

Close contact - Once you have been tested for Coronavirus တၢ်အိၣ်ဘူးအိၣ်တၢ်လိာ်သး - ဖဲနမၤကွၢ်ခိၣ်ရဲန့ၣ်တၢ်ဆါယၢ်ဝံၤအလီၢ်ခံတဘျီယီ

တနံၤအံၤတၢ်မၤကွၢ်နၤမ့ၢ်လၢနအိၣ်ဘူးဘၣ်ဒီးပှၤတဂၤလၢအိၣ်ဒီးခိၣ်ရဲန့ၣ်တၢ်ဆါအယီၤန့ၣ်လီၤ.
လၢတၢ်ဂ့ၢ်အံၤအယီၤ အရဲဒိၣ်ဝဲလၢနကဘၣ်လူၤပိာ်မၤထွဲတၢ်နဲၣ်ကျဲသ့ၣ်တဖၣ်အံၤန့ၣ်လီၤ.

ဖဲနမၤကွၢ်သးဝံၤအလီၢ်ခံန့ၣ်- (After you get tested)

- ဝံသးစူၤကွၢ်တဘျီယီဆူနဟံၣ် ဒီးတဘၣ်အိၣ်ပတုၣ်နီတတီၤဖဲနကွၢ်လၢကျဲအခါတဂ့ၤ
- နကဘၣ်အိၣ်ယံၤအိၣ်ဖးသးဒီးပှၤဂၤ ဟံၣ်ယုာ်စ့ၢ်ကိးဒီးနဟံၣ်ဖိယီဖိလၢ (၁၄)သီအတီၢ်ပူၤ
- နကဘၣ်ဖျိၣ်ဝဲဒၣ်တၢ်မၤဘၢနါဒုကိာ်ပူၤ 'mask' ဖဲနအိၣ်ဘူးဒီးပှၤတဂၤလၢနဟံၣ်ပူၤအခါ



နဟးထီၣ်လၢတၢ်ချၢသ့ဒၣ်ထဲလၢဖဲနအိၣ်မ့ၢ်တဆူၣ်ဘၣ်ဒီးလိာ်ဘၣ်ကသံၣ်ကသီတၢ်မၤစၢၤအခါန့ၣ်လီၤ.
နကဒီးန့ၣ်ဘၣ်နတၢ်မၤကွၢ်အစၢၤလၢ (၅)သီအတီၢ်ပူၤဖဲနမၤကွၢ်သးဝံၤအလီၢ်ခံန့ၣ်လီၤ.

နၤကွၢ်သးဒီးနမ့ၢ်တအိၣ်ဒီးတၢ်ဆါယၢ်ဘၣ်န့ၣ်-

နကဒီးန့ၣ်ဘၣ်လံာ်ပရၢလၢလီၤတဲစိပူၤ 'Text message' လၢကဒုးသ့ၣ်ညါနၤလၢနမၤကွၢ်သးဒီးနတအိၣ်ဒီးခိၣ်ရဲန့ၣ်တၢ်ဆါယၢ်ဘၣ်န့ၣ်လီၤ. နီၣ်လဲၣ်ဂ့ၢ်နီၣ်လဲၣ်ဂ့ၢ် နမ့ၢ်မၤကွၢ်သးဝံၤနတၢ်ဆါယၢ်မ့ၢ်တအိၣ်သနၢ်က့ၢ်နကဘၣ်ဆဲးအိၣ်ဖးသးဒီးပှၤဂၤ (၁၄)သီ စးထီၣ်ဖဲမ့ၢ်နၤလၢအလီၢ်ခံကတၢ်တနံၤလၢနအိၣ်ဘူးဘၣ်ဒီးပှၤလၢအိၣ်ဒီးခိၣ်ရဲန့ၣ်တၢ်ဆါယၢ်တဂၤန့ၣ်လီၤ.

ဖဲန့ၣ်အခါနမ့ၢ်စးထီၣ်တူၢ်ဘၣ်ခိၣ်ရဲန့ၣ်တၢ်ဆါယၢ်ပနီၣ်ဒ်အမ့ၢ်-

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

- တၢ်ကိာ်ထီၣ်
- တၢ်ကူး, ကိာ်ယုာ်ဆါ
- ကသီယံး
- နါအုၣ်ထံယုၤ
- တနၢ်ဘၣ်တၢ်ဘၣ် မ့တမ့ၢ်အိၣ်တၢ်အရီၣ်လီၤမၤန့ၣ်နကဘၣ်လဲၤမၤကွၢ်သးကဒီးအသီတဘျီန့ၣ်လီၤ.



တၢ်မၤကွၢ်အစၢၤမ့ၢ်ဖျါထီၣ်လၢတၢ်ဆါယၢ်အိၣ်န့ၣ်- (If your test is positive)

အခီပညီမ့ၢ်နအိၣ်ဒီးခိၣ်ရဲန့ၣ်တၢ်ဆါယၢ်န့ၣ်လီၤ. ပှၤကဆဲးကျိးနၤလၢလီၤတဲစိဒီးတဲဘၣ်နၤန့ၣ်လီၤ. လၢတၢ်န့ၣ်အယီၤ ဟံၣ်နလီၤတဲစိဘူးဘူးဒီးနၤဒီးဖိၣ်အီၤဖဲလီၤတဲစိဟဲအခါန့ၣ်တက့ၢ်. ပှၤကတဲနၤလၢနဘၣ်မၤမနုၤလဲၣ်အဂ့ၢ်ဖဲအဆဲးကျိးနၤလၢလီၤတဲစိအခါန့ၣ်လီၤ.

ဖဲနအိဉ်ခိးနခိရိနိတ်မကွါအစါအခါ (While you are waiting for your coronavirus test)

နမ့ဆိကွထီဉ်နးနးန့ဉ် ကိးယီလီတဲစိဆူနကသံဉ်သရဉ်အအိဉ်, လဲဆူဘဲဒံဉ်ကိဉ်တဲဆါဟံဉ်လၢဂ့ၢ်ဂီၢ်အူအဝဲၤဒါး မ့တမ့ၢ် ကိးတဲဆါဟံဉ်သိလ့ဉ်တီဉ်ပှၤဆါခိဖျိ '000' န့ဉ်တက့ၢ်. ဝံသးစူၤတဲဘဉ်ဆူဉ်ချပှၤမၤတၢ်ဖိလၢနအိဉ်ခိးဝဲဒံဉ်ခိရိနိတ် မၤ ကွါသးအစါ ခိးနအိဉ်ဘူးတ့ၢ်ဘဉ်ဒီးပှၤလၢအိဉ်ဒီး ခိရိနိတ်ဆါန့ဉ်တက့ၢ်.

ပှၤမ့ၢ်တဆဲးကျိးနၤလၢ (၇)သီအတီၢ်ပှၤန့ဉ်ကိးယီလီတဲစိဆူတဲဆါဟံဉ် မ့တမ့ၢ် ခိရိနိတ်လီကျိလီဆီ ခိးပှၤမၤတၢ်ဖိတဂၤ ဂၤကမၤစၢၤသံကွါန့ဉ်နၤတၢ်မၤကွါအတၢ်စံးဆါန့ဉ်လီၤ.

နတၢ်အိဉ်တဆူဉ်တချအခွဲး 'Sick leaves' မ့တအိဉ်ဘဉ်ဒီးနမ့ၢ်ကဲဘဉ်ဖူးပှၤမၤတၢ်ဖိလၢတမၤတၢ်အိဉ်အိဉ်စံးအိဉ်ကျါၤ လၢခိပနံဉ်ကရၢပှၤ 'Casual' န့ဉ်ဝံသးစူၤဆဲးကျိဉ်ကညီလီတဲစိကျိလီဆီဝဲ ၅၄၀၆ ၁၂၅၄ လၢနကတဲသကိးတၢ်ဒီး ပဘဲဒံဉ်ကိဉ်ခိဉ်မူနထံဉ်အပှၤကညီပှၤမၤတၢ်ဖိတဂၤဂၤဘဉ်သးတၢ်လၢနကြးမၤသ့ဉ်တဖဉ်န့ဉ်မ့ၢ်န့ဉ်န့ဉ်တက့ၢ်.

Close contact - Once you have been tested for Coronavirus (English)

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:

- 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

If your test is negative:

You will receive a text message to let you know your test is negative and you don't have Coronavirus.

However, even if your test is negative as a 'close contact' you must continue to isolate for 14 days from the last time you were exposed to someone who had Coronavirus.

You must go and get tested again 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
- Chills or sweats

If your test is positive:

This means that you have Coronavirus.

You will receive a phone call to tell you that your test is positive so 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 if 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 received your test results within 7 days please call the hospital or the Karen coronavirus hotline and one of our staff will help you find out your results.

If you are worried because you don't have sick leave or are a casual worker please contact the Bendigo Community Health Services Coronavirus Telephone Hotline on (03) 5406 1254 to speak with one of our Karen staff and we can help.