

Thianhlimnak

Riantuantu pawl nih thianhlimnak a tak in tuah dingah a tang i langhtermi tuahto ning pawl hmanna in, COVID-19 lak ah iphozarnak tihnung chungin riantuantu pawl le midang pawl kha na runven khawh hna lai.

Na riantuannak hmun i thingnak lei tuahto ning pawl hmanna telhchih in, COVID-19 he a pehtlaimi ngandamnak le himnak lei kongkau ah riantuantu pawl le ngandamnak le himnak lei aiawhtu pawl he biaruhtinak a ngei hrimhrim lai.

Riantuantu le mileng thiahlimnak

Chatpiat le ti in a tlawmbik sekat 20 kut tawlnak lengmangnak le a thiangmi titsu nih ro ternak telhchih in, riantuannak hmun ah riantuantu pawl le mileng pawl kha thianglim tein um dingah lam hmuhsak hna.

Kut kha tawl hrimhrim ding a si lai:

- rawl ei hlaan le rawl ei hnu
- khuh le hachio hnu
- zunput kal hnu, le
- riantuanmi pawl thlen tik le a thurhnawm khomi cabuai, thutdan tibantuk tongh hnu ah.

Kut tawl dingah a si khawh lo ahcun zu aa telmi kut tawlnak ahang a tlawmbik 60% ethanol asilole 70% isopropanol aa telmi kha na pek hrimhrim hna lai.

Thianhlimnak nih riantuantu pawl le mileng pawl zong kha tuah dingah an fialmi hna cu:

- na ban hram asilole titsu in khuh le hachio kha huh ding (cilchak lo a si lai)
- na hmai, mit, hnar le kaa pawl tongh hrial ding
- titsu pawl le kuakbul pawl kha a chin ummi hnawmpung chungah hlonh ding
- kuak zuk hlaan le zuk hnu ah kut tawl ding
- thilthuam hman hnu ah thian law rungrul thah ding
- ni fatin takkholh, sam tawl le hmai i hmul pawl le thilpuan pawl thiang tein tawl le suk ding le
- timh ciammam tein takpum tonnak tuah lo ding, tch. kut tlaihnak

A thianglimmi a phichuak pawl thanchoter dingah:

- zawt karhnak runven dingin le hi pawlasi pawl kha riantuantu pawl he pehtlaih dingin pawlasi ser a si tikah na riantuantu pawl kha ceihmaipi hna

- triantuantu pawl kha zapi umnak hmun i luh hlan le chuah hlan hmaan tein kut tawlnak a biapitnak kong kha cawnpiak hna
- hmaan tein kut tawl ning le roter ning, le kut tawlnak ahang hman ning hmuhsaknak kha [caa pawl](#) taar piak hna, cun
- zapi umnak hmun hman tikah ruahchanmi thianhlimnak lei tahfung pawl kha riantuantu pawl chim hna (pumpaak hrimhrim thiang tein umnak, hnawm pawl hnawmpung chungah chiahnak, rawl cungah fon pawl tibantuk thil chiah kha hrialnak)

Ngandamnak lei tuahto ning a takin tuahsernak kha an zulh ko timi le tha tein hman a si nak fehter dingah punghmaan in zohfelnak le zohthanhnak na tuah a hau.

Thianhlimnak lei thilri pawl

Thianhlimnak thilri pawl cu a zaami, hman khawhmi in na umter hrimhrim lai i ningcang tein hman khawhmi le hman dingah a himmi an si hrimhrim lai.

Kholhtawlnak thilri pawl pek chap na herh ahcun, na zohfel hrimhrim lai i a khaan pawl le rawleinak hmunhma pawl khan a thlen lai. Riantuantu pawl nih thianhlimnak a takin an tuah khawhnak dingah sia a remmi hmunhma pawl ah kut tawlnak thilri pawl zaa lak in na pek hrimhrim hna lai.

Kut tawlnak ah thilri pawl kha tlawmpal lawng a um tikah, lutnak le chuahnak hmun pawl ah kut tawlnak a hang pawl kha pek ding a si lai.

Ek-inn i hmanmi pepa, chatpiat, ti le pepa taval pawl tibantuk kholhtawlnak caah thilri pawl kha zaalak in pek hrimhrim ding a si lai.

Thilri a herhmi zat biakhiah dingah, rianhmun i riantuantu pawl zat, riantuan caan tawltrelnak, le chikhat thumh hnu ah rian le riantuantu pawl riantuan dingin a kalthan cangmi pawl telhchih in luhnak a herhmi kha ruat.

Takpum i hlatnak tuah dingah rawl einak asilole zapi umnak pawl a thar sersiam ahcun, hi hmun pawl cu rian hmun in luh khawhnak hmun a si hrimhrim lai i zaalak in timhtuahmi a si lai (tch. dinmi ti, hnawm hlohnak pung pawl) i thilri pawl, a thurhnawmmi pawl le tihnungmi pawl chungin runvenmi a si hrimhrim lai. Zapi umnak hmun pawl kha thli luhchuah a tamdeuhnak caah thalangawngka awnnak asilole air-con bunhnak kha tuaktaan law, a si khawh ahcun air-con hmannak kha rikhiahnak ngei asilole zorter deuh.

Thawngthanhmi tamdeuh

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