

COVID-19 le Rian lei ngandamnak le himnak – Innsaknak le lamhleisernak

Chanthar Rian he aa pehtlaimi Ngandamnak le Himnak upadi pawl tangah, rianhmun ah rianngaitu nih riantuantu pawl le adang pawl i an ngandamnak le himnak caah zohkhenhnaak tuanvo a ngei. Riantuantu pakhat bantukin, rianhmun ah tihnung pawl kha theihternak na tuah hrimhrim lai i, a si khawh ahcun cu tihnung pawl cu na tlauter lai asilole a tlawm khawh chung in na tlawm hrimhrim lai.

COVID-19 he pehtlai in ngandamnak le himnak kongkau ah riantuantu pawl he ceihmatinak nan tuah hrimhrim lai. Biakhiahnak na tuah hlan ah riantuantu pawl an hmuh ning langhternak nawl pe hna.

Takpum ihlatnak

Riantuantu pawl kha riantuannak hmun ah a tlawmbik 1.5 metres aa hlat in na umter hna lai i na tuah khawhmi paohpaoh na tuah hrimhrim lai, tahchunhnaak ah:

- takpum in itonnak kha rikhihnaak tuah – phone asilole redio tibantuk lam dang hmangin ipehtlaihnaak tuah
- riantuannak hmun ah riantuantu milu kha rikhihnaak tuah
- Am zingka le PM zanlei riantuan caan kha then
- nikhat ah dih dingmi rian pawl kha tlawmter deuh
- si khawhnaak lam a um ahcun riantuantu pawl kha inn in riantuannak nawl pe hna
- takpum ihlatnak tuah khawhnaak dingah riantuannak hmun ah kalnak lam ser piak hna
- rawl ei le dinh caan pawl le idinhnaak hmun ah cabuai thutdan theknak telhchih in riantuannak hmun ah caan khat rian a tuanmi riantuantu milu kha zorter
- si khawhnaak lam a um ahcun online in meting tuah uh, a si khawh lo ahcun, aa hlat pipi in thu uh law riantuantu pawl kha rianhmun ah a tlawmbik 1.5 metres in umter hna
- a herh lem lomi tintaan kha cu a hnu deuh ah tuah uh
- riantuannak hmun kiangkap ah takpum ihlatnak kongah hmelchunhnaak pawl chia hna

Ngandamnak le himnak tihnung pakhat khat kha na tawlrel a herh, (tch ipehtlaihnaak ah thiltha chuahnaak) cucu takpum ihlatnak i a phichuak bantuk a si.

Ngandamnak lei cheknak pawl le a dang tein umternak

Taklinh tibantuk COVID-19 i a hmelchunhnaak pawl kha na riantuantu pawl lak ah a um le um kha zohfel.

Rianhmun i an um zong um lo zongah, riantuantu pawl kha chim hna, hi bantukin an um ahcun nangmah kha in chim hna seh:

- zawt hmelchunhnaak pakhat a ngeih ahcun
- COVID-19 zawtnak a ngeimi he naihniaam in a um ahcun (cheknak a ngei lo nain COVID-19 a ngei men lai tiah lunghrinhmi mi hmanh he naihniaam in a um ahcun)
- zawt hmelchunhnaak a ngeimi a dang riantuantu a hmuh ahcun

Zawt hmelchunhnaak pawl an takpum ah a langh ahcun riantuantu pawl kha riantuanter ti hna hlah.

Thianhlimnak

Chatpiat asilole kut tawlnak hang he atu le atu tawl hna:

- kut in atu le atu tonghmi – thilri, dat hlei kaa, kut in tlaihmi thilri pawl, hlei i kuttlaihnaak pawl le innka pawl

- mithmaan le phone tibantuk pumpaak thilri pawl
- thilri tibantuk rian i hmanmi thil pawl
- riantuannak hmun i thutnak pawl

Hman dih hnu ah thilri pawl kha rianrang in tawl dingah riantuantu pawl kha cawnpiak hna.

Thianghlim tein a ummi paoh nih cun hihi cu a tuah hrimhrim lai:

- kuthruk aa hruk lai
- kuthruk hruk hlan le hruk hnu ah zu aa telmi kut tawlnak hang a hman lai

Hnawm le titsu tibantuk hlonhnak hnawmbawm kha riantuantu pawl nih an hlonh khawhnak anmah he aa naihna hmun ah chia.

Ngandamnak

Riantuantu pawl cu thiang hlim tein an um a hau:

- khuh le hachio tikah ban asilole titsu in ikhuhnak
- titsu pawl kha tha tein hlonhnak
- rawl ei hlan le ei hnu, cun zunput kal hnu telhchih in kut kha ti le chatpiat in a tlawmbik sekat 20 tawlnak le tha tein roternak
- zu aa telmi kut tawlnak hang hmannak
- takpum, sam (hmai hmul telhchih in) le thilpuan pawl kha thiang tein nifatin tawlnak
- midang pawl he 1.5 metres nak tam deuh hlat in umnak
- zawt ahcun inn ah umnak
- an hmai tongh kha hrial
- kuttlah le a dang he takpum naihnam in um kha hrial
- cilchak isuum
- hnawmbawm ah kuakbul chia

Tikholhnak hmun pawl kha a thian a hau i chatpiat, ti le zunput i hmanmi catlap nem a um a hau. Riantuantu pawl nih hman dingah zu aa telmi kut tawlnak hang kha um seh.

Thil peknak pawl le a dang riantuantu pawl rianhmun ah kalnak

Rianhmun ah kal a herhmi a um ahcun:

- riantuannak hmun i an um lio ah na herhmi pawl kha fiangfai tein lamhmuhsaknak pawl pe hna
- riantuannak ah aa telmi riantuantu milu kha a tlawm khawh chung tlawm in chia
- thil pek dingmi pawl tongh hnu i hman dingah zu aa telmi kut tawlnak hang kha ngei
- thil pek kal tikah mawtaw mawngtu kha mawtaw chungah um dingin chim
- cazin tuahnak ah sehthilri kha hmang law midang pawl zong hman dingah chim hna, cun minthutnak ding ah a dang thim khawhmi pawl kha hmang

Thawngpaang tamdeuh

Rian he aa pehtlaimi ngandamnak le himnak kong theih na duh ahcun, [Safe Work Australia website](https://www.swa.gov.au/coronavirus) ah zoh.