

COVID-19 – Kev nthuav xov txog txojkev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm rau koj cov chaw ua haujlwm

Daim ntawv qhia cov lus tseeb no yuav pab koj lub chaw ua haujlwm kom tsis muaj kev sibkis kabmob COVID-19. Lwm yam kev nthuav xov uas txhais ua koj yam lus txog tus kabmob muaj nyob hauv no [COVID-19 Information in your language](#).

Txojkev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm, yog ib txojkev qhia rau koj kom, yuavtsum saib-xyuas koj tus kheej thiab lwm tus neeg xwsi koj cov neeg ua haujlwm, cov neeg tuaj yuav-khoom, cov neeg xa-khoom thiab cov qhua sawvdaws txojkev nojqab nyobzoo thiab kev nyab-xeeb. Koj yuavtsum tiv-thaiv kom tsis txhob muaj xwm kiag losyog muaj tsawg tshaj plaws. Nov yog tus kevcai lijchoj.

Kev npaj thiab tshaj-xo (Plan and communicate)

Koj yuavtsum tswj cov kev muaj xwm sibkis kabmob COVID-19 hauv koj lub chaw ua haujlwm. Yog yuav kom cov neeg ua haujlwm tsis txhob sibkis tau tus mob, koj yuav tau txhim-kho koj thajchaw ua haujlwm kom muaj kev nyob sib nrug-deb, muaj chaw ntxuav-tes thiab kev cheb losyog tu thajchaw.

Yuav kom ua tau rawsli koj txojkev npaj, koj yuavtsum tau ua lino thiab:

- Mloog xovxwm kabmob kom paub zoo cov xovxwm tshiab hauv cov chaw nthuav xovxwm uas ntseeg tau. Mloog cov kev caiv thiab kev khoo [Public health directions](#) hais txog koj lub lag-luam saib lub xeev losyog lub nroog tsocai pub ua tau dabtsi.
- Npaj kev taug saib koj yuav ua licias thaum muaj kabmob COVID hauv koj lub chaw ua haujlwm.
- Ceevfaj txog cov teebmeem kev muaj xwm tshiab ntawm yuav tshwm sim rau txojkev ua haujlwm (xwsi, cov neeg tuaj yuav khoom yuav npau-taws heev, losyog cov neeg ua haujlwm yuav raug muab sibcais nyias mus nyob nyias)
- Nrog koj cov neeg ua haujlwm sibtham thiab xav txog lawv tej kev txhawj-xeeb.
- Qhuab qhia rau cov neeg ua haujlwm kom paub daws teebmeem thaum muaj xwm.
- Muab cov paib ntawv [signs and posters](#) lo qhia rau cov neeg kom paub txog txojkev sibkis tus kabmob COVID-19 thiab cov kev tiv-thaiv kom tsis txhob sibkis.

Tiv-thais kev sibkis kabmob COVID-19

- Koj thiab koj cov neeg ua haujlwm yuavtsum nyob twjywm tom tsev yog tsis xis-neej (ua daus-no, hnoos, mob caj-pas thiab ua pa txog-siav).
- Saib-xyuas kom cov neeg nyob sib nrug-deb li 1.5 metres ntawm lwm tus neeg.
- Hais cov neeg ua haujlwm kom nco-ntsoov ntxuav-tes tsis so ntev li 20 seconds, siv sab-npus thiab dej ntxuav-tes losyog siv cov cawv dej hand sanitiser ntxuav-tes.
- Hais cov neeg ua haujlwm kom hnoos thiab txham rau nws txhais caj-npab.
- Saib ruj kom muaj kev cheb thiab tua kabmob rau thajchaw ua haujlwm. So tejchaws uas ibsij muab tes mus kov tsis-so.

- Npaj cov khoom twj-taig tiv-thaiv lub cev (xwsli hlab looj-tes thiab npaub npog qhov-ncauj) rau cov neeg ua haujlwm yog lawv xav tau coj mus siv. Qhia kom lawv paub siv cov khoom.

Taug-xyuas

- Taug-xyuas koj txojkev npaj daws teebmeem tsis-so kom nws khiav ua tau haujlwm thiab tiv-thaiv tau cov neeg ua haujlwm kom ntsib kev nyab-xeeb ntawm COVID-19.
- Yog nws muaj tej yam teebmeem tshiab tshwm-sim, koj yuav tau txheeb-xyuas saib nws puas muaj lwm yam kev tiv-thaiv dabtsi ntawm yuav pab tau ntiv thiab.

Yog xav paub ntau txog tus kabmob COVID-19 thiab txojkev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm, mus xyuas hauv [Safe Work Australia website](#).

Yog xav tau cov ntaub ntawv qhia qhov-tseeb txog kev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm, mus xyuas hauv [COVID-19 Information in your language website](#).

Yog xav paub txog kev kuaj mob, mus xyuas hauv [health.gov.au](#).

Yog xav paub txog qhov yam kev nthuav-xov ntawm lub chaw ua haujlwm, thov mus ntsib cov chaw pab hauv koj lub xeev [WHS regulator in your state or territory](#).