



Khamnak thlennawn mi pawl tawinak in langhter mi

Summary of changes to restrictions – coronavirus (COVID-19) – Chin

Zeidah na theih hau

- Inn in leng na chuah tik ah hmai huhnak na hman hrim hrim lai.
- Coronavirus (COVID-19) zawt hmelchunhnak na ngeih ahcun, a nem a fah pek ah, naa chek hrimhrim lai.
- Na dam lo ahcun, inn ah um.
- A him mi 1.5 miter dan in hawi he i hlat in na tthudir lengmang lai.
- Na kut i ttawl, cun na khuh le hachio tikah ttishu na hman lai silole na kio na hman lai.
- Dot 4 (stage 4) tiang khamnak pawl cu Melbourne le a pawng khuapi pawl ah tuah an si, cu caah zaan 8 pm in zing 5 am tiang leng chokvai lo ding in khamnak (curfew) cu tuah a si.
- Mitchell Shire telh in le Victoria ramtthen chung i kuate deuh le khua kiangkap deuh pawl ahcun dot 3 (stage 3) tiang khamnak hi tuah an si.
- Ngandamnak lei Lutlai (Chief Health Officer) nih hi khamnak pawl hna hi thil sining hoih in a thlennawn khawh lengmang hna.

Hmai i huhnak

Victoria ramchung minung kum 12 in a cunglei minung paoh nih innleng chuah tikah hmai huhnak hman dih ding a si lai, cozah khunh pek mi minung dah ti lo. A bianabia ah:

- Na ngandamnak lei kong he pehtlai in fak ngai in na hmai takvun ningcan lonak na ngeih le thawdawp chuah aa harh mi na si ahcun
- Motor na mawng naa cit tikah, nangmah lawng in na si pek silole na chungkhar he nan si ah
- Fak ngai in pum cawlcanghnak (exercise) na tuah caan ah, sihmanhsehlaw hmai huhnak cu a ken tal cu naa ken lengmang hrimhrim lai.

Atulio khamnak pawl: Dot 4 – Melbourne le a pawng khuapi

Dot 4 tiang khamnak pawl cu Melbourne le a pawng khuapi caah tuah an si.

Hi khamnak pawl tuah an sinak a ruang cu Victoria ramchung ah mi umkal milu hi zor ter deuh nak ding ca le innleng chuak milu hi zor ter awk caah a si.

Melbourne le a pawng khuapi hna ahcun leng chuahvah khamnak (curfew) hi zaan chiah in tuah a si, i zaan 8 pm in zing 5 am tiang lengmang a si. A sullam cu, zaan 8 pm in zing 5 am kar paoh hi inn leng ah na chuakvak kho lo. Zaan 8 pm in zing 5 am kar i leng chuahnak nawl awnh mi minung pawl hi a biapi tuk mi an rian le ngandamnak herhhai ah, cun i thlopbulnak ca le himbawmnak caah awnh an si.

Zeibantuk caan hmanh ah na inn ah lengkaitu na ngei kho lo i nangmah zong hawi inn na leng kho ve lo, a biapi i thlopbulnak ca le chiatthat khunh pek mi caah dah ti lo.

Zing 5 am in zaan 8 pm kar chung ahhin, a ruang pali caah inn leng na chuak kho:

1. Ti le rawl cawk ah le a biapi tuk mi herhhai dang cawk ah

- Na umnak hmun inn in 5km aa hlat nak tiang lawng na umkal kho. Na kal duhnak dawr pawl cu na umnak in 5km nak hlat an si ahcun, aa naih niam bik mi dawr ah na kal lai. Cheukhat minung caah cun, an nunphung sining ruangah an duh mi tirawl, thil le herhhai pawl cu an umnak hmun in 5km nak hlat pi zongah an um lai. Hi zawn ahcun, 5km nak hlat in na umkal kho na duh mi thil na hmuh khawh hmasabik nak ding paoh ah.
- Nikhat vuikhat lawng in, minung pakhat lawng nih ti le rawl cawknak ca siseh, a dangdang herhhai cawknak caah inn leng a chuak kho. Na fa le zohpiaktu na ngeih lo ahcun na sinah naa kalpi khawh hna.

2. Pum cawlcanghna

- Pum cawlcanghna na tuah mi cu nikhat ah vuikhat lawng in na tuah lai i suimilam pakhat chung lawng na tuah lai. Pum cawlcangh tuahnak caah 5km leng motor na mawng lai lo. Pum cawlcangh tuahnak hmun ah motor na mawng lai lo – pum tlamtlin lonak pakhat khat dah na ngeih ti lo le pumpak himbawmna ca dah ti lo cun.
- Nangmah lawng in silole hawi pakhat he lawng pum cawlcanghna cu na tuah lai – nan umtti pek umtti lo pek ah. Mah lawng in kaltaak awk ttha lomi ngakchia no a zohkhenh mi silole nulepa na si ahcun, pum cawlcanghna ca leng na chuah tikah an i zulkhawh.

3. Mi va thlopbul nak ca, chiatthat khunh pek mi ca silole sii-inn kal duh ah

- Ngandamna i thlopbulnak ca silole sii-saya-sayama te ton herh duh caan ahcun inn leng na chuak kho.
- Mizaw zohkhenh silole kumkhua upa tarpu tarpu silole le mi thlopbulnak caah inn leng na chuak kho.
- A biapi mi ngandamna thlopbulnak ngeih a herh mi minung zulkhalh ah inn leng na chuak kho.
- Saram sii-bawi sin na inn zuat sattil piah ah inn leng na chuak kho.

4. Riantuan le sianginn kai

- Inn in rian a ttuan kho mi na si ahcun, inn in pehzulh in na ttuan hrimhrim lai. Melbourne le a pawng khuapi pawl ca ahcun chawlethalnak hmun tapi hi khar an si lai. Phung ning in nawl awnh mi dawr le herhhai petu pawl lawng awn an si lai.
- TAFE silole university ca cawmna cu lamhla (online) in tuah a si lai.

Inn leng na chuah khawhna ruang dang:

- Lakhruak na ton sual ahcun.
- Na tlangval/ngaknu lenkai ah, sihmanhsehlaw zing 5 am in zaan 8 pm kar ahhin an inn kar le na inn lawng bak na umkal lai.
- Aa hrawm in fale zohkhenhna tuah mi caah.
- Inn chungkhar buaibainak a um, silole pakhat le pakhat karah buaibainak a um ruang i him loin na um tikah. Palik nih an tlaih ahcun, na innchung tang i na him lonak kong kha chim hna. Safe steps hi 1800 015 188 in chawn hna silole safesteps@safesteps.org.au ahhin ca kua hna law bawmna hal hna, i hihi nikhat ah suimilam 24, zarh khat ni 7 chung bawmh hal khawh an si.

Inn leng chuah na herh bak ahcun, phungphai nih nawl awnh dah ti lo cun hmai huhnak cu na hman hrimhrim lai. Inn leng na chuah ah siseh inn na ttin ah siseh sapiat le ti in na kut i ttawl

lengmang, cun na hmai huhnak na hman lai le naa phawih tikah. A him mi 1.5 mitter dan in hawi he i hlat in na um lengmang lai.

Coronavirus (COVID-19) zawtnak ka ngei men lai ti na ruah ahcun, vaa chek awk caah leng na chuak kho ko asinain naa chek dih bakin inn ah na ttin colh lai i na ngei lo timi a phi na hmuh hlan paoh cu inn ah naa erhkhumh lai.

Zulhphung hna hi kan zulh khawh hna ahcun, kan innchungkhar siseh, kan hawikom le kan mibu zong kan runven khawh hna lai.

Victoria ramchung mi vialte ruahcheuhnak

Kanmah pumpak le kan mibu chung minung hna him tein kan um khawhnak ding caah i rep tein kan um a hau. Cu ah aa tel mi cu:

- Na zawt ahcun, inn ah um. Rianṭuannak ah kal hlah silole na chungle zong lengkai hna hlah.
- Coronavirus zawtnak hmelchunhnak na ngeih ahcun, a nem pek a fah pek ah, [naa chek hrimhrim a hau](#).
- Inn in na rian na ṭuan khawh ahcun, inn in na rian na ṭuan hrimhrim a hau.
- Na innleng ah hawi na ton hna ahcun, i hlat nawn in na um hrimhrim lai – kuttlah ngah lo i kuhreh zong ngah lo. Cuitcun, na duhdawtmi minung cu him tein an um lai.
- Na kut i ṭawl, na khuh le hachio tikah na ka le na hnar i hup, cun a him mi 1.5 miter dan in hawi he hlat in um.
- Zulhphung nih nawl an awnh dah ti lo cun inn leng na chuak tik paoh ah hmai huhnak na hman lai.
- Ngandamnak lei Lutlai (Chief Health Officer) nih khamnak pawl hi thil sining aa thlen ahcun a thlen ṭhan khawh hna.

Bawmhnak a um ko

Victoria ram chung ah rian a ṭuan i coronavirus zawtnak a ngei mi silole coronavirus zawtnak ngei pawl pawng i um mi caah vuikhat-pek \$1500 pekmi bawmhnak cu cotin awk aa tlak mi caah a um. Victoria Cozah nih hi bawmhnak cu a sauh i coronavirus ngeih le ngeih lo i chek bakin cotin awk i tlak ahcun, \$450 bawmhnak cu an i chekmi a phi an hmuh hlan inn erhkhumh nak ding caah pek an si. Hi kongkau tam deuh in theihnak ding caah coronavirus hlathlainak cu 1800 675 398 (nikhat sml 24 chung) in chawn. Holh let na herh ahcun, TIS National hi 131 450 in chawn.

Nangmah na si ah silole na hngalhtheih mi minung an si ah lungrethei le thinphang in nan um ahcun, bawmhnak a um ko – Lifeline hi 13 11 14 ahhin chawn hna silole Beyond Blue hi 1800 512 348 ahhin chawn hna. Holh let na herh ahcun, TIS National hi 131 450 in chawn hmasa hna.

Coronavirus (COVID-19) ruangah a dang tein umter na si ahcun, coronavirus (COVID-19) hlathlainak nambat (1800 675 398) hi chawn law nambat 3 kha hmet. Australian Red Cross pumpek rianttuan mi minung he an pehtlah lai i cu nih cun zeitin bawmhnak na hmuh khawh lai timi kha an hmuhsak lai.

Inn ah na um hrimhrim lai. Cu nih cun nunnak pawl kha a kham lai.

Siaherhmi na ngeih ahcun, coronavirus kongkau ca chawnh khawh peng nak 1800 675 398 (suimilam 24) ah chawn.

Holhlettu na herh ahcun, 131 450 ah TIS National kha chawn.

Tri nule (000) zovite samo u hitnom slučaju!

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