



Coronavrius (COVID-19) boruak lio ah himlo, umkhua nuamh lo le lungretheih tikah zeitin bawmhnak lak ning

Coronavirus (COVID-19) ka ngei men lai tiah na ruah soal ahcun, zaangfahnak tein coronavirus kongkau hlathlainak namber 1800 675 398 (sml 24) hi chawn hna. Holh lettu na herh ahcun, **TIS National** hi namber **131 450** in chawn hna law a herh ning in bawmhnak hal hna.

Lakhruak tuk dirhmun ah na um ahcun **000** hi chawn.

Lakhruak bawmhnak fun

Lakhruak bawmhnak fun cu coronavirus (COVID-19) ruangah hawi sinin i hlat hrimhrim a hauh ruang i harsa in mah dang tein a um mi hna nih hmuh khawh a si. Hi chung ahhin a herh mi tirawl le pumpak i zohkhenhnak thilri pawl an um i tirawl dinei awk tlamtling in ngei lomi, cun chungkhar naihnam le hawikom zong pehtlaih ding a ngei lomi hna caah bawmhnak a si. Hi bawmhnak hmuhnak ding caah Australia ram mi theng na si lo hau lo.

Coronavrius kongkau hlathlainak namber **1800 675 398** hi chawn hna.

Na inn chungah na him lo ahcun a him mi timhtuahnak ngei

Inn chungkhar i zaang en tai in mi ti le namneh in nupa sualnak hnek hi zeitik hmanh ah cohlan mi a si bal lo. Cu bantuk na ton soal ahcun, coronavirus (COVID-19) boruak lak zong ah an bawm kho tu ding bu an um ko hna.

A him lio caan te ah, nangmah nih silole na hngalhtheih mi minung nih [safe steps](#) hi namber **1800 015 188** in chawn hna u (nikhat sml 24, zarhkhat ni 7) silole email ahhin: safesteps@safesteps.org.au ca kua hna u.

Bawmhchannak petu bu pehtlai hna law himnak ding caah timhtuahnak khang ti u

Na inn in na chuah soal ah, na herh mi catlap pawl, passport le hrukaih tibatnuk kha lakhruak caah i ken chih hna. Na hawi sin zong ah naa chiah ta khawh hna.

Bawmhnak na kaw lio ahcun na inn in chuahnak nawl na ngei ko. Nawl ngeitu hna he buaibainak zehmanh na tong lai lo i dantat zong na si lai lo. Palik nih an in tlaih soal ahcun na innchung ah na him lonak kong kha theihter hna.

Na lungretheihnak le thiphannak kongkau na chimhrel khawh lengmang mi na zumh mi minung he pehtlaihnak ngeih i zuam. Chungkhar silole naihnam hawikom he 'buaibainak ton soal tikah hman ding biafang' i chim u. Cu biafang na hman ahcun, bawmh na herh tikah a hngalh lai i a herh ning in palik le lakhruak ton caan bawmtu zong a chawnh khawh hna lai.

Na lungretheihnak le umkhua nuamh lonak a tam tikah

Lungrethei le lungbuai in um hi atulio caan ahcun a phung a si. Caan hman tein eksasai tuah le ih, cun ngandam mi tirawl ei khawh lengmang hi na lung ngandamnak caah a biapi i a herh bak mi an si.

Beyond Blue nih tha hnem ngai mi ruahnak peknak le theihtlei tampi beyondblue.org.au an chiah i cun caan tawi ca khua tuaktan pinak zong an pek, cun hi phone le wechat hmang in **1300 22 4636** hin thiamsang sin zong ah an in hlawi chin khawh.

Lifeline nih thil herh le ruahcheuhnak an pek, cun harsat bawmhnak le mah le mah thah runvennak zong.
13 11 14 hi chawn.

Mah hi cauk pungsan in zoh khawh na duh ahcun [Emergency Management Communications](mailto:em.comms@dhhs.vic.gov.au) <em.comms@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health and Human Services, April 2020.

ISBN 978-1-76069-381-7 (pdf/online/MS word)

Zoh khawhnak: [About Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19) < <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>>

How to access support if you feel unsafe, stressed or anxious during coronavirus – Hakha-Chin