



COVID i hmailei dirhmun

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COVID cu kan nunnak ah pehzulh in a um rih ko lai. Hmunkhat te in, kan rian cu kan innchungkhar pawl, mibu pawl le ngandamnak lei riantuantu pawl hmailei zawt a chuah dingmi caah timhlahmnak hmangin him tein chiah ding a si.

Phungphai a tam-u cu hman an si ti lo, asinain COVID thihpheihnac cu a um rih, a hlei in kan mibu chungin a derthawm deuhmi minung pawl sin ah. Nangmah tein i khamnak cu midang pawl kham dingah a thabikmi lam a si. COVID zawtnak na ngeih lo ahcun, COVID na karhter kho lo.

Victoria i a ummi pawl nih COVID tihunnak pawl tawltrelnak bawmh dingah thawngthanhmi cu Ngandamnak lei Phuthen (Department of Health) kha pehzulh in bochanh khawh a si.

Midang pawl kham dingah nangmah tein nan kham khawhnak lam

COVID zawtnak in nangmah tein i kham dingah a thabikmi lam cu COVID ngeihnac hrial a si. Hi pawl cu cheukhat a hlankanh in na tuah khawhmi an si:

- **Raikhamsii i chun.** Sii naa chunh than dingmi kha GP asilole siidawr ah a hlankanh in chimchawhnac tuah law zawtnak hrim doh in naa khamnak kha tamter. Raikhamsii chunhnac cu fak piin zawtnak chungin nangmah tein i runven dingah a thabikmi lam a si.
- **Zawtnak i chek.** Rapid antigen cheknac pawl cu fawi tein hmuh khawh an si i zawt hmelchunhnac pawl na ngeih ahcun a thahnem tukmi a si. Inn ah cheukhat i ngeih kha a thami ruahnac a si peng.
- **Hmaihuh i hruk.** A leng na chuah tikah hmaihuh i ken. Hmaihuh pawl nih zawtnak hrik nih kaihna le karhterac lam tlawmternac hmangin an kham lai.
- **Nan thlangawngka awng.** Nan innchung ah thli thianghlim lut seh – cu nih cun zawtnak hrik karhnac a zorter.
- **Na GP kha chawn.** Fak piin zawt khawhnac tihnung dirhmun ah na um ahcun, COVID sii dinmi pawl kong kha na GP chim law COVID zawtnak na ngeih tik caah timhtuahnac ngei.
- **Midang pawl zohkhenh hna.** A derthawmminung pakhat kha na lenkai hna ahcun, hmaihuh i hruknac in, takpum i hlat in umnak in, le zawtnac hmelchunhnac pawl na ngeih ahcun lenkai lonac hmangin anmah pawl kham dingah a hlei deuh in thil tuah.

COVID zawtnak na ngeih ahcun tuah dingmi

COVID zawtnak na ngeih ahcun, na tuah a herhmi:

- **Na ngandamnak i zohkhenh.** Thlopnac hmuh dingah phung nih a onhmi na si le si lo chek. Zawt hmelchunhnac ngeih hnu ni 5 chungah COVID sii dinmi pawl cu a thabik in rian an tuan.
- **Adang tein um.** Inn ah a tlawmbik ni 5 chung um law zawt hmelchunhnac pawl na ngeih lo tiang. Poipang lakhruak ruangah inn in chuah na herh ahcun, hmaihuh i hruk.
- **Naa cheknac api kha report pe.** [Online](#) in asilole 1800 675 398 chawhnac in na tuah khawh, cu ticun a dikmi zohkhenhnac le phung nih onhmi si ahcun COVID sii dinmi pawl na hmuh khawh hnga kan in bawmh khawh lai.
- **Tonnac na ngeihmi pawl kha chim hna.** Nangmah he tonnac an ngeih le COVID zawtnac a ngeimi na si kha hngalhter hna.
- **Riantuannac ah kal hlah.** Na riantuannac hmun asilole sianginn kha chawn hna law COVID zawtnac na ngeih kha hngalhter hna. Cheukhat minung cu [tangka lei bawmhac](#) an hmuh khawh.
- **Lenkai dingah aa rem lomi hmun pawl kha hrial.** Siizung pawl le tar zohkhenhnac pawl tibantuk lenkai dingah aa rem lomi hmun pawl ah lengkai asilole riantuan hlah.

- **Bawmhnak ngah.** Rawl, sii pawl, nau dinhmi formula tibantuk a herhmi pawl kha inn ah pek dingin tawlrel law na hawikom pawl le innchungkhar an bawm khomi minung kha kawl.
- **A hleideuh in thil tuah.** Milengkai pawl ngei hlah. Nan inn ah an rat ahcun, COVID zawtnak na ngeih kha hngal hna seh law, cu ticun anmah tein khamnak dingah tuah dingmi pawl an tuah khawh lai.

Hi ca in chuahmi cu hmuh khawhmi format in hmuh dingah, email pph.communications@health.vic.gov.au ah email kua.