



# Daim ntawv nthuav xov

## Kev saib tus neeg mob nyob hauv tsev

Koj txojkev nojqab nyobzoo yog Tsoomfwv Australian thawj-thawj lub lug haujlwm. Kev tiv-thaiv kom txhob kis tau tus mob coronavirus (COVID-19) los yog lawv lub luag haujlwm tibi.

Tus neeg ua haujlwm tuaj xyuas koj nyob tom tsev yuav npaj txhua yam kev tiv-thaiv pab rau koj kom nyob tsis txhob kis tau tus mob.

Lawv yuav mloog Australia's tus Thawjtswj Saib kev Khomob cov lus qhuab-qhia saib, lub caij twg yog lub caij lawv yuavtsum tau siv cov khoom hnav thiab rau tiv-thaiv kev kis mob.

Koj tus neeg ua haujlwm saib cov laus yuavtsum tau hnav cov khoom tiv-thaiv lub cev xwvli daim npog qhov-ncauj, hnav looj-tes, lub tsho-loj, thiab rau iav thaiv qhov-muag yog nom-tswv thajchaw koj nyob hais kom yuavtsum ua.

Lub caij thaum cov neeg ua haujlwm yuavtsum tau hnav cov khoom tiv-thaiv ces yog thaum:

- Paub tias koj twb kis tau tus mob COVID-19 lawm
- Paub tias tejzaum koj yuav kis tau tus mob COVID-19
- Paub tias koj lub cev hnov muaj mob sibthooj li COVID-19

Tus neeg ua haujlwm twg, uas tsis xis-neej sibthooj li COVID-19, yuavtsum tsis pub tuaj ua haujlwm – thiab lawv yuavtsum mus kuaj kom paub tseeb tias saib puas muaj mob .

Cov neeg ua haujlwm saib cov neeg laus yuavtsum ua raws-nraim li cov kws khomob txojkev qhuab-qhia xwv lawv thiabli tiv-thaiv tau koj thiab lawv tus kheej ntawm tus mob COVID-19.

## Lus Qhuab-qhia Ntxiv (Further advice)

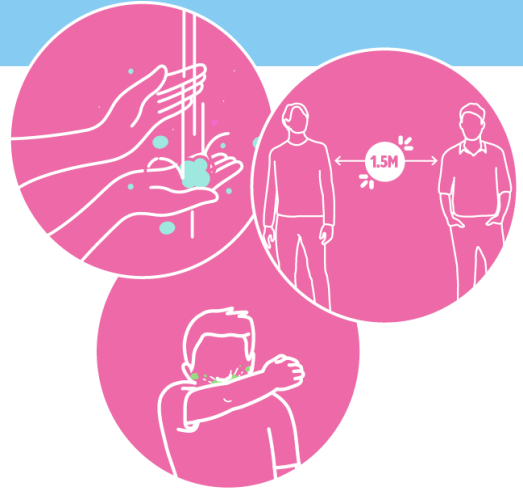
Yog xav paub ntau txog tus mob COVID-19 thov hu xovtooj mus nug ntawm the National Coronavirus Helpline xovtooj yog **1800 020 080** losyog nkag mus saib hauv no [health.gov.au](https://www.health.gov.au)



Yog koj xav paub ntau txog cov kev pab, thov hu mus rau rau

My Aged Care uas xovtooj yog **1800 200 422**.

Yog koj muaj lus txhawj-xeeb txog cov kev uas lawv tuaj tu koj, losyog cov neeg uas tuaj saib-xyuas koj, thov hais mus qhia rau lub tsev muab kev saib-xyuas cov neeg laus paub (your aged care service provider).



## Tiv-thaiv koj tus kheej ntawm Coronavirus

Txojkev ntxuav-tes kom huv-si thiab ceev-faj nyob nrug deb thaum mus ntsib neeg yog ib txojkev tiv-thaiv rau koj thiab koj tsevneeg ntawm coronavirus. Cov kev tiv-thaiv xwsi:

- muab txhais caj-npab losyog daim ntawv so-ntswg npog qhov-ncauj thaum koj hnoos.
- muab daim ntaub tissues uas siv tag cuam pov rau hauv lub thoob ntim khoom pov tseg ces mus ntxuav tes kom huv-si
- siv cov sab-npus thiab dej los ntxuav tes, uantej thiab tomqab koj noj mov losyog mus siv tsev-dej tag thiab thaum koj mus yuav khoom tom khw rovqab los txog tsev
- siv cov cawv tua kab mob alcohol-based hand sanitisers (60% cawv) ntxuav tes
- muab tshuaj tua kabmob coj los tsuag-so thajchaw nyob losyog tej khoo siv tsis so.
- nyob twjywm hauv tsev tsis txhob mus cuav-zos, tsuas tawm mus thaum koj xav tau kev pab losyog kev saib-xyuas koj xwb.
- tsis txhob mus ncig tebchaws yog nws tsis tseemceeb
- hais kom lub tsev muag tshuaj xa koj cov tshuaj tuaj rau koj tom tsev
- hais kom cov chaw muag khoom xa koj tej khoom noj losyog khoom siv tseemceeb tuaj rau koj tom tsev.
- nyob 1.5 metres losyog ob txhais-caj-npab nrug deb ntawm lwm tus yog koj ua tau

## Tu koj tus kheej kom txhob muaj mob (Look after your health)

Koj yuavtsum saib-xyuas koj tus kheej kom nojqab nyob zoo rau hauv tsev vim nws tseemceeb tib yam li txojkev tiv-thaiv koj ntawm tus mob coronavirus thiab.

Koj yuavtsum mus cuag koj tus kws khomob losyog hu nws tuaj saib koj tom tsev thaum koj tsis xis-neej. Cov kws khomob kuj muaj kev khomob hauv xovtooj uas yog hu xovtooj tuaj ntsib koj losyog hu tele-conference tuaj nrog koj tham thiab tuaj ntsib koj hauv tsev tibi.