

Txojkev Nyiam-huv (Hygiene)

Koj yuav tiv-thaiv cov neeg ua haujlwm thiab lwm tus kom tsis txhob kis COVID-19 tau yog koj tswj thiab hais cov neeg ua haujlwm ua rawsli txojkev nyiam-huv hauv qab no.

Koj yuavtsum sibtham nrog cov neeg ua haujlwm thiab cov neeg sawvcev txog kev khomob thiab kev nyab-xeeb txog COVID-19, saib yuav teev txojkev ceevfaj (apply control measures) licas rau hauv koj thajchaw ua haujlwm.

Cov Neeg ua haujlwm thiab cov Qhua txojkev nyiam-huv

Koj yuavtsum hais cov neeg ua haujlwm thiab cov qhua nyob hauv chaw haujlwm kom nco-ntsoov ua rawsli txojkev nyiam-huv, xwsli siv dej thiab sab-npus ntxuav tes tsis so, ntev li 20 seconds thiab muab cov ntawv so-tes koj los so-tes kom huv-si.

Yuavtsum ntxuav ob txhais-tes:

- uantej thiab tomqab noj mov tag
- uantej thiab tomqab hnoos thiab txham tag
- uantej thiab tomqab mus plob tag, thiab
- thaum sibpauv haujlwm thiab tomqab tau mus kov tejchaw uas tsis huv.

Yog tsis muaj chaw ntxhuav tes, koj yuavtau npaj cov cawv-dej ntxuav tes alcohol-based hand sanitisers uas muaj txog 60% ethanol losyog 70% isopropanol tau siv.

Hais txog kev nyiam-huv, cov neeg ua haujlwm thiab cov qhua yuavtsum tau:

- muab txhais caj-npab losyog daim ntawv so-ntswg npog qhov-ncauj thaum hnoov thiab txham (tsis txhob nti aub-ncaug pov-tseg)
- tsis txhob kov lawv lub ntsej-muag, qhov-ntswg thiab qhov-ncauj
- muab cov ntawv tissue thiab tus kav luam-yeeb povtseg rau hauv lub thoob uas muaj hau-khwb.
- ntxuav-tes uantej thiab tomqab haus luam-yeeb tag
- so thiab muab tshuaj tua kabmob tsuag rau cov khoom tomqab siv tag
- da-dej, zawv plaub-hau, thiab hloov khaub ncaw txhua hnuv, thiab
- tsis txhob mus kov lwm tus lub cev, xwsli sib tuav-tes

Yuav txhim-kho txojkev nyiam-huv kom zoo tshaj qub tuaj:

- nrog koj cov neeg ua haujlwm sibtham thaum koj yuav tawm ib tug qauv coj los tiv-thaiv kev sibkis mob thiab hais qhia cov neeg ua haujlwm kom paub
- qhuab-qhia koj cov neeg ua haujlwm txog qhov tshwj-xeeb ntawm kev ntxuav-tes uantej thiab tomqab nkag rau thajchaw muaj neeg coob nyob uake
- muab cov [posters](#) paib ntawv lo-qhia txog txojkev ntxuav-tes thiab so-tes kom huv-si, kev siv cov dej-cawv ntxuav tes, thiab
- qhia lawv txog txojkev nyiam-huv uas sawvdaws yuavtau ua thaum nyob rau thajchaw muaj neeg coob (tu cov khoom koj siv cia, muab cov khoom seem povtseg rau lub thoob, txhob muab lub xovtooj losyog khoom noj tso saum rooj)

Koj yuavtau txheeb xyuas thiab taug-qab txojkev nyiam-huv no tsis so kom cov neeg ua haujlwm sawdaws yuavtsum siv thiab ua raws-nraim li thiaj zoo.

Chaw Ntxuav-tes (Hygiene facilities)

Koj yuavtsum saib-xyuas cov chaw ntxuav-tes kom nyob ze rau sawvdaws, kom nws ua haujlwm zoo thiab muaj cov khoom txaus siv thiab tsis muaj xwm rau thaum siv.

Koj yuavtau xyuas saib puas yuav npaj chaws ntxuav-tes, chaw hloov khaub-ncaws thiab chaw noj mov ntxiv. Koj yuavtau xyuas kom meej saib cov dab ntxuav-tes puas txaus cov neeg ua haujlwm siv xwv lawv thiajli yuav ntxuav-tes tau kom huv si.

Thaum tsis muaj cov dab ntxuav-tes txaus siv, koj yuavtsum npaj cov cawv-dej ntxuav tes rau ntawm qhov chaw nkag thiab chaw tawm hauv lub tsev ua haujlwm.

Koj yuavtsum npaj cov khoom siv hauv tsev dej xwvli ntawv so-quav, sab-npus, dej thiab ntawv so-tes kom muaj txaus siv tsis tu-qab.

Txojkev npaj cov chaw dej kom txaus rau cov neeg ua haujlwm siv ces yog koj yuavtau ntsuas saib cov neeg muaj coob licas, cov neeg tuaj ua haujlwm sawv-ntxov, tsaus-ntuj muaj licas thiab saib cov neeg qub uas mus so lawm ho yuav rovqab tuaj ua haujlwm coob ntxiv npaum licas.

Yog koj yuav npaj ib chav tsev ua chaw so los chaw nojmov, koj yuavtsum npaj kom dav xwv cov neeg thiaj nyob sib nrug-deb tau, yuavtsum nyob ze chaw ua haujlwm, yuavtsum muaj cov twjtaig khoom-siv kom txaus (xwvli dej haus, thoob ntim khoom pov-tseg) thiab yuavtsum yog thajchaw nyob tau tsis muaj xwm. Chav nyob yuavtsum muaj cov qhov-rais qhib/kaw tau es yog tsis nyiam cov tshuab cua txias air-conditioning los thiaj qhib kom muaj cua tshuab nkag los tau rawvli nyiam.

Yog xav paub ntau



Yog xav paub ntau, mus xyuas hauv [Safe Work Australia website](https://www.swa.gov.au/coronavirus).