



# 6 nqe lus tiv-thaiv kom tsis sibkis mob

## Yog yuav pab tiv-thaiv tau kom tsis sibkis mob thiab nyob ntsib kev nyab-xeeb yog koj ua rawsli TAG-NRO 6 nqe lus no

### 1. Koj puas xis-neej?

Koj yuavtsum nyob hauv tsev yog koj tsis xis-nyob, txawm tias koj yuav mob me-ntsis xwb. Mus kuaj mob ntawm kws khomob losyog cov tsev kuaj mob respiratory clinic . Qhia rau lawv, koj yog ib tug neeg ua haujlwm saib cov neeg-laas. Kev kuaj COVID-19 muaj kuaj rau txhua tus ua haujlwm saib neeg laus. Tus mob COVID-19 yuav zoo sibthooj li tau khaub-thuas losyog tau Flu uas muaj lino:

- ua daus-no (Fever)
- hnoos (cough)
- txog-siav (shortness of breath)
- mob caj-pas (sore throat)
- mob tob-haus (headache)
- tsis hnov ntshiab (loss of smell)
- tsis hnov zaub-mob qab (loss of taste)
- los kua-ntswg (runny nose)
- mob ib nce (muscle pain)
- mob pob-qij-txha (joint pain)
- raws-plab (diarrhoea)
- xeev-siab/ntuav (nausea/vomiting)
- tsis qab-los nojmov (loss of appetite)

### 2. Koj puas tau nyob deb ntawm cov neeg muaj mob?

Koj yuavtsum caiv nyob hauv tsev yog 14 hnuv dhau los no, koj tau:

- mus ntsib tus neeg mob COVID-19 thiab tsis tau hnav/rau tej khaub-ncaws (PPE) tiv-thaiv kev sibkis mob
- rovqab los txawv tebchaws los.

Koj yuav tsum tau caiv losyog cais mus nyob ib leeg. Hu qhia koj tus tswv-ntiav losyog tus thawj-tswj kom paub. Tsis txhob mus ua haujlwm. Yog koj hnov lub cev mob, txawm tias yuav mob me npaum lics, yuav tau mus cuag kws khomob. Qhia rau lawv paub tias koj yog tus neeg ua haujlwm saib cov laus.

### 3. Koj puas tau mus txhaj-tshuaj tiv-thaiv khaub-thuas Flu?

Yog koj ua haujlwm hauv cov tsev neeg laus nyob, koj yuavtsum mus txhaj koob tshuaj tiv-thaiv mob flu. Peb thov kom txhua tus neeg ua haujlwm saib cov neeg laus mus txhaj koob-tshuaj tiv-thaiv 2020 flu.

### 4. Koj puas tau ntxuav tes?

Koj yuavtsum muab dej thiab sab-npus coj los ntxuav-tes li 20 seconds. Yog koj txhais tes tsis lo-av ces koj siv cov cawv-dej hand sanitiser coj los ntxuav tes los tau. Koj yuavtsum ntxuav tes kom huv-si:

- ua-ntej yuav pib haujlwm
- ua-ntej thiab tom-qab koj tau mus kov tus neeg laus uas koj saib-xyuas
- tom-qab koj mus kov cov chaw losyog xim-khoom uas koj xav tias tsis huv
- ib sij ntxuav tes tsis-so nyob rau hauv lub caij koj ua haujlwm ntawd.

### 5. Koj puas tau kawm tiav txojkev qhuab-qhia txog COVID-19 rau cov neeg ua haujlwm saib cov neeg laus?

Nws muaj kev qhuab-qhia kawm dawb nyob hauv online uas yuav pab koj:

- nkag-siab txog tus kabmob COVID-19
- paub txog cov kev mob
- saib-xyuas koj tus kheej thiab lwm tus kom ntsib kev nyab-xeeb

Koj mus xyuas cov kev qhuab-qhia online hauv:

<https://covid-19training.gov.au>

Koj yuavtsum mus kawm tsis-so txog cov kev tiv-thaiv mob sibkis thiab yog mob lawm ho yuav kho lics.

### 6. Koj puas paub tias lub caij twg thiaj hnav/rau cov khoom siv tiv-thaiv lub cev PPE thiab yuav siv lics?

Cov twj-taig siv tiv-thaiv lub cev Personal Protective Equipment (PPE) yog ib cov khoom siv tseemceeb ntawm yuav tiv-thaiv kom tsis muaj teebmem rau lub caij koj tuaj ua haujlwm.

Koj yuav tau mloog xyuas rawsli txojkev qhia siv cov khoom PPE hauv koj lub xeev losyog lub zos

Koj yuavtsum siv cov khoom tiv-thaiv lub cev PPE thaum koj mus ua haujlwm saib ib tug neeg:

- uas paub tseeb losyog kwvyeed tias muaj tus kabmob COVID-19 lawm
- uas tseem raug caiv - quarantine

koj yuav tau hnav cov khoom tiv-thaiv PPE uantej koj nkag mus rau hauv tus neeg mob chav txaj-pw losyog hauv tsev. Sablaj nrog koj tus tswv-ntiav losyog tus thawj-tswj, yog tias koj tsis paub tseeb. Said daim video uas qhia txog kev siv cov khoom tiv-thaiv PPE thiab nyeem daim ntawv qhia flowchart siv cov khoom PPE hauv cov neeg ua haujlwm saib cov laus, uas nyob rau hauv lub npe ntawv COVID-19 ntawm tsoomfww lub website [health.gov.au](https://www.health.gov.au).