



Sipos we yu stap long Ostrelia mo yu gat ol rabis saen blong sik ia, olsem yu no save pulum gud win, yu mas kolem 000 blong kasem wan medikol help hariap.

# CORONAVIRUS

## HELT ADVAES

Toksava ia i stap go long ol wokman long Ostrelia, stat long Julae 2020.

### WANEM IA CORONAVIRUS?

Coronavirus o COVID-19 hemi wan sik we i afektem sistem blong pulum win insaed long bodi. Hemi wan niufala vaeras mo i gat fulap saen blong hem we i save smol nomo o i save kosem bigfala sik blong lang. Samfala bae oli kamgud isi nomo, be samfala bae oli sik bigwan mo hariap.

#### OL SAEN BLONG HEM:



FIVA



KOF



TROT I SOA



NO SAVE PULUM GUD WIN

### PROTEKTEM YU WAN MO HELP BLONG STOPEM SIK BLONG SPRED

Gudfala haejin hemi nambawan wei blong protektem evriwan long sik:



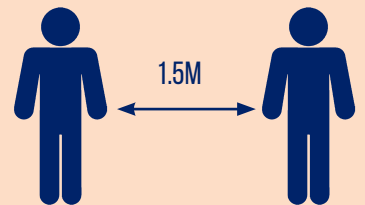
WASEM HAN BLONG  
YU OLTAEM WETEM  
SOP MO WOTA



KAVREMAP MAOT  
BLONG YU TAEM YU  
KOF O SNIS



NO KAM KLOSAP LONG  
OL NARAFALA MAN



FOLEM FISIKEL DISTENSING:  
STAP 1.5M LONGWE LONG OL  
NARAFALA MAN



SIPOS YU GAT OL SAEN BLONG HEM O  
OLI KONFEM SE YU KASEM SIK IA, YU  
MAS SAVE HAO BLONG AESOLET



FOLEM OL LIMIT WE  
OLI TALEM BLONG KAM  
TUGETA LONG GRUP

#### CORONAVIRUS HELT INFOMESEN FON NAMBA



Kolem National Coronavirus Helpline long **1800 020 080** sipos we yu nidim moa infomesen. Namba ia hemi open 24 hooa, long evri dei blong wik.

# FOLEM OL LOA BLONG GAVMAN BLONG STAP SEF MO NO KASEM WAN FAEN



Long ol manis we i jes pas i gat ol konfem kes blong COVID-19 long Ostrelia. Naoia, samfala stet oli kasek moa sik bitim ol narawan, mo **wanwan stet i gat ol rul mo loa blong hem.**

**BLONG MEKEMSUA SE YU STAP FOLEM OL STRET LOA MO RUL, PLIS JEKEM STRET WEBSAET DAON IA FOLEM PLES WE YU STAP LONG HEM.**

- Queensland: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>
- New South Wales: <https://www.nsw.gov.au/covid-19>
- Victoria: <https://www.dhhs.vic.gov.au/coronavirus>
- South Australia: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/coronavirus+disease+2019+covid-19>
- Northern Territory: <https://coronavirus.nt.gov.au>
- Western Australia: [https://ww2.health.wa.gov.au/Articles/A\\_E/Coronavirus](https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus)
- Tasmania: <https://www.coronavirus.tas.gov.au>

Yu mas save sipos yu mas werem samting blong kavremap fes long ples we yu stap long hem. Sipos yu no werem long eria we oli talem, bae oli save mekem yu faen. [Visitim websaet blong Victorian Department of Health and Human Services long: https://www.dhhs.vic.gov.au/face-coverings-covid-19](https://www.dhhs.vic.gov.au/face-coverings-covid-19)



**KOLEM KLINIK  
FASTAEM**

## WANEM NAO MI SUD MEKEM SIPOS MI SIK?

Sipos yu sik mo yu ting se yu gat ol saen blong Coronavirus, kalem **helt infomesen senta blong Coronavirus long: 1800 020 080.**

Sipos yu wantem luk wan dokta, **kolem klinik fastaem blong bukem wan taem blong go** mo talemaot ol saen blong sik we yu gat, ol wokbaot blong yu mo sipos we yu bin stap klosap long wan man we i kasek Coronavirus.

Sipos yu mas aot long haos blong yu blong luk dokta, werem wan sejikel mask (sipos yu gat) blong protektem ol narawan. Sipos oli konfem se yu kasek Coronavirus, aesoletem yu wan long haos nomo.

### **HAO BLONG AESOLETEM YU WAN ('SELF-ISOLATE')**

No go long ol pablik ples olsem ples blong wok, pak o stoa. Sipos hemi posibol, askem ol naraman blong pem ol ting we yu nidim mo putum aotsaed long doa blong yu.

- Ol man we oli stap liv wetem yu nomo i save stap long haos blong yu. No alaoem ol visita blong kam insaed.
- Yu no nid blong werem wan sejikel mask insaed long haos blong yu.
- Sipos yu nid blong aot long haos blong luk dokta, werem wan sejikel mask (o wan kaliko blong blokem maot blong yu) blong protektem ol naraman.

Blong save moa long saed blong 'self-isolation': <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/isolation-for-coronavirus-covid-19>



**SIPOS YU GAT  
CORONAVIRUS,  
STAP NOMO LONG  
HAOS**

## INFOMESAN BLONG WANWAN INDUSTRI

Safe Work Australia hemi priperem ol infomesan mo gaedlaen blong ol difren kaen industri olsem kea blong ol olfala, agrikalja, prosesem kakae (inkludum mit) mo narafala wan.

Blong luk ol gaedlaen mo advaes blong mekem ples blong wok hemi sef long sik ia, plis go long websaet ia mo yusum 'search' blong faenem industri blong yu: <https://www.safeworkaustralia.gov.au/covid-19-information-workplaces>

