



Australian Government
Department of Health

SIV NTAUB NPOG QHOV-NCAUJ THAUM TAWM-ROOJ MUS NYOB XYAW NROG LWM TUS

Kabmob Coronavirus yog mob licas

Kabmob Coronavirus (COVID-19) yog ib yam mob ua-pa (respiratory infection) uas sibkis los ntawm tus neeg mob cov npuas aub-ncaug uas thaum nws hnoos thiab txham yas tawm tuaj raug ib tug.

Nws kuj sib kis rau thaum tus neeg mob txham cov npuas aub-ncaug poob rau cov khoom-siv losyog chaw, ces tus neeg tsis mob mus kov raug, ces koj los so rau nws qhov-ncauj losyog lub ntsej-muag.

Kuv puas yuavtsum muab ntaub npog qhov-ncauj?

Kabmob COVID-19 sibkis ntau tuaj rau tej thajchaw nyob hauv Australia lawm, vim lino peb ib txhia thiaj yuavtsum muab ntaub npog qhov-ncauj thaum tawm mus sab nraum zoov. Nws tshwj-xeeb heev ntawm koj yuavtsum mloog cov nom-tswv nyob hauv koj lub nrog losyog lub xeev cov lus tshaj tawm qhia. Yog koj nyob rau thajchaw ntawm cov nom-tswv hais kom yuavtsum muab ntaub npog qhov-ncauj thaum tawm mus sab nraum zoov, ces koj yuavtsum tau ua raws. Koj yuav tau mloog xovxwm tsis-so, hauv lub xeev koj nyob thiab toomfww cov websites losyog mus saib hauv Australia.gov.au.

Thov kom sawvdaws nco tseg tias, cov ntaub npog qhov-ncauj - masks yuav pab tiv-thaiv ntawm tus neeg mob kom cov kabmob virus kis tsis tau mus rau lwm tus pejxeem. Thov ceevfaj tias nws tsuas tiv-thaiv tau zoo, yog koj siv nrog lwm txojkev tiv-thaiv sibkis kabmob.

Txawm koj yuav muab ntaub npog qhov-ncauj lawm, tabsis koj yuavtsum tau nyob nrug-deb lwm tus, ntxuav-tes tsis-so, hnoos rau ntawm yus txhais caj-npab thiab nyob twjywm hauv tsev yog muaj mob.

Yuav muab daim ntaub npog qhov-ncauj licas thiaj yog?

Nws tshwj-xeeb ntawm koj yuavtsum muab daim ntaub npog qhov-ncauj kom zoo xwv thiaj tiv-thaiv tau koj thiab lwm tus. Yog koj kov thiab hle daim ntaub tawm, yuav ua rau koj txhais tes kis tau kabmob thiab.

Thov ntxuav-tes ua ntej koj muab daim ntaub npog qhov-ncauj thiab tomqab ntawm koj muab hle tawm losyog txhua zaus ntawm koj tau muab tes mus kov daim ntaub npog qhov-ncauj.

Thaum koj muab daim ntaub npog qhov-ncauj, kho kom nws npog kom ruaj rau saum koj lub qhov-ntswg los mus rau ob sab nplu, lub qhov-ncauj thiab khuam hauv koj lub puab-tsaig tibi.

Tsis txhob cia daim ntaub dauv los rau hauv caj-dab thiab tsis txhob muab tes kov phab hauv-ntej ntawm daim ntaub npog qhov-ncauj txhua-txhua lub sijhawm. Yog daim ntaub npog qhov-ncauj ntub dej me-ntsis lawm ces, koj yuav tau pauv daim tshiab.

Kuv yuav ua lics rau daim ntaub npog qhov-ncauj tomqab siv nws tag lawm ?

Yog koj siv cov ntaub npog qhov ncauj uas siv tau ib zaug xwb ces, thaum koj siv tas, koj muab pov rau hauv lub thoob rau khoom pov-tseg.

Yog koj siv cov npog qhov-ncauj uas yog muab ntaub xyaws, koj yuav tau muab ntxhua, yog tseem tsis tau muaj caij ntxhua ces koj yuavtsum muab ntim rau hauv lub hnab-yas roj-hmab tseg cia uantej.

Koj yuav muab daim ntaub npog qhov-ncauj uas yog ntaub ntawd ntxhua xyaw nrog koj cov khaub ncaws rau hauv lub tshuab ntxhua khaub-ncaws los tau tibi.

Yog koj xuas tes ntxhua, koj yuav tau siv sab-npus thiab dej kub coj los zawv daim ntaub npog qhov-ncauj.

Coj daim ntaub mus ziab nraum zoov losyog coj mus kiv hauv lub tshuab ziab khaub-ncaws kom qhuav uantej yuav coj rovqab los siv dua.

Nyob yam kom txhob kis COVID lawm

Txhua leej yuavtsum tau ua rawsli 3 txojkev coj tshwj-xeeb hauv qab no xwv tus kabmob thiajli yuav tsis sib kis mus rau lwm tus neeg:

- Nyob sib nrug-deb yam tsawg yog 1.5 metres deb ntawm lwm tus neeg txhua lub caij yog peb ua tau.
- Yuavtsum tu lub cev kom du-dais xwsli ntxuav-tes tsis-so nrog dej sov thiab dej sab-npus. Yog tsis muaj dej thiab sab-npus ntxuav tes ces siv cov cawv-dej - hand sanitizer coj los ntxuav-tes. Tsis txhob muab txhais-tes mus kov lub ntsej-muag, nco-ntsoov hnoos thiab txham rau ntawm yus txhais caj-mpab tsis yog txhais-tes.
- Mus rub (download) tus COVIDSafe application los siv. Tus application no yuav pab taug-qab tau cov neeg uas tau nyob sib ze uake.

Tamsis no nws tseemceeb heev tshaj plaws, yog koj hnov zooli yuav mob tau khaub-thuas, koj yuavtsum nyob twjywm hauv tsev. Yog koj ua daus-no, hnoos, mob cajpas losyog ua pa txog-siav, koj yuavtsum mus kuaj mob Coronavirus. Peb nyias yuav tau ib leej ua nyias txoj haujlwm sibpab tiv-thaiv kom tus kabmob COVID-19 tsis txhob muaj ntxiv lawm.

Lus qhia ntxiv txog tus COVIDSafe app

Tamsis no tus COVIDSafe app muaj sau ua ntawv Askiv thiab muaj txhais ua ntawv Arabic, Ntawv Suav, Nyablaj thiab Kaum-lim. Tsis ntev tom-ntej no yuav muaj txhais ua ntawv Italian thiab Greek tibi.

Tus COVIDSafe App yuav pab cov neeg saib-mob -public health officials xaxov rau cov neeg uas tau mus nyob ze nrog tus neeg muaj mob COVID-19. Yog tias koj twb mus rub - downloaded tus App no lawm, koj yuav tau tsocai rau cov neeg saib-mob mus qhib saib koj cov ntsiab lus hauv tus App. Lawv thiajli muaj cai mus tshawb saib thiab xaxov tau mus rau tus neeg uas yog tseeb ntawd es thiajli tiv-thaiv kom tsis txhob sibkis mob mus rau lwm tus ntxiv lawm.

Kev nthuav xov ntxiv txog COVID-19

Nws tshwj-xeeb ntawm koj yuavtsum paub meej txog tsoomfwv cov xovxwm. Mus qhib xyuas hauv health.gov.au, hu mus nug hauv txojkev pabcuam the Coronavirus Helpline xovtooj 1800 020 080 losyog hus mus hauv qhov chaw pab txhais-ntawv thiab txhais-lus lub xovtooj 131 450.