

# တၢ်ဆိတလဲသးတနီၤဘၣ်ထွဲခိၣ်ရီၣ်နၢ်တၢ်ဆိတၢ်ဖီၣ်ပံးလၢကစးထီၣ်သးဖဲ လါ June ၂၂ သီ ၂၀၂၀

Changes to coronavirus restrictions that will take place from 22 June 2020

ဖဲအပူၤကွၢ်တနီၤလၢဝံထီၣ်ရံၤအပူၤတၢ်ထံၣ်လၢပုၤဘၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆိတၢ်ဖီၣ်ပံးလၢကစးထီၣ်သးဖဲဒီးတၢ်အံၤအခိပညီမ့ၢ်ဝဲတၢ်ကမၤဝဲဒၣ်တၢ်ဆိတလဲတနီၤဘၣ်ထွဲတၢ်လၢတၢ်လၢပကမၤသ့သ့ၣ်တဖၣ်န့ၣ်လီၤ.

ဝံထီၣ်ရံၤအကီၢ်ခဲၣ်ခိၣ် Daniel Andrews ဘိးဘၣ်သ့ၣ်ညါဝဲတၢ်ဆိတလဲဒ်လၢအသိးလၢကစးထီၣ်သးဖဲလါ June ၂၂ သီ ၂၀၂၀ န့ၣ်လီၤ.



**Karen**

**ဟီၣ်ကဝီၤတၢ်မၤစၢၤခဲးတၢ်အလီၢ် (Community services)**

လံာ်ရီၤဒီး, ဟ်ယုာ်စ့ၢ်ကိးဒီးလံာ်ရီၤဒီးလၢအိၣ်ဒီးဖိသ့ၣ်တၢ်လိာ်ကွဲး ဒီးဟီၣ်ကဝီၤတၢ်မၤစၢၤအလီၢ်ဒ်အမ့ၢ် 'Neighbourhood houses' တၢ်လီၤသ့ၣ်တဖၣ်ပုၤလဲၤန့ၣ်လီၤန့ၣ်တုၤ (၂၀)ဂၤ ဒီးပုၤသ့ၣ်တဖၣ်တဖၣ်အံၤကဘၣ်အိၣ်စီၤစ့ၢ်လိာ်သးန့ၣ်လီၤ.



**တၢ်ရုၤလိာ်မ့ၢ်လိာ်တၢ်ထံၣ်ဟ်ဖိၣ်ထီၣ်သကိးသး (Social gatherings)**

နထံၣ်လိာ်သကိးသးဒီးနတံၤသကိးလၢကမ့ၢ်တၢ်လီၢ် ဒီးလၢတၢ်ချၢသ့ဝဲတုၤ (၁၀)ဂၤ ဒီးနကွဲးပုၤလၢနဟံၣ်သ့ဒ်ထဲ (၅)ဂၤ န့ၣ်လီၤ.



**တၢ်အိၣ်ကျး (Restaurant)**

တၢ်အိၣ်ကျးသ့ၣ်တဖၣ်က့ၤအိးထီၣ်ကဒါက့ၤသ့ဝဲ ဒီးတူၢ်လိာ်ပုၤန့ၣ်တုၤ (၂၀)ဂၤ န့ၣ်လီၤ.

**တၢ်လဲၤတၢ်က့ၤဒီးတၢ်မံတီၢ်လၢမ့ၢ်နၢ်ခီ (Travel and overnight stays)**

နဟးထီၣ်ဟးလီၤမံတီၢ်လၢမ့ၢ်နၢ်ခီသ့ဝဲ ဒီးနသ့ၣ်စ့ၢ်ကိးတၢ်ဖိအိၣ်တၢ်လီၢ်ဒီးတၢ်လုာ်ထံလီၢ်ဒီးပုၤဂၤသ့ဝဲလံန့ၣ်လီၤ.

**တၢ်ဟူးတၢ်ဂဲၤလၢတၢ်သ့ၣ်ထီၣ်ပူၤ ဒီးနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤ (Indoor activities and exercise)**

တၢ်လိာ်ကွဲးလၢတၢ်သ့ၣ်ထီၣ်ပူၤ ဒီးတၢ်မၤမ့ၢ်သးတၢ်ဟူးတၢ်ဂဲၤသ့ၣ်တဖၣ်တၢ်က့ၤစးထီၣ်က့ၤအီၤသ့ဝဲလံ ဘၣ်ဆၣ်ပုၤတဘၣ်ဟ်ဖိၣ်ထီၣ်သးအါန့ၣ် (၂၀)ဂၤ ဘၣ်. မ့ၢ်ကရူၢ်တၢ်ဟူးတၢ်ဂဲၤလၢဘၣ်တၢ်မၤအီၤလၢတီၤပူၤလၢပုၤ ၁၈ နံၣ်ဒီးဆူအဖိခိၣ်သ့ၣ်တဖၣ်အဂီၢ်တခိတၢ်ဟ့ၣ်အခွဲးတုၤအဂၤ (၁၀)န့ၣ်လီၤ. ဘၣ်ဆၣ်မ့ၢ်ပုၤ ၁၈နံၣ်ဒီးဆူအဖိလၢသ့ၣ်တဖၣ်အဂီၢ်တခိတၢ်ဟ်ပနီၣ်ပုၤနီၣ်ဂံၢ်နီၣ်ဒူးတအိၣ်ဝဲဘၣ်န့ၣ်လီၤ.



တၢ်ပီၤထံလီၢ်လၢတၢ်ချၢမ့ၢ်ဂ့ၤလၢတၢ်သ့ၣ်ထီၣ်ပူၤမ့ၢ်ဂ့ၤတၢ်က့ၤအိးထီၣ်ကဒါက့ၤသ့ဝဲလံ ဒီးပုၤလဲၤန့ၣ်လီၤလၢအပူၤသ့တုၤ (၂၀)ဂၤန့ၣ်လီၤ. မ့ၢ်လၢတၢ်ပီၤထံလီၢ်တကျိၤဒီးတကျိၤတခိတၢ်ဟ်ပနီၣ်ပုၤနီၣ်ဂံၢ်တအိၣ်ဘၣ်န့ၣ်လီၤ.

တၢ်လိာ်ကွဲးလၢပုၤလိာ်ကွဲးဖိဘၣ်အိၣ်ဘူးအိၣ်တၢ်လိာ်သး (ဖျၢၣ်ထူ မ့တမ့ၢ် ဖူထံၣ်) အတၢ်မၤလိ ဒီးတၢ်ပြုၤလၢပုၤ ၁၈နံၣ်ဒီးဆူအဖိလၢသ့ၣ်တဖၣ်အဂီၢ်တၢ်က့ၤစးထီၣ်ကဒါက့ၤသ့ဝဲလံန့ၣ်လီၤ.

မ့ၢ်တၢ်လိာ်ကွဲးလၢပုၤလိာ်ကွဲးဖိတလိၣ်အိၣ်ဘူးအိၣ်တၢ်လိာ်သးသ့ၣ်တဖၣ်တခိတၢ်က့ၤစးထီၣ်ကဒါက့ၤလၢပုၤကိးဂၤဒဲးအဂီၢ်သ့ဝဲဒၣ်လံန့ၣ်လီၤ.

# တၢ်ဆီတလဲသးတနီၤဘၣ်ထွဲခိၣ်ရိၣ်နၢ်တၢ်ဆါတၢ်ဖီၣ်ပံးလၢကစးထီၣ်သးဖဲ လါ June ၂၂ သီ ၂၀၂၀

Changes to coronavirus restrictions that will take place from 22 June 2020

**တၢ်ဖဲးတၢ်မၤ နီၤတၢ်မၤလိမၤဒီး (work and study)**

မ့သ့န့ၣ်န့ၣ်ကြၢၤဆဲးမၤတၢ်မၤလၢနဟံၣ်န့ၣ်လီၤ. တီၤဖျၢၣ်ကိၣ်ဒီးတီၤထီၣ်ကိၣ်ဖိသ့ၣ်တဖၣ်က့ၤထီၣ်ကဒါက့ၤကိၣ်လၢမဲၣ်သကိးမဲၣ်သ့ၣ်လဲၣ်န့ၣ်လီၤ. မ့မ့ၢ်ဖျၢၣ်စိမိၤ, ထးဖဲ နီၤပုၤဒိၣ်တုၣ်ကိၣ်ဖိသ့ၣ်တဖၣ်တခါကြၢၤဆဲးမၤလိမၤဒီးတၢ်လၢအဟံၣ်န့ၣ်လီၤ.

**တၢ်သ့ၣ်ဖဲသးညီၣ်ဒီးလၢလၢထူၣ်န့ (Entertainment and culture)**

တၢ်သ့ၣ်ထီၣ်ပးဒိၣ်လၢတၢ်ပၢ်တၢ်ဂီၤတၢ်ဖီၣ်သ့ၣ်တဖၣ်, တၢ်ပၢ်က့ၤကိၣ်လီၤ နီၤတၢ်လီၤလၢဘၣ်ထွဲဒီးတၢ်စံၣ်စိၤတဲၤသ့ၣ်တဖၣ်တၢ်က့ၤအိးထီၣ်ကဒါက့ၤသ့ၣ်လဲၣ် ဒီးတူၣ်လိာ်ပုၤတဖၣ်န့ၣ်တုၤ (၂၀)ဂၤန့ၣ်လီၤ.

တၢ်ပၢ်က့ၤကိၣ်ဆၣ်ဖိကိၣ်ဖိလီၤ, တၢ်လိာ်ခိၣ်လိာ်ကွဲတၢ်သ့ၣ်ဖဲသးညီၣ်အလီၤလၢတၢ်ချၢ နီၤတၢ်ဆါတၢ်ပုၤလီၤလၢအိၣ်ဒီးအခိၣ်ဒုးသ့ၣ်တဖၣ်တၢ်က့ၤအိးထီၣ်ကဒါက့ၤသ့ၣ်လဲၣ် ဒီးတူၣ်လိာ်ပုၤသ့ၣ်တုၤ (၂၀)ဂၤ နီၤပုၤသ့ၣ်တဖၣ်အံၤကဘၣ်အိၣ်ယံၤလိာ်သး (၄) မံထၢၣ်ဝးဝးန့ၣ်လီၤ.

မ့မ့ၢ်တၢ်ဟူးတၢ်ဂဲၤလၢဘၣ်တၢ်မၤအီၤလၢအကရူၢ်တခါတၢ်ဟ့ၣ်အခွဲးတုၤဒၣ်ထဲ (၂၀)ဂၤန့ၣ်လီၤ.

တၢ်ဂီၤမူဒါး, တၢ်သ့ၣ်ဝံၣ်သးဆါလီၤ နီၤတၢ်ဂဲၤကလံၣ်အချီၣ်သ့ၣ်တဖၣ်စ့ၢ်ကိးတၢ်က့ၤအိးထီၣ်ကဒါက့ၤသ့ၣ်လဲၣ် ဒီးတူၣ်လိာ်ပုၤသ့ၣ်တုၤ (၂၀)ဂၤ နီၤပုၤသ့ၣ်တဖၣ်အံၤကဘၣ်အိၣ်ယံၤလိာ်သး (၄) မံထၢၣ်ဝးဝးန့ၣ်လီၤ.

**တၢ်သံတၢ်ပုၤ (Funerals)**

အခဲအံၤနလဲၤလၢတၢ်သံတၢ်ပုၤလၢကရူၢ်တၢ်လီၤဒ်အမ့ၢ်တၢ်ပၢ်ပုၤသံလီၤ မ့တမ့ၢ်လၢတၢ်သ့ၣ်ခိၣ်န့ၣ်တုၤလၢအဂၤ (၅၀)န့ၣ်လီၤ. နမ့ၢ်အိၣ်ဒီးတၢ်သံတၢ်ပုၤအမူးလၢပုၤတဂၤဂၤအဟံၣ်ပုၤတခါန့ၣ်မ့ၢ်ပုၤဂၤသ့ၣ်ဒၣ်ထဲ (၅)ဂၤန့ၣ်လီၤ.

**တၢ်ဒီးဘျၢထံ နီၤ တၢ်ပၢ်ဖျိၣ်ထီၣ်သးလၢတၢ်ဘျၢထံအဂီၢ် (Christening and religious gatherings)**

ပုၤပၢ်ဖျိၣ်ထီၣ်သးလၢတၢ်ဘျၢထံအဂီၢ်သ့ၣ်တုၤ (၂၀)ဂၤ. တၢ်ဟ့ၣ်ဝဲဒၣ်အခွဲးလၢပုၤလဲၤထီၣ်ဘါလွၤ မ့တမ့ၢ်တၢ်ပၢ်ဖျိၣ်ထီၣ်သးလၢတၢ်ဘျၢထံအမူးဆဲးဆဲးဖိသ့ၣ်တဖၣ်န့ၣ်တုၤလၢ (၂၀)ဂၤ နီၤပုၤသ့ၣ်တဖၣ်အံၤကဘၣ်အိၣ်စိၤစုၤလိာ်သးန့ၣ်လီၤ.

**တၢ်တုတၢ်ဖျီ (Weddings)**

မ့မ့ၢ်တၢ်တုတၢ်ဖျီတခါတၢ်ဟ့ၣ်အခွဲးလၢပုၤကပၢ်ဖျိၣ်ထီၣ်သးန့ၣ်တုၤ(၂၀)ဂၤ - အါထီၣ်ယုာ်ဒီးပုၤဖျီတၢ်တဂၤ နီၤတလးမူးပိာ်မုာ်ဒီးတလးမူးပိာ်ခွါ.

**သ့ၣ်နီၣ်ထီၣ်န့ (Remember)**

ပဲကိးဂၤဒဲးပအိၣ်ပုၤအိၣ်ဖျဲးဒီးတၢ်လီၤဘၣ်ယိၣ်သ့ ခိၣ်ဖျိပသ့ပစုထီၣ်ဘိ, အိၣ်စိၤစုၤယံၤလိာ်သး နီၤအိၣ်လၢဟံၣ်ဖဲန့ၣ်အိၣ်တဆူၣ်ဘၣ်အခါန့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဘၣ်ဖုးဒီးခိၣ်ရိၣ်နၢ်တၢ်ဆါပနီၣ်တမံၤမံၤန့ၣ်လဲၤမၤကွၢ်နသးတက့ၢ်.

တၢ်ဆီတလဲသးသ့ၣ်တဖၣ်အံၤမ့ၢ်ဟဲကဲထီၣ်သး ဒီးပမ့ၢ်တထံၣ်လၢပုၤဆိက့ၤလၢခိၣ်ရိၣ်နၢ်တၢ်ဆါအံၤအယိဟဲအါထီၣ်လၢဘၣ်န့ၣ်, တၢ်ကဆီတလဲကဒီးတၢ်ဖီၣ်ပံးတနီၤ ဒ်သိးကဟ့ၣ်အါထီၣ်ပုၤတၢ်ခွဲးတၢ်ယာ်လၢပကမၤတၢ်လၢအဂၤသ့ၣ်တဖၣ်န့ၣ်လီၤ.



## Coronavirus restrictions - changes from 22 June, 2020

Victoria has seen an increase in the number of Coronavirus cases over the past week and this means that there has had to be some changes to the things we have been allowed to do. Premier Daniel Andrews has announced the following changes to restrictions from June 22.

### Community services

Libraries, including toy libraries, and community facilities such as neighborhood houses may have up to 20 people in each separate space, subject to four square metres.

### Social gathering

You can now only get together with 10 of your friends in public and outdoor spaces and you can only invite up to five people in your house at a time.

### Restaurants and cafes

Restaurants and cafe can have up to 20 people only with social distancing in place.

### Travel and stay overnight

You can continue to travel overnight however you can now also share communal facilities such as kitchens and bathrooms.

### Indoor activities

Indoor sport and recreation activities can now resume, with a limit of 20 people. Group Classes can have up to 10 people over 18 years of age. There are no limits on the numbers for people under 18 years of age. Indoor and outdoor swimming pools can now reopen with a maximum of 20 people with no limit on the number of people per lane. Contact sport training (soccer or footy) and competition can resume for people 18 years old or younger. Non-contact competitions can resume for all ages.

### Work and Study

You must continue working from home where possible. Primary school and high school students continue with face-to-face learning. University, TAFE and adult education students should continue to learn from home.

### Entertainment and culture

Galleries, museums and historic sites can now reopen and can have up to 20 visitors per indoor space. Zoos, outdoor amusement parks and outdoor arcades can also open, with a maximum of 20 people maintaining the distance of four square metres. Groups sessions are limited to 10 people. Indoor cinemas, concert venues and theatres can reopen with up to 20 seated people maintaining the four square metre rule.

### Funerals

A maximum of 50 people can now attend funerals at public places like funeral homes or cemetery. If you have a funeral at someone's house you can invite up to five people outside your family members who live in the house.

### Christening and religious gatherings

Up to 20 people can participate in the christening and up to 20 people can attend an area of worship maintaining distance rules. Groups are still limited to 20 people for example attending a wedding or christening.

### Remember

We have to follow the rules to stay safe. This includes:  
Washing your hands.  
Keeping your distance from others.  
Staying home if you feel unwell.  
If you have symptoms of Coronavirus you should get tested.  
If all of these changes happen and we don't see more people getting sick with the coronavirus, more changes will be made to allow us to do more things.

### Stay up to date with Coronavirus information

Stay up to date with latest information from only reliable sources such as <https://www.dhhs.vic.gov.au/>