

Rian lei ngandamnak le himnak - Thianhlimnak

Zawtnak a ngeimi khuh asilole hachio tikah thaw he a chuaktimi pawl hmangin COVID-19 a karh. Minung pakhat nih zawtnak hrik a ummi a langhnak asilole thilri tonghnak in, cu hnu ah an kaa, hnar asilole mit tonghnak in, zawtnak hrik kha aa ngeih kho.

Rianhmun pawl cu a tlawmbik ah nifatin thianh hrimhrim ding a si. Tawlnak ahang le ti in thianh kha a za ko.

Na tuah dingmi cu:

- a langhnak pawl tongh kha tlawmter; minthutnak ngei law thilcawtu pawl ralrinpeknak ah na riantuantu pawl kha bawm hna
- riantuantu pawl caah tonghnak hmun pawl zat kha tlawmter
- a si khawh ahcun, luhnak le chuahnak hmun ah kuttawlnak thilri pawl asilole kuttawlnak ahang kha pe hna.

Thianh ning le rungrul thah ning

A langhnak rungrul thahnak tuah hlan ah, thianh hmasat kha a biapi tuk. Hmunthur le hnawm nih rungrul thah dingah rungrul thahnak sii a thiltikhawhnak kha a zorter khawh.

Na riantuantu pawl kha aa tlakmi thianhnak le rungrul thahnak thilri pawl le pumpaak runvennak lei thilri pawl kha na pek hna a hau i a hman ning kongkau ah cawnnak ngei hrimhrim hna seh.

Thianhnak le rungrul thahnak karlak ah zeidah aa dannak a si?

Thianhnak a sullam cu rungrul pawl (zawtnak chuaipi rungrul le zawtnak hrik pawl), thurhnawm le hnawm pawl kha a langhnak pawl in chatpiat le ti hmangin tawl kha a si.

Rungrul thahnak a sullam cu a langhnak pawl cungah a ummi rungrul pawl thah dingah chemical hmanna kha a si. Rungrul thahnak sii pawl cu a langhnak kha rungrul hrik nih a thurhnawmh lawngah hman a herhmi an si tawn.

Zeibantuk hmunhma pawl dah thianh le rungrul thah atu le atu a herh?

Innka kuttalainak pawl, cabuai sau pawl, fon pawl, EFTPOS le ek-inn tibantuk hmuhma pawl tibantuk atu le atu tongh lengmangmi a langhnak pakhat khat kha punghmaan in thianh hrimhrim ding a si.

A thurhnawm tiah hmun khawhmi a langhnak pawl asilole a zutmi pawl cu a ran khawh chung rangin thianh hrimhrim ding an si.

Rianhmun ah COVID-19 a ngei tiah fehtermi a um asilole lunghrinhmi an um ahcun, rungrul thahnak cu a herh bak. Na rianhmun cu ni fatin minung tapi a luhmi a ngeih hna ahcun, punghmaan in rungrul thahnak tuah dingin duhpiak na si.

Ka rianhmun ah COVID-19 a ngeimi an um ahcun zeitindah a si lai?

Rianhmun ah COVID-19 a ngeimi na ngeih hna ahcun, na umnak [pyine asilole peng ngandamnak lei nawltu](#) nih tuah dingmi an in chimh lai. An lamhmuhsaknak pawl kha zul.

Na rianhmun kha thiang cikcek in minung pawl rianhmun ah an kirthan khawh hlan ah thianh le rungrul thah a herh lai.

Riantuantu pawl i an pumpaak thilri pawl kong tah?

Mithmaan le fon tibantuk rianhmun i hmanmi pumpaak thilri pawl kha rungrul thahnak sii hmangin na riantuantu pawl kha punghmaan tein thianh dingah chim hna.

Zei paohpaoh cu zuar dih a si ahcun, rungrul thatnak sii keimah tein ka tuah kho lai maw?

Dawr i cawkmi rungrul thahnak pawl cu acozah nih chiah piakmi tahfung an tlinh, cu caah a tha lai ti cu na hngalh. Sihmanhsehlaw, tawlnak ahang le ti hmangin rungrul thahnak sii cu na timlamh khawh. Tihnung an si khawh bantu kin chemical pawl cu ralrin tein tongtham.

Ka riantuantu pawl nih an ihruk-aihmi a thian a herh?

Thil sining tapi ah, na rianhmun thianh dingah ruantuantu pawl cu runvenak lei thilthuam an ihruk a herh lo. A hramthawknak ah:

- kuthruk pawl kha a tlawmbik a herh
- a thiannak hmun kha COVID-19 lunghrinhmi asilole zawtnak a ngei tiah fehtermi nih a hnorsuan ahcun hmurhuh kha hman hrimhrim ding a si
- hmaihmuh le voikhat lawng hman ding sut (suits) cu a herh lo
- pumpaak runvennak thilthuam pakhat khat na pek hna a herh i him tein a hman ning kha na riantuantu pawl na chimh hna a hau.

Rungrul thahnak sii nih COVID-19 a that lai maw?

Zawtnak a chuahpimi rung Sihmanhsehlaw, COVID-19 cu zawtnak chuahpitu rungrulnak in zawtnak hrik nih a chuahpimi a si, cucaah rungrul thahnak sii cu san a tlai lo.



Punghmaan in chatpiat le tilum in kuttawlnak cu san a tlai ko.

Thawngthanhmi tamdeuh

COVID-19 le rian lei ngandamnak le himnak kong tamdeuh theih na duh ahcun, [Safe Work Australia website](#) ah zoh.