

# နမာကွာ်သးဒီးမ့ၢ်ဖျါလၢနအိၣ်ဒီးခိၣ်ရိၣ်နာ်တၢ်ဆါယၢ်န့ၣ်နဘၣ်မၤမနုၤလဲၣ်

What to do if you have tested positive for COVID-19



Karen (ကရင်နီၣ်)

- အိၣ်လၢဟံၣ် (၇)သီ
- နမ့ၢ်မၤကွာ်သးလၢတၢ်မၤကွာ်လၢအချတခါ (Rapid Antigen Testing) လၢဟံၣ်ဒီးဖျါလၢနအိၣ်ဒီးခိၣ်ရိၣ်နာ်တၢ်ဆါယၢ်န့ၣ်နဘၣ်ဟံၣ်ဖျါထီၣ်ဆူဆူၣ်ချ့ဝဲၤကျိၤလၢခိၣ်ဖျါထီၣ်ထီၣ်ပူၤဖဲ [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report) (မ့) ခိၣ်ရိၣ်နာ်တၢ်ဆါလီၤဝဲၤကျိၤလီၤဆီဖဲ 1800 675 398 တက့ၢ်. ဆိၣ်လီၤဘၣ် '0' လၢပုၤကျိၣ်ထံတၢ်အဂီၢ်တက့ၢ်. နကိးကညီလီၤဝဲၤကျိၤလီၤဆီဖဲ 5406 1254/0437 418 984 မ့တမ့ၢ်ပုၤကညီပုၤမၤတၢ်ဖိဖဲဘဲဒိၣ်ကိၣ်တၢ်ဆါဟံၣ်ဖဲ 0448 585 437 လၢကမၤစၢၤနၤအဂီၢ်သ့ဝဲန့ၣ်တက့ၢ်.
- ပုၤလၢနအိၣ်ဒီးအိၣ်တပူၤလီၤ မ့တမ့ၢ်ပုၤလၢနအိၣ်ဘူးဘၣ်ဒီးအိၣ်အါန့ၢ် (၄)န့ၣ်ရံၣ်သ့ၣ်တဖၣ်န့ၣ်ကဘၣ်အိၣ်လၢဟံၣ် (၇)သီန့ၣ်လီၤ.

## ကဘၣ်တဲပူးမတၤသ့ၣ်တဖၣ်လဲၣ် (Who to tell)

## ကဘၣ်တဲအဝဲသ့ၣ်မနုၤသ့ၣ်တဖၣ်လဲၣ် (What to tell them)

- တံၤသကိးဒီးဟံၣ်ဖိဖဲလၢနအိၣ်ဘူးဘၣ်ဒီးအိၣ်ဖဲအပူၤကွံာ်တယံာ်တမိၢ်ဘၣ်သ့ၣ်တဖၣ်
- နတၢ်မၤခိၣ်
- ကို မ့တမ့ၢ်တၢ်ကွၢ်ထွဲဖိသ့ၣ်အလီၢ်
- ယမၤကွာ်သးဒီးဖျါလၢယအိၣ်ဒီးခိၣ်ရိၣ်နာ်တၢ်ဆါယၢ်
- ပအိၣ်ဘူးဘၣ်တပူၤလီၤအလီၢ်နဘၣ်မၤကွာ်သးစ့ၢ်ကိးန့ၣ်လီၤ

## သ့ၣ်ညါနတၢ်ဆါအပနီၣ်ဒီးနကဘၣ်ဟံးန့ၢ်တၢ်မၤစၢၤအခါဖဲလဲၣ်န့ၣ်တက့ၢ်

Know your symptoms and when you need to get help

### တနးကဲၣ်ဆိးဘၣ် Mild



### ဟဲးနးထီၣ် Worsening



### နးဒိၣ်မး Severe



လၢကဒီးန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ထွဲတၢ်အိၣ်တၢ်အိၣ်မၤစၢၤ, ကျိၣ်စ့တၢ်မၤစၢၤ, သးတၢ်ဆိမိၣ်တၢ်တူၢ်ဘၣ်တၢ်မၤစၢၤ ဒီးတၢ်တီၣ်ဖျါထီၣ်နဘၣ်ခိၣ်ရိၣ်နာ်တၢ်ဆါအဂီၢ်ဖျါတၢ်သ့တၢ်မၤကွာ်လၢအချတခါလၢနမၤအိၣ်လၢဟံၣ် (RAT) န့ၣ်ကိးဘၣ်ကညီလီၤဝဲၤကျိၤလီၤဆီန့ၣ်တက့ၢ်.

# What to do if you have tested positive for COVID-19

- Stay at home for 7 days
- If you test positive on a rapid antigen test (the test that you can do at home) you must tell the Department of Health online at [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report) or via Coronavirus Hotline on 1800 675 389. Press 0 for an interpreter. You can also call the Karen Hotline 5406 1254/0437 418 284 or a Karen staff at Bendigo Health 0448585437 if you need help.
- People you live with or have spent more than 4 hours with must also stay at home for 7 days.

## Who to tell

- Friends and family you have spent time with recently
- Your employer
- School or day care of your child

## What to tell them

- I've tested positive for COVID-19
- We spent time together so you should get tested too

## Know your symptoms and when you need to get help



For more information about food relief, financial support, mental health support or registering your positive RAT result call the Karen hotline.