



# Coronavirus (COVID-19) i na tihunnak kha zorter

Reduce your risk of coronavirus (COVID-19) – Chin Hakha

- Chapiat le ti a luangmi in a tlawmmi minit 20 atu le atu **na kut i tawl**. Caku taval asilole kut roternak in roter.
- Zuu zatuak 60 leng aa telmi **zuu aa telmi kuttawlnak ahang hmang**.
- **Na khuh asilole hachiom i huhnak** ah titsu asilole na banhram kha hmang.
- Na si khawh ahcun **inn ah um**. Inn in chuah khawhnak aruang pawl kha kan vuapsaih (website) ah chek.
- Inn in na chuah ding a si ahcun **hmaihuh i hruk**.
- Na mit, hnar asilole kaa – asilole hmaihuh naa hrukmi kha **tong hlah**.
- Na dam lo ahcun **bawmhnak ngah**, na GP asilole coronavirus kongkau chawnkhawhnak kha ruahnak cheuhmi ngahnak ah chawn. Na zawt ahcun, inn ah um.
- **Naa chek** i zawt hmelchunhnak pawl na ngeih ahcun a dih lecaangka in inn ah tin.
- **Sii lei naa chek tawnnak ah kal law** nan inn ah pek khawhmi sii pawl kha va zoh.
- Eksisai **ngandamnak na tuahtawnmi kha pehzulh**, rawl kha aa tluknak cio in ei, tampi in it law pehtlaihna ngei. Kuakzuk isum (Quitline 137 848).
- **Na thinlung damnak kha ichingchiah** law naa nuammi thil pawl kha tuah. Thinlung ngandamnak caah a thami pawl le bawmhnak pawl kha kan vuapsaih (website) ah chek.



## Find out more

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

For more information, call the  
**Coronavirus hotline 1800 675 398 (24 hours)**  
Choose option 0 for translating and interpreting services  
**Call Triple Zero (000) for emergencies only**

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