



တၢ်ဆါလၢအဟဲလၢပစီအအိၣ်

- ထံဒိၣ်လီၤဒီးတၢ်စူလီၤအါအံၤဒုးအိၣ်ထီၣ်တၢ်လီၤဘၣ်ယိၣ်လၢတၢ်ဆါအယၢ်လၢအဘၣ်ကူဘၣ်ကၢ်ခိဖျိလၢပစီဖဲဝဲဒံးထီၣ်ရံၤယါအပူၤအံၤန့ၣ်လီၤ.
- တၢ်ဆါလၢအဟဲလၢပစီအအိၣ်န့ၣ်ဒုးအိၣ်ထီၣ်တၢ်ဘၣ်ကူဘၣ်ကၢ်တၢ်ဆုးတၢ်ဆါလၢအအါန့ၣ်လီၤ.
- တၢ်ဆါလၢအဟဲလၢပစီအအိၣ်န့ၣ်ဘၣ်တၢ်ဟံၣ်ပနီၣ်အိၣ်လၢအအိၣ်ထီၣ်လၢဝဲဒံးထီၣ်ရံၤယါကလံၤစိးလံၤန့ၣ်လီၤ.
- ကသံၣ်ဆဲးဒိသဒါလၢပစီအအိၣ်တၢ်ဆါအဂီၢ်န့ၣ်တအိၣ်ထီၣ်ဒိးဘၣ်သန့ကူကသံၣ်ဆဲးဒိသဒါအိၣ်ဝဲလၢကွဲးပနံးစံးအစဲးဖျါလဲးထွဲးစံးတၢ်ဆါအယၢ်အဂီၢ်န့ၣ်လီၤ. လၢဝဲဒံးထီၣ်ရံၤယါအပူၤန့ၣ်ကွဲးပနံးစံးအစဲးဖျါလဲးထွဲးစံးတၢ်ဆါအယၢ်ကသံၣ်ဆဲးဒိသဒါန့ၣ်အိၣ်ဝဲလၢတၢ်တဘၣ်ပူၤအိၣ်ဘၣ်လၢပူၤလီၤလီၤဆီဆီလၢအအိၣ်ဒိးတၢ်လီၤဘၣ်ယိၣ်အိၣ်အါအဂီၢ်တဖၣ်လၢအအိၣ်လၢတၢ်ဆါအယၢ်အိၣ်အလီၢ်တဖၣ်န့ၣ်လီၤ.
- ကျဲလၢအဂ့ၤကတၢ်တဘီၣ်န့ၣ်ဒိသဒါသးဒိသိးပစီသုတအုၣ်န့ၣ်တဂ့ၤအဂီၢ်န့ၣ်တက့ၢ်
- တၢ်ဆါလၢအဟဲလၢပစီအအိၣ်အတၢ်ပနီၣ်ဟံၣ်ယုၣ်ဒိး တၢ်လီၤကီၢ်, ခိၣ်ဆါ, တၢ်သးကလဲၤ, တၢ်ဘျိး, ဒိးတၢ်လီၤတကံတကးတဖၣ်န့ၣ်လီၤ.
- တၢ်အိၣ်သးလၢအနး, ဒုးအိၣ်ထီၣ်ဝဲတၢ်ဆုးတၢ်ဆါအိၣ်ဒိးတၢ်ပနီၣ်လၢအမ့ၢ်ခိၣ်ဆါနးနးကလဲၣ်, ကိၣ်ဘီထူၣ်ပျါဖျါဆါ, တၢ်ကပီၤဘၣ်တန့ၣ်ဘၣ်, တၢ်မိၣ်မံသး, တၢ်သးကဒဲကဒါ,တၢ်ထီၣ်, တၢ်တနီၣ်သးမ့တမ့ၢ်တၢ်သးသပူၤန့ၣ်လီၤ.
- ပုၤတဂၤလၢလၢလၢမ့ၢ်အိၣ်ဒိးတၢ်ပနီၣ်အံၤကြးယုတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်မၤစၢန့ၣ်လီၤ.

တြီဆါနသးဒိးနပူၤဟံၣ်ဖိပီဖိတဖၣ်လၢတၢ်ဆါလၢအဟဲလၢပစီအအိၣ်တဖၣ်န့ၣ်တက့ၢ်



- ကျဲအဂ့ၤကတၢ်လၢတၢ်ဒိသဒါအဂီၢ်န့ၣ်မ့ၢ်တၢ်ဟးဆဲးသးဒိသိးပစီသုတအုၣ်န့ၣ်တဂ့ၤန့ၣ်လီၤ.
- ကူသိးတၢ်လၢအထီၣ်ဒိးကျိကျိဖိဖဲနဟးထီၣ်လၢတၢ်ပျီပူၤန့ၣ်တက့ၢ်. မၤဘၢနလီၤခဲလၢၢ်တသ့ဖဲအသ့တက့ၢ်.
- ဖူကသံၣ်ပစီလၢအပၣ်ယုၣ်ဒိး picaridin မ့တမ့ၢ် DEET လၢနဖံးဘျီလၢအဖျါတဖၣ်အလီၢ်တက့ၢ်.
- မ့မ့ၢ်လၢဖိသၣ်ဆဲးတဖၣ်န့ၣ် နကဘၣ်ခးမ့တမ့ၢ်ဖူကသံၣ်ပစီလၢအဆုကလီၤန့ၣ်လီၤ. ဟးဆဲးတၢ်ဖူပစီကသံၣ်လၢဖိသၣ်ဆဲးတဖၣ်အစုလီၤတက့ၢ်.
- မၤလီၤတၢ်နတၢ်အိၣ်တၢ်ဆိးအလီၢ်ဒိပစီန့ၣ်လီၤသုတသ့တဂ့ၤအဂီၢ်တက့ၢ်.
- မၤလီၤတၢ်နဟံၣ်ကပိၣ်ကပၤဒဲထံကလိၣ်လၢအတကဆီဒိးအိၣ်ဂၢ်တဟံၣ်တဖၣ်သုတအိၣ်တဂ့ၤန့ၣ်တက့ၢ်.



Mosquito Borne Diseases

- Flooding and heavy rainfall have increased the risk of viruses transmitted by mosquitoes in Victoria.
- Mosquito borne disease can cause a rare but potentially serious illness.
- Mosquito borne disease has been detected in northern Victoria.
- There is no effective treatment or vaccine for most mosquito borne disease except Japanese Encephalitis (JE) Virus. In Victoria, a JE vaccine is available free of charge for specific groups most at risk of exposure to JE virus.
- The best prevention is to protect against mosquito bites.
- Mosquito borne disease symptoms may include fever, headache, nausea, vomiting and muscle aches.
- In serious cases, people can develop illness and have symptoms of severe headache, neck stiffness, sensitivity to bright lights, drowsiness, confusion, seizures, loss of consciousness or coma.
- Anyone with symptoms should seek urgent medical care.

Protect yourself and your family from mosquito-borne diseases



- The best protection is to avoid being bitten by mosquito
- Wear loose-fitting clothing when outdoors. Cover up as much as possible.
- Use mosquito repellent that contains picaridin or DEET on all exposed skin.
- For babies, spray or rub repellent on their cloths instead of their skin. Avoid applying repellent to the hands of babies or young children.
- Make sure your accommodation is mosquito-proof
- Make sure there is no stagnant water around your home.