



Australian Government



COVID-19 khamnak sii pawl kong ngakchia pawl sin chim ning

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Khamnak siichunhmi cu thla 6 in kum 4 karlak ngakchia cheukhat, zawt intuarnak ah a derthawm bakmi, asilole pumtlinglo, a fakmi COVID-19 an ngeih khawhnak tihnung a karhtermi zawtnak a buaibaimi le/asilole aphunphun a ngeimi caah duhpiakmi a si fawn. COVID-19 khamnak siichunhmi pawl kong na fa nih hngalh a duhmi le biahlnak tampi a tuahmi kha a phung a si ko. Khamnak sii an ichunh hlan le chunh hnu i ngakchia pawl sin ah hika pawl cu chim dingmi cheukhat an si.

Ngandamnak le Tar Zohkhenhnak Phuthen website ah hmuh khawhmi sii lei ruahnak cheuhmi a hnuvik theih buin um kha a biapi tuk.

Na fa khamnak sii aa chun hlaan ah na zawt dohnak lei petuasilole na siibawi kha COVID-19 khamnak sii kong ah siaherhmi asilole biahnaw pakhat khat na ceihmaipi khawh fawn.

Khamnak sii an ichunh cangnak kongah tihnak pakhat caah lehnak an tuahmi pawl le an hngalhmi kongah biangaih piak kha a biapi.

- COVID-19 khamnak sii kong na hngalh tawh hung ka chim.
- A hlaan ah khamnaksii na rak ichun bal cang maw?

Na fa kha hlanlio ah khamnaksii a rak ichunh cang kho men caah mah taitai in a chiahru ti lo kho men.

COVID-19 khamnak sii kong na hngalhmi kha fianghlaang tein le kum he aa rup ningin fianter.

Ngakchia pawl nih upa pawl sinin thinlung lei cawlnak pawl an i lak kha ichinchiah, cucaah tihphannak lei kong tamtuk chimnak kha santlaimi a si lo kho men i na fa kha um siaremlo in a tuah men lai.

Siibawi asilole sii lei a thiammi nih na fa kha cheukhat biahlnak an tuah te dingmi, cun na fa nih a baanhram ah thim in siichunh te ding (asilole thla 6 in kum 5 tang a si ahcu ke ah) a par zummi in chunh te ding a simi le siichunh hnu ah thim a luhnak tlawmpal te a fah khawh men kha fianter. Thim a luhnak i tlawmpal te a fah dingmi kha a phung a sinak kong le a fakmi sii rian a tuan ko timi a sullam a si zia kong chimhnak in na fa kha theihter than.

Khamnak sii ichunhnak kongah na fa kha a thinphangmi a lawh ahcun, a ruahmi pawl kong dothlat kha i zuam asilole a herh ahcun na siibawi sin in ruahnak pek chapmi na laak khawh.

Na fa biahalmi pawl kha phi

Na fa nih an hal khawh menmi biahalnak pakhat khat caah ngakchia he aa tlak in lehnak pawl tuah dingah cheukhat kha timhcia in ngei. Hi biaruahnak chungah an bawm kho menmi hna a biapimi biahalnak le bialehnak cheukhat an si:

Ngakchia i pilepu hna runvennak, le sianginn le aphu in lentecelhnak ah kal khawhnaktibantuk pehzulh in thil pawl tuahnak tibantuk na ruah ahcun, a dikmi tahchunnak pawl kha hmang, hi hin a bawmh lai.

Australia ah, riantuanpiaknakhmangin sii dihlak kha a himmi an sinak fehter dingah tha tein hneksaknak tuah an si. A himmi an si lo ahcun minung sin ah pek an si lai lo.

Na fa nih thim pawl a tih ahcun, a thahnemmi timhtuahnak le lungvaihna ngingang pawl kha an biapi.

Ngakchia kum 5 le acunglei pawl caah, mah umnak hmun i a ummi siizuarnak asilole a tlangpi thlopnak tibantuk, a hme deuhmi tampi naihnihammi hmun ah kal kha na fa a bawmh men lai.

A thatnak lei a simi hmuhtonak le lungvaihna sersiam dingah na fa i a duh bikmi tunu pawl asilole ca-uk pawl i ken.

Na fa nih thim pawl a tih ahcun a hlankanh in na ngandamnak lei zokhenhtu kha hngalhter, cu ticun zalak caan a dang tein an la kho lai i tuahto ning kha ihnawh lo asilole tuahchih lo in an um kho lai.

Khamnaksii kong tamdeuh thawngthanhmi hmuhnak caah www.health.gov.au i **Ngandamnak le Tar Zohkhenhnak Phuthen website** ah na zoh khawh.

National Coronavirus Helpline le COVID-19 Vaccine Helpline kha **1800 020 080** ah na chawnh khawh. Manlo in holhlehnak lei riantuanpiaknak caah thim khawhmi 8 kha hmet.

Hnachet na si, asilole khuatheihna asilole holhnak lei ah chambaunak na ngeih ahcun, National Relay Service kha **133 677** ah na chawnh khawh.