

Kumkhua Upa Deuh Pawl i COVID-19 Bawmhnak lam

Kumkhua Upa Deuh Pawl i COVID-19 Bawmhnak Lam nih upa deuh Australia mi pawl caah thawng a thanh, a bawmh hna i pehtlaihnak a tuah piak hna.

Cheukhat kumkhua upa deuh pawl cu COVID-19 nih fak ngai in a tlunh khawhmi an si, asinain intanet he pehtlaihnak tlawmte lawng an ngei i an dirhmun pawl kong ngah khawhnak dingah lam tapi a herh. Kumkhua Upa Deuh Pawl COVID-19 Bawmhnak Lam nih thawngpaang le bawmhnak a pek.

Kumkhua upa deuh Australia mi pawl, an chungkhat pawl, le zohkhenhtu pawl nih 1800 171 866 ah MAN LOIN an chawnh khawh hihi an duh ahcun:

- COVID-19 lei khenkhamnak pawl le an cung i hnorsuannak a tuahnak kong pakhat khat chawnh an duh,
- an umhar asilole an dawtmi kong ah an lungretheih,
- minung pakhat khat zohkhenh le thawngpaang cheukhat an herh asilole kum upa zohkhenhnak lei
- riantuan piaknak an ngahmi kong ah bawmhnak asilole ruahnak cheuh an herhmi caah pakhat khat chawnh an duh,
- zohkhenhnak lei riantuanpiaknak thar asilole dawr kalnak tibantuk a herhmi thilri pawl ngah khawhnak ding bawmh an herh,
- anmah pumpak, hawikom asilole Demetia zawtnak a ngeimi innchungkhar chungtel kong ah siaherhmi an ngeih,
- anmah pumpak asilole minung pakhat caah voikhat te asilole punghmaan in ngandamnak lei cheknak tawlrel ding an duh.

Kumkhua upa deuh Australia mi pawl, an chungkhat pawl, zohkhenhtu pawl, hawikom pawl asilole bawmtu pawl nih an chawnh khawh:

- **1800 171 866**
- zingka 8.30am – zanlei 6pm AEST nizarh pawl ah,
- an herh khawh menmi thawngpaang asilole riantuan piaknak pakhat khat caah.

Kumkhua Upa Deuh Pawl i COVID-19 Bawmhnak Lam cu:

- COTA Australia,
- Dementia Australia,
- Ram pumpi Upa pawl le
- OPAN,
- tiah funtom in thawkmi a si i Australia Acozah in tangka a bawmhmi a si.

Calehnak le Holhlehnak lei Riantuanpiaknak (TIS) bawmhnak

Mirangholh a thiamlomi Kumkhua Upa deuh Australia mi nih:

- TIS National kha 131 450 ah chawnh khawh a si i,
- holhlettu hal khawh a si, cun
- Kumkhua Upa Deuh i COVID-19 Bawmhnak Lam lei ah chiah dingin fial khawh a si, asilole 1800 171 866 fon nambar he pehtlaihter dingin chirchanh khawh a si.