

# CORONAVIRUS

## WANEM NAO 'SELF-ISOLATION' MO HAO NAO BAE YU MAS 'SELF-ISOLATE'



Tok save ya hemi go long ol seasonal workers blong Pacific rounem Australia. Wetem sik ya Cononavirus, bae yu harem toktok ya “self-isolation” or “self-isolate” plante lo nius, lo TV, lo social media mo taem ol man oli toktok.

Toktok ya “self-isolation” or “self-isolate” hemi minim se, yu mas stap yu wan blo 14 dei.



### HUIA NAO BAE I MAS 'SELF-ISOLATE'?

Sapos we yu save se yu bin stap klosap wetem wan man we hemi karem wan positive test blo Coronavirus mo hemi sik wetem Coronavirus, yu mas “self-isolate” mo stap yu wan blo 14 dei.



### STAP NOMO LONG HAUS MO YU NO RISIVIM OL VISITA!

Lo 14 dei ya, yu mas stap nomo long haus mo yu mas traem bes blong yu blo yu stap yu wan.

- Yu no mas go long wok or long Church or long ol nara pablik ples we i gat fulap man.
- Yu no mas go long ol pablik or open ples.
- Yu no letem ol visita i kam luk yu.

Sapos we yu silip long wan haus we u sherem wetem ol nara man, yu no mas go klosap long ol nara man we oli silip long sem ples olsem yu.

Sapos we yu silip long wan hotel yu no mas go klosap long ol nara guest wetem ol wokman blong hotel.

Sapos we yu stap self-isolate, yu mas askem boss blong yu or wan fren blong yu we hemi no stap lo self-isolation olsem yu blo mekem shopping blong yu.

Sapos we yu helti mo yu no sik yu no nid blo yu werem wan mask. Be yu no mas snis or kof i go olbaot.

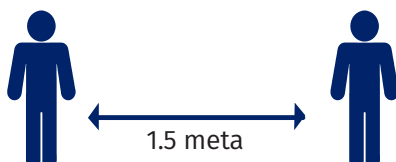
Sapos we yu mas aot long ples we yu silip long hem blong go long docta, yu mas mekem social distancing mo yu mas werem wan mask.

Blo infomesen long saed blong werem mask, plis go long website ya: <https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-on-the-use-of-surgical-masks>.

### WANEM YA 'SOCIAL DISTANCING'?

Wetem sik ya Cononavirus, bae yu harem mo bae yu luk toktok ya “social distancing” plante.

Toktok ya “social distancing” hemi minim se taem yu go aot, yu mas stap 1.5 meta aot long ol nara man.



### LISIN GUD LONG BODI BLONG YU! MO WANEM BLONG MEKEM SPOS WE YU SIK

Sapos we yu stap self-isolate, yu mas lisin gud long bodi blong yu mo lukaot long ol saen blong sik ya Coronavirus. Ol saen blong sik ya hemi olsem taem we yu kasem wan flu:

- fiva mo bodi i seksek
- kof
- yu no save pulum gud wind
- rabis swet
- trot i soa
- yu taet oltaem mo yu nogat pawa
- bodi i soa
- nus i ron.

Spos we yu bin stap klosap wetem wan man we hemi kasem Coronavirus, afta yu kasem ol saen blo sik ya lo time we yu stap long self-isolation, yu no mas walkabout. Yu mas ring i go long docta blong yu or yu save kolem Coronavirus Help Line we hemi 1800 020 080. Taem we yu ring bae oli askem ol 4 saen ya fastime:



FIVA



KOF



TROT I SOA



YU TAET OLTAEM MO YU  
NOGAT PAWA

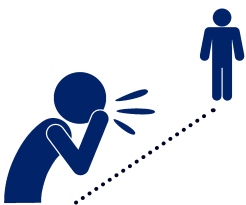
Taem yu kol, yu mas talemout se yu bin stap klosap long wan man we hemi gat Coronavirus. Bae docta or olgeta long Coronavirus Help Line bae oli jes givim advaes long yu long saed blo wanem blong mekem.

### STOPEM SPRED BLONG SIK YA CORONAVIRUS!

Ol bebet blong sik ya Coronavirus oli save spred i go olbaot.

Blo stopem ol bebet ya i go olbaot or blo stopem yu blo yu kasem sik ya, yu mas mekem ol samting ya oltaem:

- Kipim han blo yu i klin oltaem.
- No kof mo snis olbaot mo no kof mo snis i go long ol nara man.
- Taem yu go aot, mekem "social distancing" we yu stap 1.5 meta aot long ol nara man.
- Wasem han wetem sop mo wota bifo mo afta we yu kaikai.
- Wasem han wetem sop mo wota afta we yu go long toilet.
- Kavremap ol kof mo snis blong yu. Kof mo snis i go insaed long elbow blong yu or insaed long wan tissue. Sakem tissue i go long ples blong doti taem yu finis mo wasem gud han blong yu.
- No go klosap long ol nara man spos we yu sik.





### MI SAVE GO AOTSAED LONG YAD BLONG MI TAEM WE MI STAP LONG SELF-ISOLATION?

Sapos we yu silip long wan praevet haus yu save go aotsaed long yad blong yu. Sapos we yu live long wan hotel or wan smol haus we yu serem wetem ol nara man, yu save go aotsaed long yad blong yu, pe yu mas werem wan mask.

Yu no mas go klosap lo ol nara man we oli silip long semak ples olsem yu, mo yu no go tumas long ol nara rum we ol nara man oli stap usum oltaem olsem kitchen mo sitting rum.



### ADVAES BLONG OL NARA MAN WE OLI SILIP LONG SEMAK HAUS OLSEM YU:

Sapos we i gat ol nara man we oli silip long semak haus olsem yu, oli no nid blong self-isolate. Bae oli mas self-isolate nomo sapos we oli go klosap long wan man we hemi kasem sik ya Coronavirus or, sapos we yu stat blo yu soem ol saen blo sik ya Coronavirus.



### MEK SUA SE YU KIPIM HAUS BLONG YU I KLIN OLTAEM!

- Ol bebet blong sik ya Coronavirus oli save spred i go olbaot mo oli save fas i stap olbaot long haus blong yu sapos we yu no klin.
- Mek sua se ol ples olbaot long haus we yu tajem oltaem oli mas klin oltaem. Olsem ol switch blong laet, kitchen, ples blong swim, toilet mo ol handel blong do.
- Klinim ol ples ya wetem ol strong meresin blong klin-up olsem bleach or detol.



### OL SAMTING WE YU SAVE MEKEM TAEM WE YU STAP LONG SELF-ISOLATION:

Taem we yu stap yu wan long 14 dei blong self-isolation hemia hemi sam tingting blong helpem yu blong passem taem:

- Kontaktem ol frens mo famli tru long Facebook or Email or Fon.
- Folem Facebook pej blong mifala blong karem ol latest infomesen long saed blong Coronavirus mo blong helpem yu blong kontaktem ol nara Seasonal Worker: <https://www.facebook.com/pacificlabourmobility1/>.
- Lanem moa infomesen long saed blong Coronavirus mo tokbaot wetem ol frens mo famli blong yu.
- Mekem wan plan blong ol dei blong yu. Kaikai long stret taem mo mek sua se yu eksasaes evri dei.
- Mekem ol ting blo helpem yu blong passem taem we oli kipim maen blong yu i hapi mo aktif.

**TANKIO TUMAS MO LUKOUTEM GUD YU WAN LONG HAD TAEM YA!**

### SAPOS WE YU WANTEM MOA INFOMESEN PLIS FOLEM OL WEBSITE LINK MO OL NAMBA YA:

- Blo moa infomesen long saed blong sik ya Coronavirus or COVID19 plis go long <https://www.pacificlabourmobility.com.au/coronavirus>.
- National Coronavirus Helpline: **1800 020 080**. Namba ya hemi 24 aoa.
- Blong Gavman blong Australian infomesen long saed blong sik ya Coronavirus or COVID19 plis go long <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>.
- Blong infomesen blong State we yu stap long hem long saed blong sik ya Coronavirus or COVID19 plis go long: <https://www.health.gov.au/state-territory-contacts>.
- Blong kontaktem offis blong Pacific Labour Facility yu save kolek 24 aoa namba ya 1800 51 51 31 or sapos no yu save email i kam long [welfare@pacificlabourfacility.com.au](mailto:welfare@pacificlabourfacility.com.au).