

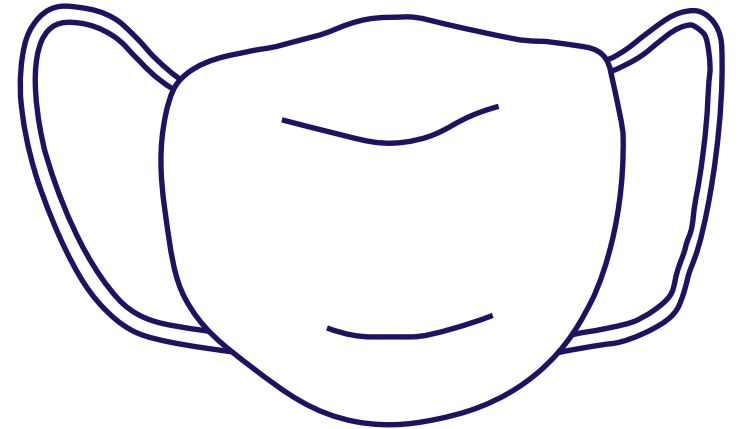


KUV PUAS TSEEM YUAVTSUM MUAB NTAUB MASK NPOG NTSEJ-MUAG?

Ntaub mask npog ntsej-muag yog ib qhov kev tiv-thaiv ntawm COVID-19 nyob rau thajchaw muaj neeg sibkis mob coob. Txheeb-xyuas hauv koj lub xeev thiab nroog saib lawv cov kev qhuab-qhia txog kev muab ntaub mask npog ntsej-muag qhia licas. Yog koj nyob rau thajchaw uas nyob nrug deb tsis tau xwsli hauv cov tsheb ntiav, ces koj yuavtau muab ntaub mask npog ntsej-muag.

Nyob kom kis tsis tau COVID:

- Ntxuav tes losyog muab cov cawv dej so tes
- Ceevfaj nyob nrug deb ntawm lwm tus (1.5m)
- Mus txhaj koj cov koob tshuaj COVID-19 kom puv
- Nyob twjywm hauv tsev yog tsis xis-neej thiab mus kuajmob.



Yog koj nyiam muab ntaub mask npog ntsej-muag:



Ntxuav koj txhais-tes uantej yuav muab daim ntaub mask coj los npog ntsej-muag



Txheeb xyuas kom daim ntaub mask npog koj lub qhov-ntswg thiab qhov-ncauj, npog lub puab-tsaig, rau tus caj-ntswm los mus rau ob sab nplu kom ruaj.



Tsis txhob kov sab pem hauv-ntej ntawm daim ntaub mask thaum koj muab npog losyog hle tawm. Yog koj kov raug daim ntaub mask ces mus ntxuav tes losyog muab cov cawv dej so tes tamsis ntawd. Tsis txhob muab daim ntaub mask tso khuam ntawm koj lub puab-tsaig losyog cajdab.



Ntxuav tes losyog muab cawv dej so tes tomqab ntawm hle daim ntaub mask tawm.



Muab koj daim ntaub npog ntsej muag uas siv tag ntxhua, yam tsawg ib hnuv ntxhua ib zaug ziab.



***Cov ntaub mask uas siv ib zaug cuam pov tseg ces tsis txhob muab siv dua, muab cuam povtseg tomqab siv ib zaug tag.**

TSEEMCEE: Cov neeg mob hnyav ua-pas nyuab yuav tsum xub mus sablaj nrog kws khomob uantej yuav siv daim ntaub mask npog ntseg-muag.

Xav tau xovxwm ntxiv ces hu rau the National Coronavirus Helpline xovtooj **1800 020 080**, xaiv nyem **option 8** rau kev pabcuam txhais-lus, losyog mus saib hauv **www.health.gov.au**