

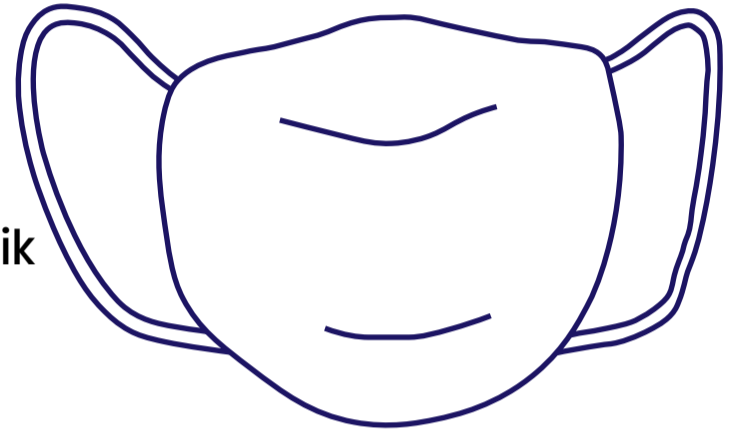


# HMAIHUH IHRUK KA HAU MAW?

Hmaihuh pawl cu COVID-19 doh in mibu umnak hmun chung zawt ichonhnak runven dingah a hleiin runvennak an si. Hmaihuh ihruknak lei duhpiaknak pawl le a herhmi pawl kongkau ah nan umnak pine le hmunhma i ruahnak pekmi kha chek. Zapi tlunkalnak tibantuk takpum ihlat in um a harnak dirhmun ah na um ahcun, hmaihuh ihruk kha naa thim men lai.

## COVID in him tein um dingah:

- Na kut itawl asilole thianh
- Takpum ihlat in (1.5m) um
- Na COVID-19 khamnak siichunhnak pawl ah a hnuvik tuah dingmi tuah buin um
- Na dam lo ahcun inn ah um law ichek.



Hmaihuh ihruk dingin naa thim ahcun:



Hmaihuh hrak hlan ah na kut itawl



Na hnar le kaa kha tha tein khuhter law na khabe tangah fek te'n le rem te'n um seh law, na hnar le na hmai acheu kha hup dih seh.



Hmaihuh ihruk lio asilole phoih lio ah hmaihuh a hmailei kha tong hlah. Hmaihuh khan a tongh ahcun, na kut kha itawl asilole thianh colh. Hmaihuh kha na khabe asilole hngawng ah thlai hlah.



Hmaihuh phoih hnu ah na kut kha itawl asilole thianh.



Puanthan in sermi hmaihuh pawl cu voikhat hman dih fatin, asilole a tlawmbik nifatin in su.



**\*Voikhat ca hman dingin sermi hmaihuh pawl cu hmanthan ding an si lo i hman dih lecaangka in hlonh colh ding an si.**

**A BIAPIMI:** Thawchuahnak lei zawtnak caan saupi a ngei cangmi hna cu hmaihuh hman hlan ah sii lei ruahnak cheuhmi an kawl a hau.

Thawngthanhmi tamdeuh hmuhnak caah National Coronavirus Helpline kha **1800 020 080**, ah chawn, holhlehnak lei riantuanpiaknak caah **khawhmi 8** kha thim, asilole **www.health.gov.au** ah zoh