

တၢ်န့ၣ်ကျဲလၢနကဘၣ်လူၤပိၤမၤထွဲဖဲနမၤကွၢ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါဝံၤအလီၤခံ

The instructions that you must follow after coronavirus test

တၢ်န့ၣ်ကျဲလၢနကဘၣ်လူၤပိၤမၤထွဲဖဲနမၤကွၢ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါဝံၤအလီၤခံ.

လၢတၢ်ဂ့ၢ်အံၤအယီၤ အရၢဒိၣ်ဝဲလၢနကဘၣ်လူၤပိၤမၤထွဲတၢ်န့ၣ်ကျဲသ့တဖၣ်အံၤန့ၣ်လီၤ.

ဖဲနမၤကွၢ်သးဝံၤအလီၤခံန့ၣ်-



- ဝံသးစူၤကွၢ်တဘျီယီၤဆူနဟံၣ် ခိၣ်တဘၣ်အိၣ်ပတုၣ်နီၣ်တတီၤဖဲနကွၢ်လၢကျဲအခါတဂ့ၢ်
- နကဘၣ်အိၣ်ယံၤအိၣ်ဖးသးခိၣ်ပုၤဂၤ ဟံၣ်ယုၣ်စ့ၢ်ကိးခိၣ်နဟံၣ်ဖိယီၤဖိလၢ (၁၄)သီအတီၢ်ပုၤ
- နကဘၣ်ဖျိၣ်ဝဲဒၣ်တၢ်မၤဘၢနီၣ်ကိၣ်ပုၤ 'Mask' ဖဲနအိၣ်ဘူးခိၣ်ပုၤဂၤလၢနဟံၣ်ပုၤအခါ
- နဟးထီၣ်လၢတၢ်ချၢသ့ဒၣ်ထဲလၢဖဲနအိၣ်မ့ၢ်တဆူၣ်ဘၣ် ခိၣ်လိၣ်ဘၣ်ကသံၣ်ကသီတၢ်မၤစၢၤအခါန့ၣ်လီၤ

နကဒီးန့ၣ်ဘၣ်နတၢ်မၤကွၢ်အစၢလၢ (၅)သီအတီၢ်ပုၤဖဲနမၤကွၢ်သးဝံၤအလီၤခံန့ၣ်လီၤ.

နမ့ၢ်တအိၣ်ခိၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါဝံၤအယီၤဘၣ်န့ၣ်နကဒီးန့ၣ်ဘၣ် 'Text message' န့ၣ်လီၤ. နီၣ်လဲၣ်ဂ့ၢ်လဲၣ်ဂ့ၢ် နမ့ၢ်တအိၣ်ခိၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါဝံၤသန့ကနကဘၣ်ဆဲးအိၣ်ယံၤအိၣ်ဖးသးခိၣ်ပုၤဂၤလၢ (၁၄)သီအတီၢ်ပုၤန့ၣ်လီၤ.

ဖဲန့ၣ်အခါနမ့ၢ်စးထီၣ်တူၢ်ဘၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါကွၢ်ပနီၣ်ဒ်အမ့ၢ်-

If during that time you start to have symptoms of coronavirus such as:

- တၢ်ကိၣ်ထီၣ်
- တၢ်ကူး, ကိၣ်ယုၣ်ဆါ
- ကသီယံး
- နါအုၣ်ထံယွၢ်
- တနၢ်ဘၣ်တၢ်ဘၣ် မ့တမ့ၢ်အိၣ်တၢ်အရီၣ်လီၤမၤန့ၣ်နကဘၣ်လဲၤမၤကွၢ်သးကဒီးအသီတဘျီန့ၣ်လီၤ.



တၢ်မၤကွၢ်နၢ်ခိၣ်နမ့ၢ်အိၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါဝံၤတခီ ပုၤကဆဲးကျိးနၢ်လၢလီၤတဲစီန့ၣ်လီၤ. လၢတၢ်န့ၣ်အယီၤ ဟံၣ်နလီၤတဲစီဘူးဘူး ခိၣ်နၢ် ခိၣ်ဖိၣ်အီၤဖဲလီၤတဲစီဖဲအခါန့ၣ်တက့ၢ်. ပုၤကတဲနၢ်လၢနဘၣ်မၤမနုၤလဲၣ်အဂ့ၢ်ဖဲအဆဲးကျိးနၢ်လၢလီၤတဲစီအခါန့ၣ်လီၤ.

ဖဲနအိၣ်ခိၣ်ခိၣ်ရီၣ်နၢ်တၢ်မၤကွၢ်အစၢအခါ ခိၣ်နမ့ၢ်ဆိက့ထီၣ်နးနးန့ၣ် ကိးယီၤလီၤတဲစီဆူနကသံၣ်သရၣ်အအိၣ်, လဲၤဆူဘဲဒံၣ် ကိၣ်တၢ်ဆါဟံၣ်လၢဂ့ၢ်ဂီၢ်အူအဝဲၤဒၢး မ့တမ့ၢ်ကိးတၢ်ဆါဟံၣ်သီလုၣ်တိၣ်ပုၤဆါခီဖျိ '000' န့ၣ်တက့ၢ်. ဝံသးစူၤတဲဘၣ်ဆူၣ်ချၢ ပုၤမၤတၢ်ဖိလၢနအိၣ်ခိၣ်ဝဲဒၣ်ခိၣ်ရီၣ်နၢ်တၢ်မၤကွၢ်သးအစၢ ခိၣ်နအိၣ်ဘူၣ်တူၢ်ဘၣ်ခိၣ်ပုၤလၢအိၣ်ခိၣ်ရီၣ်နၢ်တၢ်ဆါန့ၣ်တက့ၢ်.

ပုၤမ့ၢ်တဆဲးကျိးနၢ်လၢ (၇)သီအတီၢ်ပုၤန့ၣ်ကိးယီၤလီၤတဲစီဆူတၢ်ဆါဟံၣ် မ့တမ့ၢ်ကညီခိၣ်ရီၣ်နၢ်လီၤကျိၤလီၤဆီ ၅၄၀၆ ၁၂၅၄ ခိၣ်ပုၤကညီပုၤမၤတၢ်ဖိတဂၤဂၤကမၤစၢၤသံကွၢ်န့ၣ်နၢ်တၢ်မၤကွၢ်အတၢ်စံးဆါန့ၣ်လီၤ.

နတၢ်အိၣ်တဆူၣ်တချၢအခွဲး 'Sick leaves' မ့ၢ်တအိၣ်ဘၣ်ခိၣ်နမ့ၢ်ကဲဘၣ်ဖုးပုၤမၤတၢ်ဖိလၢတမၤတၢ်အိၣ်အိၣ်စံးအိၣ်ကျိၤလီၤ လၢခီပနံၣ်ကရၢပုၤ 'Casual' န့ၣ်ဝံသးစူၤဆဲးကျိၣ်ကညီလီၤတဲစီကျိၤလီၤဆီ ၅၄၀၆ ၁၂၅၄ လၢနကတဲသကိးတၢ်ခိးပဘဲဒံၣ် ကိၣ်ခိၣ်မုၢ်နထံၣ်အပုၤကညီပုၤမၤတၢ်ဖိတဂၤဂၤဘၣ်ယးတၢ်လၢနကြးမၤမ့ၢ်တၢ်မနုၤလဲၣ်န့ၣ်လီၤ.

The instructions that you must follow after getting this Coronavirus test

Today you are being tested because you have come in close contact with someone who has been diagnosed as having Coronavirus.

For that reason it is very important that you all follow these instructions

After you get tested:

- Please go straight home and do not stop anywhere on your way.
- You must isolate yourself from others including family members for 14 days.
- You should wear a mask when you are near others in your house.
- The only time you can leave your house is if you become sick and need medical attention.

You should receive the results of your test within 5 days of being tested.

You will receive a text message if your test result is negative and you don't have Coronavirus.

However even if your test is negative you must continue to isolate for 14 days. If during that time you start to have symptoms of Coronavirus such as:

- Fever
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of smell or
- Loss of taste

You must go and get tested again.

However if your test is positive, which means you have Coronavirus, you will receive a phone call. Therefore, make sure you put your mobile phone close to you and pick up the phone when it rings. When you are contacted you will be told what you need to do.

While you are waiting for your Coronavirus test, if you start to feel very unwell call your local doctor, go to the Bendigo Health Emergency Department or call triple 000 for an ambulance. Please tell health worker that you are waiting for your COVID-19 swab results and that you are a close contact of a confirmed case.

If you have not been contacted within 7 days please call the hospital or the coronavirus hotline and one of our staff will help you find out your results.

If you didn't have sick leave and you are a casual worker, please contact our Karen Telephone Hotline on **5406 1254** from Monday to Thursday between 1pm and 4.30pm to talk to our BCHS Karen staff to discuss the options. Do not worry if you have a pre-paid phone plan, we will call you straight back so this will not cost you very much at all.

Thank you.