

Rian lei ngandamnak le himnak – Takpum ihlatnak

Naihniam in um i riantuannak nih COVID-19 sin ah aa phozarmi sinak lei tihunnak a kaiter.

Atu lio [ngandamnak lei ruahnak cheuhmi](#) cu rianhmun pawl i a ummi minung pawl telhchih in aho paoh nih a si khawhnak hmun paoh ah takpum ihlatnak kha a takin tuah hrimhrim ding a si.

COVID-19 he aa pehtlaimi ngandamnak le himnak kongkau ah riantuantu pawl le ngandamnak le himnak lei aiawh in riantuanpiaktu he ceihmaitinak na tuah hrimhrim lai.

Takpum ihlatnak cu zeidah a si?

A si khawhnak hmun ah aho paoh kha midang sinin a tlawmbik 1.5 metres hlat in um hrimhrim ding a si lai (nan innchungkhar in a lengmi)

Cheukhat [pyine le peng pawl](#) nih voi khat ah rianhmun pakhat ah minung um khawhmi zat cung ah khenkhamnak pawl an ngei men fawn lai.

Takpum ihlatnak cu rianngaitu pawl nih zeitindah rianhmun ah a takin an hman khawh lai?

A Pungsan

Rianhmun a pungsan kha na suaisamh than a hau men lai i na rianhmun pawl ah takpum ihlatnak kha tuah hrimhrim ding a si lai. Ihlatnak a herhmi fianter dingah tuang asilole vanpang umtuning pungsan pawl kha ruat.

Rianhmun i takpum lei umtu ning a pungsan thlennawn ahcun, na suaimi pungsan nih rianhmun ah punghmaan an riantuannak umtuning le lakhruak thilcang a um sual tik zongah, him tein riantuantu pawl kha an luh, chuah le cawlcangh khawh hrimhrim ding a si.

Tonpumnak pawl le tintaan

Zungriantuantu pawl tonpumnak a herhnak hmun ah, tele asilole videoconferencing tibantuk hmaitonh in a si lomi thim dingmi pawl kha hmang.

Hmaitonh in a silomi thim dingmi kha a si khawh lo ahcun, tonpumh caan le a kai dingmi minung kha rikhiahnak ngei.

A tlawmbik 1.5 metre ihlat hrimhrim hna seh. Inn chung a si ahcun, a zatawk thli ngah hrimhrim hna seh.

Rianhmun i hmanmi thilri pawl

Cabuai thutdan pawl kha varhpi in chiah hna law, rawlei caan tibantuk pekmi caan chung ah zapi umnak hmun hmanna ah riantuantu milu zat tlawmter.

Dat-hle-ka ah, a si khawh ahcun, riantuantu pawl cu 1.5 metre ihlat in um hrimhrim hna seh. Takpum ihlatnak kong ah an zapi in minthut ter hna. A himmi Rian Australia vuapsaih (Safe Work Australia website) nih [hmaanthlak pawl le thilri lak khawhnak hmun pawl](#) a phunphun links a ngei.

Aa dang deuh in hmunhna pawl peknak kha ruat, tahchunhnak ah riantuantu pawl le milengkai pawl caah aa dangmi tikholhnak khaan pawl.

Thilri peknak pawl, pechaantu pawl le milengkai pawl

Rianhmun i a rami paohpaoh kha riantuannak hmun an um lio ah an tuah a herhmi pawl a fiangmi lamhuhsaknak pawl kha pe hna. Tahchunhnak ah, mawtaw chungah um ko law, pehtlainnak tuah dingah kutput fon hmanna in le fon chung a herhmi catialnak hmanna in.

Thilri peknak pawl le pechaantu pawl he riantuantu pawl minung kha tlawmter deuh. Kuttawlnak thilri pawl kha um hrimhrim seh, asilole a si khawh lo ahcun, pekmi thilri tongh hnu hman dingah zuu aa telmi kuttawlnak ahang kha um hrimhrim seh.

Riantuan lio ah ka riantuantu pawl nih takpum ihlatnak an tuah kho lo, cu a sullam cu an tuah kho lo tinak a si maw?

Rianhmun ah a zungzal cun riantuantu pawl le midang karlak ah 1.5 metres ihlat in um cu a si kho peng lai lo.

Cu a si ahcun, rian kha lim hrimhrim ding a si maw asilole caan suaisamh piak khawh a si maw ti kha ruat.

Rian kha lim ding bak a si i riantuantu pawl kha naih tein um ding a si ahcun, ngandamnak le himnak tihunnak pawl kha hloh asilole tlawmter dingin an tuah khawhmi biakhiah dingah tih a nungmi zohfelnak rianngaitu pawl nih an tuah hrimhrim ding a si.

A takin tuah khawhmi le a himmi a si ahcun, rian pawl le naihnam in pehtlainnak ah aa telmi tuahto ning pawl kha zolfelnak tuah. Ihlatnak tamter dingin hi pawl tawlirelnak ding lam pawl kha kawl.

A si khawhlonak hmun ah, riantuantu pawl naihnam in umnak a caan zat kha tlawmter deuh law a dang thingnak pawl zong hmang thiamthiam.

Tahchunhnak ah:

- zeitik caan paoh ah hmunhna pakhat chungah minung a ummi zat kha tlawmter
- thawk caan, ngol caan le dinh caan kha dinhdorh

- tuan dingmi rian kha rianhmun pakhat asilole hmunhma pakhat in hmunhma dang kha thial
- aa khatmi riantuan caan asilole hmunhma pakhat ah riantuantu pawl kha aphu in then hna – a phu pawl nih khan rawleinak hmunhma pawl asilole idihnak hmunhma pawl an ngei maw ngei lo ti kha ruat, cun
- riantuan pakhat cio nih anmah thilthuam asilole thilri pawl kha an i ngeih hrimhrim lai.

Tuah cuahmahmi zohfelnak le dothlatnak

Dothlat law zohfel takpum ihlatnak kha tha tein zuluh an sinak ding le santlai in a um pengnak dingah.

Takpum ihlatnak nih ngandamnak le himnak tihunnak pawl a thar in a langhter i, ibiakchawnhnak ah a hnorsuan asilole minung tlawmte riantuannak a chuahpi ahcun, cu bantu tihunnak pawl zong cu na tawlrel a herh.

Thawngthanhmi tamdeuh

COVID-19 le rian he aa pehtlaimi ngandamnak le himnak kong tamdeuh theih na duh ahcun, [A himmi Rian Australia vuapsaih \(Safe Work Australia website\)](#) ah zoh.