



Daim ntawv qhia tseeb: Yam koj yuavtsum tau paub txog COVID-19

17/09/2020

COVID-19 yog mob dabtsi?

Coronaviruses yog cov kabmob hauv pawg kabmob khaub-thuas uas tshwm sim los ntawm kev mob ua-pa (respiratory infections). Nws yuav pib mob zooli tau khaub-thuas ces yuav mob nhyav nce tuaj.

COVID-19 nws yog ib yam mob tshiab uas tshwm sim los ntawm pawg kabmob coronavirus. Nws xub pom muaj mob tuaj nyob rau lub 12 hlis xyoo 2019 hauv lub nroog Wuhan, tebchaws Suav.

Cov kev mob ntawm COVID-19

Cov kev mob Symptoms ntawm COVID-19 yog yuav xub pib mob ntsws o ces ua rau kom mob tuaj nyhav. Muaj ib txhia neeg yuav zoo sai thiab yoojyim, tabsis ib txhia yuav ua rau kom mob ceev heev.

Cov kev mob ntawm COVID-19 muaj lino:

- ua daus-no (fever)
- kev mob ua pa (respiratory symptoms)
- hnoos (coughing)
- mob caj-pas (sore throat)
- ua pa txog-siav (shortness of breath)

Lwm yam mob ntxiv kuj muaj xwsi los kua-ntswg, dias taub-hau, mob ib ce losyog mob tej pob qij-txha, xeev-siab, raws-plab, ntuav, tsis hnov ntxhiab, hnov qab tsis meej, tsis qab-los noj mov thiab nkees-nkees.

Sibkis tau licas?

Txojkev sibkis COVID-19 ntawm ib tug mus rau ib tug los ntawm:

- kev nyob sibze nrog tus neeg mob (nyob nrog tus neeg mob uantej 48 teev uantej ntawm nws yuav hnov muaj cov mob symptoms)
- kis ntawm cov kua aub-ncaug -droplets uas tus neeg mob hnoos losyog txham tawm los
- mus tuav cov khoom losyog twjtaig (xwliis lub pob qhov-rooj losyog lub rooj) uas tau muaj tus neeg mob cov kua aub-ncaug poob rau, ces ho los kov yus lub qhov-ncauj losyog ntsej-muag

Vim tias COVID-19 yog ib yam mob tshiab, ces nws tseem tsis tau muaj kev tiv-thaiv dabtsi nyob rau hauv peb tsoom pejxeem. Vim lino nws thiaj tau ua rau kom sibkis ntau thiab sibkis ceev heev

Kuv yuav mus kuajmob COVID-19 tau licas?

Txhua tus neeg muaj mob thooj li COVID-19 yuavtsum mus kuajmob. Nws tshwj xeeb ntawm yuavtsum mus kuaj mob txawm tias yuav mob tsis heev.

Yog koj txhawj tias ib tsam koj ho kis tau COVID-19 lawm, koj yuav tau:

- mus siv txojkev txheeb-xyuas healthdirect symptom checker, txheeb xyuas yus tus mob losyog hu mus nug the National Coronavirus Helpline lub xovtooj yog 1800 020 080. Yog koj tsis txawj lus Askiv, hu mus rau lub chaw Txhais-ntawm thiab Txhais-lus kom pab koj, lawv lub xovtooj yog 131 450.
- cia li mus kuajmob COVID-19 nyob rau cov chaws kuaj mob (testing clinic) pub dawb
- hu xovtooj mus cuag koj tus kws khomob thiab hais kom nws xa koj mus kuajmob, tabsis tejzaum koj yuav raug them nqi.

Cov tsev kuaj mob COVID-19 respiratory clinics muaj nyob hauv zos thiab ib cheeb thaj tsam hauv cov zos deb, lawv yuav kuaj mob pub rau cov neeg uas muaj mob hnoos - respiratory infection.

Mus nrhiav cov chaw kuajmob hauv no [COVID-19 respiratory clinic nearest to you](#).

Thaum tos mloog cov kev kuaj mob (Waiting for test results)

Tejzaum nws yuav siv sijhawm li ob-peb hnuv cov kev kuaj mob thiaj yuav kuaj tiav. Lub caij thaum koj tos kev kuaj mob, koj yuav tau ua rawsli cov neeg kuajmob thiab cov kws khomob uas kuaj koj ntawm hais.

Yog tias koj mus kuaj vim koj hnov muaj mob, tomqab kuaj tag koj yuavtsum caj-nraim los mus nyob tom tsev. Koj yuavtsum nyob tom tsev kom txog hnuv tau txais cov kev kuajmob tias koj tsis muaj tus mob losyog nyob kom txog thaum koj tsis hnov lub cev mob lawm.

Tejzaum koj yuav raug cai mus nyob caiv yog koj nyuam qhuav rovqab txawv tebchaws los, losyog koj tau mus nyob ze tus neeg muaj mob COVID-19. Yog koj raug kuajmob rau thaum koj raug cais mus nyob ib leeg lawm, koj yuavtsum tau nyob kom puv rawsli lub caij (14 hnuv). Koj yuavtsum caiv nyob twjywm txawm hais tias koj yuav tsis muaj mob.

Yog koj kuaj paub tias kis tau tus mob lawm, koj yuavtsum cais mus nyob koj ib leeg hauv koj tsev, hauv tsev khomob losyog lwm cov tsev nyob rawsli koj tus kws khomob losyog cov neeg kuajmob rau pej-xeem qhia koj.

Kev kho COVID-19 yuav kho licas?

Tamsis no tseem tsis tau muaj tshuaj kho losyog tshuaj txhaj tiv-thaiv tau tus mob COVID-19. Nws tsuas muaj qho-yam tshuaj ntawm pab kho cov neeg mob COVID-19 nyhav ntawd kom zoo me-ntsiss xwb. Cov tuam-txhab tshawb fawb nyob Australia thiab thooob plaws ntiaj teb no tseem tabtom nrhiav xyuas cov tshuaj los txhaj tiv-thaiv thiab kho tus mob no.

Leej twg yog tus yuav kis tau COVID-19 ntau dua?

Nyob rau Australia, cov neeg uas yuav kis tau tus mob ntau dua ces yog:

- cov neeg uas nyuam qhuav rovqab lwm tebchaws los
- cov neeg uas nyob ze nrog tus neeg ntawm kuaj tau tias muaj tus mob COVID-19
- cov neeg uas nyob hauv cov tsev kaw-neeg
- cov neeg uas koom nyob hauv cov tsev uas muaj neeg coob nyob uake

Cov neeg uas yuav kis tau mob yoojyim thiab yog kis tau lawm yuav muaj mob nhyav ces yog:

- cov neeg muaj 70 xyoo losyog laus tshaj
- cov neeg uas muaj txojkev tiv-thaiv mob immune systems hauv lub cev tsawg, vim nws muaj lwm yam mob losyog lwm yam kev khomob hauv lub cev lawm.
- cov neeg muaj mob los-ntev heev (chronic medical) xwsl:
 - mob plawv - heart disease
 - mob ntsws - lung disease
 - mob raum - kidney failure
 - mob ntshav qab-zib - diabetes
 - lub cev rog heev - severe obesity
 - mob siab - liver disease

Cov kev mob no kuj tsis tau yog tag rho cov mob los-ntev lawm -chronic medical conditions ntawm yuav ua rau kom kis tau tus kabmob yoojyim. Nws tseem tshuav lwm yam mob ces yog koj muaj mob, koj yuav tau mus sablaj nrog koj tus kws khomob thiab nug saib yuav muaj kev tiv-thaiv thiab kho licas.

Nws tseem tsis tau pom muaj cov menyuam yau muaj tus mob COVID-19 ntau, yog yuav muab piv rau cov pejxeev hauv tebchaws.

Nws kuj tseem tsis tau muaj pov-thawj txaus thiab tau pom tias cov pojniam suab-tub yuav kis tau tus kabmob no.

Cov kev tiv-thaiv rau koj thiab lwm tus ntawm COVID-19

Txhua leej muaj lub luag haujlwm tiv-thaiv kom kabmob COVID-19 tsis txhob sibkis heev tuaj. Nws tshwj xeeb heev ntawm sawvdaws yuavtsum tau ua rawsli hauv qab no xwv COVID-19 thiajli yuav tsis sibkis thiab thiajli yuav tiv-thaiv rau cov neeg uas yuav kis tau tus mob sai.

- nyob nrug deb li 1.5 metres ntawm lwm tus neeg
- tsis txhob chwv lwm tus lub cev thaum sib ntsib xwv sib tuav-tes, sib-khawm thiab sib-nwj.
- nyob hauv tsev yog koj tau khaub-thuas losyog hnov mob zoo li yuav tau khaub-thaus Flu thiab mus kuajmob txawm tias yuav mob tsis nyhav.
- muab txhais caj-mpab losyog daim ntawv so-ntswg npog qhov ncauj thaum hnoos thiab txham
- muab daim ntawv so-ntswg uas siv tag povtseg rau hauv lub thoob ces ntxhuav tes kom huvs.
- siv dej thiab sab-npus ntxuav tes tsis-so, uantej thiab tomqab noj mov losyog mus plob tag.
- siv cov cawv-dej sab-npus (alcohol-based hand sanitisers) ntxuav tes
- tsis txhob kov koj lub qhov-muag, qhov-ntswg thiab qhov-ncauj
- siv tshuaj tua kabmob tsuag thiab so losyog ntxuav tej tog, rooj, thiab tes qhov-rooj kom huvs
- siv tshuaj tua kabmob tsuag losyog so cov khoom siv xwvli lub xovtooj tes, yuam-sij, hnab nyiaj thiab tej ntawv card pass uas siv nkag mus ua haujlwm
- qhib tej qhov-rais kom muaj cua tshuab los hauv tsev losyog qhib cov tshuab cua-txias.
- mus download tus COVIDSafe App

Ua rawsli cov lus tshaj tawm hauv koj lub xeev thiab nroog [state or territory authorities](#) txhua zaus saib tsocai pub cov neeg tuaj nyob uake coob licas.

Nws tshwj xeeb ntawm koj yuav tau khaws koj cov kev teem caij ntsib kws khomob es mus ntsib lawv li lub caij teem ntawd – yog hais tias koj muaj cov mob uas twb mob ntev heev - chronic condition losyog cov qub mob uas yuav tau mus kuajmob tsis-so.

Yog xav paub ntaw

[Australian Government Department of Health website](#)

[English COVID-19 resources](#)

[Translated COVID-19 resources](#)

[Australian Government website](#)

[Healthdirect symptom checker](#)

Mus nrhiav hauv [closest COVID-19 testing clinic near you](#) (healthdirect)

[Head to Health website](#) muab kev pabcuam txog kev nyuab-siab ntxhov-plawv thiab nws txojkev nojqab nyobzoo.

National Coronavirus Helpline: 1800 020 080. Lub tsev no qhib ua haujlwm 24 teev hauv ib hnuv, xya hnuv hauv ib lispam.

Chaw pab Txhais-ntawv thiab Txhais-lus: 131 450. Muab kev pab txhais lus rau cov neeg uas tsis txhawj hais lus Askiv.