah kut hruk, a himmi mithmaan le hlonh khawhmi rawlchuang nih hrukmi.

5. Naihnam in tonnak pawl langhter law chim

Pyine asilole peng i zapi ngandamnak lei riantuan bu nih COVID-19 zawtnak a ngei tiah fehtermi he naihnam in tonnak a ngeimi pawl kha a langhter lai i zeidah tuah an herh timi kha a chimh hna lai.

Rianhmun ah naihnam in tonnak a ngeimi minung kha kawl law zeicandah a rauh i rianhmun ah zawtnak a ngeimi he khoika zawn ah dah tonnak a ngeih ti kha kawl.

Hi nih hin midang pawl sinah a cang khomi tihunnak pawl kong kha an chimh lai i thianhnak le rungrul thahnak tuah chap a herhmi hmunhma pawl kong an chimh lai.

6. Tihnunnak tawltrelnak lei thinghnak pawl zohfel

Na COVID-19 tihnungmi tawltrelnak lei thinghnak pawl kha zohthannak ngei law, nan riantuantu pawl he ceihmaitinak ngei uh, cun thlennak tuah a herh le herhlo kha zohfelnak tuah.

Nan rianhmun ah nai te i zawtnak ngei a ummi kongah na lungretheih tikah tuah dingmi pawl a dotdot

Riantuan asilole thilcawtu tibantuk, nan rianhmun i nai tein ah a ummi nih COVID-19 a ngei tiah thawng an thanh men lai. Na rianhmun ah nai te i a um ning le midang he naihnam in a um maw, um lo timi kong kha ruat.

Atu lio i nan rianhmun ah an um lo zongah, a cung i tuah dingin langhtermi pawl cu na zulh a hau rih men lai. Nan umnak [pyine asilole peng i bawmhhal khawhnak](#) in ruahnak cheuhnak kha hal.

Ka rianhmun kan khar a herh maw?

COVID-19 lunghrinhmi asilole zawtnak fehtermi ruangah duh zong duh lo zong ah khar hrimhrim ding ti a si lem lo. Nan rianhmun i thenkhat lawng kha zawtnak a ngeimi nih a lenkai ahcun asilole ngandamnak lei bawi nih zawtnak a ngeimi sinin iphorzarnak i tihunnak kha a tlawm tiah a ti ahcun a herh lem lai lo.

Na rianhmun khar ding a herh le herh lo cu na rian a hmetngan, rian a umtu ning, riantuantu minung zat le thurhnawmnak a ngei lai tiah lunghrinhmi hmunhma pawl cungah aa hnga.

Zawtnak nih a dam thanmi asilole zawt chek dingah a dang tein chiahmi riantuantu pawl cu zeitik ahdah rian ah an kal than khawh lai?

COVID-19 zawtnak a ngei tiah cheknak tuah lio ah hmuh i a dang tein umtermi riantuantu pawl cu tlamtling tein an dam i ngandamnak lei bawi pawl nih a dam cikcek cang tiah a chim hnu lawngah rian ah an kal than ko lai.

Zawt chek dingah a dang tein umtermi pawl cu ni 14 a tlin lecaangka in zawt hmelchunhnak a ngeilomi riantuantu pawl cu rian ah an kal than kho lai. Rian ah kalthan dingin sii lei nih a ngandam ko tiah tialpiakmi ca an herh lo.

Thawngthanhmi tamdeuh

Thawngthanhmi tamdeuh hngalhnak caah, [Ahimmi Rian Australia vuapsaih \(Safe Work Australia website\)](#) ah zoh.