



Australian Government



Ngakchia le tleirawl pawl caah COVID-19 khamnak siichunhmi pawl: nulepa le cawmtu pawl caah thawngthanh

A hnuvik tharchuah nithla: 10 Tangkhawng (January) 2022

COVID-19 khamnak siichunhmi cu kum 5 le upa deuh minung caah hnatlakpimi le duhpiakmi a si. Ngakchia kum 5 le acunglei caah COVID-19 khamnak siichunhmi ding appointment pawl cu atu lak khawh an si.

Spikevax (Moderna) cu kum 12 le upa deuh minung pawl caah hnatlakpimi le duhpiakmi a si. Kum 6 in 11 karlak ngakchia pawl caah atu lio hi zohfelnak tuah a si.

Zeiruang ah dah ngakchia le tleirawl pawl cu khamnak sii an ichunh a hau?

COVID-19 doh in ngakchia le tleirawl pawl nih khamnak sii an ichunhning ding aruang tampi a um, hihi telhchih in:

- COVID-19 nih kaihnak chungin khamnak
- fak piin zawtnak, caan saupi takpum ah hnorsuannak pawl langhnak asilole caan saupi COVID in zawtnak an tihunnak zorternak
- sianginn kai thannak lei bawmhnak
- innchungkhar le hawikom pawl he pehtlaih thannak
- a buu in tuahmi lentecelhnak, hlasaknak le khaulawnnak ah kalnak, tibantuk an inuamhmi thil pawl tuahnak ah kal thannak le
- mibu chungah zawtnak hrik karhnak nuarhternak.

COVID-19 doh in khamnak sii ichunhnaak nih a runven ve hna:

- an innchungkhar
- an hawikom pawl
- an sianginn kaiti pawl, le
- an buu khat pawl.

COVID-19 khamnak siichunhmi pawl cu zeitindah rian an tuan ning a si?

COVID-19 khamnak siichunhmi pawl nih COVID-19 in fak piin zawtnak chungin minung kha a kham khawh hna. COVID-19 zawtnak he tonnak na ngeih ahcun khamnak siichunhmi pawl nih mah zawtnak kha thianh dingah na takpum kha a sersiam.

Pfizer le Moderna siichunhmi pawl nih a nungmi zawtnak hrik pakhat khat an ngei lo i COVID-19 zawtnak an in pe kho lo.

Khamnak siichunh hnu ah iruahchan dingmi

Avoi khatnak sii chunh hnu zarh 2 in 3 karlak hrawngah COVID-19 doh in khamnak siichunhmi nih minung runven hram a thawk.

Cu ruangah na fa pehzulh te in a him le hi pawl cu a biapi tuk:

- an kut tawl tibantuk thianhlimnak lei tuah
- mi dang sinin 1.5 metres hlat in um
- zapi tonpumnak caah rikhiahmi zulh le
- an herh ahcun a dang tein um caan le um ning ifian.

Takpum ah hnorsuannak a langmi pawl an ngei lai maw?

Khamnak siichunh hnu ah na fa nih takpum ah hnorsuannak a langmi a ngei kho men. Takpum ah hnorsuannak a langmi a tam-u cu ni tlawmpal a um i harnak zehmanh um loin an dam than ko hna lai. Khamnak siichunhnaak ah takpum ah hnorsuannak a lang tawnmi ah aa telmi cu:

- ban fahnak
- din tein taklinh
- lufah.

Na fa i a zawt hmelchunhnaak pawl kongah lungretheihnaak pakhat khat na ngeih ahcun, tamdeuh thawngthanhmi na hmuh khawh www.health.gov.au ah asilole National Coronavirus Helpline kha **1800 020 080** ah chawn. Holhlehnak lei riantuanpiaknak pawl caah, **131 450** chawn law National Coronavirus Helpline he chawnh dingah hal.

COVID-19 khamnak sii kong ah siaherhmi asilole biahal awk pakhat khat na ngeihmi kha na fa nih khamnak sii aa chunh hlan ah nan siibawi asilole ngandamnak lei zohkhenhnaak riantuanpiaktu he nan iceihmai khawh thiamthiam.

Ka fa nih zeibantuk khamnak sii dah aa chun lai?

Kum 5 in 11 karlak ngakchia pawl ca le kum 12 le acunglei minung caah COVID-19 khamnak siichunhmi pawl cu aa dannak cheukhat a um.

Kum 5 in 11 karlak ngakchia pawl cu khamnak sii voi 2 an ichun lai, zarh 8 dan ah. Hihi a hlei in thil umtuning ruangah a tlawmbik zarh 3 tiang tawiter khawh a si. Kum 5 in 11 karlak ngakchia pawl caah siichunhmi cu kum 12 le acunglei minung ca i chunhmi cheuthum cheukhat a si.

Kum 12 le acunglei ngakchia pawl cu khamnak sii voi 2 an ichun lai, zarh 3 in 6 karlak dan ah.

Avoi hnihnak appointment an lakmi kha ichinchiah

COVID-19 doh in avoi hnihnak chunhmi nih a tlingmi runvennak a pek i runvennak sau deuh a nguhami a fehter bantukin, na fa nih khamnak sii voi hnih aa chun kha a biapi tuk.

Hnatlakpinak

Nulepa cu an fa siichunhna hnatlakpi dingin hal an si men lai.

A tlangpi in, nakchia i nulepa asilole upadi ning in cawmtu nih khamnak siichunhna ah hnatlapi dingin nawl a ngei. Cheukhat pine le pengkulh ah cun, upa deuh tleirawl pawl cu anmah tein an hnatlaknak an pek khawh men.

Na fa i COVID-19 siichunhmi kha an Immunisation History Statement ah khumh a si lai. Na fa kha kum 14 le upa deuh a si ahcun, pumpaak nih ngeihmi nawlvo ruangah an Australian Immunisation Record ah na zoh kho ti lai lo. An hnatlakpinak na ngeih ahcun an immunisation history statement na ngah khawh. Tamdeuh thawngthanhmi cu Services Australia hmangin hmuh khawh a <https://www.servicesaustralia.gov.au/how-to-get-immunisation-history-statement>

Tamdeuh thawngthanhmi

COVID-19 khamnak siichunhmi pawl kong tamdeuh thawngthanhmi hmuhnak caah, visit www.health.gov.au/covid19-vaccines-languages ah zoh asilole National Coronavirus Helpline kha **1800 020 080** ah chawn. Holhle piaknak lei riantuanpiaknak pawl caah, **131 450** ah chawn law National Coronavirus Helpline he chawnh dingah hal.