



Australian Government

Department of Health

Kumkhua upa zohkhenhnak lei hmun ah COVID-19 nih a hnorsuanmi pawl caah ngaihchiatnak le thinlung damlonak lei bawmhnak

Australia kumkhua upa zohkhenhnak lei hmun ah ngaihchiatnakm sunghzatlaknak le thinlung damlonak bawmh dingah ah Australia Acozah nih tangka lei bawmh a pek. Riantuan piaknak pawl cu khuasa in a ummi kumkhua upa lei zohkhenhnak umhmunkhuarmi pawl, inn i zohkhenh lei riantuan piaktu pawl, an dawtmi pawl le kumkhua upa lei zohkhenhnak riantuantu caah a ngah. Nangmah pumpaak nih hi riantuan piaknak pawl cu na hman khawh hna, asilole na dawtmi pawl le mibu pawl kha anmah kong kha hngalhter hna.

Hman dingin aho paoh caah man lo an si.

Hi phu pawl dihlak cu minung hna i nunphung, biaknak, sining le nunning pawl kha an upat hna. Nangmah asilole na dawtmi pakhat khat nih holhlettu na herh ahcun, Calehnak le Holhlehnak lei Riantuan piaknak **131 450** ah chawn. Pehtlaih na duhmi kha nangmah holh le riantuan piaknak caah hal.

Ngaihchiatnak le sunghzatlaknak lei bawmhnak

Fon in biaruah thazaang peknak:

COVID-19 ruangah ngaihchiatnak le sungh zatlaknak a tongmi an mibu pawl bawmh dingah Ngaihchiatnak le Lungnuamhlonak caah Australian Centre nih kumkhua upa zohkhenhnak lei riantuan, kumkhua upa lei zohkhenhnak petu pawl, biaknak lei le mibu phu pawl kha bawmhnak a pek hna. Na mibu bawmh ning ruahnak cheuhnak caah **1800 222 200** ah chawn.

Na chawnh tikah, nangmah asilole na dawtmi pawl bawmh ding na herhmi kong ah na chawnh khawh hna. Hi ah aa tel khomi cu aphu in thazaang pek biaruahnak asilole pakhat hnu pakhat in thazaang pek biaruahnak kha siibawi thiamsang nih telehealth hmangin (fon in asilole videoconference hmangin), asilole minung pumpak in tuahpiaknak a si.

Ngaihchiatnak le Lungnuamhlonak caah Australian Centre nih holh phun hnih a thiammi riantuantu aa ngeih hna, cu holh pawl cu Arabic, Czech, Farsi, French, Italian, Japan holh, Maltese, Sinhala, Tamil, Spanish le Yiddish an si. Na chawnh tikah nangmah holh kha hal. Holh dang pawl caah, Calehnak le Holhlehnak lei Riantuan piaknak kha a hmasabik **131 450** ah chawn law Ngaihchiatnak le Lungnuamhlonak caah Australian Centre ah hal.

Ngaihchiatnak le Lungnuamhlonak caah Australian Centre nih hnachet le khuatheihnak caah Auslan hmannak kha a bawmh khawh fawn hna.

Thluak hmaanlonak lei bawmhnak:

Australia i Thluak hmaanlonak lei bawmhnak nih suimilam 24 chung Australia ram chung dihlak kum khat ni 365 ah bawmhnak a pek hna. Thluak hmaanlo zohkhenhnak caah ruahnak cheuhnak le biachimpiaknak an pek hna. **1800 699 799** ah fon chawn. Nangmah asilole na dawtmi pakhat khat nih

holhlettu na herh ahcun, Calehnak le Holhlehnak lei Riantuan piaknak **131 450** ah Australia Thluak hmaanlo bawmhnak kha chawn.

Bawmhnak:

Kumkhua Upa lei Minung pawl Bawmhnak Pehtlaihnak nih Australia ram chung dihlak kumkhua lei upa bawmhnak lei riantuan piaknak pawl a pek. Kumkhua upa lei zohkhenhnak riantuan piaknak pawl na hmuhmi ah harnak pawl na ngeihmi a um ahcun, an bawmh khawh hna. Kumkhua Upa lei Minung pawl Bawmhnak Pehtlaihnak nih kumkhua lei upa, an innchungkhar pawl le aiawhtu pawl sinah man lo, a thlithup, zalong tein bawmhnak, thawngthanhnak le fimcawnnak a pek. **1800 700 600** ah fon chawn. Nangmah asilole na dawtmi pakhat khat nih holhlettu na herh ahcun, Calehnak le Holhlehnak lei Riantuan piaknak **131 450** ah chawn law Kumkhua Upa lei Minung pawl Bawmhnak Pehtlaihnak kha hal hna.

COVID-19 kong theihhngalh tamdeuh hmuh khawhnak

Acozah lei nih thawng an thanhmi pawl hmang in thawngthanhmi theih bu tein um kha a biapi tuk. health.gov.au ah zoh asilole Rampumpi huap Coronavirus Bawmhkhawh chawnhnak (National Coronavirus Helpline) kha **1800 020 080** ah chawn. Calehnak le holhlehnak lei riantuan piaknak pawl caah **131 450** ah chawn law Ram pumpi huap Coronavirus Bawmhnak lei chawnh khawhnak caah bawmh hal.