



Coronavirus (COVID-19) natna ngah theihna ding pan a kikepzia

- Na khut satpiang leh tui tawh second 20 peuhmah **SAWP** hamtang in. Paper towel a'ihke'h hand dryer tawh keusak in.
- Na mit, naak a'ihke'h na kam khoih loh ding **HANCIAM** in.
- Na khuh ciang a'ihke'h na hahchhiai ciangin na nak leh kam tissue tawh **TUAM** in. Tissue na neih kei leh na baanbul a'ihke'h na kiu tungah khuh in.
- Damlohna na neih leh innah **OM** in. Zatui zaha neek na neih leh a kicingin neih sawm in.
- Damlohna vai-ah huh na kisap leh - na siavuan a'ihke'h hih hotline 1800 675 398 ah **HOPIH** in. Amau na hih ding kisamte hong hilh ding hi.
- A cidam huai nate **ZOMTO** in: exercise, tui dawn, ihmud kham mahmah ding.
- A cidam na hih leh maituamna **ZAT** kisamlo hi.
- 60% zu a kihel khut siansakna (hand sanitiser) **LEI** in.



Hiah a kicing zaw in om
www.coronavirus.vic.gov.au/zomi

Lunghihmawhna khatpeuh na neih leh
coronavirus hotline 1800 675 398 hopih in (nai 24 kihong)
Kamphen na kisap leh **TIS National 131 450 ah hopih in**
Triple Zero (000) pen emergency a ding bekin zang in