



Australian Government



# Yuav muaj dabtsi tshwm sim rau hnuv txhaj tshuaj tiv-thaiv kabmob COVID-19 hauv lub tsev-laas uas koj nyob

**Cov ntsiab-lus qhia rau cov neeg nyob hauv cov tsev-laas, cov tsev neeg, cov neeg saib lawv thiab lawv cov txheeb-ze.**

Tsoomfwv Australian muaj txojkev npaj yuav muab cov tshuaj tiv-thaiv kabmob COVID-19 rau txhua-txhua leej uas nyob hauv tebchaws Australia.

Cov neeg ua haujlwm thiab cov neeg nyob hauv tsev-laas, yuav koom nrog thawj pab neeg uas yuav tau txhaj tus tshuaj tiv-thaiv kabmob COVID-19. Lawv yog cov neeg nyob hauv thawj pab pawg neeg [first phase \(Phase 1a\) of Australia's COVID-19 vaccine national roll-out strategy](#).

Kev txhaj tshuaj tiv-thaiv kabmob COVID-19 rau cov neeg ua haujlwm saib cov laas thiab cov neeg laas yuav muaj txhaj nyob rau hauv lub tsev-laas uas lawv nyob. Koj lub tsev-laas tus tswv-cuab mamli qhia rau koj saib hnuv twg yuav yog koj hnuv mus txhaj tshuaj.

Tsab ntawv no qhia rau koj, koj tsev neeg, cov neeg saib koj thiab koj cov txheeb-ze kom paub txog saib koj yuav npaj dabtsi thaum koj nyob tos thiab hnuv koj mus txhaj tshuaj.

## Ua ntej hnuv txhaj-tshuaj

- Tsoomfwv Australian yuav npaj cov tshuaj tiv-thaiv kabmob xa tuaj rau ntawm lub tsev laus uas koj nyob.
- Tsoomfwv Australian twb tsa tau ib pab kws khomob uas yuav tuaj muab kev txhaj tshuaj tiv-thaiv kabmob rau cov neeg ua haujlwm thiab cov neeg nyob hauv lub tsev-laas. Cov kws khomob yuav npaj kev txhaj tshuaj thiab sib-txuas lus nrog koj lub tsev-laas uantej yuav txog hnuv tuaj txhaj tshuaj xwv thaum txog hnuv txhaj tshuaj thiaj ua rau kom muaj kev nyab-xeeb thiab ntws tau zoo.
- Koj lub tsev-laas yuav nug koj, thiab tus neeg txiav-txim siab tam koj (yog koj muaj ib tug), saib puas kam tsocai rau koj txhaj-tshuaj tiv-thaiv kabmob COVID-19.
  - Lawv yuav muab cov ntaub-ntawv qhia txog kev txhaj-tshuaj rau koj xwv koj thiajli paub txiav txim-siab txog kev txhaj tshuaj tiv-thaiv kabmob COVID-19. Yog lub tsev-laas tseem tsis tau muab cov ntaub-ntawv qhia rau koj, ces koj mus saib hauv tsoomfwv lub tsev Kuajmob [Department of Health's website](#).
  - Uantej koj yuav tsocai, koj, koj tsev neeg, cov neeg saib koj thiab cov neeg txiav-txim siab tam koj, yuavtsum xub mus nrog cov kws khomob hauv lub tsev-laas tham losyog koj tus kws khomob losyog lwm cov kws khomob kom paub tseeb txog qhov zoo thiab qhov phem ntawm kev txhaj tshuaj tiv-thaiv kabmob, thiab saib koj puas ntxim yuav mus txhaj tus tshuaj tiv-thaiv kabmob COVID-19 no.
- Cov neeg kuajmob nyob hauv lub tsev-laas yuav xub txheeb-xyuas saib koj puas nyob zoo txaus txhaj tshuaj tau. Yog lawv muaj kev txhawj-xeeb txog koj ces lawv mam hu nrog koj tus kws khomob GP tham. Koj yuav hu mus tham nrog koj tus kws khomob GP lub caij twg los tau txog koj tej kev mob thiab txojkev txhaj tshuaj tiv-thaiv kabmob COVID-19.
- Yog koj tsocai kam txhaj tshuaj tiv-thaiv kabmob COVID-19 ces lub tsev-laas mam teev koj lub npe tos txhaj tshuaj. Koj lub tsev-laas yog tus yuav saib-xyuas kev txhaj tshuaj tiv-thaiv kabmob rau hnuv txhaj tshuaj nrog pab kws txhaj tshuaj.
- Tus tshuaj txhaj tiv-thaiv kabmob COVID tsis tas siv kws khomob GP daim ntawv yuav tshuaj.
- Koj muaj cai koj tau ib tug neeg tuaj cev ncauj-lus tam cov laus li koj. Txojkev pabcuam no muaj nyob rau hauv qhov chaw pab cov neeg laus OPAN, thiab tseem pab dawb, yuav khaw koj tej lus sibtham cia zoo thiab tseem yog ib lub tsev pabcuam uas yeej tsis ua haujlwm nrog tsoomfwv thiab cov tsev-laas. Tus xovtooj thiab lub tsev pabcuam rau cov neeg laus mus thov cov cev ncauj-lus (advocates) hauv koj lub xeev losyog lub nroog yog 1800 700 600 losyog mus xyuas hauv [opan.com.au](#).

## Nyob rau hnuv txhaj-tshuaj tiv-thaiv kabmob

- Yog koj npaj yuav txhaj tshuaj, cov neeg kuajmob hauv lub tsev-laas yuav xub txheeb-xyuas saib koj puas zoo-neej. Yog nyob rau hnuv ntawd koj tsis xis-neej, cov neeg kuajmob yuav hu mus sablaj nrog koj tus kws khomob GP saib koj puas txhaj tshuaj tau rau hnuv ntawd los yuav muab ncuu mus rau lwm hnuv tom ntej.
- Koj yuav coj ib tug neeg tuaj pab txhawb koj rau hnuv txhaj tshuaj hauv lub tsev-laas los tau. Tus neeg no yuav coj tuaj pab txhais-lus losyog tuaj pab ua koj luag los tau tibsi.
- Ib yam li cov tshuaj tiv-thaiv kabmob, tejzaum koj yuav muaj me-ntsis mob side effects tomqab txhaj tshuaj tiv-thaiv kabmob COVID-19 tag. Koj tus kws txhaj tshuaj mamli muab cov ntaub-ntawv sau qhia txog saib yuav muaj mob dabtsi tomqab txhaj tshuaj tag. Cov ntaub-ntawv qhia no muaj nyob rau hauv [Department of Health's website](#).
- Tomqab ntawm txhaj tshuaj tiv-thaiv kabmob tag, cov neeg ua haujlwm nyob hauv koj lub tsev-laas yuav txheeb-xyuas koj tsis-so. Yog koj tsis xis-neej tomqab txhaj tshuaj tag, koj yuavtsum qhia rau lawv kom paub.

## Mloog cov xovxwm tshiab uas ntseeg tau

Koj mus xyuas cov ntaub-ntawv, uas twb txhais ua koj yam lus nyob rau hauv tsoomfwv lub Tsev Saib kev kuajmob -Department of Health's [COVID-19 vaccines website](#). Koj yuav tau mus koom subscribe nrog [COVID-19 vaccines updates](#) xwv thiab tau txais xovxwm tshiab.

Koj hu mus nug hauv lub xovtooj pabcuam kev tshaj-xov txog kabmob coronavirus- uas yog the National Coronavirus Helpline uas xovtooj yog 1800 020 080, thiab yog xav tau neeg txhais lus ces qhia rau lawv paub.

Lub tuam-txhab pab cov neeg laus The [Older Persons Advocacy Network \(OPAN\)](#) muaj kev pabcuam sablaj txog txhua yam uas koj xav paub losyog koj txhawj txog uas tshwm sim los ntawm tus kabmob COVID-19 losyog koj xav kom lawv pab tham nrog koj lub tsev-laas. Hu xovtooj rau lawv tau, xovtooj 1800 237 981, qhib 6 teev sawv ntxov-10 teev tsaus ntuj (AEDT), ib lis piam qhib ua haujlwm 7 hnuv losyog xa ntawv email mus rau: [covid@opan.com.au](mailto:covid@opan.com.au).