



Rau nqe lus tiv-thaiv kom tsis sibkis mob rau cov neeg nyob hauv tsev-laos

Ua tsaug ntawm koj tau saib-xyuas koj tus kheej, koj cov neeg uas nyob hauv lub tsev thiab txhua tus neeg ua haujlwm saib xyuas koj, kom ntsib kev nyab-xeeb. Peb yeej paub nws yog lub caij nyuab heev thiab tau muaj kev txhim-kho pauv ntau yam rau sawvdaws.

Koj txojkev nyab-xeeb thiab kev nojqab nyobzoo yog peb thawj lub luag haujlwm. Txhua yam peb tau txhim-kho ua, yog cov kev tiv-thaiv kom koj tau ntsib kev nyab-xeeb.

Nws tshwj-xeeb heev ntawm peb yuavtsum tau ua txhua yam los tiv-thaiv cov neeg laus thiab neeg ua haujlwm rau cov tsev-laos kom tsis txhob kis tau kabmob COVID-19. Cov nqe lus hauv qab no yuav pab tiv-thaiv kom nej sawvdaws nyob kaj-siab thiab tsis muaj mob.

Yog koj muaj lus txhawj xeeb losyog xav paub ntau, thov mus tham rau koj tsev neeg, cov neeg zov koj losyog cov neeg ua haujlwm. Peb sawvdaws yeej yuav nyob sib txhawb-pab uake.

Yog xav paub ntau thov mus saib hauv tsoomfwv lub website [health.gov.au](https://www.health.gov.au) losyog hu xovtooj mus rau txojkev pabcuam hauv xovtooj National Coronavirus Helpline uas xovtooj yog 1800 020 080.

Rau nqe lus tiv-thaiv kom tsis sibkis mob:

1. Qhia rau tus neeg ua haujlwm yog koj tsis xis neej

Koj yuavtsum qhia rau tus neeg ua haujlwm kom paub yog koj hnov lub cev tsis xis-nyob, txawm tias yuav mob me-ntsis xwb los yuav tau qhia. Lawv thiaj paub los kuaj saib koj puas muaj mob COVID-19. Cov mob COVID-19 yuav zooli mob tau khaub-thuas losyog khaub-thuas Flu xwsli hauvqab no:

- ua daus-no (Fever)
- hnoos (cough)
- ua pas txog-siav (shortness of breath)
- mob caj-pas (sore throat)
- dias tob-haus (headache)
- tsis hnov ntxhiab (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)

Nws muaj kev pab kuajmob COVID-19 rau cov neeg nyob hauv cov tsev laus txhua lub.

2. Ntxuav-tes tsis-so

Koj yuavtsum ntxuav koj ob txhais-tes kom huv-si. Koj yuavtsum ntxuav-tes ua-ntej thiab tom-qab koj tau ntsib lwm tus neeg nyob hauv lub tsev, ntsib cov neeg tuaj saib koj losyog cov neeg ua haujlwm saib koj. Koj yuavtsum xuas xab-npus thiab dej ntxuav txhais-tes yam tsawg yog ntev li 20 seconds. Yog ob txhais-tes tsis lo-av, ces siv cov cawv-dej hand sanitiser ntxuav-tes.

3. Saib-xyuas koj tus kheej thiab cov neeg tuaj xyuas koj

Kev tiv-thaiv kom tsis sibkis tus kabmob COVID-19 mus ntau ces peb xav kom koj:

- hais rau cov neeg tuaj xyuas koj, yog lawv muaj mob thov kom lawv tsis txhob tuaj xyuas koj
- qhia thajchaw ntxuav-tes rau cov neeg tuaj saib koj, kom lawv xub mus ntxuav-tes
- pub muaj ob tug neeg tuaj saib koj rau ib lub caij xwb
- coj cov neeg tuaj saib koj mus sibtham hauv chav txaj-pw, sab nraum-zoov losyog chav tsev uas lub tsev koj nyob pub txais qhua
- tsis txhob coj cov neeg tuaj saib koj mus sibtham rau thajchaws uas muaj neeg coobleej nyob
- nco-ntsoov nyob sib-nrug deb ntawm lwm tus (peb paub tias nws yeej nyuab ntawm yuav nyob nrug deb tau – yog muaj cov xeeb-ntxwv tuaj xyuas yus)
- nug cov neeg tuaj saib koj, saib 14 hnuv dhau los no, lawv puas tau mus nyob ze nrog cov neeg muaj mob COVID-19

4. Koj puas paub cov kevcai tswj rau cov neeg tuaj xyuas cov-laas hauv lub tsev koj nyob?

Cov tsev-laas txhua lub yuavtsum ua rawsli tus kev qhia hauv lub xeev losyog lub nroog nws nyob ntawd. Nyob hauv cov tsev-laas, ib lub yeej muaj ib cov kevcai tswj tiv-thaiv kom tsis txhob muaj kev sibkis kabmob khaub-thuas virus. Koj thiab cov neeg tuaj saib koj yuavtsum tau paub txog cov kevcai no. Tus kevcai yuav pauv yog tias nws ho muaj neeg mob COVID-19 rau hauv lub zos koj nyob ntawd.

Ua-ntej thaum cov neeg tuaj saib koj yuav nkag tau los rau hauv lub tsev, lawv yuavtsum:

- teb cov lus nug xwv cov neeg ua haujlwm thiaj paub tias lawv puas muaj mob COVID-19
- qhia tias lawv twb mus txhaj-tshuaj tiv-thaiv khaub-thuas Flu rau xyoo 2020 lawm
- pomzoo ua rawsli cov kevcai tswj rau cov neeg nkag tuaj xyuas cov laas

Qhia cov neeg tuaj saib koj, kom lawv pab teb cov lus nug kom tseeb, xwv lawv thiajli tsis kis tus kabmob COVID-19 rau lwm tus.

5. Koj puas paub xaxov rau cov neeg koj hlub-tshua yog lawv tuaj xyuas koj tsis tau?

Nws yuav muaj lub caij ntawm lub tsev koj nyob ntawd tsis pub kom muaj cov neeg sab nraud tuaj xyuas koj. Piv-txwv li yog nws muaj kev sibkis mob hauv lub tsev koj nyob losyog hauv lub zos.

Peb yuav ua haujlwm nrog cov tsev-laue thiab lawv cov neeg txheeb-ze kom muaj kev sib xaxov mus los. Txawm tias cov neeg koj hlub yuav tuaj xyuas koj tim-ntsej tim-muag tsis tau, tabsi nws tseem tshuav ntau txojkev ntawm yuav pab ua rau kom nej sib xaxov tau.

Hais koj tsev neeg losyog cov neeg ua haujlwm nyob hauv lub tsev-laue kom qhia koj siv cov kev xaxov video call. Hais kom lawv qhia saib koj yuav txuas internet lidas thiab txuas rau qhov.

6. Koj puas paub tias koj muajcai tawm mus nyob ib ntus nrog koj tsev neeg rau thaum lub caij muaj kev sibkis kabmob COVID-19 no?

Yog koj xav tias koj tsevneeg yuav saib-xyuas koj tau zoo tshaj nyob rau tom lawv tsev, koj muaj cai thov tawm mus so nyob nrog lawv thaum muaj xwm tiv-tes ti-taw - take emergency leave. Kev sibkis kabmob tamsis no yog ib qhov teebmeem kev ti-tes ti-taw. Kev tawm mus so thaum muaj xwm ti-tes ti-taw -Emergency leave yuav tsocai pub ncuu mus txog hnuv tim 30/06/2021.

Yog koj xav tawm mus nrog yus tsev neeg nyob ib ntus, ces mus nug tus tswv lub tsev-laue uas koj nyob ntawd.

Peb thov nej txojkev pab

Txojkev xaxov the COVIDSafe App yog ib qhov kev ywj-siab ua. Yog koj mus rub downloading tus App no nws yuav yog ib txojkev pabcuam tiv-thaiv tau rau koj tsev neeg, koj cov phoojywg thiab cov neeg zej zog. Koj yuav pab cawm tau lwm tus txojsia. Yog muaj cov neeg Australians yim coob leej mus txuas tus COVIDSafe App no, nws yim yuav ua rau kom peb nrhiav tau tus kabmob sai.

Yog xav paub txog tsoomfww cov kev nthuav xov thiab cov kev qhuab-qhia, mus xyuas hauv:

www.health.gov.au