



6 NQE LUS TIV-THAIV KOM TSIS SIBKIS MOB RAU TSEVNEEG THIAB COV NEEG TUAJ XYUAS KOJ

Ua tsaug ntau rau cov neeg Australian laus tsev neeg thiab txheeb-ze ntawm nej muab kev koomtes. Nws tshwj-xeeb heev rau lub caij ntsib kev nyuab heev no.

Peb yeej paub tias tus kabmob COVID-19 tau ua teebmeem loj rau cov neeg laus. Tamsis no peb tau sib-zog tshaj plaws ntawm yuav pab tiv-thaiv kom nej cov neeg txheeb-ze laus ntsib kev nyab-xeeb rau hauv cov tsev-laus.

Cov neeg Australian laus txojkev nyab-xeeb thiab nojqab nyobzoo ces yog peb lub luag haujlwm tshw-xeeb thib-ib.

Cov ntsiab lus hauvqab no yuav pab tiv-thaiv tau peb cov neeg Australian laus kom tsis txhob kis tau tus kabmob COVID-19.

Yog xav paub ntau txog cov ntsiab lus no, mus qhib xyuas hauv tsoomfwv lub website: [health.gov.au](https://www.health.gov.au) uas nyob rau phab ntawv “resources section”. Kuv thov kom nej nyeem tus kevcai tuaj saib cov neeg laus hauv cov tsev-laus rau lub caij muaj kabmob COVID-19 - Industry Code for Visiting Residential Aged Care Homes during COVID-19 uas nyob rau hauv <https://www.cota.org.au/policy/aged-care-reform/agedcarevisitors/>.

Peb yuavtsum sibpab tiv-thaiv cov neeg laus uas nyob hauv cov tsev-laus txojcai kom lawv tau txais cov kev saib-xyuas zoo rawsli tus kevcai Saib-xyuas Neeg-laus Aged Care Charter of Rights. Mus nyeem tus kevcai no nyob hauv <https://www.health.gov.au/news/charter-of-aged-care-rights>.

6 NQE LUS TIV-THAIV KOM TISIS SIBKIS MOB:

Koj muaj peev-xwm yuav tiv-thaiv kom tsis sibkis mob thiab nyob ntsib kev nyab-xeeb yog ua rawsli TAG-RHO 6 nqe lus no

1. Koj puas xis-neej thiab?

Koj yuavtsum nyob twjywm hauv tsev thiab tsis txhob mus saib leej twg li yog koj tsis xis-neej. Txawm tias koj yuav mob me-ntsis xwb los, koj yuavtsum ua rawsli no. Cov mob COVID-19 yuav zooli mob tau khaub-thuas losyog khaub-thuas Flu xwsli hauvqab no:

- ua daus-no (Fever)
- hnoos (cough)
- ua pa 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)

2. Koj puas tau mus *txhaj-tshuaj tiv-thaiv khaub-thuas Flu*?

Yog koj npaj yuav tuaj mus xyuas cov neeg laus nyob hauv cov tsev-laas, koj yuavtsum xub mus txhaj tshuaj tiv-thaiv khaub-thuas Flu. Koj yuavtsum muaj daim ntawv ceebtoom tom khws khomob tias koj twb tau txhaj tag lawm. Yog koj mus txhaj tshuaj tiv-thaiv kabmob tsis tau, koj yuavtsum muaj ib daim ntawv kuaj mob qhia txog lub hauv-paus lus tias tim licas koj thiaj txhaj tsis tau. Peb thov kom koj yuavtsum mus txhaj tshuaj tiv-thaiv kabmob yog koj yuav mus xyuas cov neeg txheeb-ze laus losyog phoojywg laus tom lawv tsev.

3. Koj puas paub yuav ualicas koj txojkev tuaj xyuas cov neeg laus thiaj tsis *ntsib teebmeem* kiag li?

Txojkev yuav pab ua kom kev sibkis mob COVID-19, muaj tsawg tshaj ces peb xav kom koj:

- muab dej thiab sab-npuas ntxuav koj ob txhais-tes kom yam tsawg yog 20 seconds losyog siv cov cawv-dej hand sanitiser ntxuav tes:

» thaum xub-thawj koj tuaj txog thiab tomqab thaum kawg koj yuav ncaim mus
 » ua-ntej thiab tomqab koj yuav mus ntsib tus neeg laus, xwsi yuav mus pab pub
 mov rau nws noj.

» tsis so rau lub caij koj tuaj nrog tus laus nyob ib hnuv ntawd

- muaj ntawv pov-thawj qhia tias koj thiab cov neeg nrog koj tus xyuas tus neeg laus tau txhaj tshuaj tiv-thaiv khaub-thuas Flu rau xyoo 2020 lawm
- hnoos losyog txham rau koj txhais caj-mpab lub luj-tshib losyog rau daim ntawv so-ntswg tissue ces muab pov rau lub thoob ntim khoom pov-tseg kiag, ces mus ntxuav-tes
- tsis pub muaj tshaj ob tug neeg tuaj xyuas ib tug laus nyob rau ib lub caij
- mus ntsib koj tus txheeb-ze hauv nws chav txaj-pw, nyob sab nraum-zoov, losyog qhov chaw lub tsev-laas tseg cia txais-qhua
- tsis txhob mus rau thajchaw muaj neeg coob nyob
- yuav tau nyob sib nruv-deb yog tias thaum twg ho ua tau

Koj yuav tuaj xyuas tsis tau yog 14 hnuv dhau los koj tau:

- rovqab txawv tebchaws los losyog
- tau mus ntsib cov neeg muaj mob COVID-19

Koj yuavtsum caiv losyog cais mus nyob ib leeg es tsis yog yuav tuaj mus xyuas lwm tus.

Txhua tus neeg ua haujlwm thiab cov neeg saib cov laus yuavtsum muab lawv lub xovtooj/chaw xaxov rau lub tsev-laas kom tag.

4. Koj puas coj menyuam nrog koj tuaj?

Ua-ntej koj yuav coj menyuam nrog koj tuaj hauv cov tsev laus (RACF), koj yuav tau xub nug saib puas pub coj menyuam tuaj. Yog tias pub coj lawv tuaj, koj yuav tau saib-xyuas lawv thiab kom lawv ua rawsli tus kevcai nyob sib nruv-deb thiab ntxuav tes kom huvsu.

5. Koj puas paub cov kevcai tswj nyob rau hauv cov tsev-laas uas koj tus neeg nyob?

Peb tau hais kom txhua lub tsev-laas yuavtsum qhia rau cov neeg nyob hauv lub tsev thiab lawv tsevneeg kom paub txog tus kevcai thaum lawv tuaj xyuas lawv tus neeg. Lawv yuavtsum qhia nej yog thaum twg muaj kev pauv tus kevcai. Koj yuav tau:

- teb qhov tseeb txog cov lus lawv nug txheeb-xyuas txog saib koj puas muaj mob COVID-19
- muab daim ntawv povthawj txhaj-tshuaj tiv-thaiv mob Flu 2020 rau lawv saib
- ua rawsli cov kevcai tswj rau cov neeg tuaj xyuas lub tsev-laas.

Koj yuavtsum txheeb thiab ua rawsli tsoomfww hauv koj lub xeev losyog lub nroog cov lus qhuab-qhia vim tias cov kev tswj yuav sib txawv rau cov tsev-laas thiab cov pejxeem.

6. Koj puas paub tias yuav xaxov licas rau koj tus txheeb-ze yog tias lawv txwv tsis pub mus sib xyuas lawm?

Tejzaum tus tswv lub tsev-laas yuav tau muab lub tsev kaw tsis pub neeg nkag tuaj. Piv-txwv tias, yog muaj kev sibkis mob rau hauv lub tsev-laas losyog hauv lub zos.

Peb thov kom cov tswv tsev-laas thiab cov txheeb-ze muab kev sibkoom tes los pabcuam kom sawvdaws muaj kev sib xaxov tau rau cov neeg yus hlub ntawd.

Yog koj muaj lus txhawj-xeeb txog kev tuaj sib-xyuas losyog kev saib-xyuas koj tus phoojywg losyog koj tsev neeg, thov mus cuag:

- Older Persons Advocacy Network (OPAN) on 1800 700 600 or
- Losyog lawv lub website ntawm www.opan.com.au.

OPAN yuav tuaj pab ua haujlwm nrog koj thiab cov tswv tsev-laas aged care provider. Tus kev pabcuam no yog pab dawb thiab yuav khaws cov lus sibtham zais cia zoo. Losyog koj yuav mus rau lub tsev pab the Aged Care Quality and Safety Commission (ACQSC) xovtooj 1800 951 822 losyog mus qhib saib ntawm agedcarequality.gov.au.

Yog koj muaj kev txhawj-xeeb txog koj cov phoojywg losyog tsev neeg txojkev nyuab-siab - mental health, hu rau lub xovtooj muab kev pab dawb txog tus kabmob COVID-19, rau cov neeg Australians laus uas tus xovtooj yog 1800 171 866.

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 neeg Australian thiab cov neeg koj saib-xyuas ntawd txojkia. 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