

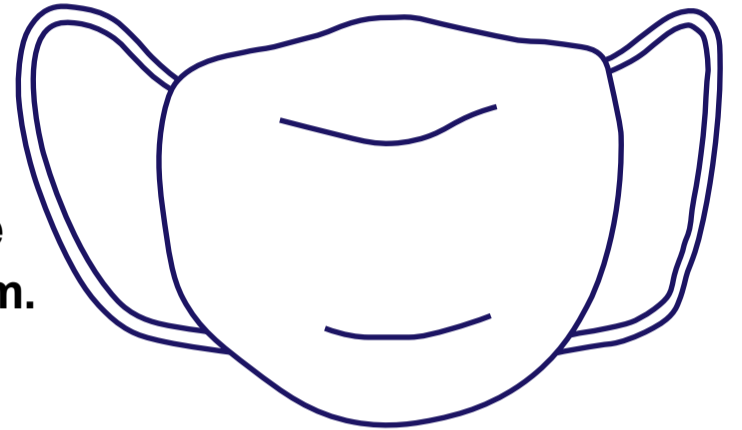


Kaar ba mǎth ceŋ ǝ ɣɛɛn?

Mǎth ee tǔŋ de kuɛɛr ke gǝl de COVID-19 nǝ ɣǎn yenǝ ke tuaany wuɔɔk tǝnǝ akutnhom de kɔɔ rǝɛr tǔk. Nem walaya de tǝ ceŋ ku ɣǎn ceŋ keek nǝ jiǝɛm de kǝde mǎth cǝ gam ku kǎ ye keek kɔɔr. Naa tǔu tǝ ril mɛɔ de kɔɔ yiic bǝ luɔɔi cǝt mɛn de riǝth yenǝ raan abǝn ke kat/riŋ, ǝ ka lǝ ba lɔɔ ceŋ.

Ba rǝɛr ke ɣǎn cǝn COVID:

- Wak ɣǎcin wǝlǝ/ka kuɔthǝ ɣǎcin
- Luɔɔi ǝ mɛɔ de ɣic (1.5m)
- Cɔk wum duɔɔn de COVID-19 tǔu ke lui nǝ kǝde yee mɛnǝ
- Rǝɛrǝ baai naa cǝi ɣi guɔp ye yǔk ke piɔl ku cɔk rɔt them.



Naa ca kuany/lɔɔ ke ɣǎn bǝ mǎth ceŋ:



Wak ɣǎcin ke ɣǎn ŋot ke ɣǝ kǝc mǎth ceŋ/tǎǎu



Nyuɔɔthǝ apieth naadǝ ǝ ka cǝ ɣǎin kum wum ku thok ku leer agut cǝ ɣǝ ayuan, nǝ kaam de wumdu ku nǝ bak de nyindu.



Duɔɔnǝ bak tueeŋ de mǎth jak ke ceŋ wǝlǝ/ka naa bǝi ǝ bei. Naa ca mǎth jak, wak ɣǎcin ku kuɔthǝ ɣǎcin ǝlantǔŋtǝi. Duɔɔnǝ mǎth pǎl bǝ tǔu nǝ ɣǝ ayuan wǝlǝ/ka nǝ ɣǝ yeth.



Wak ɣǎcin wǝlǝ/ka kuɔthǝ ɣǎcin tǝ cǝn mǎth nyaai/bǝi bei.



Wak mǝɛth ye alǝth naa ca ceŋ, wǝlǝ/ka nǝ kǔl thok abǝn.



*Mǝɛth ye keek luɔɔi naa tǔk acǝi keek bǝ bɛɛr luɔɔi ku kaa kɔɔr bǝ ke nyaai ǝlantǔŋtǝi tǝ cǝnǝ ke luɔɔi

Kǝ thiekic: Kɔɔ nɔŋ tuaany de piɔu cie jǎl akɔɔr bǝkǝ jiǝɛm de kǎke wal kɔɔr cɔk ǝ ke kǝc mǎth goa luɔɔi.

Nǝ kǝde wǝl juɛc cɔl National Coronavirus Helpline nǝ **1800 020 080**, kuany/lɔɔ **alǔc de 8** nǝ kǝde wǝɛr de wǝl yiic, wǝlǝ/ka nem **www.health.gov.au**