



Coronavirus (COVID-19) a ngeimi pakhat khat he naihnam in na um ahcun zeidah tuah a hau lai?

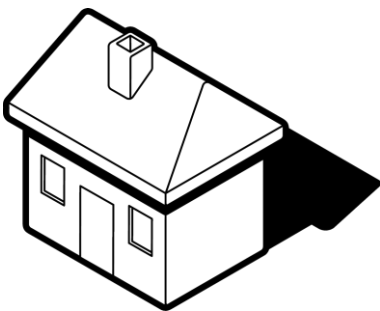
What to do if you have been in close contact with someone with coronavirus (COVID-19) – Chin Hakha

Coronavirus (COVID-19) a ngeimi pakhat khat he naihnam in na rak um cang

Hi mizaw he tonnak na rak hnu in ni 14 chung nanmah inn asilole a dang inn ah nangmah te lawngin na um hrimhrim lai.

Zaangfahnak in hihi ttha tein rel. Thawngthanmi tamdeuh hmuhnak caah, coronavirus hotline **1800 675 398** ah pehtlainak tuah (suimilam 24, zarhkhat ah ni 7).

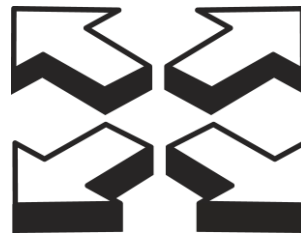
Coronavirus hotline na chawn ahcun, zero (0) thimnak in holhlettu na ngah khawh lai. A dang chawnhak pakhat khat caah, holhlettu na herh ahcun, TIS National kha **131 450** ah chawn hmasa.



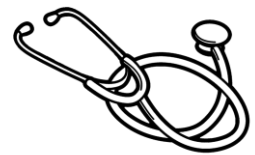
Inn ah um



Na kut i ttawl law na khuh le hachio ahcun i hup



Na innchungkhar le hawikom pawl sinin a dang tein um



Sii lei bawmh na herh ahcun, na siibawi asilole hotline kha chawn

Aho dah naihnam in a ummi cu a si?

Coronavirus zawtnak a ngeimi pakhat khat he hmaitonh in minit 15 nak tamdeuh nan umtti asilole aa kharkhumhmi hmun ah suimilam 2 nak tamdeuh nan umtti ahcun, nangmah he naihnam in a umtti mi na si.

Innkhat ah umtti asilole hmunkhat ah rianttuanti tibantukin naihnam in umnak cu lam tapi in a cang kho. Naihnam in an um ahcun Ngandamnak le Minung Rianttuan piaknak Phuntthen (The Department of Health and Human Services – DHHS) nih khan pakhat khat kha a chimh ko lai.

Zeiruangah keimah te lawngin um cu a herh?

Mah lawng tein um a sullam cu sii lei thlopbulnak asilole lakhruak thilcang ruang ah dah ti lo ahcun, nan inn asilole inn in zei dangdang ruangah na chuak kho lo. Midang sin ah coronavirus karhnak ding lam a tam ahcun naihnam in a ummi pakhat khat cu amah te lawngin a um hrimhrim lai. Na innchungkhar le

mibu runvennak ding i a thabikmi lam cu inn ah um le midang sinin a hlatnak (takpum ihlatnak) ah um hi a si.

Eksisai buah dingin nan inn in na chuak kho lo. Mah lawng tein um a herh lio ah inn in na chuah ahcun \$4,957 tiang dantat na si men lai. Inn ah um law him tein um.

Khoika dah keimah lawngin ka um lai?

Khoika hmanh ah tap ta lo in, nangmah te lawngin na umnak ding hmun ah na kal colh hrimhrim lai. Hihi nanmah inn lila ah a si ttheo tawn, asinain inn ah na buah khawh lo ahcun nangmah caah umnak hmun tawlrel piak a si lai.

Aho dah ka chimh a herh?

Mizaw he naihnam in a ummi na si kha chimh na si tikah, na rianngaitu kha na chimh hrimhrim lai. Nangmah he a ummi kha mizaw he naihnam in a ummi na si kha na chimh hna a herh.

Zeitindah him tein ka um lai?

Sii lei thlopbulnak asilole lakhrak thilcang ruang ah dah ti lo ahcun, nan inn asilole inn in na chuak hrimhrim lai lo.

- Khaan dang te ah umnak in midang sin in nangmah te lawngin a dang tein um.
- Na kut ittawl lengmang law na khuh le hachio ahcun i hup.
- Midang he khaan khat i nan um tikah hmurhuh i hruk uh law 1.5 metres ihlat in um uh.
- A si khawh ahcun tikholhna khaan a dang cio hmang uh.
- Innchung thilri pawl ihrawm kha hrial uh (pakan pawl, hrai pawl le ah-nak namte pawl).
- Innchung a langhna kha thianh (cabuai pawl, innka pawl, keyboards, timerhna pawl le kuttlainhna pawl) le hman lengmangmi thilsuknak.
- Vawlei aa nehmi thilri na tongh lio ah voikhat lawng hmangmi kuthruk na ngeih ahcun ihruk law na kut ittawl peng.
- Kuthruk le hmaihuh tibantuk a thurhnawmmi thilri pawl kha hmunthur chiahnak pung ah hlonh.
- Nan inn asilole umnak chungah mi ilenter hna hlah.
- Pumpaak inn asilole innkhaan ah nan um ahcun, nan dum chung asilole innleng donhhlei cungah na kal kho. Nan umnak hrawng naa chokvah ahcun hmurhuh naa hruk hrimhrim a hau.

Mah te lawngin um a hau lomi hawikom pawl asilole innchungkhar kha nangmah caah rawl asilole a dang a herhmi pek dingah fial hna.

Mah lawng tein um a herh lio ah inn in na chuah ahcun \$4,957 tiang dantat na si men lai. Inn ah um law him tein um.

Na zawt hmelchunhna pawl kha zohfel

Nangmah te lawng in na um lio ah, coronavirus zawt hmelchunhna pawl na ngiat a hau:

- taklinh
- kihna asilole thlanhuahna
- khuh
- or fah
- thawchuah iharhna
- hnap chuah
- a rim asilole a thawtnam theih lonak.

Coronavirus zawt hmelchunhna pakhat khat na ngeih ahcun, naa chek a hau i cu hnu ah inn ah na ttin colh a hau.

Mizaw he naihnam in a ummi ka si ahcun ichek ka hau maw?

Coronavirus zawt hmelchunhna pakhat khat na ngeih ahcun, ruahna pekmi na kawl le ichek na hau.

Na siibawi chawn asilole coronavirus hotline **1800 675 398** ah pehtlaihnaak tuah (suimilam 24, zarhkhat ah ni 7).

Na dam ko i zawt hmelchunhnaak pawl na ngeih lo ahcun, nangmah lawng in na um ni 11 nak hrawngah zawt ichek dingin fial na si lai.

Ichek dingah inn in na chuah ahcun hmaihuh naa hruk hrimhrim lai. Zapi hmanmi tlunkalnaak, taxi asilole icit ttimi pawl hman kha hrial. Naa chek dih bak in nangmah lawng tein na umnak hmun ah kha na kir tthan colh hrimhrim lai.

Coronavirus icheknaak cu aho paoh caah man lo a si. Hi ah hin ramdang in a hung tlawngmi pawl, mipeem rianttuantu pawl le ralzam a sokmi pawl tibantuk telhchih in Medicare card a ngei lomi minung zong an i tel hna.

Mah lawng in zeican dah um ka hau?

The Department of Health and Human Services nih mah lawng in zeican dah um na hau timi cu an in theihter te lai. Zawt hmelchunhnaak pawl na ngeih le/asilole coronavirus naa chek ah zawtnak a na ngeih a langh dah ti lo ahcun mah lawng um cu ni 14 chung a si tawn.

Na dam rih ko i zawt hmelchunhnaak pawl na ngeih lo ahcun, nangmah lawng in na um ni 11 nak hrawngah zawt ichek dingin fial na si lai. Na dam ko zong ah, naa chekmi a phi na hngah lio ahcun **tuah dingah a him cang ko tiah chimh na si hlan cu nangmah lawng in umnak kha na dih kho lo.**

Na ngandamnaak kha kawl

Mah lawng in um kha a har ngaimi a si kho, a hlei in ngakchia pawl caah.

- Innchungkhar i a dang chungtel pawl kha biaruah hna. Coronavirus kong ifiannaak nih thinphannaak a zorter lai.
- A si khawh ahcun, inn in rianttuan dingah na rianngaitu he khan tawlrel uh.
- Inn in na fa ca a cawnaak kha bawm. Awnlai (online) ah hmuh khawhmi pawl kha zoh hna.
- Innchungkhar le hawikom pawl he telefon, imel asilole zatlang pehtlaihnaak (social media) hmangin naihnam in um uh.
- Mah lawng in um kha caan saupi a si lo ding kha ichingchiah.

Awnlai (online) ah hmuh kawhmi pawl – inn i um tikah ihnaak kong, ngandamnaak kong le eksisai tuahnaak kongkau i ruahnaak cheuhmi telhchih in zoh hna. Hika ah videos pawl zoh khawh a si [Wellbeing Victoria](https://www.together.vic.gov.au/wellbeing-victoria) <<https://www.together.vic.gov.au/wellbeing-victoria>>.

Na tuahto thiam lo ahcun, na siibawi kha chim asilole hihi pehtlaihnaak tuah:

- [Lifeline Australia](https://www.lifeline.org.au/) <<https://www.lifeline.org.au/>>, fon: **13 11 14**
Harnaak a tongmi bawmhnak nih zeitik caan paoh ah bawmhnak a pek.
- [Beyond Blue](https://www.beyondblue.org.au/) <<https://www.beyondblue.org.au/>>, fon: **1300 22 4636**
Umhar in a ummi pawl caah a bawm thiam bakmi an pek hna.
- [Kids Helpline](https://www.kidshelpline.com.au/) <<https://www.kidshelpline.com.au/>>, fon: **1800 551800**
Mino caah man lo le a thlithup in thazaang pek biaruahnaak.

A bu in bawmhnak pawl a ngah

A hlei tein \$1,500 bawmhnak cu phung ning tein rian a tuanmi Victoria minung coronavirus aa chekmi asilole zawtnak a ngei tiah fehterminung he naihnam in a ummi pawl bawmh dingah a ngah. Hika ah zoh [Pandemic Leave Disaster Payment](#)

<<https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment>>.

Nan kumkhua, pumtlamtinglo asilole caan saupi zawtnak ngeih ruang ah bawmhnak na herh ahcun riantuan piaknak lei petu, zohkhenhtu, innchungkhar chungter asilole hawikom nih an in bawmh khawh. An in lenkai hlan ah mah lawng tein na um kha na chimh hna a hau.

Hawikom pawl asilole innchungkhar sin in bawmhnak na ngah khawh lo ahcun, lakhruak thilcang pawl bawmhnak in rawl pawl le pumpaak hmanmi thilri pawl bawmh a ngah.

Lakhruak bawmhnak pawl asilole ei-din bawmhnak pawl kong thawngthan caah hika ah zoh [DHHS.vic. – Quarantine and isolation](https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19) <<https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19>> asilole Coronavirus hotline **1800 675 398** ah chawn.

Zohkhenhtu pawl le a dang innchungkhar chungtel pawl caah thawngthan

Na innchungkhar chungtel pakhat kha na zohkhenh ahcun, nan inn i a ummi paohpaoh him tein nan umnak dingah nan tuah a haumi a biapimi thil pawl cheukhat an um:

- Mah lawng tein a ummi minung kha a khaan pakhat ah, midang he aa hlatnak ah um hrimhrim seh.
- A si khawhnak hmun ah, nan innka pawl kha khar hna law thlangawngka pawl kha awng hna.
- Zohkhenhtu pawl kha a tlawmte lawngin chia hna.
- A khaan chung na luh hlan asilole chuah hnu ah na kut kha chatpiat le ti in ittawl peng asilole kuttawlnak ahang kha hmang.
- Mah lawng tein a ummi minung nih a hmanmi chuankhinnak le umkheng pawl kha innchungkhar a dang pawl hmanmi sinin a dang tein chia.
- A um ahcun, mah lawng tein a ummi minung a khaan na luh tikah hmurhuh ihruk. Hmurhuh na ngeih lo ahcun, hngawngngerh asilole pavuah tibantuk hmaihuh kha hmang.
- Thilsuknak seh tongtham lio le a sa taktak in chiah buin suk lio ah hmaihuh le kuthruk ihruk hna.
- Innchung a langhnak pawl kha thianh (cabuai cung, innka, keyboards, timerhnak pawl le kuttlainak pawl) atu le atu.
- Tazeih aa benhmi palasatik bawm chungah titsu pawl le hmaihuh pawl kha hlonh hna.
- Milengkai pawl ngei hlah.

Mah lawng a ummi kha dam lo hram a thawk ahcun, coronavirus hotline **1800 675 398** ah ruahnak cheuhmi ngahnak caah chawn. Na siibawi lenkai na herh ahcun, a hlankanh in chawncia, cuticun an itimhlamh kho lai.

Zawt hmelchunhnak pawl zohfel

Na zohkhenh liomi minung nih thawchuah iharhnak tibantuk a faakmi zawt hmelchunhnak a ngeih ahcun zero pathum (000) kha chawn law mizaw phortu mawttaw kha hal.

Minung pakhat khat nih zawt hmelchunhnak pakhat khat a ngeih ahcun an ichek a hau i inn ah an ttin zokzok a hau.

To find out more information about coronavirus and how to stay safe visit
[DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit
[DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)
<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>



For any questions
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [email Emergency Management Communications](mailto:covid-19@dhhs.vic.gov.au) <covid-19@dhhs.vic.gov.au>.

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Available at [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)
<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>