

နမူနာကွဲသေးစုံနမူနာအိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်

What do you do if you've tested positive for coronavirus (COVID-19)

နမူနာကွဲသေးစုံနမူနာအိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်အိတ်ယံးနသးဒီးပုဂံတုလီလဲလဲနဘျါကွဲတစု ဒီးတုလဲပုလဲထံကီပဒိတ်အကျါတဂဲလဲနလဲနဟးထိတ်လဲဟံဉ်ပုလဲသုလံတစုန့ဉ်လီ။ အရူဒိတ်ဝဲလဲနကလူပိတ်မဲထွဲတံဂဲတံကျါသုတ်တဖဉ်အံးဒိတ်ဘျါအိတ်ဝဲအသိးန့ဉ်လီ။



နကဘတ်အိတ်ယံးအိတ်ဖးသးဒီးပုဂံလဲလဲလီဖဲလဲဉ်

Where do I isolate?

ဖဲနမူနာကွဲသေးစုံနမူနာအိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်လဲလဲဆူတံလီလဲလဲနကဘတ်ပတ်အိတ်လီဖးသးဒီးပုဂံတဘျီယီ, တဘတ်ပတုတ်လဲကျဲနီတတီဘတ်. တံလီအံးဘတ်သုတ်သုတ်ကမုဝဲနဟံဉ်န့ဉ်လီ။

တံပတ်အိတ်လီဖးသးဒီးပုဂံအခိပညီမုဝဲ မ့တမုလဲနလိတ်ဘတ်ကသံဉ်ကသိတ်အံးထွဲကွဲထွဲ ဒီးဂံဂီအူအယိတ်န့ဉ်နဟးထိတ်လဲဟံဉ်ချါတသုလဲတက့ဘတ်.

ပုဂံတဂဲလဲလဲအိတ်ယုတ်ဒီးနု မ့တမုအိတ်ဘူးဘတ်ဒီးနုတဂဲလဲလဲမုဝဲအိတ်ထိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်အဲသုတ်ကဘတ်လဲမဲကွဲအသးဒီးဘတ်အိတ်လဲဟံဉ်န့ဉ်လီ။

ဘတ်မနုလဲလဲနဘတ်ပတ်အိတ်လီဖးသးဒီးပုဂံလဲဉ်

Why do you need to isolate?

နမူနာကွဲသေးစုံနမူနာအိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်ပတ်အိတ်လီဖးသးဒီးပုဂံမုဝဲလဲလဲတံလဲလဲအံးကဘတ်ကူပုဂံအိတ်အိတ်န့ဉ်လီ။ ကျဲအဂုကတံလဲလဲနကဒိသဒဲနဟံဉ်ဖိဖိဒီးနုပုဂံတံဖိအဂီန့ဉ်မုဝဲဒုတ်အိတ်လဲဟံဉ်ဒီးအိတ်ယံးသးဒီးပုဂံန့ဉ်လီ။

တံပတ်အိတ်လီဖးသးဒီးပုဂံကမုဝဲတံလဲလဲအကီဝဲ ဘတ်ဆုတ်မဲစါပတုတ်ဝဲဒုတ်ခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်ကဘတ်ကံသုဝဲန့ဉ်လီ။

ဖဲနမူနာကွဲသေးစုံနမူနာအိတ်ဒီးခိရိုနာတ်ဆါယာနန့်နဘတ်မမနုလဲဉ်အိတ်ယံးဒီးပုဂံလဲလဲအိတ်တပူယီဒီးနုသုတ်တဖဉ်န့ဉ်လီ။ တံအံးဟံဉ်ယုတ်-

- မဲလဲဒဲးလဲအအိတ်လီဆီဒီးပုဂံ
- သူလီဆီတံဟးလီ မ့တမုထူးကဆီကွဲအီဖဲနသုအီဝဲအခါ
- သုနစုထိတ်
- ကးဘာနတံကူးဒီးတံကဆဲလဲထံရှု မ့တမုနစုနာဉ်ခံ
- ထိတ်န့ဉ်အိတ်ယံးဒီးပုဂံ ၁.၅ မဲထာဉ်
- သိးတံကးဘာနါဒုကိတ်ပူဖဲနလဲဘူးဒီးပုဂံအခါ



တံအံးကမဲစါဒိသဒဲပုဂံလဲလဲနအိတ်ဒီးအီသုတ်တဖဉ် ဒီးမုဝဲသိးအဲသုတ်တဖဉ်န့ဉ်ဘတ်တံဆါယာနန့်နဘတ်မမနုလဲဉ်န့ဉ်လီ။

ဝံသးစူကွဲဆူညါတကဘျဲးလဲနကဒီးန့ဉ်ဘတ်အိတ်တံဂဲတံကျါအဂီ။

LAST UPDATED: July 31, 2020. ACN: 136 467 715



တစ်မနုကမအသးဖဲနမကွာ်သးဒီးနအိဉ်ဒိဉ်ခိဂီနီတါဆါဟ်န့ဉ်လဲဉ်

What happens after a positive test?

- ပဒိဉ်ပုကတုမုဘဉ်ဒါကဆဲးကျိးနုဒီးတဲပုးနဘဉ်ထဲပုလနအိဉ်ဘူးတုဒီးအဝဲသ့ဉ်တဖဉ်
- အဝဲသ့ဉ်ကဆဲးကျိးပုသ့ဉ်တဖဉ်အံဒီးကမအဝဲသ့ဉ်လဲမကွာ်အသး
- အဝဲကသံကွာ်နုလုမုနကပတဲအိဉ်လီဖးသးလုတါလီဖဲလဲဉ် ဒီးမတုအိဉ်ယုဒီးနုဖဲန့ဉ်လဲဉ်

ပဒိဉ်ပုကတုမုဘဉ်ဒါကဆဲးကျိးနုထီဘိဒီးသံကွာ်နုလုနတါအိဉ်သးမလးဒဲလဲဉ်ဒဲလဲဉ် ဒီးနဲစွာ်ကိးနဆဲးကျိးအဝဲသ့ဉ်သ့ဖဲန လိဉ်ဘဉ်တါမစါအခါ မ့တမ့အိဉ်ဒီးတါသံကွာ်လုနကဘဉ်မလးလဲဉ်ဒဲသိးနဘဉ်အိဉ်ပုအိဉ်ဖျဲဒီးကအိဉ်ဆူဉ်အိဉ်ချအဂီ

နဘဉ်ဟ်အိဉ်ဖးသးဒီးပုကတုပုလုပုတုကတုဆဲးကျိးဒီးဒုးသ့ဉ်ညါနုလုနဟးထီဉ်လုဟံဉ်ချသ့ဝဲလဲန့ဉ်လီ

နတါဆါပနီမုနးထီဉ်ဖဲနပတဲအိဉ်လီဖးသးအခါန့ဉ်ဆဲးကျိးဘဉ်နကသံဉ်သရဉ်တက့

နမုဆိက့ထီဉ်နးနးတခါကိးတါဆါဟံဉ်သိလ့ဉ်တိဉ်ပုဆါခိဖျိ '000' ဒီးတဲအဝဲသ့ဉ်လုနအိဉ်ဒီးခိဂီနီတါဆါတက့

တါဂုါတါကျါလုကွာ်ထဲတါအဂီဒီးဟံဉ်ဖီဖီလါအိဉ်လုဟံဉ်ပုသ့ဉ်တဖဉ်အဂီ

Information for caregivers and other household members

နမုဘဉ်ကွာ်ထဲနဟံဉ်ဖီဖီလါအဆိက့တုကန့ဉ်တါရုဒိဉ်အိဉ်ဝဲတနီလုနကဘဉ်မလးထဲဒဲသိးပုကိးဂါလုနဟံဉ်ပုကအိဉ် ပုအိဉ်ဖျဲဒီးအဂီန့ဉ်လီ-

- မလီတါဒဲသိးပုလုအဆါတဂါကအိဉ်ဒဲလဲအကစါအဒါးပု
- မုသ့န့ဉ်မကးတံဉ်ဟ်အဝဲတြိဖးဒိဉ်ဒီးအိးထီဉ်အဝဲတြိဖဲတက့
- ပုကွာ်ထဲအါတဘဉ်အိဉ်အဂါအါအါဘဉ်
- သ့နုလုဆးပုဒီးထံထီဘိ မ့တမ့မါကဆိနုလုကသံဉ်မလးသံတါဟ်တချုးနဲလဲန့ဉ်လီလုအဒါးပုအခါ
- ဟ်ပုဆါအထံဉ်း, လီခိ, ယဲဒိဖဲ ဒီးနီတါနီဆဲးလီလါဆိဆိဒီးပုဂါအတါတက့
- သိးတါကးဘါနီဒုကိဉ်ပုလဲနဲလဲလါလုပုဆါအဒါးပုအခါ
- ထူးကဆိစါနီဒိဉ်, ဝဲတြိ, တါဒဲလံဉ်, တါအိးထီဉ်ပံးလါထံ ဒီးစုဖိဉ်သ့ဉ်တဖဉ်လုကသံဉ်မလးသံတါဟ်ထီဘိ
- တါက့ဉ်ထံဂျူဒီးတါကးဘါနီဒုကိဉ်ပုလုလါကိဉ်ထီဉ်ဒါလုတါကးပံးအခါသ့အပုတက့
- တဘဉ်တုလီဉ်ပုတမ့တဂု

ပုဆါတဂါန့ဉ်မုနးထီဉ်တခါ ကိးနသံဉ်သရဉ် မ့တမ့ခိဂီနီတါဆါလီကျိလါဆိဖဲ ၁၈၀၀ ၆၇၅ ၃၉၈ လုတါဟ့ဉ်က့ဉ် ဟ့ဉ်ဖးအဂီန့ဉ်တက့. နမုဘဉ်လဲထံဉ်လိဉ်သးဒီးနကသံဉ်သရဉ်တခါဆဲးကျိးဆိအါဒဲသိးအအိဉ်ကတဲကတီသးကသ့ အဂီန့ဉ်တက့

အရုဒိဉ်လုပကဘဉ်သ့ဉ်ညါလုတါဟ်အိဉ်လီဖးသးဒီးပုဂါန့ဉ်ကမ့ဝဲတါသးဘဉ်တံဉ်တံဉ်တခါ ဘဉ်ဆဉ်မစါပတုက့ဉ် ခိဂီနီတါဆါတါဘဉ်ကုဘဉ်ကဲသ့ဝဲန့ဉ်လီ

What do you do if you've tested positive for Coronavirus (COVID-19)?

You have tested positive for Coronavirus (COVID-19) so you must isolate yourself until you have recovered from Coronavirus and someone from the government tells you it is safe to leave your house. It is important that you follow this information – as this is required by law.

Where do I isolate?

Once you have been tested for Coronavirus you must immediately go to the place where you will isolate, without making any stops, this is most likely to be your home. Isolation means you should not leave your home except for medical care or in an emergency. If anyone else you live with or have been in contact with, have symptoms they should get tested and stay home.

Why do you need to isolate?

You have tested positive for Coronavirus and must isolate as there is a high chance it will spread to other people. The best way to protect your family and the community is to stay at home and away from other people (physical distancing). Isolation is very hard but it will help stop the spread of Coronavirus.

While you are isolating it is very important that you isolate yourself from the people you live with. This includes

- Sleeping in a separate room
- Using a separate bathroom, or cleaning with disinfectant after use.
- Wash your hands regularly,
- Cover your coughs and sneezes with tissues or your elbow
- Keep 1.5 metre distance from other people at all times
- Wear a face mask when you are near other people.

This will help protect the people you live with and hopefully prevent them from catching Coronavirus.

What happens after a positive test?

- Someone from the government will contact you and talk to you about people you have had contact with.
- They may contact these people and ask them to get tested.
- They will ask where you are isolating and who is living with you.

The government will contact you regularly to check on you and you can always contact them if you need any extra help or have any other questions about keeping safe and well.

You must stay in isolation until someone contacts you and lets you know you can leave your house

If your symptoms get worse while you are in isolation call your doctor.

If you become very unwell call an ambulance 000 and tell them that you have coronavirus

Information for caregivers and other household members.

If you are looking after a sick family member there are some important things you should do to keep everyone in your home safe:

- Ensure the sick person remains in one room, away from other people.
- Keep their door closed and windows open, where possible.
- Keep the number of carers to a minimum.
- Always wash your hands with soap and water or use a hand sanitiser before and after entering their room.
- Keep the sick person's cups, plates, knives and forks separate from everyone else's
- Wear a facemask when you are in the sick person's room.
- Regularly clean and disinfect surfaces such as tabletops, doors, keyboards, taps and handles.
- Dispose of tissues and masks in a sealed plastic bag.
- Do not have visitors.

If the person starts to feel worse, call your GP or the Coronavirus (COVID-19) hotline on 1800 675 398 for advice.

If you need to visit your GP, call ahead so they can prepare.

It is important to understand that isolation can be stressful, but it can help stop the spread of the Coronavirus.