



Australian Government



Nan umnak tar zohkhenhnak inn ah COVID-19 khamnak sii chunh ni ah iruahchan dingmi

Khuasa in a ummi pawl, in chungkhar pawl, zohkhenhtu pawl, le dawtmi pawl caah thawngthanh

Australia Acozah nih Australia i a ummi dihlak kha COVID-19 khamnak sii ichunh cio dingah timhlanhnak a ngei.

Tar zohkhenhnak i riantuantu pawl le khuasa in a ummi kha COVID-19 khamnak sii a voi khatnak aa chunh dingmi ah thimmi an si. Hihi cu [{<1>rampumpi huap in timhtuahmi ah Australia i COVID-19 khamnak sii ichunhnak a voi khatnak dot \(Dot 1a\) a si.](#)

Tar zohkhenhnak inn i riantuantu pawl le khuasa in a ummi pawl caah COVID-19 sii chunhnak cu tar zohkhenhnak inn pawl ah tuah a si lai. Na sii chunh ni a si tikah nan umnak tar zohkhenhnak inn nih an in theihter te hna lai.

Hi catialmi nih hin nangmah, na in chungkhar, zohkhenhtu pawl le dawtmi pawl kha na sii chunh ni ah zeidah iruah ding a si timi kong kha an theihter lai.

Sii ichunh ni hlan

- Australia Acozah nih tar zohkhenhnak i nan umnak inn ah sii ichunh kho dingin a tawlrel lai.
- Australia Acozah nih tar zohkhenhnak i nan umnak inn ah rak rat ding le a ummi pawl le riantuantu pawl sii chunh dingah ngandamnak lei riantuantu pawl kha a hlaan dih cang hna. Hi ngandamnak lei riantuan pawl nih sii ichunh ni ah a himmi le a tlamtlingmi a si khawhnak dingah sii ichunh ni a phak hlan ah nan umnak inn he naihniam taktak in rian an tuanti hna lai.
- Tar zohkhenhnak inn i riantuan piaknak nih nangmah le nangmah aiawh kho biakhiaktu (a um ahcun) kha COVID-19 sii ichunh dingah na hnatlak le tlak lo kha an in hal lai.
 - Nangmah sin ah thawngthanmi hmuh khawh a si, cucaah COVID-19 khamnak sii ichunhnak kongah biakhiahnak na tuahmi kha thawngthanhnak na tuah khawh. Nan umnak inn nih hi thawngthanmi cu an in pek rih lo a si ahcun, [Ngandamnak Phuthen vuapsaih \(Department of Health's website\)](#) ah khawpi na hmuh khawh.
 - Hnatlakpinak ngeih hlan ah, nangmah, na innchungkhar, zohkhenhtu pawl le biakhiaktu pawl nih nan umnak inn i sii lei riantuantu pawl, GP asilole a dang ngandamnak lei thiamsang pawl he sii ichunhnak i a thatnak le tih a nunnak pawl kong le COVID-19 khamnak sii kha nangmah caah aa tlakmi a si le si lo kong iceihmai dingin tonnak tuah dingah nan ithim khawh thiamthiam.
- Nan umnak inn i sii lei riantuantu pawl nih sii aa chunh dingah na tlak le tlak lo kha an chek lai. Na ngandamnak kongah na umnak inn nih siaherhmi an ngeih ahcun, GP kha biaruahnak an ngei lai. Na ngandamnak le COVID-19 khamnak sii chunhnak kong khan a GP he zeitik caan paoh ah ceihmai dingin naa thim khawh fawn.
- COVID-19 khamnak sii ichunh dingah na lungtlin ahcun, tar zohkhenhnak inn i rian an in tuan piaktu hna nih khan sii na chunhnak dingah minkhumhnak an in tuah piak lai. Sii na chunh ni ah tawlrel dingmi vialte kha na umnak inn le sii chunhnak i riantuantu pawl nih an tuaktaan dih lai.
- COVID-19 kham sii ichunh ding kha na GP nih naa chuah lai tiah an chimh a hau lo.
- Tar zohkhenhnak i riantuan piaknak kha hmanna nawl na ngei. OPAN hmangin hi riantuan piaknak cu manlo a si, a thlithup a si i cozah sin in temtawnnak a um lomi tar zohkhenhnak a si. Nan umnak pine asilole hmunnha ah Tar Zohkhenhnak lei riantuan piaktu pawl 1800 700 600 asilole [opan.com.au](#) ah pehtlaih khawh an si.

Sii ichunh ni ah

- Sii ichunh dingin naa timh ahcun, sii lei riantuantu pawl nih sii chunh ni ah na dam le dam lo ifian dingah nan umnak inn ah an rak in chek lai. Sii ichunh ni ah sii lei poipang na ngeih sual ahcun, nan umnak i tar zohkhenhnak inn nih sii naa chunh ding a si le si lo biakhiah dingah asilole a herh ahcun a hnu deuh ah ichunh dingin GP he biaruahnak an ngei kho men.
- Sii ichunh ni ah nangmah bawmh dingah nan umnak i tar zohkhenhnak inn ah bawmtu minung rat ter khan a thim khawh men. Hi ah aa tel khomi cu a herh tiah na ruah ahcun thawngthanhmi leh piaktu asilole fehter thannak tuah piaktu pakhat khat auh kha a si.
- Sii chunhmi a si bantukin, COVID-19 khamnak sii chunh hnu ah na takpum ah langhnak pakhat khat cu a um kho men. Sii na chunh dih hnu ah zaidah iruahchan ahau timi kong kha sii an chunhtu sii lei riantuantu nih an in chimh te ko lai. Hi thawngthanhmi cu [Ngandamnak Phuthen i vuapsaih \(Department of Health's website\)](#) zongah hmuh khawh a si.
- Sii naa chunh dih tikah, tar zohkhenhnak inn i riantuantu pawl nih naihniam tein an in zohfel hna lai. Sii naa chunh hnu i na dam lo ahcun theihter hrimhrim hna.

A hnuhik thilcang zumhtlakmi thawngthanhnak tuah

Ngandamnak Phuthen (Department of Health) i COVID-19 khamnak sii chunhmi kong tialnak [vuapsaih \(website\)](#) ah zumhtlakmi thawngthanhnak tuahmi telhchih in thawngthanhmi tamdeuh na hmuh khawh. [COVID-19 sii chunhmi kong a hnuhik tialmi](#) ngah dingah na cah khawh fawn.

Rampumpi huap Coronavirus Bawmhnaak lei Chawnh khawhnak 1800 020 080 ah na chawnh khawh fawn i a herh ahcun holhlettu zong nah al khawh.

[Upa Deuh pawl Riantuan piaknak lei Pehtlaihnaak \(Older Persons Advocacy Network \(OPAN\)\)](#) cu thilcang pakhat khat kong chimchawnh na duh ahcun asilole COVID-19 kong he aa pehtlaimi kongah siaherhmi na ngeih ahcun asilole tar pawl an zohkhenhtu he ton dingah bawmh na herh ahcun a ngah. 1800 237 981 kha zing 6am- zanlei 10pm (AEDT) tiang, zarhkhat ah ni 7 chawn asilole covid@opan.com.au ah imel kua.