



# Coronavirus (COVID-19) positive na hih leh bangch ding?

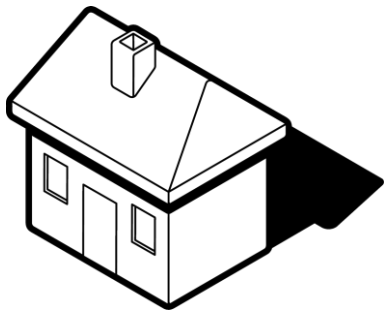
What to do if you've tested positive for coronavirus (COVID-19) – Zomi Chin

## Coronavirus (COVID-19) positive na hih leh

**Department of Health and Human Services in pautauhuai lo hi hong cih kei buang leh nang le nang mipi tawh tuamom ding kism hi. Thukhun tawh kituakin, hong kigente bangin zuih ding thupi mahmah hi.**

Theihbehnop aom leh, corona virus hotline **1800 675 398** (nai 24 sung, nipikal khat ni 7) hopih in.

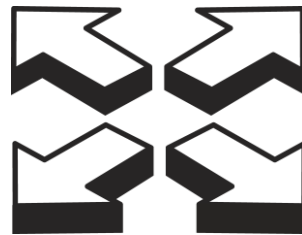
Coronavirus hotline na hopih ciangin, bem (0) mekin kamphen kingen thei hi. Hopih nading dang khatah, kamphen na kisp leh, a masa in TIS National **131 450** hopih in.



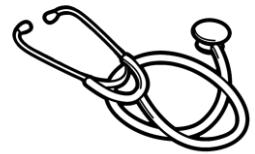
**Inn ah om ding**



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



**Innkuanpihte leh lawm-le-gualte tawh omkhawm loding**



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

## Banghang mipi tawh tuamom kul hiam?

Coronavirus kisit aa positive na hih leh mipi tawh na tuamom kul hamtang hi. Banghang hiam cih leh midang tawh kilawh baih mahmah hi. Na innkuanpihte leh na kiim leh paam a kilawhloh nadingin inn ah omin, khat le khat kihal (physical distancing) ding hoih pen hi. Mipi tawh tuamom pen hamsa ding himah leh coronavirus natna kilawhna khaktan thei hi.

Mipi tawh tuamom cihciang in inn pan taikhia lo ahih keileh na omna mun pan koimah dang pai loding cihna hi. Kong pua pialin pumpi cidamna exercise bawl thei lo. Mipi tawh tuamom ding kimlai, kong pua pial aa na taikhiat leh sum \$4,957 hong kiliau sak ding hi. Inn ah om inla, kikem in.

Na kitheihpih dang khat in natna let-kha-na (symptoms) a neih leh kisit a, inn ah om ding a hihi.

## Koi munah mipi tawh tuamom ding?

Na mipi tawh na tuamom nading munah lam baangbaang loin manlangtak paipah ding kisam hi. Tuamom nading pen na inn mah hiding hi, ahi zongin Department of Health and Human Services in mundang a lemna khatah zong hong tuamom sak thei hi.

Na tuamom nading mun manlangtak pai ding kisam hi.

## **Kua tung gen ding?**

Na kisitna positive ahih lam na theihkhit ciangin, na nasepna pute theihsak hamtang ding kisam hi. Na omkhoppihte zong gen in. 'Omkhoppih' cihciang in natna lungno na lawhkhak khit ding khatpeuh cihna hi. Tua sungah na ompih te, naseppih te, ahih keileh taangpi vai khatpeuh ah na kimuhiph te zong kihel kha thei ding hi.

Coronavirus lungno ngah nading baih lua ahih manin, na ompih khempeuh zong mipi tawh tuamom kul hi. Naupangte zong tuamom kul hi.

## **Positive ngah khit teh bang thu om ding?**

Mipi cidamna lam pawl (public health team) in na omkhoppih ngei te hong dong ding hi. Cidamna lam te in omkhoppih aa a ngaihsutte hopih ding uhhi. Koi munah nangbek om, kua tawh omkhawm cihte ciamteh ding uhhi.

Mipi cidamna lam pawl (public health team) te in nang tawh kizopna hong nei den ding uhhi. Huhna kisam, ahih keileh kikepzia ding tawh kisai dotnop na neih leh, cidamna lam te a tawntung in kihopih thei hi. Phalna na ngah ma teng mipi tawh tuamom kul hi.

## **Kikepzia ding**

Zato kilak ding ahih keileh thuphamawh khatpeuh aom kei buang leh, inn pan ahih keileh na omna mun pan kipaikhia thei loding hi.

- 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) thua in, 1.5 metres kihal ding.
- Ahih theih leh, tuibuk leh kisilbuk 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).
- Van ninte na lawn ciang muktuum (surgical mask) leh khatveizat khuttuum bulh ding.
- Khuttuum, muktuum cihbang a ninte ningbung sungah pai ding.
- Na innsung ahih keileh na omna ah kuamah kihawh sak loding.
- Inn tuam ahih keileh innkhan tuam sungah na om leh, na huangsung ahizong, na balanda ah ahizong kipaikhia thei hi. Na omna mun pan na paikhia teh muktuum (surgical mask) thua ding kisam hi.

Mipi tawh tuamom ding kimlai kong pua pial aa na pusuahkhiat leh sum \$4,957 hong kiliau sak ding hi. Inn ah om inla, kikem in.

## **Natna le-kha-na (symptoms) te limtak encik ding**

Na natna let-kha-na (symptoms) te suksia zaw in, a gimlua na hih kei zongin, na siavuante hopih in. Dammawh vai thuphamawh khat ahih leh (gentehna, nak hamsa) 000 hopih a, zato mawtaw sam ding. Coronavirus (COVID-19) natna na ngah lam zato mawtaw thuneite gen in.

## Lungnop cidam nading kikem ding

A diakdiakin naupangte ading, mipi tawh tuamom ding hamsa kha ding hi.

- Innkuanpihte tawh kiho ding. COVID-19 tawh kisai thute teltak theihna in pautauh lunghihmawhna kiam sak ding hi.
- Ahih theih leh, na nasepna pute tawh inn pan nasep ding in 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.

Hamsatna na neih leh, 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 nasemte.
- [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 aituum ngaihsut piakna.

## Huhna panpihna vante kipia

Coronavirus natna kimu ahih keileh natna ngah aa kiciamteh khat tawh a omkhawm Victoria gamke nasemte in khatvei huhna sum \$1,500 ngah thei uhi. Thulela a kicingin na theihnop leh [Pulnatna Hangin Nasepkhaw! 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>.

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, ahih 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.

- Mipi tawh a tuamom 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 theithei 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.
- A tuamom nu/pa ii zat kuang, sikkeu, hai te leh innsung vanzatte tuamkoih ding.
- Ahihtheih leh, quarantine koihna khan sung na lut teh, maktuam (surgical mask) thua ding. Maktuam (surgical mask) na neih keileh ngawngawh dial ahih keileh khutnul neu cihbang khatpeuh zangin na muk leh na kam tuam ding.

- Sabuai tung, kongkhak, laikhetna (keyboard) tuimuk honna leh kongkhak letna cihbang khut tawh lawna munte siangthosak in, lungnoza kap den ding.
- Tissues leh muktuum te plastic ip bit tawh pai ding.
- Puante na lawn ciangin muktuum leh khuttuum bulh ding, puansawpna set a sa penin koih aa sawp ding.
- Leengna nei loding.

A tuamom 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**

Na kep nu/pa in nak hamsa sa cihbangin hong om a, natna let-kha-na (symptoms) a nasiat semsem leh **bem thum (000)** hopih in, zato mawtaw sam ding.

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

Hih natna let-kha-na (symptoms) te na neih leh kisit in: cisa, khusik, khua-ul suak, bukkhuh, gawlina, husamh, naptui, anam zalo, ankam limlo.

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](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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