

Introduction

*Hello! Kei ka min Thang Hen hi. Tulai pulnatna kici *Covid-19* tungtaang tualsung Zomi te ading atheikhholhuai thu tawh kisai gel-leh-septhuah (*project*) nasepna ah Knox City Council ii thacial nasep khat hi ingh.

*Tualsung Zomi te' theihnop dotna tampite hong dawnsak ding pen Ciin Khan Huai Sukte hi cih lungdam in kong pulak hi.

COVID-19 natna kilahkhiatdan bang teng ahia?

COVID-19 natna akilahkhiat dan pen cisa-nat khongkhongg a pat *pneumonia* kici tuapbawk husan-hamsa sa cihdong hi thei hi. Khenkhat te damkik pah sam mahleh, khenkhat te sawtlo sungin cina suak thei uh hi. *Coronavirus* natna avei te in hibang ci-noplohna thuak zaw diak uh hi:

- cisa
- huihdiik haksa sa:
 - bukkhuh
 - lawl-siip
 - hu-san haksa sa

Covid-19 natna kilahkhiat dan adangdang ci-noplohna tuamtuum te in nap-tuitui, naak bingcip (*congestion*), lutang-na, satak-golhnat, aihkeh, guhletaang natna, sungnim, sungpai, lua-khia, gimnam za theilo, alim-a-al theilo, ankam limlo leh pumm-zawm cih te hi thei hi.

Eastern Melbourne (Melbourne Suahlam) a teeng te koi munah kisittel thei ding ahia?

Nisuahlam khua-ke te (Eastern suburbs) ah kitsittelna mun pawlkhat om hi. Mun **atamzaw** ah min khumkholhsak kingah ta hi

- Wantirna Health- Wantirna Trash and Treasure Market
- 4Cyte Pathology, Wantirna South
- EACH Ferntree Gully
- Dorevitch Ferntree Gully
- EACH Ringwood respiratory clinic
- 4Cyte Pathology, Ringwood
- Melbourne Pathology, Ringwood

Kisittelna munte Knox Council website ah ki-en thei hi. Hih video khit ciangin a *link* hong kilang ding hi.

Victoria sunga adang kisittelna munte ahihleh tua Gamke Kumpi (State Government) Website ah kimuthei ding hi. Tua website address te hih video khit ciangin a *link* hong kilang ding hi.

COVID-19 tungtaang thuthakthak leh kikhahna te akingahtheih nading munhoihpen koikhawng ahitam?

COVID-19 tungtaang thuthak nono leh kikhahna te theihna ding in, hih [link www.coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au) ah na en in; ahikkeh, suun leh zan (24/7) *Coronavirus hotline*, vaikin hopihna *line* 1800675293 sam inla, kampheen kamlet na kisap leh, 131450 ah na sam in

Australia ah COVID-19 kidaalna zatui kingahthei bang teng om ahia?

Australia ah kidaalna zatui nam thum (3) kingah hi:

Pfizer kici pen kum 12 pan a tungsiahte zat ding in kiphah hi.

Pfizer zatui pen sutnih, 2 *doses*, kisut kul a, nipi kaal 3 pan kaal 6 bang aki-hal kul ding hi.

AstraZeneca zang thei ding in kiphah mite:

- **kum 60 pan a tungsiaht**
- **kum 18 pan 59 kikaal natna tamna munah Pfizer** kisut zatpah ding aneih kei uh leh *Moderna* zong kizang thei ding hi.

AstraZeneca pen zong sut(2) mah kisut kul a, nipi kaal 4 pan 12 aki-hal kul ding hi.

Moderna pen mihing kum 12 pan a tungsiahte kisut ding in kiphah hi.

Hih kidaalna zatui nam thum te sungah natna lungno nungta kihel omlo a, COVID-19 hong kilawh theilo hi.

Hih daalna zatui te a muanhuai zia nong hilh thei dia?

COVID-19 zatui tawh kisai thulela thak te theihtheina ding in thu kician leh muanhuai, phungpi kician tak aneite tung bekah na kingak nading in kong hanthawn nuam uh hi.

Australia-a zat theih ding COVID-19 zatui te manlang taka a ki-bawlkhiat theihna ahang pen, leitung mun tuamtuam pan mi-pil-mi-siam (scientist) te pangkhawm in, vanzat ahoihtheipen tawh sum tapi bei in a sepna hang uh ahi hi. Australia in nakpitaka muanhuai, amuibun tak leh bawldan asang takmah tawh khauhtak ngaattak in paipih hi.

Australia a COVID-19 daalna zatui te in Australian *Therapeutic Goods Administration* te ii khauhtak leh ngaattak aa sittelna tuamtuamte akantan tozo khinte hi-in, muanhuai leh muibun uh aa, mihingte anasia cisa-natna leh sihna ding na-ngawn pan hong daalzo te hi.

Zatui in nangmah, na innkuanpihte leh na tualsung mipihte hong kem ding hi.

Zatui pen na cilesa sungah ki-sun suk in, bangmah na cilesa sung pan kilakhia lohi.

Na cilesa, nang ii DNA cihte, bangmah kilamdangsak lohi.

Na taksa in COVID-19 natna lungno ateltheih nading leh alehdo zawh nadingin COVID-19 kidaalna zatui in sekdosak hi. Hih zatui ah COVID-19 natna lungno kihello ahihmanin zatui kisutna hangin COVID-19 natna ngah lo ding hiteh.

Lutang-na, ahihkei leh, satak-natna cihdaan anase khollo ci-nopmawhna dangg nengneng a om leh zatui in nasem hi cihna a hihi.

Zatui kisutna hangin bangdaan ci-noplohna dang piang thei ahia?

Adang ci-noplohna apiang thei tamzaw pen nasia lualo a, ni khat le nih sungin bei pah lel hi.

Kidaalna zatui dang khatpeuh kisut bangmah in, COVID-19 zatui kisut khit ciangin ci-noplohna pawlkhat tomkha khat sung om thei hi. Tua pen na sunga om na silesa sekdon (immune system) in nasem hi cih kilangsak ahi hi.

Covid-19 zatui kisut khit cianga ci-noplohna om thei khenkhat:

- zatui kisutna munsantak na, ahihkei leh baw
- gimm mahmah-na
- lutang-natna
- satak sung ahihkei leh guhletaang natna
- cisa natna leh khuasik natna

Ci-noplohna tamzaw pen uang lualo a, ni 1 le 2 sungin beimang lel hi. Tua daante pen AstraZeneca daalna-zatui a khatveina kisut khit ciangin omnuam zaw deuh hi.

Zatui kisut khit aa apiang thei (*side affects*) ci-nopmawhnate ai-awh in, kidaalkholh nading bangmah ma-neek kholh kullo hi.

Kua-te koi kidaalna zatui kisunthei ding cih nong gen thei dia?

Mikim kum 12 pan a tungsia peuhmah in COVID-19 daalna-zatui kisut ding khaamkholhna (*appointment*) tu-in kila thei ta hi.

Medicare card a neilote, kidaalna-zatui a kisunthei ding uh hia?

COVID-19 kidaalna-zatui pen Australia gam sunga mi om khempeuh adingin a khawnkhong in kipia a, Medicare card anei ngiatlo te zong kisunsak thei hi.

Nang ii Medicare aihkeh, visa cihte tawh bangmah kisailo-in, COVID-19 kidaalna-zatui a khawnkhong in kisunthei ding hiteh.

Melbourne Nisuahlam a om te'n koimun ah kidaalna-zatui kisunthei ding uh ahia?

Zatui kisutna mun a omthak te theihna dingin, hih laimai a hong kilang website ah na en in www.covid-vaccine.healthdirect.gov.au/booking

Melbourne Nisuahlam a zatui kipiakna mun khenkhat te:

- Wantirna Medical Clinic
- Eastlink Family Medical
- Wantirna Mall Clinic
- MED Knox Central
- Mount Medical centre
- M3 Health Bayswater

Knox Council website ah zatui kipiakna mun te a kician in ki-muthei hi. Hih video khit ciangin a kimuhtheihna ding mun (link) hong kilang ding hi.

Daalna-zatui kisut khit ciang hih ding kisam lai a om hia?

Zatui na kisut khit ciang, na pumpi sungah na taksa sekdon a in na a septheihna dingin hun tomno sung la hi. COVID-19 natna a piangsak lungnote gaal pan akhauhtak kidaalna ngah nadingin zatui sut nih, (*two doses*), na kisam hi.

A (1)veina na kisut khit ni 12 khit bang ciang, akimkhat bang daalna hong piazo khin hi. A (2)veina in na taksa pen natna adaalzo takmah dingin ahatzaw sem in bawl a, bittak leh bukim-tak aa na kidaalzawh nadingin atua zawh ni 7 pan ni 14 sung bang ahun la hi.

Midangte leh nangmah na kikep theihna dingin tualsung kikhahna te khempeuh zui-in la, a kikap hunin maktuam (mask) bulh zel in. Cidamna dinga ahohi gamtatziate leh natna lungno aki-lawhloh nading aa kikepkholhna daante khempeuh zui den in.

Zatui a (2)veina na kisut khit ciangin, kisut zawhna laipi kingah thei ding aa, Nipi kal (2) khit ciang kingahkhia thei ding hi.

Conclusion

*Nu Huaipi, hih athupi mahmah atheihhuai thulela hawmkhiatna ah nong huhzawh manin naknuam mahmah ungh.

*Hih video tawpna mongah tuni aa akihawmkhia thulelate *Knox Council website* tawh kizom a *links* ah ki-enthei hi.

Abanzom theihhuai-thulelate Zomi lai in hih laimaipi ii a *link* ah ki-enthei hi
www.coronavirus.vic.gov.au/zomi

Hih video sunga om thulelate kizangthei leh mannei asa dingin nong lamun ungh.