bendigo Community Health services

တၢ်က့ၤသူကဒါက့ၤခိၢ်ရိနၢ်တၢ်ဆါ တၢ်သိ><တၢ်သီလၢအဖိ><ဃံးတၢ် (၃)ပတိၢ်တပတိၢ်.

Coronavirus stage 3 restrictions reintroduced

စးထိ> ၁၁း၅၉ မုၢ်နၤခီ, မုၢ်သၢနံၤ လါအီကူ> (၅)သီနူ> ဟီ>ကဝီၤလၢဝံးထိရံယါဝ့ၢ်ချၢလၢအဟ်ဃု>ဒီး**ဘဲဒံ>ကိ>**ကဘ> ကွၤအိ>ကဒါကွၤလၢ ခိၢ်ရိနၢ်တၢ်ဆါတၢ်သိ>တၢ်သီလၢအဖိ>ဃံးတၢ် (၃)ပတိၢ်တပတိၢ်လၢအမ့ၢ် **"တၢ်အိ>လၢဟံ>"**နူ>လီၤ.

တၢ်အံၤအခီပညီမ့ၢ်ဝဲ တၢ်ဂ့ၢ်အိ>ဝဲဒ>ထဲ (၄)မံၤဇိၤလၢနဟးထိ>လၢတၢ်ချၢသ့ဝဲနူ>လီၤ–

- လဲၤပှၤတၢ်အိ>ဒီးတၢ်ပီးတၢ်လီလၢအလိ>နီၢ်နီၢ်သ့>တဖ>
- တၢ်အံးထွဲကွၢ်ထွဲပှၤဂၤ ဒီးတၢ်အိ>ဆူ>အိ>ချုတၢ်အံးထွဲကွၢ်ထွဲ, တၢ်အံၤဟ်ဃု>ဝဲဒီးတၢ်လဲၤလၢတၢ်အိ>ဆူ>အိ> ချုတၢ်သ့>နံၤဖးသီ ဒီးတၢ်လဲၤလၢတၢ်ဆါကသံ>လီၢ်
- နီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤလၢတနံၤဘ>တနံၤ – တၢ်ဟ့>နၤအခွဲးထဲဒ>နကဟးထိ>ဟးလိ>ကွဲလၢတၢ်ချၢဒီးနဟံ>ဖိဃီဖိ လၢနအိ>ဃု>ဒီးအီၤသ့>တဖ>နူ>လီၤ. ဒီးနကဘ>အိ>ယံၤနသးဒီးပှၤလၢအဂၤသ့>တဖ> (၁.၅)မံထၢ>နူ>လီၤ.
- တၢ်ဖံးတၢ်မၤဒီးတၢ်မၤလိမၤဒိး – ဖဲနမၤအီၤလၢဟံ>မ့ၢ်တသ့ဘ>အဃိ.

မ့တမ့ၢ်လၢတၢ်ဂ့ၢ်သ့>တဖ>အံၤအဃိဘ>နူ>နကဘ>အိ>လၢဟံ>နူ>လီၤ.

လၢကို>တပၤစ့ၢ်ကီးတၢ်ကဘ>ကွၤမၤလိကဒါကွၤတၢ်လၢဟံ>နူ>လီၤ.

မ့>ဝဲၤတၢ်မၤလၢဘဲဒံ>ကိ>ပူၤစ့ၢ်ကီးကဘ>ကွၤကဒါကွၤလၢ ခိၢ်ရိနၢ်တၢ်ဆါတၢ်သိ>တၢ်သီလၢအဖိ>ဃံးတၢ် (၃)ပတိၢ်တပတိၢ်နူ>လီၤ.
တၢ်အံၤအခီပညီမ့ၢ်ဝဲ–

- တၢ်အိ>ကျဲးဒီးတၢ်ဆါခီဖံ>ကျဲးတဖ>ဆါဝဲသ့ဒ>ထဲတၢ်အိ>လၢပှၤလဲၤဆှၢလၢဟံ>သ့ ဒီးတၢ်အိ>လၢပှၤဟဲဟံဒီး ကွၤစိ>သ့သ့>တဖ>နူ>လီၤ.
- တၢ်ကတု>ကွံ>ဝဲ တၢ်ဆဲ>ဃံဆဲ>လၢၤသးအကျဲးသ့>တဖ>
- တၢ်ကပတု>ကွံ>ဝဲ တၢ်သူ>ဖံ့သးညီလီၢ် ဒီးတၢ်လီၢ်လၢတၢ်ဒုးနဲ>လုၢ်လၢ်ထူသနူတၢ်ဆဲးတၢ်လၤသ့>တဖ>
- တၢ်ကပတု>ကွံ>ဝဲပှၤတဝၢတၢ်လိ>ခိ>လိ>ကွဲသ့>တဖ>

တၢ်ကးဘၢနါဒ့ကိ>ပူၤမ့ၢ်တၢ်လၢအလိ>ဘ>နီၢ်ကီၢ်နူ>လီၤ – တၢ်အံၤအခီပညီမ့ၢ်ဝဲနမ့ၢ်ဘ>ဟးထိ>လၢတၢ်ချၢလၢတၢ်ဂ့ၢ် (၄) ခါအကျါတခါနူ>နကဘ>ဖျိ>ဝဲဒ>တၢ်ကးဘၢနါဒ့ကိ>ပူၤနူ>လီၤ.

လၢခိၢ်ရိနၢ်တၢ်သိ>တၢ်သီလၢအဖိ>ဃံးတၢ် (၃)ပတိၢ်တပတိၢ်အဖီလ>နူ>–

- နလဲၤဂူၤနဖိလၢတၢ်လိ>ကွဲပျီ 'Play ground' တသ့ဘ>
- နတူ>လိ>ပှၤဟဲဟးလၢနဟံ>တသ့ဘ>
- နလဲၤထံ>လိ>သးဒီးပှၤအါန့ၢ် (၁)ဂၤလၢနဟံ>ချၢတသ့ဘ>
- လဲၤတခွဲ တသ့ဘ>
- ကွဲမုၢ်နဟံ>ဖိဃီဖိလၢအဂၤသ့>တဖ>လၢကဟဲကဒ>အိ>သကီးတၢ်လၢနဟံ>, ဟဲလၢနံၤအိ>ဖျဲ>ဆၢကွၤ မ့တမ့ၢ်ဟဲလၢမူးတခါဂ့ၤတခါဂ့ၤတသ့ဘ>
- ဟ်ဖှိ>ထိ>သးလၢတၢ်ဘူ>တၢ်ဘါတၢ်ရဲ>တၢ်ကျဲၤဒီးလဲၤဘါတၢ်တသ့လၢၤဘ>

နမ့ၢ်တလူၤပိ>မၤထွဲတၢ်သိ>တၢ်သီသ့>တဖ>အံၤဘ>နူ> ပၢၤကီၢ်ကအိ>လီးနၤထိ>ဘးတှၤ (၅,၀၀၀)ဒီလ>နူ>လီၤ.

မ့မ့ၢ်ပှၤလၢအိၣ်လၢမဲလ်ဘၢၣ် မ့တမ့ၢ်ပှၤလၢအလဲၤလီၤလၢမဲလ်ဘၢၣ်ပူၤသ့ၣ်တဖၣ်န့ၣ်ခဲအံၤအဝဲအိၣ်လၢ ခိၢ်ရိန်ၢ်တၢ်သိၣ်တၢ်သီ လၢအဖီၣ်ဃံးတၢ် (၄)ပတီၢ်တပတီၢ်အဖီလာ်န့ၣ်လီၤ.

For people who live in Melbourne or who travel to Melbourne they now under stage 4 restrictions.

တၢ်အံၤအခီပညီမ့ၢ်ဝဲ–
စးထီၣ်ဂီၤခီ (၅)နၣ်ရံၣ်တုၤ မုၢ်နၤခီ (၈)နၣ်ရံၣ်န့ၣ်ပှၤအိၣ်လၢမဲလ်ဘၢၣ်သ့ၣ်တဖၣ်ဟးထီၣ်လၢတၢ်ချၢသ့ဒၣ်ထဲလၢတၢ်ဂ့ၢ်တ ခါခါလၢတၢ်ဂ့ၢ် (၄)မံၤအံၤအကျါန့ၣ်လီၤ–

– လဲၤပှ့ၤတၢ်ဖိတၢ်လံၤလၢအလိၣ်ဘၣ်နီၢ်နီၢ်သ့ၣ်တဖၣ်ဖဲကျးလၢအဘူးကတၢၢ်တဖျၢၣ် (ပှၤဟးထီၣ်လၢတၢ်ချၢ သ့ဒၣ်ထဲတဂၤဓိၤလၢကလဲၤပှ့ၤတၢ်လၢလိၣ်ဘၣ်သ့ၣ်တဖၣ် ဒီးလဲၤတၢ်ဒ့ၣ်စၢၤအဃံၤကတၢၢ်ဒီးနဟံၣ်သ့ဒၣ်ထဲ (၅)ကံလိမံထၢၣ်န့ၣ်လီၤ.

– ဟးထီၣ်လၢတၢ်ချၢလၢကမၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤအဂီၢ်တနံၤတဘျီ. ဟးထီၣ်ယံာ်သ့တုၤဒၣ်ထဲ (၁)နၣ်ရံၣ် ဒီးတဘၣ်ဟးယံၤန့ၢ် (၅)ကံလိမံထၢၣ်ဒီးနဟံၣ်ဘၣ်.

– တၢ်အံးထွဲကွၢ်ထွဲပှၤဂၤ ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အံးထွဲကွၢ်ထွဲ, တၢ်အံၤဟ်ဃုာ်ဝဲဒီးတၢ်လဲၤလၢတၢ်အိၣ်ဆူၣ်အိၣ် ချ့တၢ်သ့ၣ်နံၤဖးသီ ဒီးတၢ်လဲၤလၢတၢ်ဆါကသံၣ်ကျးန့ၣ်လီၤ.

– တၢ်ဖံးတၢ်မၤ – ထဲဒၣ်နမၤတၢ်လၢဟံၣ်မ့ၢ်တသ့ဘၣ်အဃိန့ၣ်လီၤ

စးထီၣ်လၢမုၢ်နၤခီ (၈)နၣ်ရံၣ်တုၤ ဂီၤခီ (၅)နၣ်ရံၣ်တခီတၢ်ဟ်လီၤဝဲဒၣ်တၢ်သိၣ်တၢ်သီလၢပှၤဟးထီၣ်လၢတၢ်ချၢတသ့ဘၣ် ဒီး ပှၤအိၣ်လၢမဲလ်ဘၢၣ်ပူၤသ့ၣ်တဖၣ် မ့တမ့ၢ်လၢတၢ်ဖံးတၢ်မၤအဃိ, တၢ်အံးထွဲကွၢ်ထွဲပှၤဂၤအဃိ, လိၣ်ဘၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်မၤစၢၤအဃိ ဒီးဂ့ၢ်ဂီၢ်အူအဃိဘၣ်န့ၣ်ဟးထီၣ်လၢဟံၣ်ချၢဖဲတၢ်ဆၢကတီၢ်အံၤအဘၢၣ်စၢၤတသ့လ့ၤတက့ၤဘၣ်န့ၣ်လီၤ.

ပဝဲကီးဂၤပအိၣ်ဒီးမူဒါလၢပကမၤစၢၤမၤကဘျၢလီၤခိၢ်ရိန်ၢ်တၢ်ဆါတခါအံၤအတၢ်သလၣ်လီၤသးန့ၣ်လီၤ. ခီဖျိတၢ်အိၣ်လၢဟံၣ် ဒီးတၢ်မၤစှၤလီၤတၢ်အိၣ်ဘူးလိာ်သးဒီးပှၤဂၤအဃိ ပမၤစၢၤမၤဒီသဒၢပဟံၣ်ဖိဃီဖိဒီးပပှၤတဝၢဖိသ့ၣ်တဖၣ်ဒ်သိးတဒိးန့ၢ်ဘၣ် ခိၢ်ရိန်ၢ်တၢ်ဆါဃၢ်သ့ဝဲဒၣ်န့ၣ်လီၤ.

အိၣ်လၢဟံၣ် ဒီးလဲၤမၤကွၢ်နသးဖဲနမ့ၢ်တူၢ်ဘၣ်ခိၢ်ရိန်ၢ်တၢ်ဆါကဲ့ၢ်ပနီၣ် နးမ့ၢ်ဂ့ၤတနးဘၣ်မ့ၢ်ဂ့ၤဖဲခိၢ်ရိန်ၢ်တၢ်မၤကွၢ်အဒၢးလၢ အအိၣ်ဖဲစတူဝးအကျဲ 'Stewart Street' န့ၣ်တက့ၢ် – တၢ်ဆါကဲ့ၢ်ပနီၣ်တဖၣ်ကဟ်ဃုာ်ဝဲဒီးတၢ်ကိၢ်ထီၣ်, တၢ်ချံၣ်ကနိး, တၢ်ကူး, ကိာ်ယူာ်ဆါ, ကသါတဘျဲဘၣ်, နါအ့ၣ်ထံယွၤ, နါတနၢဘၣ်တၢ်ဘၣ် ဒီးအိၣ်တၢ်အရီၣ်လီၤမၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.

ကွ့ၤတဘျီဃီဆူဟံၣ်ဖဲနမၤကွၢ်သးဝံၤအလီၢ်ခံ ဒီးဟ်အိၣ်ဖးသးဒီးပှၤဂၤဖဲနအိၣ်ခိးတၢ်မၤကွၢ်အစၢအခါန့ၣ်တက့ၢ်. နကဘၣ် အိၣ်လၢနဟံၣ်ပူၤတုၤလီၤလၢနဒိးန့ၢ်ဘၣ်နတၢ်စံးဆၢတစုန့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်သံကွၢ်တမံၤမံၤန့ၣ်ဆဲးကျိးဘၣ်ကညီလီကျိၤလီၤဆီဖဲ **(၅၄၀၆ ၁၂၅၄)** န့ၣ်တက့ၢ်.

bendigo Community Health services

Coronavirus Stage 3 restrictions return (August 5)

From 11.59pm on Wednesday, August 5, regional Victoria including Bendigo returns to Stage 3 “Stay at Home” restrictions.

This means there are only four reasons you can leave your home:
- Shopping for food and essential items.
- Care and caregiving, this includes medical appointments and pharmacy.
- Daily exercise - you are only allowed to go walking with family that live in your house and you must stay 1.5 metres apart from other people
- Work and study – if you can’t do it from home.

Otherwise you need to stay home.
School will also return to learning from home.

Businesses Bendigo will also return to Stage 3 restrictions. That means:
- Restaurants and cafes can only offer delivery and takeaway food.
- Beauty services will close.
- Entertainment and cultural venues will be closed.
- Community sport will stop.

Face coverings are compulsory – that means if you leave your house you must wear a face mask.

Under Stage 3 restrictions you will no longer be allowed to:
- Take your children to the playground.
- Have people visit your house.
- Meet with more than 1 other person outside your house.
- Go fishing.
- Have family gatherings at your house such as barbeques, birthdays or any celebrations.
- Go to religious gatherings or places to worship.

If you do not follow the rules, the police can fine people up to $5000.

For people who live in Melbourne or who travel to Melbourne they now under Stage 4 restrictions. This means:
From 5am – 8pm, Melbourne residents can only leave your home for one of the following four reasons:
- To shop for necessary goods at the nearest markets (One person can leave home to shop for goods and can only travel up to 5km from your home
- Going out for exercise once a day. Time is limited to one hour and you must not go beyond 5km radius of your house.
- Care and caregiving, this includes medical appointments and pharmacy.
- Work - but only if you cannot work from home.

From 8pm to 5am there is a curfew in place and Melbourne residents must not leave their house between this time unless for reasons such as work, caregiving, medical attention and emergency.

We all have a responsibility to help slow the spread of Coronavirus (COVID-19). By staying at home and limiting contact with other people, we can help protect our families and our communities from Coronavirus (COVID-19).

Stay home and get tested at COVID-19 clinic at Stewart Street if you have Coronavirus (COVID-19) symptoms no matter how mild: including fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss of sense of smell or taste. Go home straight after your test and self-isolate while you wait for the results. You must stay in your home until you get your results.

If you have any questions please contact us on the Karen Coronavirus Telephone Hotline on 5406 1254 from 1pm-4.30pm, Monday-Thursday.