



Coronavirus (COVID-19) zawtnak na ngeih ahcun zeidah tuah a hau lai?

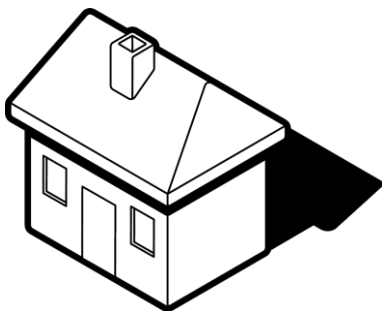
What to do if you've tested positive for coronavirus (COVID-19) – Chin Hakha

Coronavirus (COVID-19) zawtnak na ngeih ahcun

Ngandamnak le Minung Rianttuan piaknak Phutthen (Department of Health and Human Services) nih a him cang an in ti hlan cu nangmah te lawngin na um hrimhrim lai. Hi tuah dingmi na zulh kha a biapi tuk – upadi nih a herh bantukin.

Thawngthanhmi tamdeuh hmuhnak caah, coronavirus hotline **1800 675 398** ah pehtlaihna tuah (suimilam 24, zarhkhat ah ni 7).

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



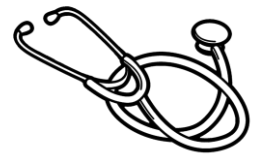
Inn ah um



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

Zeiruangah keimah te lawngin um cu a herh?

Coronavirus zawtnak na ngeih caah midang sin ah coronavirus karhnak ding lam a tamtuk caah nangmah te lawngin na um hrimhrim lai. Kan 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. Mah te lawng um hi a har ngaimi a si kho ko, asinain hi nih hin coronavirus karhter lonak kha a bawmh khawh.

Mah lawng tein um a sullam cu sii lei thlopbulnak asilole lakhruak thilcang ruang ah dah ti lo ahcun, nan inn asilole inn in zeid dangdang ruangah na chuak kho lo. Eksisai tuah 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.

Zawt hmelchunhna a ngeimi pakhat khat na hngalh hna ahcun an ichek a hau i inn ah an um a hau.

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 Department of Health and Human Services nih adang aa remmi hmun ah nangmah tein umnak nawl an in pek khawh men.

Nangmah te lawngin na umnak ding hmun ah na kal colh hrimhrim lai.

Aho dah ka chimh a herh?

Zawtnak na ngeihnak kong chimh na si hnu ah na rianngaitu kha na chimh hrimhrim lai i naihnam in na umttimi pawl zong kha thawng na thanh khawh hna. 'Naihnam in a ummi' pakhat khat sinin zawtnak hrik kha midang sinah aa chonh kho men, hi ah hin nangmah he a umttimi, naihnam in rian a ttuanttimi asilole a bu in hmunkhat ah a ummi pawl kha an i tel kho.

Nangmah he a umttimi dihlak kha coronavirus ngeihnak ding lam a tam tuk caah anmah te lawngin um an hau ve. Hi ah ngakchia pawl an itel.

Cheknak ah zawtnak hmuh hnu ah zaidah a cang lai?

Zapi ngandamnak ca rianttuantu phu nih nangmah he tonnak a rak ngeimi minung pawl kong kha an in chimh lai. Zapi ngandamnak ca rianttuantu phu nih nangmah he naihnam in an um tiah ruahmi pawl kha an pehtlaih hna lai. Khoika dah nangmah te lawngin na um le aho he dah na um kha an in chingchiah lai.

Zapi ngandamnak ca rianttuantu phu cu nangmah he naihnam in pehtlaihna punghmaan in an ngei lai. A hlei in bawmhnak na herh asilole him te'n le dam te'n umnak kongah a dang biahal awk pakhat khat na ngeih ahcun pehtlaihna na ngeih khawh peng hna. Zapi ngandamnak ca rianttuantu phu nih a thian cangnak an in pek hlan cu nangmah te lawngin na um hrimhrim lai.

Him tein um ning

Sii lei thlopbulnak asilole lakhruak 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 langhnak kha thianh (cabuai pawl, innka pawl, keyboards, timerhnak pawl le kutlaihna 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 hmelchunhnak pawl kha zohfel

Na zawt hmelchunhnak pawl cu an zual deuh, asinain a fah tuk lo ahcun, na siibawi kha chawn. Sii lei lakhruak thilcang a um (tahchunhnak ah, thawchuah iharhnak) ahcun 000 kha chawn law mizaw phortu mawttaw kha hal. Mizaw mawttaw phortu a umnak i rianttuantu pawl kha coronavirus (COVID-19) na ngeih kha chim hna.

Na ngandamnak 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 ifiannak nih thinphannak a zorter lai.
- A si khawh ahcun, inn in rianttuan dingah na rianngaitu he khan tawlrel uh.
- Inn in na fa ca a cawnnak kha bawm. Awnlai (online) ah hmuh khawhmi pawl kha zoh hna.
- Innchungkhar le hawikom pawl he telefon, imel asilole zatlang pehtlaihnak (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 iahnak kong, ngandamnak kong le eksisai tuahnak kongkau i ruahnak 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 pehtlaihnak tuah:

- **Lifeline Australia** <<https://www.lifeline.org.au/>>, fon: **13 11 14**
Harnak a tongmi bawmhnak nih zeitik caan paoh ah bawmhnak a pek.
- **Beyond Blue** <<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/>>, fon: **1800 551800**
Mino caah man lo le a thlithup in thazaang pek biaruahnak.

Bawmhnak a ngahmi

A hlei tein \$1,500 bawmhnak cu phung ning tein rian a tuanmi Victoria minung coronavirus aa chekmi asilole zawtnak a ngei tiah fehtermi minung 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) <<https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment>>.

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 thawngthanh

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 kuttlainnak 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 um a hau.

Hi zawt hmelchunhnak pawl chungin pakhat khat na ngeih ahcun ichek: taklinh, kihnak asilole thlanchuahnak, khuh, or fah, thawchuah iharhnak, hnap chuah, a rim asilole a thawtnam theih lonak.

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-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>](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 <covid-19@dhhs.vic.gov.au>](mailto: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-covid-19)

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