



Coronavirus (COVID-19) natna nei khat tawh na omkhop khak leh bangchih ding

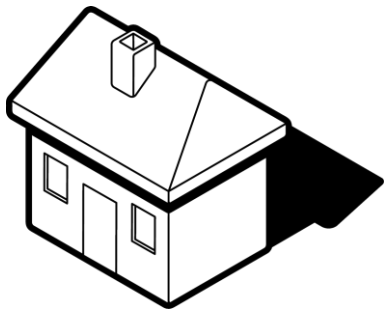
What to do if you have been in close contact with someone with coronavirus (COVID-19) – Chin Zomi

Coronavirus (COVID-19) natna nei khat tawh na omkhop khak leh

Tua natna nei nu/pa tawh na omkhop nunung ni khit pan ni 14 sung innsung ahih keileh mundang ah nang-le-nang quarantine lut ding kism hi.

Hih thute limtak sim inla, theihbehnop aom leh coronavirus hotline **1800 675 398** (nai 24 sung, nipikal khat ni 7) hopih in.

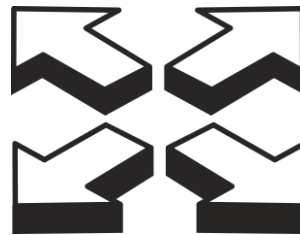
Coronavirus hotline na hopih ciangin, bem (0) mekin kamphen kingen thei hi. Hopih nading dang khatah, kamphen na kispah leh, a masa in TIS National **131 450** hopih in.



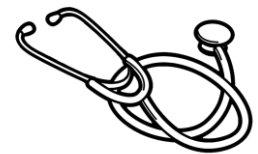
Inn ah om ding



Khut sil ding, na khuh leh na hetchiai ciang kidal ding



Innkuanpihte leh lawm-le-gualte tawh omkhawm ding



Zato kilak a kul leh, na siavian ahih keileh hotline hopih ding

Naitak omkhawm cihteh kuate hiding?

Minute 15 khengval maitang kimu ahih keileh coronavirus positive khat tawh innkhan bit sung khatah nainih val na omkhop leh, nang pen naitak a omkhawm khat na hihi.

Naitak omkhawm cih pen nam tampi om thei hi. Gentehna, innkuan sung khatah omkhawm, ahih keileh nasepna khatah semkhawm cihbang. Department of Health and Human Services (DHHS) in naitak omkhawm aa kiciamteh leh kiciamteh lote hong gen ding hi.

Banghang tuamom kul hiam?

Mipi tawh tuamom cihciang in damlohvai tawh kikep kikhoina leh thuphamawh (emergency) hang tawh simloh, thu khatpeuh hangin inn pan ahih keileh na omna mun pan taikhia thei loding cihna a hihi. Coronavirus natna midangte tung nakpitak kilawh baih ahih manin, natna nei khat tawh a omkhawm ngei peuhmah tuamom hamtang ding kism hi. Na innkuan sung leh na veng na paam sungah a kilawh loh nadingin, mipi tawh tuamom ding (mihon omkhop lohding) hoihpen hi.

Kong pua pialin pumpi cidamna exercise kibawl theilo hi. Quarantine lut ding kimlai kong pua pial aa na taikhiat leh \$4,957 hong kiliau sak ding hi. Inn ah om inla, kidawm in.

Quarantine koi munah lut ding?

Na quarantine lut nading munah lambaangbaang loin manlangtak paipah ding kism hi. Quarantine lut nading na inn mah hi ding hi. A zenzenin, inn ah a ki-omtheih kei ding leh omna ding mun hong kivaihawm sak ding hi.

Kua tung gen ding?

Natna nei tawh omkhawm ngei aa hong kigen khit leh, na nasepna pute gen hamtang ding kism hi. Natna nei tawh omkhawm ngei na hih lam na omkhoppihte gen ding a hihi.

Koici bangin kidawm ding?

Zato kilak ding ahieh keileh thuphamawh khatpeuh aom kei buang leh, inn pan ahieh keileh na omna mun pan paikhia thei loding.

- Khantuam sung khatah omin, midang tawh kimu loding.
- Khut sil zelzel ding, na khuh ciang leh na hetchiai ciang kidal ding.
- Innkhan sung khatah midang tawh na omkhop ciang, muktuum (surgical mask) thuah in, 1.5 metres kihal ding.
- Ahieh theih leh, tuibuk leh ksilbuk tuamzat ding.
- Innsung vante zangkhawm loding (kuang, hai leh temta cihte).
- Innsung zattaangna munte siangthosak ding (sabuai tung, kongkhak, laikhetna (keyboard), tuimuk honna leh kongkhak letna cihte), leh puante sawp pahpah ding.
- Van ninte na lawn ciang khatveizat khuttuum bulh ding, na khut sawpsiang den ding.
- Khuttuum, muktuum cihbang a ninte ningbung sungah pai ding.
- Na innsung ahieh keileh na omna ah kuamah kihawh sak loding.
- Inn tuam ahieh keileh innkhan tuam sungah na om leh, na huangsung ahizong, na balanda ah ahizong kipaikhia thei hi. Na omna mun pan na paikhiat teh muktuum (surgical mask) thuah ding kism hi.

Quarantine lut kullo na lawmte ahieh keileh na innkuanpihte nekledawm ahizong na kikap dangte lasak ding.

Quarantine lut ding kimlai kong pua pial aa na pusuahkhiat leh \$4,957 hong kiliau sak ding hi. Inn ah om inla, kidawm in.

Natna let-kha-na (symptoms) te limtak encik ding

Quarantine na lut laitak, coronavirus natna let-kha-na (symptoms) te limtak etcik ding kism hi.

- cisa
- gawlina
- anam zalo, ankam limlo
- khuasik, khua-ul suak
- husamh
- bukkhuh
- naptui

Hih coronavirus natna let-kha-na (symptoms) khatpeuh na neih leh, kisit inla, tua khitteh manlangtakin ciahpah in.

Natna nei tawh omkhawm kha leng kisit a kul hiam?

Coronavirus natna let-kha-na (symptoms) khatpeuh na neih leh, theihding kilawmte dong a, kisit ding a hihi.

Na siavuan hopih ahieh keileh coronavirus hotline **1800 675 398** (nai 24 sung, nipikal khat ni 7) hopih in.

Na cidam in, natna let-kha-na (symptoms) bangmah aom keileh, quarantine lut zawh ni 11 kiim pawlah hong kisit sak ding hi.

Inn pan kisit dinga na paikhiait teh maidal bulh hamtang ding kisam hi. Mipi tuanna meileng mawtaw, taxi, mipi tawh tuankhopna khempeuh peel ding. Na kisit khit ciangin, quarantine na lutna mun manlangtak ciahsuak pah ding kisam hi.

Mikhempeuh ading coronavirus natna kisitna a khawnkhong a hihi. Tua sungah gamdang tuipigal pan hong hawhte, gambeel nasepte leh gamvai tawh gambeel gamtaite cihbang Medicare card neilote kihel hi.

Quarantine bang tanvei lut kul ding?

Quarantine banghun dong lut kul ding cih Department of Health and Human Services in hong theisak ding hi. Natna let-kha-na (symptoms) aom kei a, coronavirus positive na hih kei buang leh, quarantine lut hun ni 14 sung ta a hihi.

Na cidam in, natna let-kha-na (symptoms) na neih keileh, quarantine lut zawh 11 kiim pawlah hong kisit sak ding hi. Na bangmah a na kei phial zongin, kisitna phi na ngak laitak, **paikhia thei ta hong kicih masiah quarantine kimansak theilo hi.**

Lungnop cidam nading kikem ding

A diakdiakin naupangte ading, quarantine lut hamsa kha ding hi.

- Innkuanpihte tawh kiho ding. Coronavirus tawh kisai thute teltak theihna in pautauh lunghihmawhna kiam sak ding hi.
- Ahih theih leh, na nasepna pute tawh inn pan nasep dingin vaihawm in.
- Na ta ii inntualzang pan pilsinna panpih ding. Online resource kingahthei te zongsak ding.
- Innkuanpihte leh lawm-le-gualte tawh phone, email ahih keileh social media khatpeuh tawh kiho in kizopna bawl den ding.
- Quarantine lut hun sawtlo ding hi cih mangngilh loding.

Resource-te online ah zong ding – ihmud, lungnop cidamna leh innsung exercise bawlnate aa kipan. [Wellbeing Victoria](https://www.together.vic.gov.au/wellbeing-victoria) <https://www.together.vic.gov.au/wellbeing-victoria> sungah video tampi ki-en thei hi.

Hamsa na sak leh zong, na siavuante hopih ding:

- [Lifeline Australia](https://www.lifeline.org.au/) <https://www.lifeline.org.au/>, phone: **13 11 14**
Bang hun cih omlo panpihna pia dongtuak huh nasepte.
- [Beyond Blue](https://www.beyondblue.org.au/) <https://www.beyondblue.org.au/>, phone: **1300 22 4636**
Mipi tawh a tuamom te ading a tuamvilvel huhna panpihna plate.
- [Kids Helpline](https://www.kidshelpline.com.au/) <https://www.kidshelpline.com.au/>, phone: **1800 551800**
Khangnote ading a khawnkhong, mimal aituam ngaihsut piakna.

Huhna panpihna vante kipia

Coronavirus natna kimu ahih keileh natna ngah aa kiciamteh khat tawh a omkhawm Victoria Gamke sunga om nasepte in khatvei huhna sum \$1,500 ngah thei uhi. [Pulnatna Hangin Nasepkhaw!](https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment) [Dongtuakte Huhna Sum](https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment) <https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment>.

Kum, pumpi thanemna leh kumtawn natna khatpeuh hangin panpihna na kitaangsap leh, huhna plate, a kem a khi, innkuanpih ahih keileh lawmte khatpeuh in huh thei hi. Nang kiang hong pai ma un quarantine lut na hih lam na gen ding kisam hi.

Lawm-le-gualte leh innkuanpihte kiang pan huhna na ngah zawh keileh, nektheih dawntheih leh mimal vanzatte tawh dongtuak phamawh huhna vante kingah thei hi.

Huhna panpihna leh dongtuak phamawh huhna vante ahizong, nektawm ding ahizong huhna tawh kisai na theihnop leh, [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>> ah en in, ahieh keileh Coronavirus hotline **1800 675 398** hopih in.

Dongtuak ente leh innkuanpih dangte tawh kisai thute

Na innkuanpih khat a kem a en na hih leh, na inn sunga om mimal khatciat bit nading a thupi sep ding pawlkhat om hi.

- Quarantine lut nu/pa pen innkhan sung khatah om sakin, midang tawh omkhawm sak loding.
- A hihtheihna munte ah, kongkhak khakin, padenpautte hong ding.
- A kem a khoite a tawm theithe hi ding.
- A khan sung na lut ma leh na lut khit teh, tui leh satpiang tawh na khut sawp den ding, khut sawpnatui zang ding.
- Quarantine lut nu/pa ii zat kuang, sikkeu, hai te leh innsung vanzatte tuamkoih ding.
- Ahihtheih leh, quarantine koihna khan sung na lut teh, muktuum (surgical mask) thua ding. Muktuum (surgical mask) na neih keileh ngawngawh dial ahieh keileh khutnul neu cihbang khatpeuh zangin na muk leh na kam tuam ding.
- Puante na lawn ciangin muktuum leh khuttuum bulh ding, puansawpna set a sa penin koi aa sawp ding.
- Innsung zattaangna munte siangthosak ding (sabuai tung, kongkhak, laikhetna (keyboard), tuimuk honna leh kongkhak letna cihte).
- Tissue leh muktuum te plastic ip bit tawh pai ding.
- Leengna nei loding.

Quarantine lut nu/pa aci anop keileh, coronavirus hotline **1800 675 398** hopih ding. Na siavuante kiang kilak ding a kul leh, a kiginkholh theih nadingin phone hopih aa gen masa ding.

Natna let-kha-na (symptoms) te limtak encik ding

Tua na kep nu/pa in nak hamsa sa cihbangin hong om a, natna let-kha-na (symptom) nasia a neih leh bem thum (000) hopih in, cina mawtaw sam ding.

Natna let-kha-na (symptoms) nei dang na om uh leh, kisit a, manlangtak inn ciahpah ding a hihi.

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-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-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-disease-covid-19)

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