

# Aa thialkaammi zatlangbu pawl caah Winter Wellness sining catlap

Tu tan khuasik timhtuahnak, timhlahmnak le runvennak.

Khuasik deuh thla nih kiktaihnak, tlangrai, COVID-19 le a dang zawtnak pawl a chuaipi. Cu ruang ah timhtuahnak ngeih hi nangmah le nangmah, na chungkhar le na pawngkam runvennak caah a tha bikmi lam a si.

## Timhtuah

Na tlangrai le COVID-19 raikhamsii pawl caan ning in pehzulh ding in i timtuah cia – Mah pawl nih khan na zawt ahcun raifanhnak le COVID-19 dohnak ah an in bawmh lai.

## Raikhamsii Chunhnak

*Tlangrai*

Thla ruk le a cung lei ho paoh nih faak piin zawtnak zawr ternak ding ah kum fatin tlangrai khamnak sii an i chunh dih awk a si. Faak piin a zaw khomi dirhmun ah an um a si ahcun tlangrai khamnak sii chunhnak hi a biapi tuk. Fak piin a zaw khomi dirhmun a simi hna nih a lak\* in tlangrai khamnaksii chunhnak ah an tling kho.

Fak deuh in a zaw khomi dirhmun a simi minung hna cu thla ruk in kum nga, Aboriginal le Torres Strait Rilikam minung pawl, naupawi nu pawl, kum 65 le a cung lei pawl cun zawtnak nih a temtawnmi minung pawl an si.

*COVID-19*

Kum 18 le a cung lei ho paoh nih a donghnak raikhamsii an rak i chunhnak silole COVID-19 an zawtnak thlaruk a tlawm bik a si cang ahcun 2023 COVID-19 raikhamsii chapmi(booster) a lak in an ngah khawh. 2023 raikhamsii chapmi(booster) chunhnak cu faak piin a zaw khomi dirhmun ah a ummi kum 18 cung pawl le kum 65 in a cung lei upa pawl caah fak piin ruahnak pek a si.

A hlaan ah COVID-19 raikhamsii a rak i chun ballo mi minung pawl caah, kum nga le a cung lei pawl cu an voikhatnak raikhamsii chunh ding ah ruahnak pek an si cun aa tlakmi kum an si ahcun chapmi(booster) zong chunh chih ding in ruahnak pek an si.

Na raifanh khamnak sii le COVID-19 raikhamsii cu tonnak ah hmakhat te ah na laak khawh hna. Raifanh khamnak sii le COVID-19 cu na GP, a cheu ramchung siidawr pawl le Council siikhaan pawl in ngah khawh an si. [appointment online](#) ah cah.

\*Zalchung tangka a dihmi silole pumpak pekmi tangka kong theih ding ah na GP, ngandamnak lei zohkhenhtu silole siidawr khaw chawn hna.

## Timhlahmnak Ngei (Plan):

COVID-19 silole tlangrai khamnak sii aa chunmi cheukhat nih faak piin zawtnak zawr ter ding ah

rungrul thahnak sii an din awk a si. Nangmah cu COVID-19 silole tlangrai in fak piin a zaw khomi dirhmun na si ahcun, na zawt hlaan ah thlopnak timhlahmnak ding ah na GP silole ngandamnak lei zohkhenhtu kha tong hna.

Fak deuh in a zaw khomi dirhmun a simi pawl ah caan sau zawtnak a ngeimi le kum 70 cung upa pawl an i tel.

Mah hi timhtuahnak nih hin na zawt tik ah zeitindah testnak tuah na si lai timi le positive na si ahcun zeitindah rungrul thahnak sii na din lai timi an chimg awk a si.

Zawtnak hmelchunhnak aa thok bak in rungrul thahnak sii na din colh a herh.

Na khua a sih silole raifanhnak bantuk a simi zawtnak hmelchunhnak pawl na ngah ahcun, i testnak ding ah na GP kha pehtlai. Faak piin a zaw khomi minung pawl nih PCR testnak an tuah awk a si. PCR silole RAT positive cu COVID-19 rungrul dohnak ngahnak ah hman khawh a si.

Positive RAT online in minpek ding philh hlah silole [Mizapi Ngandamnak Pehtlaihnak \(Public Health Hotline\) 1800 671 738](#) ah chawn.

Positive na si ahcun, na GP silole ngandamnak lei zohkhenhtu kha theih ter colh hna. Punghmaan siibawi na ngeih lo asilole an i manh lo ahcun, na thimnak pawl biakhiah ding ah [COVID@homeplus team kha 1800 973 in](#) na chawnh khawh hna. COVID@homeplus phone na chawnh tik ah na duhmi holh in holhlettu auh khawh a si.

[Mipi Coronavirus Bawmhnak lei Chawnhnak \(National Coronavirus Helpline\) 1800 020 080](#) zong nih rungrul thahnak a tlangpi in lamhmuhsaknak an in pek khawh fawn, silole riantuannak caan hnu siibawi tuanpiaknak na pektlaih khawh.

## Runveng:

A tang lei pawl tuahnak in hin na chungkhar le na hawi le pawl zawtnak chawnhnak na zawr ter khawh:

- Na zawt tik ah inn ah umnak
- Khuh le hachio tik ah i huhnak le chaphiat le ti he tawlnak in zu-hrambunh kut tawlnak hang hmannak

Mi ze an sihmanh ah khuasih silole raifanhnak bantuk a simi zawtnak hmelchunhnak pawl an ngeih ahcun, an zawtnak hmelchunhnak aa thok hnu a tlawm bik ni sarh caah a tang lei pawl hi an tuah awk a si

- Sizung, kumkhua upa zohkhenhnak hmun, pum tlamtlinglo chiahnak hmum, silole faak piin a zaw khomi dirhmun ah a ummi hawikom pawl silole chungkhar pawl tibantuk sin ah lenkai lonak
- mizapi hmun pawl ah le mizapi hmanmi mawtaw tlanglawng pawl cung ah hmaiuh i khuhnak
- inn chung mibu i khawmhnak hrialnak

COVID-19 silole a dang chikhat zawtnak pawl ah positive na si ahcun, a karhnaak zawr ter ding ah nangmah he aa naihnam mi kha theihternak tuah. Naihnam in a ummi minung pawl cu caan tam deuh nangmah he hmunkhat ah silole inn chung ah caan a hmang timi pawl kha an si. An mah pawl cu nangmah sin in COVID-19 i laaknak le midang sin ah zawtnak rungrul karh ter ding ah a sang bik dirhmun ah an um.

A dikmi bawmhnaak ngah. Nangmah silole na fa ii zawtnak hmehchunhnaak kong ah na lungre a theih ahcun:

- Na punghman GP/ngandamnaak zohkhenhtu kha pehtlai
- Riantuantu Nurse he 24/7 i chawnh ding ah 1800 022 222 in HealthDirect kha chawn. Tuah ding na theih lo tik ah ruahnaak an in pek khawh cun GP in chawnh thannaak an in tuah piak khawh.
- Zaan lei, zerhdonghnaak pawl le mizapi zungkhar ni pawl ah a ngahmi na pawng hrawng sii lei thimnaak, riantuan caan hnu GPs, siikhaan pawl le siidawr pawl telh in, kawl ding ah <http://www.tasafterhours.com/> ah lut.
- COVID@homeplus phu kha 1800 973 363 ah chawn hna. Phu nih a tang lei pawl an in bawmh khawh
  - i testnaak
  - a ngah ahcun rungral thahnaak sii le
  - COVID-19, raifanhnak le a dang caan chikhat zawtnak a ngei kho ding dirhmun a si mi pawl caah zohkhenhnaak
- A dinmi zawtnak pawl caah thlopnak le ruahnaak cheuhnaak caah na veng chung siidawr pawl ah kal.