



Australian Government

## Coronavirus (COVID-19) kong ah a diklomi thawngpaang le a dikmi pawl

Australia nih COVID-19 pulrai kha pehzulh in a doh bantukin, zawtnak hrik he pehtlainnak a ngeimi thawngpaang tapi zohfelnak lei ah zuamcawhnak kan tong. Hi thawngpaang i cheukhat cu a dihlo mi a si kho men i tihnungmi a si kho. Hihi a diklomi thawngpaang tiah auh a si.

A diklomi thawngpaang cu tapi le rang taktak in a karh kho i a diklomi thawngpaang in a fiangmi thilsining pawl le ruahnak cheuhmi ifian dingah mizapi kha harnak a pek hna.

COVID-19 a hnuhik thawngpaang thar le ni fatin a cannak kong i biahalnak pawl tuah asilole siaherhmi pawl chim le COVID-19 le siichunhnak kongah chim ngam lo in um kha a phung a si ko. Hi catialmi nih aa tinhmi cu COVID-19 khamnak sii pawl he aa pehtlaimi kong ah hal lengmangmi biahalnak pawl caah a dikmi, thilcangmi cungah hngat in lehnak pawl le a diklomi thawngpaang kong pek ding a si.

A hnuhik thawngpaang pawl le hnatlakpinak pawl hmuhnak caah, zaangfahnak in hika ah zoh- [www.health.gov.au](http://www.health.gov.au) asilole <https://covid19inlanguage.homeaffairs.gov.au/>

### COVID-19 cu hlennak pakhat a si

**A DIKLOMI THAWNGPAANG COVID- 19 cu hlennak pakhat a si.**

**THILSINING** COVID-19 cu coronavirus (SARS-CoV-2) nih a chuahpimi a si, zawtnak hrik a bu in a ummi a si i cu nih cun minung he saram pawl he thawchuahnak lei zawtnak a chuahpi khawh. Hi zawtnak pawl cu khuasih sawhsawhnak in fak taktak in zawtnak tiang a phunphun in a um kho. COVID-19 cu a didor a tlami pawl le a thurmi tongh khomi thil pawl hmangin minung karlak ah a karh.

Vawlei cung khuazakip sai (science) lei dothlatnak tapi nih a langhter mi cu zum a tlak bakmi sii dothlatnak lei thiamsang pawl nih COVID-19 a chuahpitu zawtnak hrik cu a dang tein le a dotdot in kherhlainak tikah zawtnak hrik a ummi hi cumpit a chuahtertu zawtnak hrik he cung aa dang i zawtnak a chuahpimi nih thla 23 lengkai ah vawlei cung huap in million 5.3 nak tamdeuh a thihter hna.

Australia cu a vantha, aruang cu SARS-CoV-2 hlathlai ding le fehter dingah thiltikhawhnak le aa tlakmi nawlgeihnak he zapi le pumpak zawt kherhlainak pawl ipehtlainnak a thiammi nih a bawmh. Peter Doherty Institute for Infection and Immunity ah Victorian Infectious Diseases Reference Laboratory (VIDRL) i saitit pawl (scientists) cu SARS-CoV-2 caah a dang tein a rak um hmasatmi pawl an si. Hi a biapimi thawngthanhnak cu mah umnak hmun le ramdang zawtnak dothlatnak hmun pawl he rianrang in chimphuanmi a rak si i hi thihnak a chuahpi khomi zawtnak hrik a umnak caah dothlatnak lei tehte zong pek a rak si.

Australia le vawlei cungah khua zakip i COVID-19 zawtnak a ngeimi le cu zawtnak ruangah a thimi pawl kong thawngpaang kha khawmhsuat a si. Nifatin COVID-19 Australia he aa pehtlaimi data cu [www.health.gov.au](http://www.health.gov.au) ah na chek khawh.

## Khamnak sii pawl

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl cu rianrang tukin sermi an si, thathi in hneksaknak tuah an si lo i an him lo.

**THILSINING** COVID-19 khamnak sii pawl cu a thatnak, a himnak le hmual a ngeihnak lei thumhnak um loin rianrang tein ser an si. Vawlei cung a kenkip i kherhlaitu pawl nih pulrai aa thawkka te khan COVID-19 khamnak pawl ser dingah fak piin rian an tuan hna. Khamnak sii pawl rianrang taktak in ser khawh a sinak cu saitit pawl (scientist), achuahtu sehzung pawl le aphawzamhtu pawl karlak ah riantuantinak a um caah a si i lawmh a um.

COVID-19 khamnak sii pawl sernak le hmanna lei timhtuahnak pawl cu, pakhat hnu pakhat tuah si loin, tuahti kho dingin vawlei pumpi huap in tangka a hlei bakin hman a si. COVID-19 khamnak sii pawl a tam-u sernak ah atu ahcun an sii lei hneksaknak pawl ah minung a thong in an i tel cang hna.

Cu lengah, COVID-19 hlan ah pulrai a cangmi tha tein doh ning kherhlainak tuah a rak si. Hi kherhlainak nih hin kum 2020 lio i SARS le 2012 lio i MERS tibantuk hlanlio deuh coronaviruses sin in data kha a zoh i COVID-19 khamnak sii pawl ser caan a hung phak tikah thawk hlan in kherhlaitu pawl kha ruahnak a rak pek cang hna.

Australia ah, Ngandamnak lei Thilri Zohkhenhnak (Therapeutic Goods Administration (TGA)) nih COVID-19 khamnak sii pawl cu hman an si hlan ah a himnak, a thatnak le hmual a ngeihnak kha tha tein zohfelak a tuah. TGA cu COVID-19 khamnak sii pawl i himnak kha pehzulh in zohfelak a tuah i COVID-19 khamnak sii aa chunhmi phu pakhat cio nih aa khatmi a thatnak lei tahfung pawl an tlin hrimhrim nak dingah an chek fawn.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl cu tihnung an si i COVID-19 zawtnak nak in khamnak sii nih a chuahpimi takpum hnorsuan in a thimi an tam deuh lai.

**THILSINING** COVID-19 khamnak sii a thatnak nih tihnung a sinak kha fak piin a lerh. Pfizer/BioNTech (Comirnaty), Spikevax (Moderna) le AstraZeneca (Vaxzevria) khamnak sii pawl i sii lei hneksaknak pawl cu COVID-19 zawt hmehchunhnak pawl ngeihnak kham ding le a fakmi zawtnak doh in runven dingah a thami an si tiah langhter an si cang.

Siichunhnak nih a chuahpi tawnmi takpum hnorsuannak pawl ah thabatnak, lungfahnak, takpum fahnak le taklinhnak aa tel. A fak deuhmi takpum hnorsuan pawl ah sii ziaklonak le COVID-19 khamnak sii AstraZeneca he pehtlaihna a ngeimi thikhal zawtnak tiah (Thrombosis with Thrombocytopenia Syndrome (TTS)) auhmi a um bal setsai lomi an itel. TTS asilole thikhalnak a chuahpimi khamnak sii (Vaccine Induced thrombotic thrombocytopenia (VITT)) cu, thikhalnak adang chuahpitu he idang in a um bal setsai lomi hmuh tharmi zawtnak pakhat a si. Ripawt pekmi pawl chungah, TTS caah tihnung a tamtermi langhtertu pawl hngalh an si lo.

TTS ah thihlumnak (thikhalnak) le takpum then kip i a cang khomi thi kal ning level a tlawm (thi lei zawtnak) kha aa tel.

A tlangpi in, takpum hnorsuannak pakhat bantukin TTS umnak lam cu a tlawmte taktak khi a um. TTS tihnung cu Australia ah AstraZeneca aa chunhmi minung 100,000 ah 2.0 hrawng an si tiah ruahdomh a si. TTS cu a um bal setsat deuh lomi in a lang i United Kingdom (UK) in data ah avoi hnihnak chunhmi ah million pakhat ah 1.5 ret in langhter a si i, AstraZeneca avoi hnihnak chunh hnu a si.

TTS sining pawl cu TGA nih a fehtermi asilole a si khomi bantukin fianter an si i, a tam-u cu siizung in chuah an si. Khamnak sii ser thawkka in 2 Dipa (December) 2021 tiang, COVID-19 khamnak sii pawl voi 39 million leng chunh an si cang. Khamnak sii aa chun cangmi thihnak kong ripawt pekmi tampi cu TGA nih a hmuh i zohfelak a tuah cang i minung 9 lawng zawt khamnak siichunhnak he pehtlaihna an ngei. Hi thihnak pawl cu AstraZeneca khamnak sii avoi khatnak chunhmi he aa pehtlai dih – 8 cu TTS he an rak i pehtlai i pakhat cu thikhal zawtnak lei khamnak he aa pehtlaimi a rak si.

Pumpaak in asilole innchungkhar in thikhalk tuambia a ngeimi cu, thikhalk caah tihnungmi aruang pawl an ngei asilole thi khal lonak sii din in AstraZeneca khamnak sii an ichun kho. Ralrinnak bantukin, COVID-19 khamnak sii adang ichunh a herhmi thikhalk zawtnak a ngeimi minung tlawmte taktak an um.

Khamnak sii chunhnak in takpum ah hnorsuan na ngeih ahcun, ngandamnak lei a thiammi sinin bawmhnak hal law cucu [ripawt pe](#) TGA sin ah (fon: 1300 134 237).

**A DIKLOMI THAWNGPAANG COVID-19 khamnak sii chuahmi cu na DNA laak dingah phentu a si.**

**THILSINING** Khamnak sii ichunh lio ah DNA laak dingah timhtuahmi pakhat hman a um lo i a um bal lai lo.

Australia Acozah i COVID-19 khamnak sii sernak i aa tinhmi cu Australia mi pawl i ngandamnak runven ding, pumpaak pakhat cio kha SARS-CoV-2 zawtnak hrik in fak piin zawtnak le thihnak in runven dingah COVID-19 khamnak sii pawl pek ding a si.

Australia i hman dingah hnatlakpimi COVID-19 khamnak sii pawl cu titsa chungah ichunh dingmi an si i, acunglei ban i titsa ah chunh a si tawn. Na NDA telhchih in, na takpum chungin zehmanh lak a si lo. COVID-19 khamnak sii pawl nih na cii pawl (genes) asilole DNA kha a thleng kho fawn lo.

**A DIKLOMI THAWNGPAANG COVID-19 khamnak sii pawl nih naupawi khawhlonak a chuahpi.**

**THILSINING** Ngandamnak lei Thilri Zohkhenhnak TGA nih atu lio a hnatlakpi COVID-19 khamnak sii pawl chungin pakhat khat nih a cingmi sinak le/asilole naupawi khawhlonak a chuahpi timi a bawmtu dingah sai (science) lei tehte a um lo. A himmi le hmunggeimi a si dah ti lo ahcun Australia ah hman dingah TGA nih khamnak sii kha a hnatlakpi lai lo. Hi ah chin naupawikhawhlonak cung i hnorsuanmi pawl aa tel. COVID-19 khamnak sii cu adang khamnak sii bantukin, COVID-19 a chuahtertu zawtnak hrik doh dingah zawt a khammi takpum sersiam ding, hmailei zawtnak runven dingah kan takpum pawl cawnpiaknak hmangin rian a tuan. COVID-19 khamnak sii ichunhnak in zawtnak a khammi takpum a sersiammi nih hlam a thannak telhchih in, naupawinak he aa pehtlaimi harnak pakhat khat a chuahpi tiah langhtermi tehte atu lio a um lo.

**A DIKLOMI THAWNGPAANG COVID-19 khamnak sii pawl nih na DNA kha a thleng khawh.**

**THILSINING** COVID-19 khamnak sii pawl nih na DNA kha a thleng kho lo. Khamnak sii pawl cu COVID-19 zawtnak intuar khawhnhak lei thanchonak bawmh dingah takpum i mah tein runvennak pawl he rian an tuan.

Atu lio ah Australia i hman dingah hnatlakpimi COVID-19 khamnak sii 3 an um - Pfizer khamnak sii le Moderna khamnak sii cucu mRNA tuahtoning in hman a si i, AstraZeneca khamnak sii cu cii in cell chung luhnak tuahto ning in hman hman a si.

mRNA khamnak sii pawl coronavirus i a fiang bakmi spike protein chuahnak arannak dingah RNA tiah auhmi ciikuar lei kot (genetic code) a hman lio ah, cii in cell chung a lutmi khamnak sii pawl nih tihnunglomi, a thazaang a dermi saram zawtnak hrik kha a hman i cu ahcun spike protein a si tawnmi coronavirus sin ah phundang deuh a simi protein caah ciikuar lei kot (genetic code) kha aa tel. Na DNA kha khamnak sii nih a thleng kho lo.

COVID-19 khamnak sii phuahchom mi nih palh ngai in a chim tawnmi cu mRNA khamnak sii pawl nih na DNA a thlen khawh ti hi a si i, hihi a diklomi a si. mRNA khamnak sii pawl nih coronavirus i a fiang bakmi spike protein chuahnak arannak dingah RNA tiah auhmi ciikuar lei kot (genetic code) a hman. mRNA takpum i cells pawl chung a luh tikah, cells nih RNA chung i aa telmi lamhmuhsaknak pawl kha *spike protein* sernak dingah a hman. A lenglei ah cells nih spike protein kha a langhter i khamnak sii chunhmi nih a rak chuahmi mRNA kha a thumh. Cu hnu ah zawtnak a khammi cells pawl nih spike protein kha lamhlat i a ummi

bantukin a hngalh i doh in zawt khamnak lei lehnak sersiam hram a thawk. Khamnak sii in RNA cu na DNA kha zeiti ning hmanh in a thleng asilole pehtlaihna a ngei lo.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl cu intanet (internet), Wi-Fi, 5G asilole *Bluetooth* he an i pehtlai kho.

**THILSINING** COVID-19 khamnak sii pawl cu intanet (internet), Wi-Fi, 5G, *Bluetooth* asilole hri loin pehtlaihna a ngeih khomi phun pakhat he an i pehtlai lo.

mRNA khamnak sii cheukhat sernak ah *hydrogel* tiah auhmi thilri hmanmi aa tel, cu nih cun khamnak sii kha kan cells chung i theknak a bawmh men lai. Bioengineers nih kum tampi lam dang in aa lomi *hydrogels* an hman cang. Tahchunhna ah, kan takpum chung i chiah hnu ah cells pawl an nunnak bawmh dingah an rak hman cang hna. Hi ruangah, mi cheukhat nih hydrogels cu elektrik lei bunhmi pawl caah an herh i, cucu intanet (internet) he aa pehtlai khomi a si tiah an zumh.

Pfizer/BioNTech khamnak sii (Comirnaty) nih hydrogels kha telhchihmi bantukin a hmang lo. Pfizer/BioNTech khamnak sii ah mRNA aa tel i a nalmi (a thau) a dor chungah fun chihmi aa tel. Kan sel pawl (cells) hmunkhat ah um dingin nang kha a tam-u cu a nalmi in ser a si bantukin, kan cells chungah khamnak sii a luhnak dingah a nalmi nih a bawmh. Khamnak sii le nang cu fawi tein an ti kho i cell chung ah mRNA kha a chiah.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl ah *microchip* asilole a hnu zulhdawinak a simi chanthar seh lei thiam phun aa tel.

**THILSINING** Hnatlakpimi COVID-19 khamnak sii pawl ah *software* asilole *microchips* phun pakhat khat aa tel lo. Minung a hnu zulhdawi dingah hman khawh an si l.

Ngandamnak lei Thilri Zohkhenhna TGA website cazin pawl ah khamnak sii pakhat cio chung i aa telmi thilri pawl dihlak Chuahmi thil Kong hmuh khawh a si. A himnak kong ah siaherhmi pawl an um ahcun hman hlaan ah a tha ko timi fehter dingah TGA nih khamnak sii pawl dihlak kha hneksaknak le zohfelna a tuah.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl nih COVID-19 zawtnak an in pek.

**THILSINING** Australia i hnatlakpimi khamnak sii pawl nih a nungmi zawtnak hrik pakhat hmanh an ngei lo. Cu a sullam cu COVID-19 an ngeihter kho lo tinak a si.

Taklinnak le thadihna tibantuk, COVID-19 khamnak sii ichunhna in takpum ah hnorsuannak a langmi cheukhat nih COVID-19 i zawt hmelchunhna pawl kha aa cawn khawh. Hi zawt hmelchunhna pawl cu punghmaan an si ko i COVID-19 a chuahpitu zawtnak hrik doh in runvenna ah takpum kha aa sersiam cuahmah timi a langhna pakhat a si.

Khamnak sii chunh hnu zawtkhamnak sersiam (zawtnak hrik nih a chuahpimi COVID-19 doh in runvenna) hramthawk dingah na takpum kha a tlawmbik zarh 2 a rau tawn. Cu a sullam cu khamnak sii chunh hlan asilole chunh hnu ah COVID-19 nih minung pakhat kha a kaih khawh i a zaw kho rih.

Khamnak sii tlamtling tein ichunh dih hnu hman ah COVID-19 nih minung pakhat cu a kaih kho rih thiamthiam, asinain cucu sikhawhna a tlawm ngaingai cang.

Avoi hnih ning tein khamnak sii naa chunh kha a biapi tuk i COVID-19 zawt hmelchunhna pakhat na ngeih ahcun a dang tein na um lai i naa chek hrimhrim lai.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii pawl nih sii aa chunhlo pawl sin i hnorsuan dingah 'aa thek' kho.

**THILSINING** COVID-19 khamnak sii pawl nih sii aa chunhlo pawl sin i hnorsuan dingah 'aa thek' kho lo. Hihi cu a si kholomi a si. Hi bantuk theknak cu zawtnak hrik i a thadermi, a

nungmi phun pawl a hmanngmi khamnak sii pawl sin lawngah a cang kho. Australia i hman dingah fehtermi COVID-19 khamnak sii pawl nih coronavirus a nungmi phun pawl pakhat hmanh an ngei lo.

**A DIKLOMI THAWNGPAANG** COVID-19 khamnak sii cu coronavirus aa thlengmi harnak doh dingah rian a tuan lo.

**THILSINING** SAR-CoV-2 telhchih in zawt hrik pawl dihlak cu an sining kha caan sin ah duh sah tein an ithleng hna. Delta asilole Omicron a thlengmi tibantuk zawtnak hrik a thar aa thlengmi pawl kong nai te ah thawngzamhnak ah chimphuanmi pawl an um. Hi a sullam cu khamnak sii pawl cu a thar aa thlengmi pawl cungah thathnemnak a ngeilo tinak a si lo.

Atu lio i Australia le adang ram pawl ah hman dingin hnatlakpimi khamnak sii dihlak nih an langhter cangmi ah atu tiangah a chuakmi SARS-CoV-2 zawtnak hrik phun dangdang in fak piin zawtnak khamnak dingah an thahnem bak ko ti a si.

An hnatlakpinak le zohfelnak tuahto ning pawl phun khat bantuakin TGA nih hihi naihnam ngai in zohfelnak kha a pehzulh. Cu a sullam cu taksa thomnak le fakpiin khuhnak tibantuk caah khamnak sii ichunh a herh lai tinak a si kho men, asilole sii kan ichunh than a herh tinak a si kho men – kum fatin cumpit khamnak sii kan ichunh bantuakin. Kherhlaitu pawl nih hih dothlatnak an tuah cuahmah rih, asinain atu lio khamnak sii pawl hmungeilo dingin zalak a tuahmi zawtnak hrik aa thlengmi an hngal lo.

**A DIKLOMI THAWNGPAANG** COVID-19 in a zawt cangmi le a dam thanmi nih kham sii an ichunh a hau lo.

**THILSINING** COVID-19 in na rak zawt cang hmanh ah, COVID-19 khamnak sii naa chunh dingah duhpiak a si.

SARS-CoV-2 zawtnak hrik amah tein kaihnak nih kaihtannak doh in runvennak cheukhat pek dingah zawtkhamnak thazaang a hung umter, asinain zawtkhamnak lei cawlcanghnak i thazaang le runven kha zeitiang dah a nguh timi a caan zat cu vawlei cung khuazakip ah kherhlainak biatak tein tuah cuahmah lio a si.

COVID-19 he pehtlaihna a ngei i a fakmi ngandamnak lei tihunnak pawl ruangah, le zawtnak hrik nih kaihan khawhnak le hmailei ah zawtnak ichonh khawhnak a um ruangah, COVID-19 in a zaw cangmi nih an zawt khamnak lei umtuning thawnter dingah COVID-19 khamnak sii an ichunh a herh rih ko.

## Australia i Sii lei Cawlcanghnak

**A DIKLOMI THAWNGPAANG** Australia nih sii thlopnak lei herhhai le thilri pawl (thaw peknak, hmur huh, zawt tahnak pawl) kha zaa lak in a ngei kho lo.

**THILSINING** Australia ah a ngahmi pompaak irunvennak thilri pawl tampi kan ngei i Australia ah tamdeuh chuah a si i Australia ah pek peng a si.

Australia Acozah sinah ruahnak petu komiti pawl, Ichawnhbiak khawhmi Zawtnak lei Pehtlaihna Australia (Communicable Diseases Network Australia) le Zapi Ngandamnak lei Kherhlainak Pehtlaihna (Public Health Laboratory Network) telhchih in atu le atu tonnak an ngei. COVID-19 cheknak a herhmi pawl cungah lamhmuhsaknak zohfelnak tuah kha an pehzulh i COVID-19 pulrai kha zapi ngandamnak lei nih lehnak a tuahmi bawmh dingah cheknak tuah, cheknak lei thilri pawl, pompaak runvennak lei thilri le adang sii lei thilri pawl pehzulhnak a um.

**A DIKLOMI THAWNGPAANG** COVID-19 zawtnak ruangah mizaw an karh lai i Australia siizung pawl ah itlum a si lai lo.

**THILSINING** Australia nih vawlei cung level in ngandamnak lei tuahto ning a ngei i a herh ahcun COVID-19 pulrai lio ah a hlei in halmi tlamtinter dingah tha tein chiah a si. Hihi ah Australia Acozah, pine le peng acozah pawl le pumpaak ngandamnak lei riantuantu pawl karlak riantuantin ak hmangin chapchimi siizung ikhkhun pawl, sii lei thilri pawl, herh hai pawl, le sii lei riantuantu pawl pek khawhnak aa tel.

## **Icheknak le thlopnak**

**A DIKLOMI THAWNGPAANG** Hydroxychloroquine, ivermectin, doxycycline, le zinc cu COVID-19 thlopnak pawl le/asilole damternak caah a himmi le san a tlaimi an si.

**THILSINING** Australia Acozah nih COVID-19 thlopnak pawl le damternak pawl ah vawlei cung huap in kherhlainak tuahmi kha tha tein a zohfel cuahmah. COVID-19 khamnak sii ichunhnak pawl cu COVID-19 zawt hmelchunhnak pawl ngeihnak runven ding le fak piin zawtnak doh in kham dingah hmul a ngei bikmi lam an si peng ko.

COVID-19 runvennak asilole thlopnak caah ivermectin, doxycycline le zinc (a dang te cio in a si ah, asilole cawh dih in a si ah) hmannaak cu a himmi le san a tlaimi a si ko tiah a bawmtu ding atu lio ah zaalak in tehte a um lo.

Australia i Rampumpi huap COVID-19 Sii lei Thilcang Zohfeltu Phu (Australia's National COVID-19 Clinical Evidence Taskforce) nih COVID-19 thlopnak caah hydroxychloroquine, ivermectin, doxycycline asilole zinc hman kha a duh piakmi a si lo.

COVID-19 thlopnak caah hydroxychloroquine (zinc he asilole zinc lo he) hmannaak cu ziaza lei hnatlakpinak he rianrang in hneksakmi pawl aleng ah duhpiakmi a si lo.

Hydroxychloroquine nih lung zawtnak, mit rawhnak le thithlum zawtnak fak piin ngeihnak (thi dengmang in um khawhnak) a chua hpimi tihunnak pawl aa ngeih kha tha tein hngalh a si.

**A DIKLOMI THAWNGPAANG** COVID-19 dothlat dingah PCR (polymerase chain reaction) hneksaknak pawl cu zumhawktlaklo an si i kiktai le cumpit sawhsawh tibantuk adang zawtnak pawl chungin coronavirus a thleidang kho lo.

**THILSINING** Australia ah, nucleic acid amplication (NAA) cheknak pawl cu polymerase chain reaction (PCR) hmangin or le cil ah khawmhsuatmi thawchuahnak lei izohchun cu zawtnak hrik dothlat dingah a thabakmi cheknak a si (tahchunhnak ah, COVID-19 le cumpit). Hi cheknak phun cu a fawilomi a si i zawtnak hrik a thekmi pawl kha a dothlat (cucu SARS-CoV-2 asilole a dang zawtnak hrik pawl). PCR cheknak cu zawtnak dothlatnak hmun pawl nih a hnatlakpimi le zohfelnak a pehzulh dingmi a si i ramchung he ramleng he a thami cheknak le tuahsernak tahfung a tlinhmi a si.

US Zawtnak Teihnak le Runvennak Hmun (United States Centers for Disease Control and Prevention) nih hneksaknak lei ruahnak cheuhmi ah thlennak kha cheukhat minung nih a diklo ning in an ifiang, cu ruahnak a cheuhmi ah PCR hneksaknak pawl hmannaak cu thawchuahnak lei zawtnak a chuahtertu aa dangmi zawtnak hrik caah pathogen tapi tinhmi an ifuntom tiah a ti. Tahchunhnak ah, hi hneksaknak pawl nih COVID-19 le cumpit tibantuk zawtnak pawl kha voi voikhat ah a dothlat khawh i an pahnih karlak ah hmaan tein a thleidan khawh. Hihi punhmaan in a cang i Australia ah tahfung caah hman a si, hi PCR hneksaknak a phak sinin cucu tinhmi tapi an ifuntom. Australia ah, PCR hman cu punghmaan a si i cu nih cun cumpit zawtnak hrik pawl, zawtnak hrik a bu in um i cumpit tlangrai chuahternak, Minung Thawchuahnak lei zawtnak hrik, Thawchuahnak lei cell chung ummi zawtnak hrik, SARS-COV-2 hlan ah a rak zel cangmi minung nih ngeihmi coronaviruses cheukhat pawl telhchih in a dang pawl kha hmaan tein a dothlat lai.

**A DIKLOMI THAWNGPAANG** Aho paoh cheknak nih coronavirus karhnak kha a kham lai.

**THILSINING** Cheknak nih zawtnak hrik karhnak kha a kham lo.

Zohfelnak lei cheknak cu zawtnak a umtu ning langhternak, a konglam thanhnak le ipehtlainak lei tawlnak le zawtnak hrik ichonhnak zorternak ah a biapi taktak a si. COVID-19 khamnak sii cu mibu chungah COVID-19 karhnak kham dingah a thabikmi lam a si.

Sihmanhsehlaw, chek tikah COVID-19 zawtnak na ngeilo timi nih nangmah asilole midang pawl caah tihunnak a um lo tinak cu a si lem lo. Thil sining dihlak ah cheknak cu 100% a dik lo ti ichinchiah kha a biapi. A niammi level pawl ah a um ahcun Dothlatnak lei cheknak pawl nih zawtnak hrik kha a zungzal in a dothlat men lai lo. Tahchunhnak ah, SARS-CoV-2 he a hramthawk zawt hnu ah, PCR nih zawtnak hrik a dothlat khawhnak dingah ni tampi a rau, zawtnak hrik fiang tein a langh hlan ni 2-3 hrawnghrang. SARS-CoV-2 in a zawt ko hmanh ah, zawt ka lio i cheknak cu zawtnak umlo in aphi a chuak kho men. Atu lio ah zawt hmelchunhnak a ngei lomi zawtnak a thawk ka lio ah zawtnak hrik hmuh khawhnak zumh awk tlak cheknak a um lo. Pumpaak pakhat kha zawtnak chonh khawh a si maw silo timi zumh awktlak in a dothlat khomi cheknak a um fawn lo.

Thianghlim tein um, midang he ihlat in um le dam lo ahcun inn ah um kha a biapitukmi a si. Hi tuahsernak pawl, hmunkhat tein cheknak tuahmi cu COVID-19 ichonhnak and a dang zawtnak pawl runven dingah a bawmh i Australia ngandamnak tuahto ning ah halnak tuahmi kha a tlawmter.

Australia Acozah nih an takpum ah zawt hmelchunhnak a langlomi minung pawl caah rianhmun ah zohfelnak prokarem pawl telchih in, cheknak lei tuahto ning pawl kha pehzulh in a tuahter hna i aa tlakmi zapi ngandamnak lei nawlgeihnak pawl le kherhlainak lei lamhmuhsaktu pawl he ceihmaitinak kha a tuahter hna. Hmunkip kakip ah takpum ah zawt hmelchunhnak a langlomi cheknak kongah Australia Acozah a dirhmun tamdeuh theihnak caah, zaangfahnak in [Ngandamnak lei Phuthen vuapsaih \(Department of Health website\)](#) ah zoh.

**A DIKLOMI THAWNGPAANG** Zawt icheknak thil pawl cu a diklomi an si.

**THILSINING** Australia ah, SARS-CoV-2 dothlat dingah cheknak phun 2 kan hman:

1. RT-PCR (reverse transcription polymerase chain reaction)
2. RAT (rapid antigen cheknak)

SARS-CoV-2 zawtnak hrik kha a or, hnar le hnar chungummi thurhnawm pawl asilole cil ah an um ahcun cheknak a pahnih ning ah hmuh a si.

PCR cheknak cu SARS-CoV-2 zawtnak hrik a umnak dothlatnak ah a tha deuh i atu lio ah COVID-19 dothlatnak caah hman dingin hnatlakpimi a si. PCR cheknak pawl nih zawtnak a chuahpimi chungah zawtnak hrik kha tuan ah a dothlat khawh i a caancaan ahcun an zawt hlan hman ah zawtnak hrik kha a dothlat khawh.

Dothlatnak hrambunh PCR cheknak pawl cu tuah dingah a buaithlak ngai nain tha tein chek a si. Dothlatnak hmun ah cheknak pawl cu a thiambakmi saitit pawl (scientists) an herh. Poipang tawlnak phuthen pawl le lamhlat a ummi hmunhna pawl tibantuk a hlei deuh a simi hmun pawl caah a chek ning a tha deuh lomi PCR cheknak pawl cheukhat a ngah.

Rapid antigen cheknak pawl cu zawtnak hrik i a hlei in protein a umnak kha a dothlatnak hmangin rian a tuan. Zawt hmelchunhnak a ngeimi chek tikah a tam-u cu an hmaan.

Rapid antigen cheknak pawl cu zawt hmelchunhnak pawl a langh hnu a hmasat ni 7 chungah tuah kha a tlangpi in a thabik. Zawt hmelchunhnak pawl na ngeih lo ahcun an hman lo i zawtnak a um lo tiah aa palhmi aphi asilole zawtnak a um tiah aa palhmi aphi a chuah khawh.

Rapid antigen cheknak a tam-u nih minit 10-20 chungah a phi a chuah.

Therapeutic Goods Administration (TGA) nih Australia i hmanmi cheknak ning pawl dihlak cu a zohfel i a hnatlakpi. TGA nih cheknak pawl cu a thahnemmi le zumhawktlak a si kha fehter dingah a thabakmi tuahserek lei tahfung a hman.

Australia ah, zawt kherhlainak khaan hrambunh polymerase chain reaction (PCR) hneksaknak cu na rakpum i a fakmi SARS-CoV-2 zawtnak dothlat dingah hman lengmang a thabikmi hneksaknak tahfung a si. Hneknak tuah dingah thawchuahnak lei izohchun dingmi khawmhsuatnak tuah a herh. PCR hneksaknak pawl cu tha tein zohfelmi le nucleic acid a dotdot in dothlatmi an si i cucu thawchuahnak lei hneksakmi ah SARS-CoV-2 zawtnak hrik kha abik in a si.

Australia ah cheknak lei sehthilri thar pakhatkhat cu TGA nih tha tein zohfelna a tuah a herh, cu ticun a thami le zumhawk a tlakmi a phi pawl a lang kho lai i phung ning tein bawmhchanhnak a pek khawh lai. COVID-19 cheknak pawl kongah a hnuvik thawngpaang cu Australian Register of Therapeutic Goods ah telhchih an si i, zaangfahnak in TGA's vuapsaih (website) hika ah zoh: [www.tga.gov.au](http://www.tga.gov.au)

## Erkhumnak le hmaihuh pawl

**A DIKLOMI THAWNGPAANG** 'Erkhumnak' caan nih COVID-19 karhnak kha a kham lai.

**THILSINING** Khenkhammi pawl le erkhumnak caan chiah, cu hnu ah kan 'nun kel' ah kirthan dingin cu bantuk khenkhammi pawl laak thannak nih COVID-19 a karhnak tha tein a kham lai lo. Sihmanhsehlaw mibu chung i COVID-19 ichonhnak ret zorternak kha erkhumnak nih a bawmh.

COVID-19 a karnak tlawmter dingah bawmhak a thabikmi lam cu COVID-19 khamnak sii ichunh, hmaihuh i hruk, takpum ihlat in um, kut le thawchuahnak kha thiag tein chiah, zawt ahcun inn ah um in zawtnak ichek hi an si ko hna.

COVID-19 in a zawmi minung tapi cu an zawt lio ah zawt hmelchunhnak a dinte lawng an ngei asilole zawt hmelchunhnak pawl an ngei lo. A tawimi zarh hnik erkhumnak caan pawl cu tihnung an si, aruang cu COVID-19 zawt hmelchunhnak pawl a ngei lomi nih erkhumnak laak thannak tikah zawtnak hrik kha midang sin ah hngalhlo buin phozar khawh a si.

Erkhumnak pawl nih zawtnak a hnu zulhdawi dingah Pine le Peng Acozah a bawmh fawn hna. Ngandamnak lei thiamsang pawl nih ni fatin Australia ah zawtnak thar an hmuhmi kha pehzulh in zohfelna an tuah i cuka ahcun mibu sin ah ichonhnak ah a um. Thil sining cungah hngat in chimphuannak pawl an tuah lai i phungphai thar asilole khenkhammi thar pakhat khat kha a herh ning in chiah a si lai. Aho paoh kha atu lio lenkai khenkhamnak kha nithla khiah ningin um hrimhrim ding a si [www.australia.gov.au](http://www.australia.gov.au).

**A DIKLOMI THAWNGPAANG** Hmaihuh pawl cu COVID-19 dohnak caah an thahnemlo i/asilole hman dingah an him lo.

**THILSINING** Hmaihuh pawl cu COVID-19 ichonhnak tei dingah a biapibikmi irunvennak a si. Hmaihuh pawl cu tlamtling tein tuahto ning he hman a hau, cu ah aa telmi cu takpum ihlatnak, mibu umnak hrialnak, kharkhummi le kharkhumh in tonnak hmun pawl, thaw a tha tein dawpnak, kut thiag tein tawlnak, hakchio le khuh tikah ihuhnak le a dang tapi. Hmaihuhnak cu takpum ihlat in umnak ca i airawltu a si lo.

Hmaihuh pawl cu na thawchuahmi i aa thelmi a dor tete kha midang pawl sin a phaknak runven ding bawmhak ah khenkhamtu sawhsawh a si. Dothlatnak nih a langhtermi ah hnar le kaa cung i hruk tikah a dor tete a chuakmi kha hmaihuhnak pawl nih a tlawmter ti a si. Zeibantuk phun dah a si timi cungah hngat in, hmaihuh pawl cu a ngandammi minung i irunvennak asilole hmailei ah zawtnak ichonhnak runven dingah hman khawh an si.



Hmaihuh ihruknak cu a him lo i oxygen umlonak asilole carbon dioxide (CO<sub>2</sub>) dawpmi level pawl a kaiter tibantuk harnak a pek timi tehte a um lo. Ngandamnak lei zohkhenhnak petu pawl cu hi harnak pawl um loin kum tampi lio in khan hmaihuh in an rak ihruk cang hna.

Ngandamnak lei riantuantu pawl nih Ngandamnak lei zohkhenhnak ah Zawt Runvennak le Teinak caah Australia mi Lamhmuhnak pawl chung i langhtermi bantukin tahfung le zawt ichonhnak hrmbunh ralrinnak pawl kha an zult a herh. Australia i Rampumpi huap COVID-19 Sii lei Thilcang Zohfeltu Phu (National COVID-19 Clinical Evidence Taskforce) nih hnatlakpinak a pekcangmi hna ah ngandamnak lei zohkhenhtu dihlak cu mizaw zohkhenhnak dairek in pek ding asilole COVID-19 zawtnak a ngei tiah lunghrinhmi asilole fehtermi pumpaak pakhat cio caah mizaw/riantuan piakmi/khuasa in a um hmun chungah rian a tuanmi nih P2/N95 thawdawp awk petu pawl kha an hman khawh a hau.

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*Australia Acozah nih COVID-19 a tawlirelnak ah a biapimi thanchonak pawl kong hmaan tein theih buin um dingah hi vuahsaih (website) hi zoh. [SBS](#) zong nih COVID-19 kong a phunphun nangmah holh in tialmi a ngei fawn. Acozah nih thawngthanhnak a tuahmi caleh dingah kutput fon (mobile phone) apps le browser pawl kha na hman khawh thiamthiam. Na herhmi pawl ngah khawhnak ah pakhat kha kaw. Mirangca in thawngthanh chapmi rel khawhnak dingah hika ah zoh [www.australia.gov.au](http://www.australia.gov.au).*